

PGHS Online Safety Newsletter

SAFER INTERNET DAY 9TH FEBRUARY

As the lockdown continues teenagers are spending more time online than ever before. Research conducted before COVID revealed the average teenager **spent 9 hours using online technology every single day.**

Safer Internet Day is an annual global event aimed at making the internet a safer place for all young people. This year it explores how reliable online information is and how to separate fact from fiction. Mrs Bennett who is head of the CAT faculty will be delivering virtual assemblies to the girls to highlight the importance of questioning online information during the week.

“As a direct result of COVID millions of children are hidden away in their bedrooms and chatting online”

As safeguarding lead, I am also aware that nationally there is an increasing incidence of fake online profiles that are being created to entice young people into inappropriate online communication. There is also evidence to suggest that young people can be tempted to create hidden social media accounts to hide covert communication from their parents and carers.

I have therefore asked Mrs. Bennett to include additional information about fake online identities to make your daughter more aware of the risks involved.

SUPPORT FOR PARENTS AND CARERS

Discussing online safety with your daughter can be difficult as many young people want to maintain some privacy in their online lives. The following web link will provide free resources to talk to your daughter about online safety on Safer Internet Day.

This pack includes activities, conversation starters, and information to help parents and carers talk to their children about how to navigate the issue of reliability of information online in a safe, responsible, and engaging way. It includes conversation starters, a family online safety plan, and further information for you to support online safety at home.

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-parent-or-carer>

Key Questions

Do you allow your daughter to have online devices in her bedroom?

Do you know what your daughter is doing whilst using online devices?

Do you know what apps she uses regularly and with who she is in contact with?

