



Farington Moss St Paul's Online Safety Newsletter

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'Thrive in the Gift of Life.' John 10 : 10 '



What are the Internet Safety ABCs?

When setting up parental controls on a device do you know where to start? Internet Matters have devised a checklist to help ensure children stay safe on their devices. It is as simple as ABC! The A stands for Activate. Internet Matters provides helpful advice on how to activate parental controls to manage screen time, block inappropriate content and keep strangers away. The B stands for Balance. There are tips on how to create healthy online habits. The C stands for Check. There is advice on how to check the apps your child uses. As well as general guidance, there is also age specific information as well. Please click onto this link to find out more.

<https://www.internetmatters.org/resources/abc-online-safety-checklist/>

All agesUnder-56-1011-1314+

ABC online safety checklist

Set your child up for safety online

The checklist below covers actions you can take to help protect children of all ages from online harms. Once you've tackled this, use the tabs above to see extra steps you can take based on your child's age.

Activate

Turn on **browser filters** for basic protection on devices in the home.

Manage **SafeSearch**.

Password-protect app stores to limit downloads.

Update **parental controls** as their online activities change.

Balance

Set a good example with your own screen use.

Create screen-free zones at home.

Switch off devices an hour before bedtime.

Encourage children to take breaks (for example every 20 mins).

Charge devices outside bedrooms.

Use screen time tools to help manage how much time they spend online, e.g. **Google Family Link** for Android or **Screen Time** for Apple.

Set digital boundaries and routines together (**Family Agreement**).

Check

Review the **minimum age requirements** for the apps, games and platforms for your child wants to use.

Discuss **online risks**, including **online scams**, and how to deal with them.

Ask children what they like to do online and why.

Show them how to report or block inappropriate content on **platforms they use**.

Share your concerns about their online safety.

Talk regularly with your child about their online life in casual settings (like over dinner or during a walk).

Online Safety Leaflets and Resources

The internet is so vast and so is the information about online safety. Sometimes it is difficult to know where to start.

Internet Matters have created an extensive amount of information for Parents and Carers on their website. The information can be found under various categories e.g. age specific, social media, gaming, fake news, cyberbullying. For each area of interest, there is an easy-to-read download guide.

Should you require more information, please click onto this link to find helpful advice.

<https://www.internetmatters.org/resources/esafety-leaflets-resources/>

Thrive in the Gift of Life

Transition to High School

Is your son or daughter moving up to high school this year? Are you worried about the potential risks of your child having more digital social interactions? As children start high school, they'll use their devices even more to socialise and complete homework. Balancing screen time becomes even more difficult to manage. Parents also worry about their child being contacted by strangers and being bullied online. It is important to help children find the balance between connecting with their friends online and managing their safety and wellbeing. This website below offers many useful tips and information to support parents through this new transition.

<https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>

Safe Online Searching

Does your child like to search for information online? In school we encourage the children to use a safe child friendly search engine called Swiggle. The search engine is easy to use and you don't need to install anything onto your device.

For more information visit <https://swiggle.org.uk/>



Useful Website Links

SWGfL

<https://swgfl.org.uk/online-safety/10-online-safety-tips/>

<https://swgfl.org.uk/magazine/staying-safe-online-this-summer/>

<https://swgfl.org.uk/topics/digital-wellbeing/>

<https://swgfl.org.uk/magazine/meta-introduce-new-digital-wellbeing-and-parental-supervision-tools/>

UK Safer Internet Centre

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

CEOP

<https://www.ceop.police.uk/Safety-Centre/>

Harmful Content

If you need to report harmful content please visit this website.

<https://reportharmfulcontent.com/>



Social Media Platforms and Apps

Most Social Media platforms have an age restriction of 13+ to set up an account and /or use their services (WhatsApp is 16+). The Safer Internet Centre and SWGfL have written some useful guides.

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

<https://swgfl.org.uk/topics/social-media/>



Pegi Ratings

Internet safety is directly applicable to online gaming on all devices. All games consoles have parental control settings to allow you to limit your child's gaming to age-appropriate games based upon the PEGI rating. PEGI labels appear on the front and back of games packaging, and on online games and apps. For more information about the different age levels and descriptors visit:

<https://pegi.info/>