Online Safety Newsletter | Issue. 1

RESPECTING OTHERS ONLINE: DIGITAL KINDNESS AND ANTI-CYBERBULLYING

Welcome

Welcome to our first Online Safety Newsletter.

This fortnightly newsletter will include helpful information, advice and tips for parents and educators, focusing on different themes of online safety to ensure that everyone knows how to keep children safe online.

Understanding Cyberbullying

Cyberbullying is a growing concern, affecting children of all ages and young children are becoming increasingly exposed to the risks.

It is important to recognise the signs that your child may be experiencing cyberbullying:

- Changes in behaviour – Becoming withdrawn, or upset after using their phone or computer.
- Avoiding social interactions – Reluctant to go to school.
- Secretive online behaviour – Are they hiding their screens or not talking about their online activities?

Teaching Digital Kindness Resources

Scan these QR codes to find resources to help you understand cyberbullying and help to teach your child about its dangers and encourage them to be kind online:

MGL Online Safety Hub: Advice and guides for online safety.

Parentkind: Online safety toolkit for parents to protect children.

Activity

Design a poster about how to be kind online for your school's corridors, classrooms or your home.

Approaching Digital Kindness

Here are some tips to teach your child digital kindness when they're online:

- Before posting or responding online, encourage your child to pause and think:
  - Would I say this in person?
- Is what I am saying...?
  - True?
  - Helpful?
  - Kind?
- Show your child how to be respectful online by modelling positive behaviour in your own posts, comments, and messages.