

The District CE Primary School Safeguarding Newsletter -

Spring Term



SPRING TERM NEWSLETTER

This term we are focusing on Internet Safety, including age-restricted apps and advice for parents/carers.

We hope this information helps and informs you of some of the dangers and issues that children can experience when using social media.

We're experiencing a lot of reoccurring issues arising in school particularly with children using WhatsApp, please make sure as parents you are monitoring these groups and are using the parental controls.

AGE RELATED CONTENT



13 **WhatsApp** is an instant messaging app and is rated 13+, there is advice on NSPCC with safety features of whatsapp and how to enable them, click [here](#) for more information.



13 **Snapchat** is a picture messaging app where messages disappear, this app is rated 13+ and can pose safety risks to children for help and advice on safety features please click [here](#).



13 **TikTok** is an online video-sharing platform. It is rated 13+ and has an addictive scrolling feed, video's on this app can be inappropriate for young audiences. You can find out more on safety by clicking [here](#).



13 **Instagram** is a video and picture sharing app. It has an age rating of 13+, more information on safety in instagram for parents can be found [here](#).

TEACH THE SMART RULES

S

STAY SAFE: Don't give out your private information

M

MEETING UP: Don't meet up with anyone you don't know

A

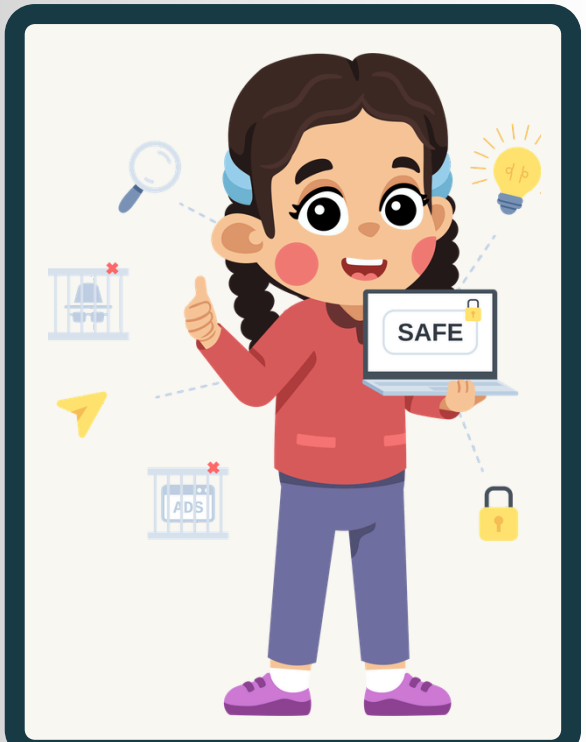
ACCEPTING FILES: Accepting e-mails or pictures from people you don't know can be dangerous.

R

RELIABLE: Remember people tell lies online, check information is correct before believing it

T

TELL: Tell your parent/carer or teacher if you feel uncomfortable or worried.



WHERE TO FIND INFORMATION ABOUT INTERNET SAFETY

You can also use these sites to report illegal content or inappropriate contact!

LUCY FAITHFULL FOUNDATION

The Lucy Faithfull Foundation – they help parents and carers to protect children online and outline risks such as grooming, cyber bullying, gaming and sexting. Click the link to find out more: <https://www.lucyfaithfull.org.uk>

CEOP Education is The National Crime Agency’s website helping to protect children and young people online. It provides the latest information on the sites young people visit and is separated into sections relevant for children of different ages. There is also a parent/teacher section. To find out more visit: ceopeducation.co.uk



UK Safer Internet Centre

The UK Safer Internet Centre provides detailed steps you can take to increase your child’s safety online. Learn more here: saferinternet.org.uk



CYBERBULLYING SAFETY ADVICE

Key messages to communicate to your child:

- **Tell a trusted adult straightaway if something happens online**
- **Don't reply to any nasty messages**
- **Save messages so you can show them to the trusted adult you tell**
- **Don't send anything to anyone if you do not feel comfortable or it doesn't feel right**
- **Turn off the computer!**
- **If you do not feel able to talk to a trusted adult you can contact, [ChildLine](http://ChildLine.org.uk) or [Cybersmile](http://Cybersmile.org)**



The general term "brain rot" is an internet slang term that describes low-quality, often absurd digital media content, and the perceived mental dulling that results from consuming it excessively. This content often features repetitive, nonsensical humor and specific slang terms popular with Gen Alpha and Gen Z, such as "Skibidi Toilet," "rizz," and "gyatt"

UPCOMING EVENTS

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FEB

10

Safer Internet Day



ONLINE GAMING SAFETY TIPS



- **Location of the console:** a family room is best for monitoring and supervision.
- **Discuss the risks** with your child and ensure they have privacy settings activated and know why.
- Gaming sites often have ways of **reporting abusive chat**. Ensure your child knows how to do this, and that they should also report it to you.
- Use **parental controls** available, **communicate** with your child as to what they are playing, and **test the games yourself**.

PEGI INFORMATION ON GAMING



- PEGI 7: May include milder violence or slightly scarier scenes.
- PEGI 12: Often chosen for faster-paced, competitive, or online-connected games.
- Unsuitable Content: Games like *Grand Theft Auto* (PEGI 18) or *Granny* (PEGI 12) are frequently mentioned as inappropriate for this age group, with *Granny* specifically highlighting risks of intense, frightening content.
- *Note: PEGI ratings assess content, not difficulty, and do not cover in-game chat risks.*
- Minecraft (PEGI 7): Rated 7, though some versions or online play might suggest higher for social interaction.
- Roblox (PEGI 7): Rated 7, but includes diverse user-generated content and online chat.
- Fortnite (PEGI 12): Rated 12 due to frequent, mild, non-realistic violence.
- Mario Kart 8 Deluxe / Super Mario Odyssey (PEGI 3): Suitable for all ages.
- FIFA/EA Sports FC (PEGI 3): Rated 3, but online modes carry risks.
- Animal Crossing: New Horizons (PEGI 3): Suitable for all ages.

USEFUL LINKS



10 Top Tips for Parents and Educators

SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday®

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