



# St. Paul's Primary School

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Monday 6<sup>th</sup> February 2023

## **Safer Internet Day**

Dear Parents and Carers,

Safer Internet Day 2023 will take place on the 7<sup>th</sup> of February 2023, with celebrations and learning based around the theme '**Want to talk about it? Making space for conversations about life online**'.

Across the UK, school and other organisations will be celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.

The activities taking place around the school on the day will address the following questions:

- What issues really matter to children and young people?
- What changes do they want to see?
- How can we all work together to advocate for them moving forward?

With your help, Safer Internet Day 2023 can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year. Below is some guidance on how to open up discussions around internet safety at home.

### **Be positive and open minded about the internet**

- It's important to recognise the exciting opportunities that going online can offer children and young people. Although your children may use the internet differently to you, their experiences are still significant.  
If your child mentions something you haven't heard of, ask them to show you, or explain in more detail, or you may need to do your own research. Try to keep conversations broad, and value their opinions when they're talking about what they enjoy doing, to show that you are interested in all aspects of their online world.

### **Talk early and often**

- The most effective way to deal with any online issue is to make conversations about the internet a part of your everyday routine.  
Talking openly about life online from an early age, can be a helpful bridge to sharing safety messages and addressing more difficult conversations at a later date; it also shows your child that you are someone who knows about the internet and can help them.

## **Create a safe space for conversations**

- Look for opportunities to talk together. Sometimes, talking face-to-face can feel difficult, so talking alongside each other when out for a walk, or travelling in the car for example, are options that might make it easier.  
The environment needs to be right; free from distractions, so that your child has your undivided attention. Remind them often that they can talk to you about anything, no matter how difficult, and that they will not be judged or blamed.  
Your child might not be ready to talk about something straight away, so show them that you are there to listen whenever they are ready.

## **Keep it relevant**

- As they get older, your children will use technology differently from when they first went online. Their knowledge and understanding will grow too, as will the challenges they may face on the internet.  
To get a sense of how much they know and what support they still need, ask open-ended questions to let your child lead the conversations you have.  
There are appropriate ways to approach all online safety topics with different ages.

## **Be proactive**

- Working together to create an agreement, outlining how the internet and technology will be used within the family, is a useful way to set clear expectations and boundaries for your children.  
You might include time spent online; who your children can communicate with; appropriate apps and games; and why safety tools are helpful to block and report inappropriate content. Ask your child what they would do if something went wrong online and they needed help, and reinforce the importance of telling an adult as soon as anything happens that makes them feel upset, worried, or uncomfortable in any way.

We hope your children enjoy finding out about internet safety at school and are able to explain their learning to you. We look forward to your continued support with this matter.

Many thanks,

Lisa Wilkins and the St. Paul's team