Dear Parents/Carers,

Following the E-safety letter you received in the Autumn Term, we are still experiencing regular incidents of concern regarding the use of social media at home. In school, we have discussed some of the potential risks that certain apps and websites may involve and how to keep ourselves as safe as possible online, however it has been noticed that a large number of children are experiencing issues out of school hours.

At Eden Park Academy, we encourage the children to talk to a safe adult when they are worried about something that is happening online but as these incidents are taking place out of school hours, it is important that you as a parent/carer are actively monitoring your child's social media usage.

Here are some ways you can help at home:
-Firstly it is important to remember that the legal age to have an account on most social media - Instagram, Facebook, Youtube, Snapchat - is 13 years old. With this in mind, not all of these social media sites will be appropriate for primary-aged children.
- Ensure your child's profiles are private and can only be seen by people they accept as a friend.
- Look through your child's 'friends' or 'followers' with them to check they are people they know; family or friends.
- Look through the pictures, videos and content your child is posting to check if it is suitable/appropriate. (No school jumpers with logos, swearing, obvious locations, use of full names etc)
- Talk to them about their username, profile picture and bio to ensure they are not giving out any of their personal information (full name, address, school, phone number etc)
- Talk to your child about how they speak to other people on social media. Recently, we have had lots of reports from children at our school about unkind, rude, offensive and inappropriate messages that are being sent to each other. Sending these types of messages is not acceptable. We need to remind the children that if you would not say it in person, you should **not** say it online.
- Monitor your child's internet usage at home. Unfortunately many of the reports we have received are of messages being sent in groups chats - late in the evening. Talk to your child about the times that are suitable to use social media. You could set up a 'phone free zone' to ensure that children are not up all night, in their rooms, on their phones.

Whilst we don't want to scare or worry the children about using the internet, we feel that it is very important to make them aware of potential risks/negative impacts it can have and to ensure they think before they act online so that it can be enjoyed in a safe, responsible and positive way.

If you have any e-safety concerns or would like more advice on keeping your child safe online then please do not hesitate to come and talk to us. We also recommend the following websites. They have tips and advice as well as ways you can discuss and learn about e-safety with your children at an age suitable level.

- https://www.internetmatters.org/
- https://www.net-aware.org.uk/networks/
- https://www.thinkuknow.co.uk/
- https://www.saferinternet.org.uk/
- https://www.nspcc.org.uk/

Thank you
Eden Park Academy

Here are some things you can do to ensure your child is safe on social media.

Facebook (13+)

Included in Facebook's setting are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

Unfriend: go to their profile, hover over Friends and select Unfriend.
Blocking: If you don't want somebody to add you as a friend or send you a message then block them. Select Settings & Privacy and then settings, click Blocking and enter the name of the person, click Block, select the correct person and click block and block.
Facebook Privacy Check up: this helpful tool helps you review your settings. Select Settings, Privacy Shortcuts and review.
Find out more here: https://en-gb.facebook.com/help/

Instagram (13+)

When you set up your account, it is automatically set as public. To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings, tap Account Privacy and tap to toggle Private Account on.

Remove a follower: Go to your profile and tap followers, tap to the right of the person and select remove.
Blocking: If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.
Turn off commenting on a post: Tap above your post, select Turn Off Commenting.

Find out more here: https://help.instagram.com/196883487377501

WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo.

To change any of these settings, go to settings, account and privacy.

Reporting: When you receive a message from an unknown number for the first time, you will be given the option to report the number. This report will then send the most recent messages in the chat to WhatsApp. You can also report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: https://faq.whatsapp.com/en/general/

Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

Unfriend: Go to a chat with that friend, tap the button at the top left and then tap Remove Friend.
Block a friend: Go to a chat with that friend, tap the button at the top left and then tap Block Friend.
Blocking: If you want to stop somebody from adding you as a friend or sending you a message then block them. Select settings, blocking and enter the name of the person, click block, select that person and click block and block.

Location settings: This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature**. Your location won't be shared on the map until you open it for the first time, at which point you can choose:

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends
- **My Friends, Except …:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends …:** choose specific friends to share your location with.

Find out more here: https://support.snapchat.com/en-GB/article/privacy-settings2

TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this go to your profile, tap the settings icon (three dots), tap Privacy and Safety and turn on Private account.

Report inappropriate content: you can report an account, video, comment and message. Follow the instructions here: https://support.tiktok.com/en/privacy-safety/report-inappropriate-content-en

Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.
- **Restricted Mode:** Restrict the appearance of inappropriate content.

Find out more here: https://www.tiktok.com/safety/resources/for-parents?lang=en&appLaunch=web