



EMMANUEL COLLEGE
Emmanuel Schools Foundation

3 February 2023

Dear [RecipientTitle] [RecipientSurname]

Teaching students to be safe when they are online is a key part of our personal development curriculum and next week schools nationally will be recognising [Safer Internet Day](#) 2023. The day is a reminder to pay attention to the way internet technology has a daily impact on our lives, and particularly the lives of younger, more impressionable people. All of us would like to have a healthy relationship with our phones and other screens, and we would like the same for those in our care. Although we cover online safety as part of the personal development curriculum, computing lessons and wider College programme such as Good Morning Emmanuel we are going to be spending some extra time next week focusing upon what a healthy relationship with the internet looks like.

All students receive a series of lectures and lessons on living well online, though to complement these we are going to be looking at a number of areas of online life next week. These include how we interact with others on social media platforms, our phone habits, things we see online and what we share about ourselves online. All of these are key issues which are regularly discussed in College, and all warrant continuous reinforcement.

One of the ways we keep students safe in College is through our mobile phones policy, which means during the College day students should not have access to their mobile phones. This is an approach supported by the DfE. However, when students are outside of College we know that the temptation to spend significant time using a phone and the internet is high for young people and it is essential that we work together with parents to be confident that students can use this technology safely and responsibly.

We would like to support parents and carers in helping students to use their devices wisely but we know that advice and guidance often changes and there are new apps and trends appearing regularly. We have included below some top tips that have been published as part of Safer Internet Day for parents and carers as well as some links to resources that you might find helpful.

Top tips:

- **Model good behaviour with your phone:** our children learn how to use screens by watching us - do we turn screens off at certain times during the day or have rules around phones at dinner? Model healthy phone use.
- **Keep phones outside the bedroom:** sleep is key for pretty much everything, having a phone in the bedroom is too tempting and will undoubtedly disrupt sleep.
- **Keep an open dialogue about technology:** dishonesty and secrets around technology can be dangerous. Can your child tell you if they are subject to online bullying or they have seen something disturbing online? Do you know how long your child spends online a week?
- **Know what your child is doing online:** know exactly what sites your child is using and regulate them. Prevention is always better than cure.
- **Stay informed:** it is hard to keep up with the pace of technology, though it is important to know when young people are being influenced by certain ideas or people, or if there is a new app which contains hazards (e.g. chatgpt is a new AI programme which can write essays, this is clearly a temptation for students who have a long written assignment).

Top resources:

- [CEOP Education \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk) - A very helpful bank of resources from the national crime agency.
- [Parents and Carers - UK Safer Internet Centre](#) - guides and resources for parents and carers on a range of topics from the Safer Internet Centre
- [Online Safety | Emmanuel College](#) - The Emmanuel College approach to Online Safety with further resources available.
- [Center for Humane Technology](#) - a very helpful website which some excellent tips on phones, also helped produce the compelling documentary on Netflix 'The Social Dilemma'.

Yours sincerely

Mr K Primrose
Character Lead