Welcome to our first monthly St Mary's Online Safety Newsletter. This first edition focuses on Safer Internet Day 2023 and safety online.

Established by the UK Safer Internet Centre (UKSIC), Safer Internet Day is celebrated around the world. This year, on Tuesday 7th February 2023, it will be celebrated with the theme:

**'Want to talk about it? Making space for conversations about life online.'**

In school, we teach children about online safety throughout all our curriculum, particularly our Computing work and also through PSHE. Safer Internet Day provides us with a great opportunity to have a conversation with our children about their online lives as well as provide us with an opportunity to brush up on our own knowledge of all things online with lots of resources and online activities available.

## How Can I get involved?

### The UK Safer Internet Centre (UKSIC) Resources

As usual, the UKSIC have created some fantastic resources, which includes top tips, quizzes, how to talk about difficult topics and what to do if something goes wrong. Find out more here: https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers

### Ask the Experts from Internet Matters

On Safer Internet Day, Internet Matters will be hosting a Q&A session on Instagram and Facebook. You can send them your questions and then an expert will answer them throughout the day. You can find out more here: https://www.internetmatters.org/safer-internetday/

### Let's Chat

The NSPCC provide fantastic advice on how to start conversations about Online Safety with your child, including how to tackle difficult conversations. You can find out more here:

https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/

### Join an online safety webinar

For Safer Internet Day 2023, Webwise will be hosting two online safety webinars in February – supporting young children online and supporting teens online.

https://www.webwise.ie/trending/talklistenlearn-parent-events/

### Staying safe online

Parental controls have been designed to help you manage your child's online activities. There are various types. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit Parental Controls.

### Create a Family Agreement

Linked below is a Digital Family agreement to help you set ground rules such as how much time your child can spend on devices. Find out more here: https://parentsafe.lgfl.net/digitalfamily-agreement