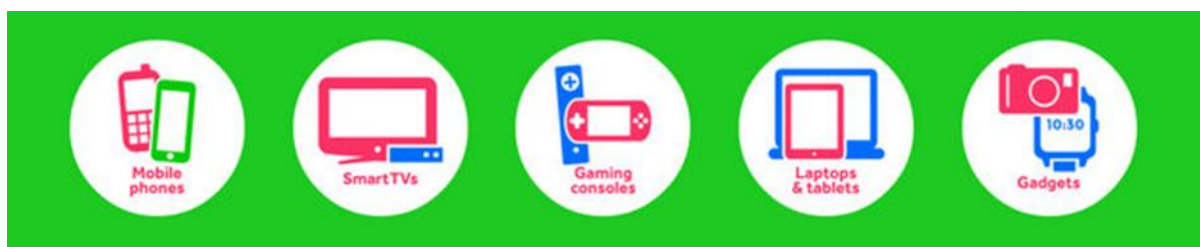


Dear Parents/Carers

PSHE Activity Programme

Last week we focussed on transitions and the questions or worries that we may have about returning to school or work during this challenging time. In this edition we are returning to how we are keeping connected and most importantly on how we can do so safely. The tasks revolve around keeping lines of communication open in families to make sure that everyone remains safe.

As our children grow older they rely on the internet, it becomes part of their daily life. They adapt quickly to new technology and use it to communicate, socialise and create. As parents and carers, it is sometimes difficult for us to keep up with new trends and apps that are released! We understand that our children use the internet through their smartphones or tablet, and use a wide range of social networking sites as a vital part of their relationships with others but are we fully aware of the content they are watching and the people they are communicating with?



Stay Involved To Avoid Surprises!

Keep lines of communication open within the family. Staying involved and talking about your child's on-line reputation is very important. Can you create a list of all the apps and games used in your household. You could create a Wordle!



- Do you know what apps your children are using and what the apps do?
- Do you know the suggested ages for the programmes?
- What could be the dangers linked to using a particular app?

Visit www.internetmatters.org to see if your answers are correct.

All About Me?



As a family have a look at the following fake profile.

Relationship Status: It's complicated

Likes: Snapchat, Instagram, Zendaya, Sabrina Carpenter, Andi Mack, Austin Mahone

Dislikes: Five Seconds of Summer, family vacations, homework, football, chores, my teachers!!!, Susie #eastjuniorhighschool "worst 8th grader ever!!

Comments: Go look at my post on instagram #instadaily #photography #follow Cheated on math test today #feeling lucky. Spent 8 hours on twitch today #copyandpastehomework. Jason is such a hottie. #waiting rocking the leopard print and slouchy boots #KedellJennerStyle

Games: Fortnite Pub G

Now talk about the profile. What does it say about the person? What would a future employer or education provider interpret about this person? What could you leave in and what would you take out?

Can you create a profile that lets someone know who you are without negativity?

Online Friendships

Our PSHE lessons and outside speakers in school sometimes focus on how we manage friendships on-line. Many of us know who we are messaging but what should we do if we are unsure of who someone is?

Find a good time and place to broach the subject. Think beforehand about how you are going to introduce the subject and explain about any worries you may have.

The advice to parents and carers is *To listen. Don't judge. Learn...*

- Where do they go on-line?
- What do they like?
- What don't they like?
- Make sure they know they can come to you.



Send Me A Pic?



Sharing pictures on-line or one our phones has become second nature to us all. We like to share our experiences with our friends and in the current situation taking pictures has become a fantastic way to 'see' our friends and family. Reports from **Think You Know** and **Child Exploitation and Online Protection** (CEOP) however say that more and more young people are sending semi-nude or naked pictures of themselves.

We need to remind our students about how important it is not to give in to peer pressure to send inappropriate comments or images. As well as letting them know that anything they upload, email or message could stay around forever online. As a rule they should only do things online that they wouldn't mind you, their teacher or a future employer seeing.

The links below provide advice and guidance for parents, carers and students.

www.thinkyouknow.co.uk/parents

www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/How-can-CEOP-help-me-parent/

If you have any concerns, you can use the school whisper button (head to the school website – student information and then the safety and wellbeing section) or CEOP whisper Button (go to the CEOP link above to find the link).

Whisper Button – report a safeguarding concern about yourself or a friend via this button



You can find this on the student safety and well-being page of our school website. Remember if you do not put your name we cannot contact you directly so please let us know who you are.