



Thursday 6<sup>th</sup> February 2025

Dear Parents/ Carers,

### Safer Internet Day

Tuesday 11th February is **Safer Internet Day**. As a parent, you play a key role to help keep your children safe online. This year's theme is *'All fun and games? Exploring respect and relationships online'*. It is important that you talk to your child regularly about the benefits, as well as the risks, of the online world, and give them space to ask questions and talk about anything that worries them. You do not need to be an expert to help keep your child safe and you can visit <https://saferinternet.org.uk> to find some great tips and resources on how to do this.

The children will be participating in activities throughout the day to enhance their knowledge of online safety. We are also inviting parents/ carers to a workshop on *'Keeping your children safe online' on Tuesday 11<sup>th</sup> February at 2:30pm*. You do not need to inform the school if you want to attend the workshop. On this day, please come to the school office to be shown into the school hall.

It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions may help:

#### *Talk to your children about what they use the internet for.*

*Such as for Netflix, Disney Plus, X-Box / PlayStation / Switch, Alexa, CBeebies, Facetime.*

#### *Ask your children if they know what to do if they see something they don't like online.*

*Turn off the screen / turn over the device and find a grown up straight away and tell them.*

#### *Ask your children how they should keep themselves safe online.*

- *Never make 'friends' with anyone online;*
- *Always ask a grownup if they want to go on the internet, including playing a game online;*
- *Never use a grownups phone or tablet without asking first.*

#### *Screen time and children?*

*Whilst it is important to recognise that we are in an ever-changing world, where technology is part of our everyday life, it is also important to remember the values and skills that children need to learn and appreciate to navigate life successfully.*

- *The World Health Organisation (WHO) recommends no screen time for babies under two years old;*
- *For babies over the age of two, they recommend no more than an hour of screen time a day. This remains the recommendation up to the age of four;*
- *The NHS advises no more than two hours a day even for older children.*

*(Screen time can be of benefit to an older school age child when balanced with other activities, but not for young children, the UK Government's Education Committee found.)*

To ensure quality screen time:

- Preview programs, games and apps before allowing your child to view or play with them;
- Seek out interactive options that engage your child, rather than those that just require pushing and swiping or staring at the screen;
- Use parental controls to block or filter internet content;
- Make sure your child is close by during screen time so that you can supervise their activities;
- Talk to your child regularly about the programs, games and apps they have played so you are familiar with them also;
- Avoid fast-paced programming, which young children have a hard time understanding, violent content and apps with a lot of distracting content. Eliminate advertising on apps, since young children have trouble telling the difference between ads and factual information.

Below are the recommended ages for some popular apps and games. This will be discussed in more detail at the information workshop.

**Age Restrictions for Social Media Platforms**

**13** is the minimum age for account holders on these social media sites and apps.

X (formerly Twitter)	Facebook	Instagram	Pinterest	Messenger
TikTok	Discord	Snapchat	Twitch	Yubo
Reddit	YouTube	BeReal	WhatsApp	

**7**  
**PEGI 7**

Games with a PEGI 7 rating are suitable for ages 7 and above.

They may have:

- some scenes or sounds that could be frightening
- mild forms of violence (non-realistic or with no detail)

For example:

- Minecraft
- Roblox
- Among Us
- Lego Series

**12**  
**PEGI 12**

Games with a PEGI 12 rating are suitable for ages 12 and above.

They may have:

- violence of a slightly graphic nature involving fantasy characters
- suggestive activities or language
- gambling
- mild bad language

For example:

- Sims
- Fortnite
- Dragon Ball FighterZ
- Super Smash Bros. Ultimate

We hope you will support us in encouraging our children to stay safe online. We have attached a list of Online Resources and websites to help you keep your child safe online. If you need confidential support, please contact the Headship Team via [enquiries@parkhill-inf.croydon.sch.uk](mailto:enquiries@parkhill-inf.croydon.sch.uk) using the subject line 'FAO Headship Team – Confidential.'

Yours sincerely,

Miss Crocker  
Computing Leader

Mrs Parry  
DHT