Keeping Safe Online

Welcome to our E-Safety Newsletter!

This newsletter is designed to help families keep children safe online in an ever-changing digital world. Each term, we'll share practical advice, updates on new online trends, and guidance on managing risks such as screen time, social media, and gaming. By sending this termly, we ensure you receive up-to-date information that reflects current challenges and opportunities in technology. Our aim is to support parents and carers in creating a secure, positive digital experience for children both at home and in school.

Quiet Rage

When children lose a game—whether online or offline—they can feel frustrated or disappointed. Sometimes these feelings don't show as shouting or tears; instead, they stay hidden inside as "quiet rage." This bottled-up anger can lead to stress or even make gaming less enjoyable. Encourage your child to talk about how they feel after playing, remind them that losing is part of learning, and help them find healthy ways to cope—like taking a break, doing something active, or sharing their feelings with you.

Ways to support:

Encourage open conversations: "I can see you're upset. Want to talk?"
Teach emotional words beyond "angry" (frustrated, hurt, disappointed).
Model healthy coping: deep breathing, taking breaks.
Offer physical outlets: sports, drawing, stress balls.
Create a calm-down plan: quiet space, soothing music, mindfulness.
Validate feelings: "I understand why that upset you."
Look for patterns and discuss triggers together.

Game Smart

Games like Roblox and Minecraft can be creative and fun, but they also allow online interaction, which can expose children to unsafe conversations or language. Long play sessions can also make screen time hard to manage.

Quick Safety Wins:

Set Parental Controls – Restrict chat features and block strangers.
Monitor Screen Time – Agree on limits and encourage breaks.
Talk About Safety – Teach children not to share personal info.
Use Age-Appropriate Settings – Check game ratings and enable safe chat.
Play Together – Join in occasionally to understand their experience.

Helpful Links

NSPCC Parental Controls

Minecraft Parental Controls

Roblox Parental Controls

AI Safety Tips for Parents

AI & Social Media

Tik Tok

AI filters can look fun, but they often change faces and bodies in ways that create unrealistic beauty standards. This can affect self-esteem and also raises privacy concerns because facial data is collected. AI recommendations may lead to harmful or inappropriate content.

Quick Safety Wins:

Turn off or limit beauty filters in settings.
Talk about what's real vs. edited so children understand the difference.
Keep an eye on recommended content and set screen time limits.

WhatsApp

New AI chat assistants and smart replies can confuse younger users into thinking they're chatting with a real person. These tools may collect personal data and sometimes give misleading responses.

Quick Safety Wins

Disable AI chat features or limit experimental tools.
Explain that AI isn't a person and can make mistakes.
Check conversations regularly and remind children not to share personal details.

BELMONT ACADEMY

Roblox
No strict age limit, but parental controls recommended

YouTube Kids
No strict age limit, but parental controls recommended

YouTube *13+*

WhatApp *13+*

Instagram *13+*

TikTok *13+*

Snapchat *13+*

Instagram

AI powers photo editing, filters, and personalized content. These features can encourage comparison, promote unrealistic beauty standards, and expose children to harmful trends.

Quick Safety Wins:

Review privacy settings and limit who can interact with your child.
Discuss how filters don't reflect real life.
Monitor suggested content and set time limits.

YouTube

AI recommends videos and auto-plays content, which can quickly lead to inappropriate material and excessive screen time.
Safer Option: Use YouTube Kids for stronger filters and parental controls.

Quick Safety Wins

Enable YouTube Kids or Restricted Mode.
Turn off auto-play and set clear time limits.
Talk about what they watch and why.