



Southdown's Digital Wizards

Monthly Newsletter- April

Issue 1



Online Safety Topics Covered this Term:

Reception:

- Looked at what devices have/ use AI in school or at home.
- Explored the difference between a friend and AI- just because it speaks back, doesn't mean it is a friend.
- Talked about who to go to with any concerns (who trusted adults are).
- Challenged talking to strangers in real life and online and who to talk to if someone we don't know tries to talk to us.

Year 1/ 2:

- Read 'Smarty the Penguin' and reflected on making safe choices.
- Created their own 'Smart Rules' to stay safe online.
- Discussed smart speakers.
- Discussed staying safe online scenarios and what the safe choice would be.

Year 3/ 4:

- Cyberbullying
- Digital footprint
- Fake news
- AI
- Friends

Year 5:

- Adobe live lessons on cyberbullying and AI for Safer Internet Day

Year 6:

- Whatsapp and safety rules posters
- Spotting real and fake news stories
- AI and making informative leaflets

All year groups participated in Safer Internet Day. This years theme was 'Smart tech, safe choices - Exploring the safe and responsible use of AI'.

We celebrated our annual Technology Free Time Competition where we reiterate the importance of having time offline. Da iawn to 5SG who came 1st, 3/4CS who came 2nd and 3/4RM who came 3rd.



TikTok

TikTok is a popular social media site where you can create videos, share videos or view videos you are interested in. Over 2 billion people use it worldwide. It is owned by the company ByteDance and was originally created in 2016 to fulfil the growing demand for short form, creative, mobile video content. You have to be 13 or over to use this site.

Key Concerns:

- A lot of cyberbullying takes place on TikTok.
- It has inappropriate content which is harmful for children.
- It can be unsafe for children as strangers can comment on posts (UNLESS your account is private) which could be scary.
- It can be really addictive and mean that people spend too much time online.
- It collects and shares data.

Parental Controls

- Make the account private in settings on the TikTok platform.
- Turn off comments on settings in TikTok so strangers can't comment on your children's posts.
- Family pairing (this can be set up in settings and privacy) which will allow you to:
 - Set screen time limits on your child's account.
 - See how much time they are spending on the app.
 - Schedule times when your child can't access TikTok.
 - Mute your child's notifications.
 - Apply filters that restrict keywords and hashtags from appearing in their feeds and restrict the content they can view.
 - Review and alter your child's privacy settings, including whether their account is public or private.



Things You Can Do to Help...

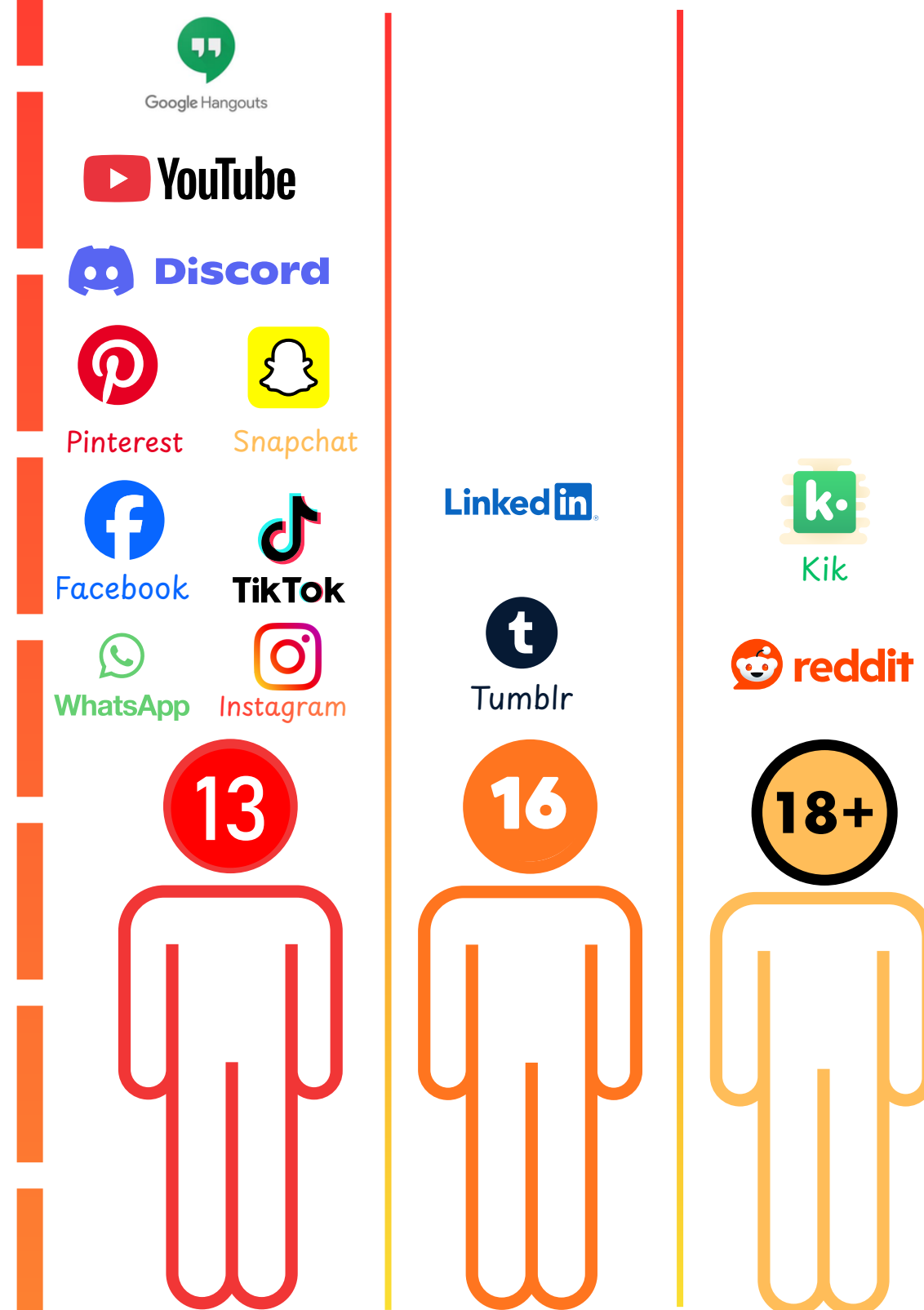
Our teachers try their best to make sure we understand how to stay safe online.

Here are some things we think you could do to help us at home:

- Set a screen time limit to make sure we aren't spending too long on our devices, and we can enjoy tech free activities e.g. go to the park, play board games, visit friends and family etc. We know it is difficult to say exactly how much time is appropriate, but recommend that children 5-8 should spend no more than 1-1.5 hours after school and children 8-11 should spend no more than 2 hours after school. Remember to follow 20:20:20 rule (look away from screens every 20 minutes, look at something 20 feet for 20 seconds).
- Check your child's/ children's phones to make sure that they are staying safe, responsible, respectful and kind to others.
- Take your child's/ children's phones/ devices out of their bedroom at night to ensure they get a good nights sleep because getting sleep helps us concentrate in school, it boosts self-esteem and builds a healthy routine.
- Be sure to set up parental controls on the different games and apps your child/ children use.
- Use the age ratings for games, apps and social media to make sure the content is appropriate and that we are staying safe.
- Encourage your children to make SMART decisions on how they use technology, e.g. using it for research and homework tasks rather than gaming.
- Talk to your child/ children regularly to check in with them and see if any issues need addressing or if they need any help.



Age Ratings for Social Media



Useful Links

<https://parentzone.org.uk>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://familysmartstart.com/>

<https://www.ceop.police.uk/Safety-Centre/>

