



From: Paul Gooding: Head of Wellbeing and PSHCE

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### Safer Internet Day 2023

Dear parents and carers

Next week we shall be spending time with the students marking Safer Internet Day. This year the theme is [‘Want to talk about it? Making space for conversations about life online’](#). We would encourage you to continue these discussions with your child at home. It might also serve as a good opportunity to talk to your child about how safe they feel online, including on any gaming platforms, as well as on their social media accounts.

I have also collated some links and resources that I hope you will find useful in aiding these discussions at home both now and in the future. I do hope they are helpful as useful reference points.

- [Here](#) is a link to “Think u Know” an excellent website to help and support parents and carers.
- Online gaming guide for parents by the [NSPCC](#)
- [#Asktheawkward](#) conversation guides from CEOP
- Advice for parents and carers from [Childnet](#)
- Tips, advice and guides for parents and carers from the [UK Safer Internet Centre](#)
- Reviews and information about games, apps, TV shows and websites from [Common Sense Media](#)
- Help on using parental controls and privacy settings from [Internet Matters](#)
- Information and reporting of online grooming or abuse from [CEOP](#)
- [TALK](#) checklist by the Internet Watch Foundation
- Social media privacy setting checklists by [SWGfL](#)

Please also find [attached](#) a comprehensive article written by Vodafone on promoting good digital wellbeing amongst young people. *This is well worth a read.*

I hope you find these useful as we help to reinforce these messages. Please follow us on twitter [@Ab Wellbeing](#) if you haven’t already done so. We will be posting regular updates here too.

Best wishes

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