

# LANCASTER ROYAL GRAMMAR SCHOOL

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Dear Year 7 Parents and Carers,

## Year 7 Parents' Online Safety Briefing

Thank you very much for joining me for the online safety briefing before parents' evening. As promised, here are the main points and links to useful blogs and advice pages.

### Childnet – Digital Wellbeing

The Childnet website has lots of advice for parents and carers; the article I referred to about digital wellbeing can be found here: <https://www.childnet.com/help-and-advice/digital-wellbeing/>

As I mentioned the 'digital drama' which impacts in school often comes from activity late at night or in large groups unseen by adults. We would ask parents to be mindful of which groups their son is in on platforms like WhatsApp and to help them make good choices about membership of some of the larger groups which can be problematic.

### Screen Time and Parental Controls

The main request at the briefing was for parents to have screen time limits and parental controls on their son's device. Understanding the 'Goldilocks' relationship between screen time and wellbeing is helpful, just enough to be connected to the world, not too much that you start to lose sleep and become less active. I referenced this article in the briefing: <https://www.thinkuknow.co.uk/professionals/our-views/screen-time-should-we-be-worried/>

Both Apple and Android devices allow parents to set screen time limits, and you may want to consider setting your son's screen time limit to kick in around 8pm giving him time offline before bedtime. Searching for parental screen time controls for your device will bring you help pages such as:

Apple iOS: <https://support.apple.com/en-us/HT208982>

Android: <https://support.google.com/families/answer/7103340?hl=en>

### Harmful or Distressing Content

One of our main themes in school currently is around addressing sexism and misogyny, particularly in providing a counternarrative to some of the content from influencers such as Andrew Tate who you may have heard of in the news. Linked to this we know young people are able to access pornography too easily online:

<https://www.ofcom.org.uk/news-centre/2022/adult-sites-not-doing-enough-to-protect-children>

You may find this article written for parents helpful in understanding the effect of pornography on young people <https://parentzone.org.uk/article/elly-hanson-online-pornography-blog>

There are numerous articles about Andrew Tate and misogynistic online content, you may find the following interesting:

<https://www.theguardian.com/technology/2022/aug/06/andrew-tate-violent-misogynistic-world-of-tiktok-new-star>

<https://www.sacpa.org.uk/2022/12/12/andrew-tate-i-fear-online-influencer-radicalised-my-son/>

### **Think You Know – Ask The Awkward**

In order to help parents speak with their children about various topics, Think You Know have produced a resource called 'Ask The Awkward' which gives parents information and suggestions about how to approach a range of topics: <https://www.thinkuknow.co.uk/parents/ask-the-awkward/>

### **Signposting Support**

Finally, you may find the following sites helpful, which provide advice and support for parents:

Think You Know: <https://www.thinkuknow.co.uk/parents/>

UK Safer Internet Centre: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Childnet: <https://www.childnet.com/parents-and-carers/>

Parentzone: <https://parentzone.org.uk>

Please don't hesitate to contact me or any of the pastoral team with any questions or concerns you may have.

With best wishes,

James Hallsworth

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