



Digital Safety at home: parents and carers newsletter

February 2022

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

This half term we are looking at the work the students have done around Safer Internet Day. This year the theme is on online gaming entitled, *All fun and games?*

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All Fun and Games?

Over the last week our students have been looking at Safer Internet Day, a day which is celebrated around the world by children in education.

With the focus being on online gaming this could cover everything from Candy Crush to FIFA 2022, and everything else in between.

Games and the devices they are played on allow children to communicate in a variety of ways, not just through the chat or voice features in the game.

It's not just the games, there are also apps that can run alongside them such as Discord. Discord allows people to create their own chat rooms and invite people to join them, this can be video, audio or actual text. Internet Matters has [an informative guide](#) for parents/carers to read to find out more about Discord.

If you would like some general advice on use of games consoles, [Safer Internet have a guide](#) just for parents/carers.

Everything the students have been learning about this half term, is how to handle difficult situations that may arise. For instance, what to do if you're having difficulty with people making negative comments about friends, or seeing negative comments on content they may see online.

The key message is to not interact with it as it will just give it more airtime, they should report and block it through the appropriate channels.

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.