

Dear Parent/Carer

As a school we take online safety seriously and to support all parents and carers and those parents and carers with children with additional needs we recognise the need to ensure you have handy access to useful links to help you navigate the world of online safety to support your child as best as practically possible.

We all, young people and adults alike, need to understand that although the internet and social media can be a fun, creative and enjoyable place. We also need to understand it can be a place where there are multiple risks such as inappropriate content, inappropriate contacts or risks from conduct of others of all kinds. For those whom may not feel a part of things or have other vulnerabilities, may be at even higher risk from exploitation and abuse.

Middlesbrough Council adopts a Digital Resilience model to tackle online risks in lines with the governments Digital Resilience Framework. Digital Resilience is not a set of rules but rather an approach which shows that resilience is achieved through experiences rather than learning. It empowers young people recognise and managed risks they come across, to have the confidence to confide in trusted relationships and reflect on their own behaviours with regular parental input along the way.

Resilience approaches enable young people, with assistance from trusted adults, to thrive and flourish in online spaces and equip them with the skills to develop their own ways of protecting themselves against negative online experiences.

The basic principles of young people's Digital Resilience are

- **Understand - The risks online and make informed decisions about their digital spaces**
- **Know – Where to go and what to do and how to seek help**
- **Learn and Adapt - individuals can reflect and learn from experiences and able to adapt their future choices**
- **Recover – Individuals are equipped with the confidence to recover from trauma and trusted relationships can offer strategies to help aid recovery**

Discussing online safety concerns and knowledge with your child is one of the best safeguards there is, it really does develop resilience and is shown to have impact in their positive online decisions! As a very minimum parents should know where to go and what to do when something happens in an online space, the time to find out is not during crisis!

To report exploitation or coercive behaviours online of any kind report to CEOP <https://www.ceop.police.uk/safety-centre/> or contact police on 101.

To help your conversations and check apps and products our children use online are safe and secure you can visit organisations like

[www.saferinternet.org](http://www.saferinternet.org)

[E-safety Guides for Schools | National Online Safety](#)

[www.internetmatters.org/resources/the-online-facts-of-life/#guides](http://www.internetmatters.org/resources/the-online-facts-of-life/#guides)

[Online safety issues - advice to support children | Internet Matters](#)

<https://www.thinkuknow.co.uk/parents> and [www.parentinfo.org](http://www.parentinfo.org)

For children with SEND it is of concern to parents and carers to ensure they are safe online and therefore some additional resources have been sourced which you may wish to consider when helping your child increase their resilience online to keep them safe.

Childnet has a full section on supporting young people with SEND online which divides content into advice for parents/carers on starting a conversation focusing on the 3 `c`s which are content, contact and conduct online.

You can access the link here <https://www.childnet.com/parents-and-carers/hot-topics/supporting-young-people-with-send-online/>

A parents and carers toolkit is also available from the Childnet page which helps guide parents and carers with having those initial conversations and making family agreements to support online safety.

Useful links

- Childnets Star SEND Resource [STAR SEND Toolkit - Childnet](#)
- Childnet blog hot topic for parents [Supporting young people with SEND online – New hot topic - Childnet](#)
- Childnet general advice for parents/carers [Supporting young people with SEND online - Childnet](#)
- Mencap safer surfing resource [SafeSurfing Project - What We Do | Mencap](#)
- Mencap Learning Disability, Autism and Internet safety (pdf file) [Internet-Safety-web-2016.pdf \(mencap.org.uk\)](#)
- National Autistic Society e-safety advice [E-safety \(autism.org.uk\)](#)
- UK Safer Internet resources for parents/carers [Resources for parents and carers | Safer Internet Centre](#)
- UK Safer Internet Cyberbullying Advice for parents/carers [Cyberbullying advice for parents and carers | Safer Internet Centre](#)
- Think u know resources for parents/carers of children with additional needs <https://www.thinkuknow.co.uk/parents/Listing/?cat=70,72,73,75&ref=4770#mMain>
- Child Exploitation Online Protection Command (report online exploitation) <https://www.ceop.police.uk/safety-centre/>
- National Online Safety (great resource on online safety, gaming safety and social media app safety) [National Online Safety | Keeping Children Safe Online in Education](#)