



By EduLink messenger

6th February 2024

Dear Parent/Carer,



Today, **Tuesday 6th February** is **Safer Internet Day 2024**. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and more, to join together in helping to create a better internet for all.

Using the internet safely and positively is a key message that we promote at St Anne's and Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home.

To help you with this, you may be interested in checking out the free Safer Internet Day resources for parents and carers which are available here: [Parents and carers - UK Safer Internet Centre](#). Some top tips for parents and carers can be found here: [Top Tips for parents and carers - UK Safer Internet Centre](#)

Digital wellbeing

To link online safety with **Children's Mental Health Week** which is also happening this week you may want to consider digital wellbeing too.

Today's young people are growing up in a world where technology has always been present for them, which, at times, can have both a positive and negative impact on their lives. Digital wellbeing is about how the internet and technology can make us feel. This includes recognising the impact being online can have on: our emotions; mental health and wellbeing; as well as our physical health and wellbeing.

We are sure you agree that technology and the internet should enhance and simplify modern living rather than be a cause of distraction, worry or upset which can have a negative impact on our lives and wellbeing. Childnet have some top tips which can be found here: [Digital wellbeing | Childnet](#)

Online safety information, advice and guidance for parents and carers

You may find the following links useful:

- [More information about Safer Internet Day 2024](#) lists more information specifically for parents and carers

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- [Practical tips for starting a conversation about life online](#) includes advice and tips about how to start a discussion about the things your child is doing and seeing online
- [How to talk about difficult topics](#) has advice about how to talk about some of the more difficult or challenging things that may happen online
- [My child has said something worrying – what do I do?](#) shares steps you can take, and information about what you can do, if your child mentions something that you find worrying
- [What to do if something goes wrong](#) looks at what you can do if something does go wrong for your child online – remember, there are always steps you can take to help
- [How to make a report](#) shares information to help you if you need to make a report on a app or a website
- [Getting your child involved in online safety](#) shares resources that can help you engage your children in online safety education, no matter their age
- [Find out more about specific issues](#) includes more information about specific online safety issues and the range of places you can go

It is important to make your child aware of the different ways they can receive support if they experience something upsetting online. In addition to family and school support, children and young people can contact the following helplines for advice:

- **Childline** – [Childline](#) is a confidential service offering support to children under the age of 19 with any issue they are concerned about either online or by phoning 0800 1111
- **The Mix** – [The Mix](#) offer advice and support for anyone under the age of 25 either online or by phoning 0808 808 4994
- **Papyrus** – [Papyrus](#) is a charity which seeks to support young people who may be struggling with suicidal thoughts 0800 068 4141

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's Pastoral Year Leader; Mrs Beconsall, our Safeguarding and Welfare Officer; or myself, Designated Safeguarding Lead.

You can contact us by telephone, 0161 643 2643; by email, admin@stannesacademy.org.uk or by sending us a message using EduLink messenger.

Yours sincerely,



Mr A Chapman
Deputy Headteacher

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