



St Paschal Baylon Catholic Primary School

Following In The Footsteps Of Christ

23rd March 2026

Dear Parents/Carers,

As we prepare for the end of term, I thought it would be a good time to send out our annual reminder of how we can help to keep children safe online.

Many children either own or have access to iPads/tablets, phones and other devices that can connect to the internet.

Most social media apps have a minimum age limit of 13+, with WhatsApp having an age limit of 16+. However, we are aware that many children in primary school will still have access to these apps. **If this is the case, I would recommend that all parents/carers closely monitor how their children are engaging in these apps and check if they are happy with the content within each chat, or what is being shared. It is very important that children know that an adult will be overseeing their online lives.**

At St. Paschal Baylon, we understand that the online world is a significant part of our pupils' lives and that it can be a positive tool, e.g. to enhance their learning. We also know that there are risks posed to pupils online. We are writing to you as we believe it is important for us to work in partnership with parents to keep pupils safe online.

What are some of the risks children and young people face online?

The online world is constantly evolving which means the risks children can face also change. Here, we have provided information on some of the categories of potential harm that children can face online:

- **Content** – this involves being exposed to illegal, inappropriate or harmful content, e.g. inappropriate images, fake news, racism, misogyny, self-harm, suicide, radicalisation and extremism.
- **Contact** – this involves being subjected to harmful online interaction with others online, e.g. peer pressure, commercial advertising, and adults posing as children or young adults with the intent to groom or exploit children.
- **Conduct** – this is online behaviour that increases the likelihood of, or causes, harm, e.g. making, sending and receiving explicit images, sharing other explicit images, and cyberbullying.

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- **Commerce** – this includes risks such as online gambling, inappropriate advertising, phishing and financial scams.

What is the school doing to help protect pupils?

We adopt a whole-school approach to online safety, meaning that online safety is integrated through all aspects of school life to ensure we are doing everything we can to protect pupils from online harm. As part of our approach to online safety, we ensure that all staff at the school receive high-quality training in online safety and know what to do when a concern is raised, or an incident occurs.

All staff members receive training in online safety when they first start working at the school. After this, staff continue to regularly receive updates regarding online safety. We also make sure that staff members actively keep themselves informed about issues relating to online safety.

Teach pupils about the importance of online safety.

Teaching about online safety is integrated throughout the curriculum, but it is a key focus in PSHE – which is a mandatory part of the school's curriculum. PSHE includes pupils being taught in an age appropriate way about:

- What positive, healthy and respectful online relationships look like.
- The effects of their online actions on others.
- How to recognise and display respectful behaviour online.
- How to use technology safely, responsibly, respectfully and securely.
- Where to go for help and support when they have concerns.

Implement policies and procedures.

The school's approach to online safety is set out and implemented through a variety of policies and procedures, including the following:

- Child Protection and Safeguarding Policy
- Online Safety Policy
- KS1/KS2 Acceptable Use Policies
- Social Media Policy

Copies of these policies are available on the school website.

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Implement appropriate filtering and monitoring software.

We have a number of procedures in place to ensure pupils cannot access unsuitable content when online at school. There are also systems to monitor what pupils are accessing online when using school-owned devices.

What can parents do to help protect children online?

As parents, you play an essential role in protecting your children online. There are lots of ways you can help to minimise the risks and increase the awareness of online safety in your home. We have listed some of the ways you can do this below:

- **Talk** to your children about why it is important to stay safe online. Explain that whilst the internet is a fun, exciting and knowledge-rich tool, it is also a place where people may wish to bring them into dangerous activities or expose them to harmful material. It is important to be clear that you are not saying your child may never use the internet again, or that everything on it is harmful – it is about teaching them to have a greater awareness and to be able to manage and report any risks.
- Only give your children devices or access to **devices that you feel comfortable with**, and not as a result of peer-pressure deriving from their classmates and/or friends who are also using those devices.
- Discuss **rules** for being online and draw them up together, including which sites, games, etc., are acceptable. If certain games are off-limits, try to explain why – for example, because of excessive violence. If your child uses online gaming, consider setting rules such as only talking to others in the same age range and having the conversation on speaker, rather than headphones, so you can monitor it.
- Discuss what information should be **private** and what is ok to share; for example, addresses, names of schools, and names should never be given out to strangers online, as this could allow them to identify where your child goes to school or lives.
- Keep an **open dialogue** with your child – letting them know they can always talk to you about anything that has made them feel uncomfortable online is key to keeping them safe.

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- Ensure all devices used by your child are kept in a communal space, or a space where they can be supervised whilst using their devices.
- Set **parental controls** – do this as a dialogue with your child so they are aware of what they are not allowed to view; however, do not rely on parental controls on devices, as they are not always 100 percent effective, and many children know how to bypass them.
- Make sure your child knows how to **report or 'block' unsuitable content, messages or people online** – show them how to block on the websites or games they frequently use and explain that they can always tell you, a teacher or another adult if they experience anything which makes them feel uncomfortable.

Here are some other resources you can use to help you protect your children online:

- NSPCC – 'Talking to your child about online safety' (<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-onlinesafety/>)
- Childnet – 'Have a conversation' (<https://www.childnet.com/parents-and-carers/have-a-conversation/>)
- Thinkuknow (<https://www.thinkuknow.co.uk/>)
- UK Safer Internet Centre (<https://saferinternet.org.uk/guide-and-resource/parentsand-carers>)

We will be running an online Zoom session after Easter on Wednesday 29th April at 1.45pm for any parents that would like to know more about online safety. (This is a repeat of last year's meeting.) An invite will be sent out by text the day before the meeting.

Yours sincerely,

Mr E. Flood

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