

Internet Safer Day

This term, we marked Internet Safer Day with a focus on the theme *"Exploring the safe and responsible use of AI."* The children were encouraged to learn what artificial intelligence is, explore its benefits, and consider the potential limitations. Parents can support their children at home by talking openly about how AI is used in everyday life, encouraging children to ask questions, and reminding them that not everything generated by AI is always accurate or appropriate. Setting clear boundaries around technology use, checking privacy settings, and reinforcing the importance of kindness, honesty, and critical thinking online can also help children use AI tools safely and responsibly. For more information please visit the following link:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Cyber Security

Cyber security is about protecting your personal information and data while you are online from scams and cyber-attacks. Cyber-attacks involve criminals deliberately targeting individuals or organisations, for example to steal data or disrupt computer networks. The National Cyber Security Centre (NCSC) provides guidance on their website to help you and your family stay safe online. This includes advice on managing your digital footprint, using anti-virus software, and practical tips for staying secure online, such as:

- Using strong passwords
- Setting up two-step verification

You can access these resources here: <https://www.ncsc.gov.uk/section/advice-guidance/you-your-family> The NCSC also offers advice on what to do if you become the target of a scam or a cyber-attack. More information can be found here: <https://www.ncsc.gov.uk/section/respond-recover/you>

Playing Games Online

If your child plays games online, there are some risks to be aware of. Many games allow players to chat using text or voice. Check game settings to turn off communication or filter inappropriate language where possible. If your child plays with people they don't know, there is a risk of grooming, so make sure they understand how to block and report other players and that online "friends" should be real-life friends.

Cyberbullying can also happen in games, including exclusion, unkind comments, or ganging up on others. Talk to your child about being respectful online and encourage them to tell a trusted adult if something worries them. Some games include in-app purchases or subscriptions. To avoid unexpected charges, do not save payment details and set up purchase restrictions. What can I do?

- Set up parental controls on games and devices
- Check age ratings before downloading or buying games
- Talk regularly with your child about online safety

For more information please visit: <https://www.ceopeducation.co.uk/parents/articles/gaming/>

Online Roasting

Have you heard of online roasting? Although the term has been around for some time, it refers to a form of cyberbullying. Roasting usually involves making fun of or insulting someone, sometimes with their agreement, but often without it. What can I do? Talk to your child about what online roasting is and ask whether they have experienced it or how they feel about it. If roasting has had a negative impact on your child, save any evidence and involve the school if appropriate. Childline also offers advice and support for children affected by cyberbullying. Find out more here: <https://www.bark.us/blog/onlineroasting-signs-cyberbullying/>