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Dear Parents

Technology in schools and at home is developing at an incredible rate. Children use ICT every day in school, and most children have access to computers, tablets, mobile phones and games consoles at home, which they access daily. These technologies provide extremely valuable resources for children as well as delivering opportunities to connect with friends and have fun!

However, there are also risks when going online, and children can be particularly vulnerable. Throughout our curriculum we seek to keep our pupils well informed about e-safety, so that they understand the risks and know how to keep themselves safe. We hope that you can support your child at home, too.

One risk, of which we must be aware, is cyberbullying. This is when a person is threatened, harassed, humiliated, embarrassed or otherwise targeted by another person using the Internet, interactive and digital technologies or mobile phones. Cyberbullies could be 'friends', classmates, online acquaintances, or anonymous users and strangers. There are many precautions we can all take to prevent cyberbullying, such as:

- only using devices in busy, communal areas of the house (not bedrooms)
- making sure that children are only using age appropriate apps and online games, please note the minimum age for social media accounts such as tiktok is 13.
- making sure that privacy settings and passwords are safe
- activating parental controls to prevent access to inappropriate content
- showing an interest in your child's activities online, and being involved whenever you can
- having regular conversations with your child about any online concerns they have
- building trust and being supportive and understanding

Most importantly, we must encourage our children to talk to a trusted adult about any online experiences that make them feel uncomfortable, worried or upset. If we talk openly about these issues, our children are much less likely to face cyberbullying alone.

Please help to combat any cyberbullying by adhering to the good practice described above to help keep our children safe. For further information regarding cyberbullying or online abuse please see the following links on the Norfolk Police or Norfolk County Council website.

<https://www.norfolk.police.uk/advice/personal-safety/online-safety>
<https://www.norfolk.gov.uk/education-and-learning/schools/behaviour-and-attendance/bullying>
<https://www.ceop.police.uk/Safety-Centre/>

If you wish to discuss the issue of cyberbullying further, please feel free to talk to your child's pastoral manager.

Yours sincerely

Mrs C Chapman
Assistant Headteacher

