



Digital Safety at home: parents and carers newsletter

December 2021

Welcome to the second edition of the Digital Safeguarding newsletter from the safeguarding team at Stowmarket High School!

This half term we are looking at the use of internet filtering at home and guidance on how to use these tools with your child.

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Internet Filtering

There are several ways that you can use Internet filtering at home to help support a safe environment online.

We all know that there is a lot of information out there on the web, and it comes in many different forms. Sometimes it's hard to know what to do to support your child when dealing with this variety.

There is a guide on [how to use Parental Controls](#) at home on Thinkuknow.

You will find parental controls available in a variety of forms from your internet provider to some on the devices themselves.

Internet matters have a detailed guide to the [different types of parental controls](#), have a look to see if there's any you find useful for your situation.

Depending on the types of devices your child has access to, will change the availability of the controls. The NSPCC has guides for a variety of [different devices and internet access](#).

Whilst all of these are helpful, it's important to have the conversations with your child about what they should do if they do find something upsetting or concerning online.

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use or may come across, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. At school, your child can speak to a teacher they trust such as their form tutor, or their head of year, or another member of staff they feel comfortable with. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.