

East Dene Internet Safety Newsletter



Safer Internet Day 2026:
“Smart tech, safe choices –
Exploring the safe and responsible
use of AI”



Safer Internet Day

Safer Internet Day is the UK's biggest celebration of online safety, covering online issues or themes relevant to young people. This year it is on

Tuesday 10th February.

The theme for Safer Internet Day 2026 is
**'Smart tech, safe choices –
Exploring the safe and responsible use of AI'.**



We will be celebrating in school by taking part in a Live Lesson held by the BBC and have a special assembly!

Social Media & Age Restrictions

Most social media platforms like TikTok, Instagram, and Snapchat have age restrictions. (usually 13+) to help protect young people from seeing things that are not suitable for their age.



- Children under **13** should not have social media accounts.
- Make sure your child knows to **never** share personal information online.
- Teach children how to set their profiles to private and be selective about who they add as friends or followers.

Top Tips

- ☒ Supervise children on any device with internet access.
- ☒ Talk to children about safe adults if they have problems online
- ☒ Use age-appropriate apps/games.
- ☒ Have parental controls activated.
- ☒ Keep personal information private for your family.
- ☒ Teach children to be kind and respectful online.



Parent Workshop

- On Monday **9th February at 2:30pm** we are holding a **FREE** parent **workshop** in the school hall with E-Safety expert Tim Pinto. He will cover a range of topics to help parents support children when accessing the internet.



Responsible Use of AI

AI can be helpful, but it's important to use it safely and responsibly.

Children should know that not everything they see online is true, even if AI generated it. It's always good to check information with a trusted adult.



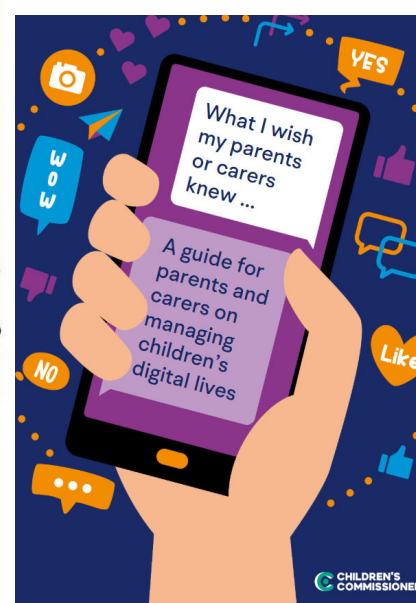
Remember:

- AI can make **mistakes**, so double-check facts together.
- **Think before you click**: not all suggestions from AI are good or safe.
- **Talk to safe adults** if something looks odd or feels wrong.
- We should treat even smart robots kindly and responsibly!



Screen Time

- Primary children in the UK spend an average of 3-4 hours a day.
- Set limits on screen time.
- Consider creating **Tech-Free Zones** in the home.



The Children's Commissioner has created a helpful guide with tips on managing children's digital lives.

Please take a moment to read it here:

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

Signs to look out for

We asked children which behaviours might signal that something has gone wrong online. Here are the themes they mentioned.



CONVERSATION STARTERS

It's important to regularly talk to your children about these topics, as they are part of their everyday lives.

Create a culture of openness, curiosity, and approachability so your child feels comfortable coming to you with problems. Here are some suggestions for conversation starters from my Youth Ambassadors and Youth SEND panel:

#AsktheAwkward

is an online project to help parents start conversations about online relationships with their teens.

What did you see on [insert platform e.g. Snapchat] today?

Refer to [page 20](#) for a list of platforms

Can you show me to how to use (this platform)?

What do you think might worry me about you being online? What might worry you about me being online?

Do you think a family agreement for online use is a good idea? How might this look for us?

How much do you think I should know about what you do online?

Do people say things online they wouldn't say in person? Why?