

Social media: What are the risks for children?

Oversharing information about themselves

Sharing their location, photos of locations, wearing school jumpers in pictures

Talking to people they don't know

Sending or receiving inappropriate content

Unrealistic sense of body image

Obsessed by likes and comments



What do we do in school?

We use SMART in school.

We teach this in lessons.

We have this as every desktop screen for children.

We talk about it in PSHE.

We have e-safety lessons.

S SAFE Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R RELIABLE Information you find on the internet may not be true, or someone online may be lying about who they are.

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at www.thinkuknow.co.uk

This edition focuses on gaming and social media

THE CRESCENT PRIMARY SCHOOL

WAYS YOU CAN SUPPORT CHILDREN'S MENTAL HEALTH AND WELLBEING AT HOME

Talking about gaming

The first step to being able to set clear boundaries for gaming and keeping your child safe online, is understanding how it works. Take a look at this handy guide to know the best way to get the conversation going.

Upcoming in school event:

We have an online safety expert workshop for parents and carers on 6th February at 9.15am-10.30am. All welcome! [Click here to book!](#)

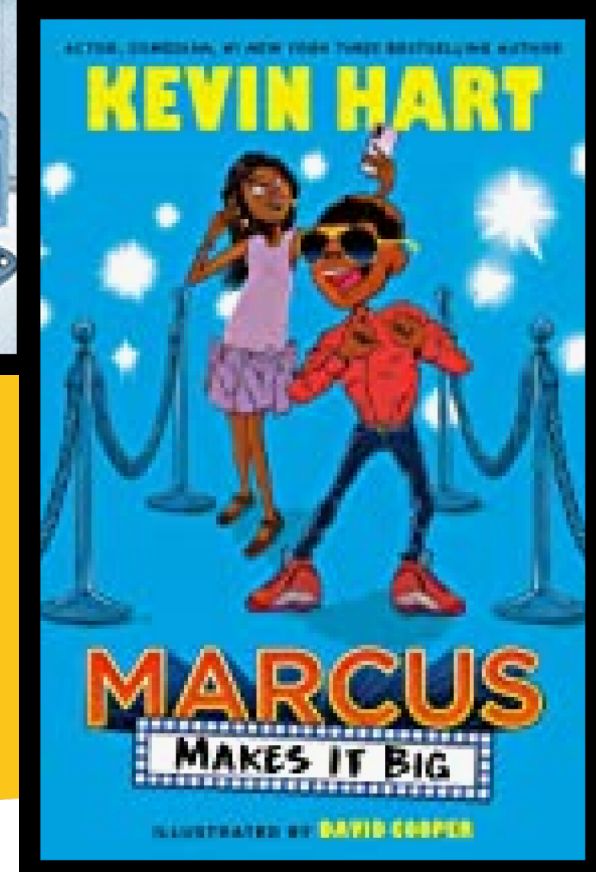


SPRING 1

Recommend books linked to gaming or social media anxiety



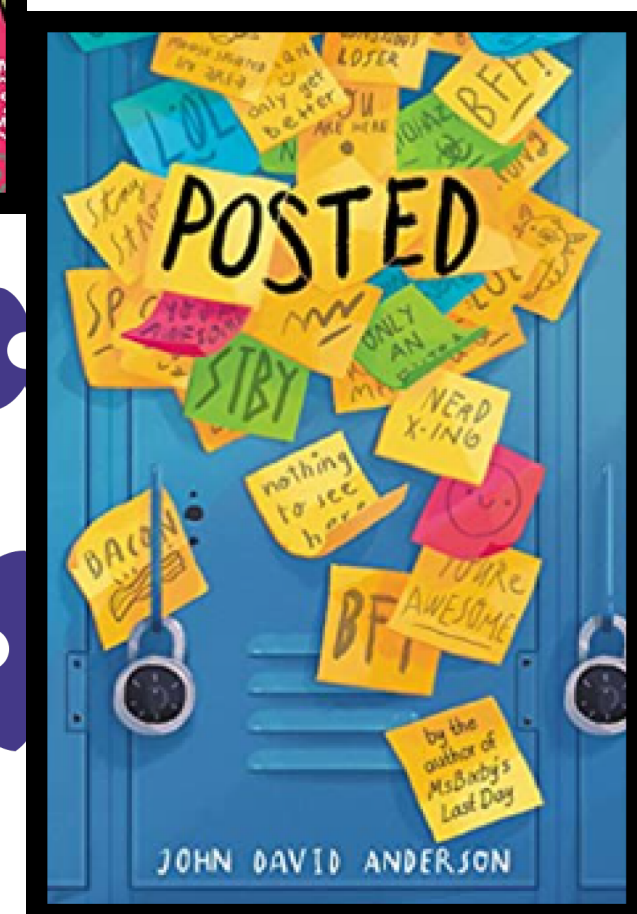
For younger readers. [Click here for link.](#)



For 8+ readers [Click here for link.](#)



For junior readers. [Click here for link.](#)



For readers 10+ [Click here for link.](#)