BRISTOL METROPOLITAN ACADEMY

Snowdon Road, Fishponds, BRISTOL, BS16 2HD
t 0117 3772071 f 0117 3772090
www.bristolmet.net email info@bristolmet.net
Principal Mr C Shaw

January 2022

Dear Parents and Carers,

Each year in the UK, Safer Internet Day explores a theme which is impacting the lives of young people.   Safer Internet Day 2022 is on Tuesday 8th February and will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'.

Top Tips for Parents and Carers

Having conversations without judgement.
Whether by playing games, watching videos, or doing things your child enjoys, spending time together online is a great way to start conversations about being online.

It is important to ask questions and take an interest in what your child enjoys online.
An essential part of having this open dialogue is to not judge, even if their behaviour or life online isn't what you wanted or expected. This ensures that your child feels they can come to you if ever they make a mistake or experience a problem online.

Knowing where you can learn more about their favourite apps and games.
Websites like Common Sense Media or The Family Gaming Database can be invaluable sources of information. When your child starts talking about a new game or app, why not do some research into the reporting and blocking options available? Then you can help your child if they come to you with an issue.

Getting support if things go wrong.
There are lots of organisations who are there to support you and your family if something has gone wrong. The Report Harmful Content website can help you with issues such as cyberbullying, impersonation and threats. You can report worrying behaviour towards children to CEOP. Find out more on Childnet's Get Help page.

Reassuring your child that whatever happens online, you are there to support them.
Let your child know that the best way to address any problem they have online, is to tell a trusted adult immediately. For example, this might include someone sending them a friend request; an online message; telling them to visit a specific website, or app; or asking them for their personal information. Reassure them that if anything happens online that they are unsure about, or makes them feel worried or upset, they can come to you for help.

Our school website is also updated with relevant safeguarding information and this can be found here.

You can contact me if you have any online safety concerns via the BMA Safeguarding Team email bmasafeguarding@clf.uk

Yours Sincerely,

Lacie Hooper
E-Safety Lead and Deputy Designated Safeguarding Lead

Cabot Learning Federation

Chief Executive Officer
Mr S Taylor

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