



The Southwater Junior Academy

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Dear Parents/Carers

While not at school, your child will likely be spending more time on Internet enabled devices in order to keep them educated and entertained. We would like to support you to keep your children safe during this time by providing you with Internet Safety guidance that compliments the teaching that the children have had at SJA. With higher screen time there is of course a higher risk of being bullied or abused, seeing inappropriate content and not getting enough sleep and exercise. Children must also ensure that their conduct online is appropriate, and they should be mindful of being kind in their communications.

Keeping a healthy dialogue with your children and monitoring their online activities, especially on messaging apps/sites is the best way of keeping them safe online. It is also advisable to limit screen time to an agreed amount and specify areas in the house that children can access their devices.

Please have a look through the three attached articles that provide a range of information and support with 'Fake News', Cyberbullying and Screen Time. All of these are also easily found online and have embedded links for further information. In addition, here is a list of websites that provide a range of information about online safety and conduct:

- Internet Matters - <https://www.internetmatters.org>
Highly recommended for a full range of information and support for parents including how to guides for setting parental controls on a range of devices.
- CEOP (Child Exploitation and Online Protection command) -
<https://www.ceop.police.uk/safety-centre/>
- Common Sense Media - <https://www.commonsensemedia.org>
- ChildNet - <https://www.childnet.com>
- NSPCC - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- <https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-staying-safe-online>

Best wishes

The staff at SJA



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