

October 2015

Dear Parents/Carers

As part of the PSHE programme we look at a range of topics across the year. We felt that this would be a good opportunity to update parents on key elements of e-safety that they need to discuss with their children.

Recent cases around the country including those in Rotherham and Rochdale have highlighted the part online grooming has played in child exploitation. General information on online safety can be found on the following websites:

The 'ThinkUKnow' website <http://www.thinkuknow.co.uk/> (this website is run and maintained by CEOPS (Child Exploitation Online Protection Service) and is a world leader in online safety).

www.saferinternet.org.uk

With regard to Facebook could we urge parents to take the time to sit down with your child and go through their "friends" list. If your child cannot tell you who the person is to a point that you feel reassured please "unfriend".

Other points to remember regarding Facebook are;

- never give out personal information that could identify your school, address, age or full name on your personal profile.
- Privacy settings should be set to the highest level and please refer to <http://www.facebook.com/help/privacy> for guidance.

Other areas of concern that need highlighting are "sexting", Snapchat and Instagram. If young people take indelicate photos of themselves and pass them on, it is a criminal offence to pass on indecent images of a child. Snapchat is an App that allows photographs to be on screen for a few seconds but there is now an App which saves these images.

Finally, research has shown that 'blue light', which is emitted from electronic devices, severely disrupts sleep patterns if viewed within one hour of going to sleep. Current recommendations are that electronic devices should not be in bedrooms. A recent article in the British Medical Journal published results of a study showing the correlation between hours on screen and reduced GCSE results.

Yours sincerely

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