

11 November 2024

Dear Parents/Carers,

Thank you very much to all of our parents and carers that joined The Keys Academy Trust's recent **Parenting in the Digital World** online workshops.

Richard from **The Stay Safe Initiative** helped us to better understand our children's digital lives. We explored what they are doing online, and he provided straightforward advice and guidance to keep everyone in your household safe.

Some of the key messages focussed on:

- Talking to our children! We need to nurture an invested interest, be curious, ask questions and be involved with what they are doing online. Do find out what they enjoy doing online.
- Embracing the digital world and guide our children in partnership, by discussing, agreeing and setting boundaries together. What can be used and when?
- Show integrity and empathy when things go wrong online. The fear of losing a device may mean some children won't speak out about any issues they may have encountered.
- Lead by excellence, by displaying positive habits. Set times in the day when devices aren't used e.g. during meals and in bedrooms and always put your device down when talking to someone.
- Carefully consider that many social media apps are not designed to be used by anyone under 13 years old.
- Try and hold off before giving your primary age child a mobile phone or device of their own. There is nothing wrong with them using a family device to keep in contact with friends.
- Remember that mobile devices can access 4G and therefore bypass any internet controls that you have for users on your home wifi network. Mobile security settings need adding separately.

To further support this work, we have secured the below resources, which we hope you will all find useful. Please click on the links below to access this information:

[Parents Resource Pack](#) - Contains slides and lots of useful links to information about protecting your family online.

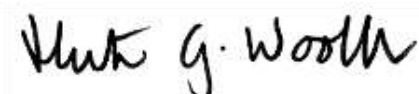
[Parenting in the Digital World – Getting help Video](#) - This short 5 minute video is all about normalising and encouraging children to come to you for help when they discover or do something online that isn't right.

<https://thestaysafeinitiative.org.uk/> - Richard has lots of further information and advice on his website.

As parents/carers, you remain the best advocates for guiding and supporting your children online and we hope that these resources will allow you to feel more empowered about being involved in your children's online world.

Please do not hesitate to get in touch with your school if you have any questions regarding any of this.

Kind regards,



Hester Wooller

CEO, The Keys Academy Trust

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