

CAM WOODFIELD INFANT SCHOOL

GROW – EXPLORE – DISCOVER



Safer Internet Day



Dear Parents and Carers,

Tuesday 11th February 2025 is **Safer Internet Day**, a day that is very important to our school and pupils. This morning the children have had a school assembly about keeping safe online.

In the UK, Safer Internet Day is organised by the **UK Safer Internet Centre** (<https://saferinternet.org.uk/>), and this year's theme is **"Too good to be true? Protecting yourself and others from scams online."**

As a school, we recognise that being online presents lots of great opportunities for children, however, being online can also come with numerous risks.

High levels of screen time can put your child at greater risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise
- Disruption to learning and studying
- Negative effects on mental wellbeing

At home is where your child will spend most of their time online, so it is vital for you to know how to help keep them safe.

- **Enjoy going online together**
Spending time online together with family is an important learning experience for the youngest internet users. Not only will you both enjoy the quality time together, but you can supervise their usage and guide them to make the safest choices.



- **Talk about their online experiences**

Help give your child the language to explain what they're experiencing online by starting conversations about the internet and technology as early as possible. Talking regularly about what they love doing online, as well as any worries they may have, will help establish this habit and mean they're more likely to come to you for help as they get older.

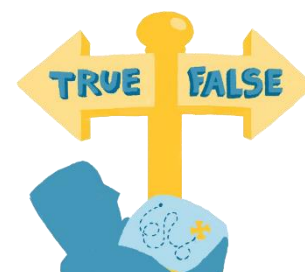
- **Set parental controls on devices**

Parental controls and other safety settings can help protect your child from online harms, including scams. To avoid any nasty surprises on your bank statement, make sure in-app purchases or new downloads require a passcode, and don't set card details to autofill on devices your child has access to.



- **Explain that not everything online is true**

Although your child is too young to fully understand what fraud is, you can still lay the groundwork to help them stay safe online as they grow. Start simple and talk about the difference between real and make believe. Help them recognise that not everything online is true and that some things they see or hear could be stories, jokes or tricks.



- **Make sure they know they can always come to you**

The most important thing for your child to know is that you are always there to support them, online and offline. Encourage them to talk to you if anything they experience makes them feel worried or upset, and show them they can trust you to stay calm, listen and help make things better.