

**Rogerstone Primary School**  
**Parent Information Session 10.06.26**

**Keeping Your Child Safe Online**

# A Fast-Growing World

## ↗ Rapid Expansion

The pace of modern technology outruns traditional safety updates. Platforms shift faster than ever:

- ▶ **YouTube & TikTok:** Endlessly feeding algorithmic video content.
- 🗨️ **WhatsApp & Snapchat:** Serving as the main social engines.
- + **Unseen Arrivals:** New viral platforms pop up frequently and unexpectedly.

## ⚠️ The Danger Blindspot

Our children are growing up with raw physical access to technology, but they are not always developmentally equipped to spot dangers:

- 👤 Children struggle to recognise persuasive app designs and data collection patterns.
- 👤 They know age limits exist, but bypass them to avoid social exclusion.

# | The "Fake Reality" Trap

## Why "Stranger Danger" Fails Online

Children are taught never to talk to physical strangers in the street, yet they interact with anonymous profiles online daily without hesitation.

**The Digital Dissociation:** Because interactions happen on bright screens in comfortable living rooms, kids see the digital space as an artificial video game or "fake reality" rather than a real-world threat.

**School Action** involves specific lessons with this as a focal point. We explore the dangers and how to safeguard, ensuring that this information extends beyond the classroom.

**Parent Action** May involve mirroring the information that is being delivered in school to ensure understanding of its importance. Use of parental controls on digital devices are efficient and very supportive. The device itself, but also app/game specific parental controls are the most efficient ways of protecting children.



# | The Digital Split

## Separating School from Home

**The Classroom Disconnect:** Children actively absorb safety guidelines during classroom hours and demonstrate this understanding with their teachers. However, they struggle to transfer these lessons to unmonitored devices at home.

This distinct division in behavior leads to digital friction outside of school hours that can spill back into classrooms—directly impacting schoolyard relationships, concentration, and emotional wellbeing.

**School Action:** We continually teach safety, run learning assets weeks, and check schoolyard interactions. We act proactively, but also reactively based on what we are aware of, but we know that this only represents a fraction of their digital lives.



**Parent Action:** Establish consistent digital rules at home that mirror the responsible standards we teach in school. Monitor the devices, apps and games that are being accessed.



# WhatsApp and Social Media Group Chats



## The Playground Loop

Large WhatsApp groups operate out of school sight but affect classroom relationships. Easy text, image, and link sharing creates challenges:

-  Quick distribution of jokes or photos that can hurt peer relationships.
-  Accidental digital exclusion when specific groups are locked off.

## Age Restriction Reality

Children are often fully aware that the age limit is 13+, but social momentum overrides their safety rules. Without home guardrails, they stay part of inappropriate group chats indefinitely.

-  Silence group alerts and check group sizes regularly.
-  Help them leave unhealthy loops gracefully without feeling isolated.

# TikTok Trends and Chain Reaction

- 🔴 **Unprepared Exposure:** Algorithmic loops are engineered for adult retention, serving mature themes, intense challenges, and sensational content to primary children who are not yet prepared to digest it.
- 🔴 **The Repetition Cycle:** A child views a viral, shocking clip over the weekend. On Monday, they recreate the catchphrases and behaviors in the playground, quickly sharing it with peers who don't have access to the app at home.
- 🔴 **Interrupting the Chain:** Because children mimic media to gain social standing, parents and school staff must work in parallel to explain the artificial nature of viral content and redirect playground behaviors.



# Protecting Personal Info

# 100%

Private settings on all home devices is our primary protective layer.

These settings are not an invasion of privacy, but are our tool that will keep our children safe.

## Guarding Digital Footprints

Modern apps are masterfully designed to persuade children into sharing data under the guise of customisation, badges, or gaming points.

Our children find it challenging to do this safely.

Without ongoing reinforcement, children easily share their real names, current locations, school badges, or home landmarks in public profiles, gaming chats, or bio descriptions.

**School Action:** Re-emphasising digital-citizenship through delivery of the DCF and teaching password hygiene across all class groups.

**Parent Action:** Monitor your child's usage of every app, game or device that they have access to. Verify that usernames are generic and profile visibility is locked strictly to private. Keep up to date with any new app or game that they are exposed to.

# Sleep, Focus & Blue Light



## Tricking the Developing Brain

**The Biological Switch:** Devices emit intense blue light that mimics sunlight, tricking the child's brain into suppressing melatonin and fighting natural sleep cues.

This late-night brain stimulation leads directly to sleep disruption, which presents as diminished concentration, fatigue, and emotional irritability in class the following morning.

**School Action:** Operating device boundaries and supporting children impacted by excessive screen time and educating them about the impacts. We have also spent time delivering assemblies to increase awareness of this. This has been something our DL team has discussed within our meetings.

**Parent Action:** Monitor screen time and consider implementing screen free periods that encourage participation in other activities and the reduction of prolonged screen time. Possible cut off time points are also effective as a consistent, clear boundary.

# How School Supports



## Learning Assets

Running focused, age-appropriate safety lessons and open discussion sessions designed to give children tools to spot digital danger patterns.



## Curriculum Integration

Reiterating online safety across subject boundaries throughout the delivery of the curriculum (DCF), keeping healthy habits in focus, not just a once-off topic.



## Empathetic Support

Helping children unpack schoolyard spillovers calmly via restorative conversations, focusing on building understanding instead of punishment.

# A Joint Effort

Focus Point	School Protocol	Home Support Guideline
<b>Digital Footprints</b>	Teaches the permanence of text, photos, and messages.	Set device-wide parental privacy controls and monitor app additions.
<b>Age Limits &amp; Chat</b>	Encourages positive digital behaviors.	Filter/monitor group chats; enforce platform age ratings.
<b>Online Safety Habits</b>	Hands-on safety challenges and curriculum lessons.	Open dialogue at home; check device safety setups together.
<b>Sleep Environment</b>	Raises awareness of the implications and suggests alternatives to reduce the impact of excessive screen time (particularly poor sleep).	Set clear time limits for screen time. Also explore alternative activities to engage children with.

# Parent Support Resources



## Internet Matters

A valuable resource offering step-by-step guides to configure filters on home broadband, routers, games, and devices.

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



## Childnet Support

Offers helpful discussion starters, family agreement templates, and visual tips to help parents run easy safety chats at home.

[www.childnet.com](http://www.childnet.com)



## Report Harmful Content

A national reporting center giving clear, practical advice on removing offensive, adult, or bullying content from social sites.

[reportharmfulcontent.com](http://reportharmfulcontent.com)

# Building a Strong Alliance

Our aim today is not to critique or monitor home lives, but to open a transparent conversation about what we observe in our classrooms. By aligning our home rules with our school curriculum, we can give the children of Rogerstone Primary School the strong shield they deserve.

## **School Contact**

Get in touch with classroom staff to raise concerns or discuss online safety.  
**[year\\_@rogerstoneprimary.com](mailto:year_@rogerstoneprimary.com)**

## **Parent Feedback**

As a school we are learning from each other. We encourage parents to do the same, especially with unfamiliar, new social media trends.