

# Stanford School



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Dear Parents/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, so 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. Please see the flyer produced by LGfL on keeping your children 'digisafe'.

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.

With children around the world relying on technology to keep in contact and maintain their friendships it can be a difficult and stressful time. A text message can never replace personal contact as messages can often be taken the wrong way and, as a parent, it can be difficult to keep a track of the conversations between friendship groups. Globally this has opened up the possibility of cyberbullying on chat apps and children feeling isolated from group chats. This can usually be avoided if we remind children and young people 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.

In the same manner that we should take care with the messages we send, we should also remind children to think about the photos that they take, post & share. If they are taking photos of others they should always have their permission, especially if they intend to share them with others. Remember that anything posted on social media can be shared by others and will remain available for others to view indefinitely.

Please remind your children never to share scary or rude images, even to complain about them. 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 – 0800 1111. If you or they are concerned about an adult's behaviour towards a child online, report them to [CEOP](http://CEOP) and as a parent, you can also contact the NSPCC - O2 advice line on 0808 800 5002.

One more thing – please make sure that when you are talking virtually to others through Facetime, Zoom etc think about what others may see on their screen and ensure that your clothing & background are appropriate for the call. Most importantly when the conversation is over ensure that apps are not running in the background, technology is shut down and stored away appropriately.

Thank you for your support - do let us know if you have any questions.

**L J Hackfath**  
**Head Teacher**

Children's  
COMMISSIONER



**Digital 5 A Day**

Simple steps to a balanced digital diet and better wellbeing