



Online Safety Newsletter

For parents

Welcome to the second issue of the Abbey School online safety newsletter. Each half term we will be providing useful information to help keep your children safe when using the internet. We will also be providing guidance to our wonderful parents and carers to keep you up to date with all things internet!

In this issue we will be looking at how to keep our children safe on TikTok and Zoom. We will be exploring online safety advice on how to support children with SEND when connecting and sharing online. Plus we will be looking into 5 wellbeing activities that can help reduce screen time!

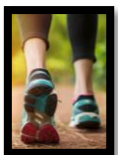


Wellbeing



Being in lock down can mean being stuck on an electronic device all day, here are 5 wellbeing activities to help improve mental wellbeing.

- ✓ Go for a walk
- ✓ Read a book
- ✓ Practice mindfulness
- ✓ Play a board game
- ✓ Listen to music



Inclusive digital safety

The Inclusive Digital Safety hub is a new place for parents and carers to visit for up to date advice and resources specifically designed for supporting young people with SEND. Click [here](#) for more information.

Zoom is cloud-based video communications app that allows you to set up virtual video.

Top tips:

- ✓ Ensure all zoom meetings are password protected.
- ✓ Do not allow someone into the zoom if you are not expecting them or if you don't recognise their username.
- ✓ Do not use your full name as the display name.



It is Safer internet day on Tuesday 9th February 2021 Watch out on Abbey school twitter for activities and competitions! Click [here](#) for more information and free resources!



TikTok Update: Strengthening Privacy (click [here](#) for more details)

On 13th Jan TikTok announced they would be making improvements to the app for younger users. All users aged 13-15 will now have their accounts set to 'private' by default, allowing children to make an informed choice about who they are sharing with. This relies on the user indicating their correct date of birth at sign-up. As we all know, there are many users below the age of 13 that are using TikTok and all of these will have had to lie about their age in order to create an account.

Top tips:

- ✓ Please discuss the potential dangers of allowing everyone to view their videos.
- ✓ They must NOT post a video or picture online with their school uniform on!
- ✓ Check the privacy settings on their app, there is a 'restricted mode' where you can filter out inappropriate content.

