



Farington Moss St Paul's

Online Safety Newsletter

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



Digital Wellbeing	Artificial Intelligence (AI)
Wellbeing is a term we are increasingly familiar with. This term relates to aspects of our health such as such as our mental, physical, social and emotional wellbeing. Wellbeing affects us all from the youngest child to the oldest adult. Wellbeing is a key area of life that needs to be nurtured and looked after. In a technological world, digital wellbeing is an important part of our physical and mental health. Our digital wellbeing is affected by how long we spend on a device, our online behaviour, how we interact with others online, what we expose ourselves to online and how reliant we are on technology. SWGfl have produced some useful information to help us all to improve out digital wellbeing. For more information click onto this link: https://swgfl.org.uk/topics/digital-wellbeing/ Internet matters have also produced a useful guide on this topic. https://www.internetmatters.org/resources/manage-children-digital-wellbeing/  	Artificial Intelligence (AI) is becoming a regular part of our online experiences. From Chatbots to creative tools AI can provide exciting opportunities. AI can perform tasks that typically require human intelligence. Children may be using AI without realising it, as it is becoming common for AI to be built into many apps and websites. Examples of generative AI tools are: • Chat GPT • Copilot • Gemini • Snapchat Chatbot (interacts in real time) Common uses of AI include: • Chatbots • Generative tools to create images, stories and music • Deepfake technology that can produce realistic fake voices and videos • Summarising search results While AI can be helpful it also poses many risks to children. Therefore, it is important that children are aware of the risks of using AI. The NSPCC have produced some useful information to support parents when discussing matters related to AI. Click onto this link for more information: https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-to-children-about-ai/

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/>

SMART Rules

As parents we are constantly reminding our children about road and water safety. How often do we remind children about being safe online? As the summer holidays are approaching and children have more opportunities to spend time online, don't forget to add online safety to your checklist this summer! These SMART rules are a concise and easy way of remembering the important online safety messages. For more information visit this website. <https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew>



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/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/>

Internet Matters

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

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 visit

<https://pegi.info/>