



# Lindsworth School

## Supporting Young People to Stay Safe Online



In our increasingly digital world, helping young people stay safe online is more important than ever. At Lindsworth School, we are committed to ensuring our students understand the importance of digital safety and responsible internet use. This newsletter provides guidance on how you, as parents and carers, can support them in navigating the online world safely.

### Understanding the Online Landscape

Social media platforms, apps and online gaming are a huge part of young people's lives. While they offer opportunities to connect, learn, and have fun, they also come with risks, such as cyberbullying, exposure to inappropriate content or online scams.

Did you know? In the UK, there are legal age restrictions for most social media platforms:

- 13 years and over: Facebook, Instagram, Snapchat, TikTok, and X (formerly Twitter)
- 16 years and over: WhatsApp

These limits are set under the UK Data Protection Act 2018 and the Children's Online Privacy Protection Act (COPPA) to protect young people from exposure to harmful content and ensure their data is handled appropriately.

### Practical Tips for Supporting Online Safety

- Talk regularly with your child about their online activities. Ask them which apps they use, who they interact with, and how they feel about their experiences online.
- Most devices and platforms have built-in parental controls. These can help you monitor screen time, block inappropriate content, and set age-appropriate filters.
- Children often mimic adult behaviours. Show them how to use technology responsibly by modelling safe and respectful online interactions.
- Remind them to never share personal information (like their address or school) online and to use strong, unique passwords.
- Make them aware of dangers such as cyberbullying, phishing scams, and the potential impact of sharing personal photos or videos. Encourage them to think carefully before posting anything online.





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### Recognising Signs of Online Issues

It's vital to be alert to any changes in your child's behaviour that might indicate online problems, such as:

- Avoiding devices or becoming overly secretive about their screen use.
- Becoming withdrawn or upset after using the internet.
- Unusual spending patterns that could indicate in-app purchases or scams.

If you notice these signs, create a safe space to discuss their experiences without judgement.

### Resources and Support

At Lindsworth School, we educate students about digital safety through our PSHE (Personal, Social, Health, and Economic) curriculum. However, further resources can also support you at home:

- NSPCC's Online Safety Hub ([nspcc.org.uk](https://nspcc.org.uk))
- ThinkUKnow by CEOP ([thinkuknow.co.uk](https://thinkuknow.co.uk))
- Childline for confidential support ([childline.org.uk](https://childline.org.uk))

Remember, if your child encounters serious issues such as online grooming or exploitation, report it immediately to the police.

By working together, we can help our young people enjoy the benefits of the online world while staying safe and responsible. If you have any concerns or would like to discuss this topic further, please don't hesitate to contact the school.

