



## Bleakhouse Primary School

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Dear Parents / Carers

In our modern world, many people enjoy using Social Media to share their news and thoughts, we also know that many of our children enjoy playing games online, including Fortnite, which allow children to communicate with others that you or they may not know.

As a school, we are conscious we need to work together with Parents and Carers to safeguard and protect all our children and the staff online. We regularly talk to all the children about how they can help to keep themselves safe online and we have sent information to Parents / Carers. You will find links to this on our website.

It has come to our attention that there are an increasing number of instances whereby children at Bleakhouse are using Instagram, TikTok, WhatsApp and other social media sites to upload images and videos of themselves and/or their friends at school. Children are also viewing images and memes on such sites as TikTok and YouTube, often they are exposed to inappropriate sexualised, violent or racist language, which they then repeat in school. These instances may be logged by the school.

May I remind you that the minimum age for Facebook, Snapchat, Twitter, TikTok, Wink and Instagram are all 13 years old and WhatsApp 16 years old. Games like Grand Theft Auto are 18+

I would urge you to monitor closely your child's mobile phone, smartphone, tablets and computers to ensure that they are not involved in or being subjected to any form of on-line bullying or danger. Monitoring should be extended to their participation in on-line gaming and ensuring they are only playing age appropriate games. We are aware of some pupils using inappropriate language as a result of playing these games and communicating using the above sites.

I would like to take this opportunity to remind all children to hand in mobile phones each morning, should they bring one to school.

Thank you for your continued support.

Yours sincerely

Mr. J. Bates  
Headteacher



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# Digital safety at a glance

internet matters.org

## Guidance for parents of 5-7-year-olds

Use this quick tips guide to stay on top of your child's online safety needs.

### Tech use, issues and tips

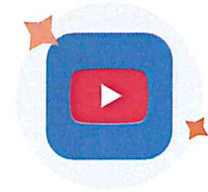
Learn about common experiences at this age and what you can do to keep your child safe online as they grow.



**93%**  
watch videos



**59%**  
send messages or  
make video/voice calls



**89%**  
Use YouTube

Source: Ofcom 2023



#### Too much screen time

Too much screen time is the online harm most experienced at this age, and **69% of parents worry about this.**

Source: Internet Matters tracker survey

Set time limits for devices but also help kids experience a range of activities to create and learn to support their wellbeing.



#### In-game and in-app spending

In-game and in-app spending is one of the most common online harms this age faces; **58% of parents worry about this.**

Source: Internet Matters tracker survey

Review purchase settings and parental controls in apps, games and online stores to set limits, then talk about why they're important.



#### Online bullying

Online bullying from people children know is one of the most common harms among 5-7s, and **63% of parents worry about this.**

Source: Internet Matters tracker survey

Online bullying is difficult to escape or ignore. So, talk about what it looks like so kids know when and how to get help.

Learn about these issues and more at [internetmatters.org](https://internetmatters.org)

# Practical tips to keep 5-7s safe online

## Set parental controls on popular apps



1. Set up YouTube Kids for under-13s.
2. Use timers to manage screen time.
3. Turn off watch history to limit suggested videos.



1. Use the in-built parental controls feature with PIN.
2. Customise who your child can talk to.
3. Enable Account Restrictions for easy set up.



1. Create a child's profile.
2. Set a parental controls PIN.
3. Customise maturity level of content your child can watch.

See all parental controls guides at [internetmatters.org/controls](https://internetmatters.org/controls)

### Are they talking to others online?



- Check your child meets age requirements
- Explore social media platforms for under-13s
- Discuss positive behaviour online
- Search 'top internet manners' for more



### Get personalised advice straight to your inbox

Want support to stay on top of your kids' digital lives? Together, we've got this, with our free personalised family digital toolkit. By completing the form you'll get:

- Age-specific checklists and guides
- Safety information on the latest apps and platforms
- Resources to tackle online concerns by age
- Interactive tools to encourage discussions on key topics

Scan the QR code or go to [internetmatters.org/toolkit](https://internetmatters.org/toolkit)



### Make online safety a part of their everyday

#### Conversations to have

Talk about:

- What they're watching; what do they like about it?
- What apps/games they like; what would they like to try?
- How being online makes them feel; what signs tell them they need a break?

See more at [internetmatters.org](https://internetmatters.org)

#### Tools to explore together

Build digital skills and play together with:

- The Online Together Project: an interactive quiz with discussion points to challenge stereotypes and hate online.
- Find the Fake: a series of quizzes to help teach children how to recognise and tackle misinformation online.

Go to [internetmatters.org/advice](https://internetmatters.org/advice) for more

