

Dear Parents and Guardians

As we have moved to online learning through these very challenging times we are committed to keeping young people safe online. Before Easter I shared with you some information from Think U Know which I hope you found useful.

As part of our PD activities this week, your child's Head of Year has set some activities appropriate to the year group about keeping safe online. You may wish to talk to your child about these activities and their experience of using the internet over the past few weeks. I have also included a couple of links to the Think u Know website as they have shared a Parent Helpsheet and some new 15mins activities that you may wish to complete with your child.

- New 15mins online safety activities

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

- Parent Help Sheet

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-parents-helpsheet-secondary.pdf>

Our key messages during these challenging times are the same ones we would have shared if we were in school:

- Get the right balance between online and offline activities. As so much of your learning is online, make sure you take part in other activities offline too.
- Do you know who you are talking to online? Have you met them? Or are they a friend of a friend of friend?
- Do not share personal information online – do not give out your date of birth, address, bank details etc. A number of websites will try and collect personal information from you to sell on. Think carefully about what you are agreeing to share when you click on to a website.
- Don't share explicit photos of yourself (otherwise known as sexting). This is illegal, but more importantly you are putting yourself at risk by doing so. If you receive an explicit image tell an adult immediately and use the online reporting buttons.
- Be careful about how you portray yourself online. Once posted it is very difficult to get information back and so the information you share about yourself and your views could potentially be found in years to come by your future employer!
- Be wary of 'fake news' – get your information from trusted websites like the BBC
- A rule of thumb I share with students is – if you would be happy to have the message or photograph you are about to send made into a 10ft banner to be displayed in the middle of Syston, then it is most probably ok to send. If not, then don't send it!
- Think carefully about how you use social media with your friends and peers – remember texts and chats can easily be misinterpreted and cause offense
- Tell a trusted adult immediately if you are uncomfortable/unhappy about any online activity.

We are here to support families, please let us contact us on [admin@wvacademy.org](mailto:admin@wvacademy.org) if you would like some support or advice regarding your child's online use or their online communication with friends.

The internet and social media has been invaluable in helping us all to stay connected and there are some fantastic websites and online opportunities. I hope we can all enjoy them safely.

Nicola Morland  
Vice Principal