



## Naphill and Walters Ash School

Online Safety Newsletter  
Spring Term 2024

Dear parents/carers,

Thank you to those of you who came to last term's CEOP – Parents and carers session. We are grateful for your support and hope that you find the sessions useful. As the Easter holidays are fast approaching, I would like to take this opportunity to share some CEOP resources that will support you in talking about your child's online worlds at home.

### Key Stage 1 focus

For our younger children, the Jessie & Friends resource has been recently updated. This a website designed for children aged 4-7 to visit with their parents/carers.

The aim for the children is to complete 'badges' where they help different characters 'Tell A Grown Up' in different situations online. On completion, there is also the option to print off a certificate and colour in.

For more detail, I have attached the parents and carers guide.

### Key Stage 2 focus

CEOP have recently put together some home activity worksheets that gives conversation starters, potential actions to do as a family and a fun family activity. There are a variety of topics that you can choose from: social media, online gaming, sharing images online, watching videos online, live streaming and cyber security.

Alongside the activities, there are also some helpful videos with top tips for parents and carers. If you would like a hard copy of any of the activities, please get in touch.

If you would like to spend some time getting clued up on the latest research, expert advice and most up to date 'issues' in the online world, you may find Parentzone a helpful starting point. They have a range of blogs, articles and resources and even a [podcast](#) that you can listen to!

The online world is rapidly changing as new technology is developing. The recent emergence of sophisticated AI is now becoming a focus for organisations that promote children's safety online. If this is something of interest, this Parentzone [article](#) provides a good overview and advice.



We hope that these resources are helpful during the Easter holidays.

### Other information

In the next week, an online safety questionnaire/feedback form will be sent out via parentmail. This is your chance to share your thoughts and ideas and help shape our online safety approach going forwards. Thank you in advance for taking the time to send us your feedback.

### Useful links

[Home Safety Activities](#)  
[Jessie & Friends](#)



### 8 steps to support your child to be safer online

- 1. Explore together.** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
- 2. Chat little and often about online safety.** If you're introducing them to new websites and apps, talk to them about how to stay safe on these services and in general. Ask if anything ever worries them whilst online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.
- 3. Help your child identify trusted adults who can help them if they are worried.** This includes you and other adults at home, as well as adults from wider family, school or other support services. Encourage them to draw a picture or write a list of their trusted adults.
- 4. Be non-judgemental.** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
- 5. Supervise their online activity.** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of this age should not access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom.
- 6. Talk about how their online actions affect others.** If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.
- 7. Use 'SafeSearch'.** Most search engines will have a 'SafeSearch' function, allowing you to limit the content your child can access online. Look out for the 'Settings' button on your web browser homepage, often shaped like a small cog.
- 8. Parental controls.** Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

# Helpsheet

*parents and carers: primary*



Education from  
the National  
Crime Agency

## Support your child with CEOP Education resources

CEOP Education films and games are a great way to start and continue chats about online safety:

### 4-7s

#### ***Jessie & Friends***

[www.thinkuknow.co.uk/parents/jessie-and-friends-videos/](http://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/)

A three-episode animated series which helps keep 4-7s safer online.

#### **4-7s website**

[www.thinkuknow.co.uk/4\\_7/](http://www.thinkuknow.co.uk/4_7/)

Featuring characters from Jessie & Friends, the 4-7s website helps children to recognise worrying or scary situations online through four interactive badges covering: watching videos, sharing pictures, online gaming, chatting online.

### 8 – 10s

#### ***Play Like Share***

[www.thinkuknow.co.uk/parents/playlikeshare/](http://www.thinkuknow.co.uk/parents/playlikeshare/)

A three-episode animated series that helps keep 8-11 year olds safe from risks they might encounter online.

#### ***Band Runner game and advice website***

[www.thinkuknow.co.uk/8\\_10/](http://www.thinkuknow.co.uk/8_10/)

A fun interactive game that helps reinforce key messages about online safety.

## Other recommended resources

**NSPCC PANTS.** A simple way to keep children safer from abuse, by teaching them to remember the 5 rules that spell 'PANTS'. [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/)

**Internet Matters.** A useful tool showing how to set parental controls across a range of devices and websites. [www.internetmatters.org/parental-controls/interactive-guide/](http://www.internetmatters.org/parental-controls/interactive-guide/)

## Follow us on social media

For up to date information and advice:

**@CEOPUK** on Twitter

**ClickCEOP** on Facebook



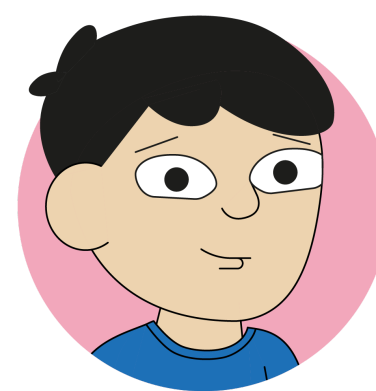
[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

The **4-7s website** from CEOP Education supports you to equip your child with the knowledge, skills and confidence to stay safer online.

### About the 4-7s website

The new 4-7s website is designed around the three-episode Jessie & Friends animated series. Jessie & Friends follows the adventures of Jessie, Tia and Mo as they begin to navigate the online world.

The website provides the building blocks of understanding and resilience to help protect children from dangers they might encounter while watching videos, sharing pictures, playing games and chatting online.



Mo



Jessie



Tia

It's never too early to talk to your child about what they do online and who to tell if they come across anything online that makes them feel worried, scared or sad.

The website is divided into age sections for 4-5 and 6-7 year olds and features educational, online safety badge games. The badge games replicate various online situations to help children recognise when something isn't right and reinforce the key message that they should **Tell A Grown Up (TAG)** when something happens online that makes them feel worried, scared or sad.

The website is intended to be used by 4-7 year olds alongside their parents and carers. By helping your child to understand and identify what the dangers are online, you help to prevent potential harms.

### How to use the website with children

4-7 year olds should always be supervised by an appropriate adult while they are using a device or playing online. The 4-7s website is designed to help you and your child learn and explore online safety topics together.

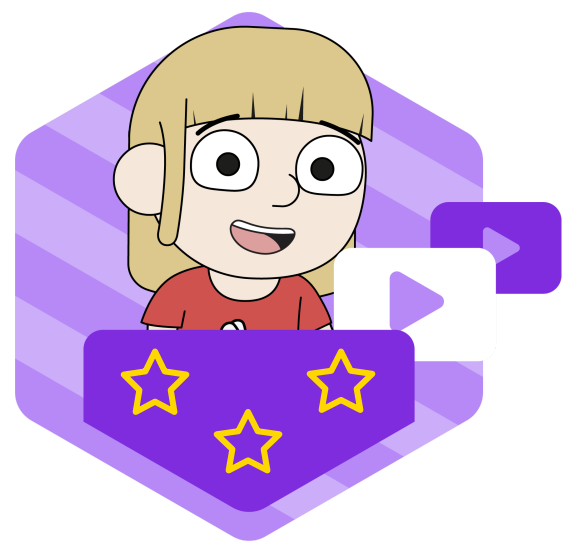
#### Tips for getting started



- 1 Introduce Jessie, Tia and Mo and pick a badge to play.
- 2 Play the badge(s) - answer questions to help Jessie, Tia and Mo know when to tell an adult they trust about something that has happened online.
- 3 Collect 3 stars to complete the badge. Download the certificate to keep or print and colour in, and choose which badge to play next!



### The Badges



#### Watching Videos (4-5 and 6-7 year olds)

The **Watching Videos** badge asks players to identify whether Jessie is feeling 'Ok' while watching videos on her tablet or whether to **TAG**. This helps your child to know when to tell a grown up about something they have watched online that has made them feel worried, scared or sad.

**Conversation starter:** Ask your child what things might show how Jessie is feeling (for example, crying or laughing).

**What next?** Watch Jessie & Friends Episode 1 - Watching Videos.

#### Sharing Pictures (6-7 year olds)

The **Sharing Pictures** badge asks players to decide whether Tia should **TAG** or 'reply' to the pictures she has been sent online. This is to help your child recognise when they should tell a trusted adult about something that has been shared with them that worried, scared or upset them.



**Conversation starter:** Ask your child how each of the pictures make them feel and why some pictures would be ok to reply to but others are not (for example, explain that sharing pictures of someone without their permission is not ok).

**What next?** Watch Jessie & Friends Episode 2 - Sharing Pictures.



#### Online Gaming (6-7 year olds)

The **Online Gaming** badge asks players to decide which messages the characters should reply to in an adventure game. This helps your child understand when is appropriate to respond to other users in an online game and when they should **TAG**.

**Conversation starter:** Talk about how people can pretend to be friendly online to trick young people into doing something (for example, saying they will help you win the game if you give them your password).

**What next?** Watch Jessie & Friends Episode 3 - Playing Games.

#### Chatting Online (6-7 year olds)

The **Chatting Online** badge asks players to choose which of the online messages that Mo has received he should **TAG** about. This is to help your child identify potentially inappropriate messages online and when they should tell a trusted adult about what they have received.



**Conversation starter:** Discuss why your child thinks some messages should not be replied to (for example asking for personal information or to keep secrets).

**What next?** Download the Jessie & Friends Storybooks to keep the conversation going.

