



Bickley Primary School Telephone: 0208 460 6790
Nightingale Lane, Bromley BR1 2SQ

Email: admin.office@bickley.bromley.sch.uk

All Different, All Equal, All Achieve

Headteacher: Ms Elizabeth Blake BEd (Hons) NPGH
Deputy Headteacher: Mrs Cara Moon BEd (Hons)

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Dear Parents and Carers,

Staying safe and being a good friend on apps, sites and games

Children and young people have spent much more time on devices than ever before during lockdown, As we approach the summer holidays, here is some information about staying safe online and principles you can help us remind your children about.

Please do not worry too much about screen time - think instead about screen quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' with five things to think about each day to help put that into practice.

Children's
COMMISSIONER



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

It is really important children get the opportunity to chat to friends, so it's great to hear that many of them have been chatting online during lockdown. We are sure that this will continue over the summer, so please help us reinforce some key messages about appropriate behaviour to keep everyone safe and happy.

Occasionally, we receive reports that there has been unkind or unpleasant interaction between children on messaging services such as WhatsApp. This can usually be avoided if we remind children to look out for their friends, not say anything that they wouldn't like to hear themselves, and always stop or stand up for others if someone gets upset.

Please remind your children never to share scary or rude images, even if they are forwarding them on to show someone why they are upset or distressed. If they do see something that worries them or that might be wrong, all they need to do is ask for help from a trusted adult. They could talk to you or to us, or they may feel more comfortable talking anonymously to Childline.

If you or they are concerned about an adult's behaviour towards a child online, report them to [CEOP](#). And as a parent, you can also contact the NSPCC - O2 advice line on 0808 800 5002.

More than ever before, our children are spending significant periods of time online interacting with others. As they become more familiar with using software such as Zoom, they will forget the types of behaviour that they should demonstrate in order to keep themselves safe. Please remind them to wear suitable clothing and to sit appropriately. The video function means there will be someone watching and they should remember to behave as they would if they were having a face to face chat.

Attached are some top tips to help your child enjoy their time online whilst giving you overall control and supervision.

Thank you for your support – As always, we are here to support you and answer any questions. Please do get in touch.

Kind regards

Miss Blake