

17 December 2025

Dear Parent/Career

I hope you all found our last bulletin of 2025 an appropriate celebration of our first term. If you missed this in the inbox, the link to this can be found at:

<https://www.cambianguroup.com/media/3392858/December-2025.pdf>

Today sees the release of the first end of term reports for our pupils. I hope the new format helps you as parents and careers celebrate their successes this term as well as motivate continued learning in to the spring term when we return on Wednesday 7 January 2026.

In this letter, we as a school would like to recap some of the online safety tips covered in earlier bulletins. Christmas is a time when lots of young people may spend longer on devices or receive devices that are able to access online platforms including social media such as tablets, smartphones, games consoles and laptops.

Devices that are new are often not secure or pre-set within the settings sufficiently for children and teenagers and we would encourage parents and carers to pre-setup devices with appropriate restrictions in line with a child's age as outlined in the first edition of this year's bulletin for both IOS and Android devices. This information can be recapped at this link:

[https://www.cambianguroup.com/media/3311406/01\\_Bulletin\\_190925.pdf](https://www.cambianguroup.com/media/3311406/01_Bulletin_190925.pdf)

Equally games consoles are often played by young people where games are a classified certificate for specific ages. Please ensure you check the settings of devices, monitor what children are watching and most importantly who they are talking to through online platforms across the coming Christmas period. The most valuable strategy is to remain resolute to provide access to only age-appropriate content and talk often about your child's experiences regularly to maintain oversight of what and who they are interacting with and how this is making them feel.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) is a brilliant website that can help and support you as a family stay safe online. There are also many 'think you know videos' parents and carers can watch on YouTube that will show you how to manage settings and secure your child's online world so risk is reduced.

If you believe you have an issue over the festive period with online safety, please remember that you can access advice through the NSPCC or, if you feel that and online interaction warrants it, you are able to call 101 and speak to Police for advice too.

As a school we continue to cover online safety as part of our curriculum. Our safeguarding booklet is also available through the website where links related to online safety can be found as well as sign posting to other services should you or people you know need support over the Christmas break:

[https://www.cambianguroup.com/media/3339742/Parent\\_Guide\\_SafeG\\_PLS.pdf](https://www.cambianguroup.com/media/3339742/Parent_Guide_SafeG_PLS.pdf)

Finally, Northamptonshire local authority also provide advice and guidance on how to stay safe and well over the winter and festive periods and this can be found at the link here:

<https://www.westnorthants.gov.uk/winter-wellbeing>

This final link covers support not only for online but also may be of use if you or someone you know may need support around a wide range of wellness topics particularly challenging in the winter months.

As a school we hope you have a wonderful Christmas and new year. Best wishes for the festive season,

Yours sincerely



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# Supporting young people online

Information and advice for parents and carers



## The internet – an inspiring and positive place

The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your children have better technical skills than you do, however children and young people still need advice and protection when it comes to managing their lives online.

Issues that your child may encounter on the internet will vary depending on their age and online activities. We have grouped potential online risks into these 4 categories.



### Conduct:

Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it's important to keep personal information safe and not share it with strangers. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.



### Content:

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.



### Contact:

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)). If your child is the victim of cyberbullying, this can also be reported online and offline. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.



### Commercialism:

Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within applications. Encourage your children to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms.

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

**1** Ask your children to tell you about the websites and apps they like to use and what they enjoy doing online.

**2** Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

**3** Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

**4** Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

**5** Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?



## What can I do right now?

- ☐ Maintain an open dialogue with your child and encourage them to talk to you about their internet use: for example who they're talking to, services they're using, and any issues they may be experiencing.
- ☐ Create a family agreement to establish your children's boundaries, and your expectations, when on the internet.
- ☐ Give your child strategies to deal with any online content that they are not comfortable with – such as turning off the screen, telling an adult they trust and using online reporting facilities.
- ☐ Consider using filtering software to block unwanted content. In addition to filtering, remember that discussion with your child, and involvement in their internet use, are both effective ways to educate them about the internet.
- ☐ Encourage your children to 'think before you post.' Online actions can impact not only yourself but the lives of others. Content posted privately online can be publicly shared by others, and may remain online forever.
- ☐ Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others. Be able to recommend legal services.
- ☐ Familiarise yourself with the privacy settings and reporting features available on popular sites and services.
- ☐ If your child is being bullied online, save all available evidence and know where to report the incident, for example to the school, service provider, or the police if the law has been broken.
- ☐ Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content. Also see if online reviews are available from other parents as these may be helpful.
- ☐ Set up a family email address that your children can use when signing up to new games and websites online.
- ☐ Encourage your children to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.
- ☐ Set up a PIN or password on devices to help protect personal information.

Sign up to our Childnet newsletter at [www.childnet.com](http://www.childnet.com).

Help make sure that your children know how to stay safe online, by using our SMART Rules for primary aged children, or 5 Tips for Teens.

### 5 SMART Rules for primary aged children:

- S Safe:** Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.
- M Meet:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.
- A Accepting:** Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- R Reliable:** Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows. If you like chatting online it's best to only chat to your real world friends and family.
- T Tell:** Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

### 5 Tips for Teens:

- 1 Protect your online reputation:** use the tools provided by online services to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- 2 Know where to find help:** understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
- 3 Don't give in to pressure:** if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.
- 4 Respect the law:** use reliable services and know how to legally access the music, film and TV you want.
- 5 Acknowledge your sources:** use trustworthy content and remember to give credit when using other people's work/ideas.

# INFORMATION & ONLINE RESOURCES



## 1. CHILDNET RESOURCES AND WEBSITES



**Childnet:** Childnet International is a non-profit organisation working in partnership with others around the world to help make the internet a great and safe place for children. The Childnet website hosts all the online resources detailed below, as well as a number of recommended resources for young people, parents, carers and teachers. [www.childnet.com](http://www.childnet.com)



**Childnet resources:** On our website you can access resources on a range of topics, including our previously branded Know IT All for Parents interactive guide. The **Parents and Carers** area also contains key advice, information on reporting and detailed information on a range of e-safety topics in the **Hot topics** section. [www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)



**UK Safer Internet Centre:** Childnet is part of the European Commission appointed UK Safer Internet Centre. Together with partners the **Internet Watch Foundation** and the **South West Grid for Learning**, we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. You can access a range of resources from across the UK, Europe and wider afield at [www.saferinternet.org.uk/parents](http://www.saferinternet.org.uk/parents).



**Digizen:** A website providing information and advice to encourage responsible digital citizenship. It shares advice and guidance on preventing and responding to cyberbullying, including the film **'Let's Fight It Together'** and specific information on social networking. [www.digizen.org](http://www.digizen.org)



**KidSMART:** This Childnet website is for children, teachers, parents and carers and offers fun activities for children alongside practical internet safety advice. Don't forget to check out our Early Surfers' Zone for 3-7 year olds where you can read the online stories **'The Adventures of Smartie the Penguin'** and **'Digiduck's Big Decision'**, which is also available as a free app for iPads and Android tablets. [www.kidsmart.org.uk](http://www.kidsmart.org.uk)



## 2. INFORMATION AND TOOLS FOR PARENTS & CARERS



**Supporting Young People Online:** A free guide created by Childnet providing information and advice for parents and carers on supporting young people online. The advice is also available in 12 additional languages including Arabic, Hindi, Polish, Spanish, Urdu and Welsh. [www.childnet.com/resources/supporting-young-people-online](http://www.childnet.com/resources/supporting-young-people-online)



**A Parents' Guide to Technology:** The UK Safer Internet Centre has created this guide to answer commonly asked questions and introduce some of the most popular devices used by children, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly. [www.saferinternet.org.uk/parent-tech](http://www.saferinternet.org.uk/parent-tech)



**Internet Parental Controls:** The four big internet providers - BT, Sky, Talk Talk and Virgin Media - provide their customers with free parental controls that can be activated at any time. Video tutorials on how to download and use these controls are available on the UK Safer Internet Centre website. [www.saferinternet.org.uk/parental-controls](http://www.saferinternet.org.uk/parental-controls)



### Safety Tools on Social Networks and Other Online Services:

Information and advice on the safety tools, age requirements and terms and conditions for a variety of online services popular with young people. [www.saferinternet.org.uk/safety-tools](http://www.saferinternet.org.uk/safety-tools)

## 3. SOCIAL NETWORKING



**Young People & Social Networking Sites:** Aims to help parents understand the positive and creative ways young people are using social networking spaces (e.g. Facebook, Twitter and Instagram). It also points out the potential risks of using these sites and ways to minimise these risks. [www.childnet.com/sns](http://www.childnet.com/sns)



**Facebook Checklist:** A free guide produced by the UK Safer Internet Centre that contains detailed instructions and information on privacy and account settings on Facebook. [www.childnet.com/facebook-check](http://www.childnet.com/facebook-check)

## 4. MOBILE PHONES



**PhoneBrain:** A site created by PhonepayPlus to educate young people and parents about phone-paid services such as calls and texts to premium rate numbers and in-app purchases. [www.phonebrain.org.uk](http://www.phonebrain.org.uk)



## 5. ONLINE GAMING



**Online Gaming:** Childnet's guide contains helpful advice and information on supporting children and young people playing games online.

[www.childnet.com/online-gaming](http://www.childnet.com/online-gaming)



**Ask About Games:** Information and advice for parents and gamers about the PEGI age rating system for video games and how to play games responsibly.

[www.askaboutgames.com](http://www.askaboutgames.com)

## 6. FILE SHARING & DOWNLOADING



**Music, Film, TV and the Internet:** Childnet has developed this guide with the music, film and television industries to inform parents, teachers and young people about how to stay safe and legal when enjoying entertainment on the internet or via a mobile device. [www.childnet.com/downloading](http://www.childnet.com/downloading)



**The Content Map:** A UK based website created by industry representatives to help teachers, parents and other consumers know which sites are legal for streaming and downloading films, tv, ebooks, music, games and sports broadcasts. [www.thecontentmap.com](http://www.thecontentmap.com)

## 7. OTHER USEFUL SITES FOR PARENTS & CARERS



**Common Sense Media:** A US non-profit organisation that provides independent reviews, age ratings and other information about all types of media for families and children. [www.common sense media.org](http://www.common sense media.org)



**Digital Parenting:** The Digital Parenting website and magazines, created by Vodafone and The Parent Zone, offer parents information and advice about the latest digital technologies and the challenges young people might face in their digital world. [www.vodafone.com/content/parents](http://www.vodafone.com/content/parents)



**Internet Matters:** Launched by the four major UK internet service providers (BT, Sky, TalkTalk and Virgin Media), Internet Matters is an independent, not-for-profit organisation that provides information and advice on online issues and technologies to help parents keep their children safe online.

[www.internetmatters.org](http://www.internetmatters.org)

## 8. WHERE TO GET HELP & ADVICE



**Need help?** Information about what to do if a child comes to you for help and advice about how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour.

[www.childnet.com/parents-help](http://www.childnet.com/parents-help)



**NSPCC:** If you have concerns about the safety of a child then contact the NSPCC helpline on **0800 800 5000** or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

Children can talk to someone for advice and support at any time by contacting

**ChildLine** on **0800 1111** or chatting to a counsellor online at [www.childline.org.uk](http://www.childline.org.uk)



**Family Lives:** A national family support charity providing help and support in all aspects of family life. Useful advice and information is available online at [www.familylives.org.uk](http://www.familylives.org.uk) and they provide a free confidential helpline on **0800 800 2222**.

## 9. WHERE TO REPORT



**Child Exploitation and Online Protection (CEOP):** A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online. [www.ceop.police.uk](http://www.ceop.police.uk)

CEOP's **Think U Know** website contains information for children and parents, as well as a link for children to report abuse online. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



**Internet Watch Foundation:** Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally.

[www.iwf.org.uk](http://www.iwf.org.uk)



**ParentPort:** A website run by the UK's media regulators, allowing you to report content unsuitable for children found in a programme, advert, film, video game, newspaper/magazine or other forms of media.

[www.parentport.org.uk](http://www.parentport.org.uk)