

Dear Parents and Carers,

### **Safer Internet Day – ‘Smart tech, safe choices’**

At Eastlea the safety and wellbeing of our pupils is always our top priority. As part of this, we place a strong emphasis on helping children learn how to stay safe online and develop healthy, age-appropriate relationships with technology.

Across the school, pupils take part in regular lessons and discussions about internet safety. These are carefully tailored to be age-appropriate and focus on key themes such as being kind online, protecting personal information, knowing what to do if something worries them, and understanding that not everything they see online is true. The children also know that their use of the computers in school is closely monitored and that they must only access the websites they are told to.

In the first half of the autumn term each school year the Computing focus for each year group is on E-safety, and then we continue to build on this and make reference to using technology safely throughout the year. **Our aim is to equip children with the knowledge and confidence to make safe choices and to speak to a trusted adult if they need support.** Miss Betham also regularly shares the ‘Wake up Wednesday’ internet safety updates for parents via our school Facebook page.

We also recognise that the digital world children grow up in is shaped largely at home, particularly when it comes to access to smartphones and social media. There has been a lot of information shared about this recently in the local and national media and many parents have shared concerns about the pressures children face online and the impact this can have on wellbeing, sleep, attention and friendships.

In light of this, as part this year's national safer internet day, we would like to draw your attention to the **Smartphone Free Childhood parents pact**. This initiative was brought to the attention of Head Teachers at a recent meeting at County Hall, and has also been highlighted to me directly by an Eastlea parent. The campaign aims to support families who choose to delay giving children smartphones until they are older, helping parents feel less isolated in that decision and reducing social pressure on children. While participation is entirely optional, many families find reassurance in knowing that others are making similar choices.



We know that it is not up to school staff to dictate or advise when you provide smartphones for your children, but we did feel it may be helpful to share the information so that you are aware that if you do want to delay the process of providing your child with a smartphone you are not alone in this and the pact which you can sign up to may be of interest – **see the leaflet on the reverse of this letter and follow the link on the QR code if you want to find out more.**

We believe that by working together—school and home—we can help children enjoy the benefits of technology while protecting their wellbeing during these important early years.

Thank you for your continued support. If you would like more information about our internet safety curriculum or would like to discuss this further, please do not hesitate to contact the school.

Yours sincerely,

Miss E Beeston (Head Teacher)





# THE PARENT PACT

**Want to wait to give your child a smartphone  
but don't want them to be the odd one out?**

## **You're not alone!**

There's a growing movement of parents across Britain who are choosing to wait to give their children smartphones, and it's simple to get involved.

The Parent Pact is a way to join together with other families in your school to agree to delay getting your child a smartphone until at least 14 (when they're a bit older and more able to deal with everything the online world brings).

It's all about strength in numbers – if your child knows that other kids in their class won't be getting a smartphone for a few years either, the peer pressure dissolves. Over 100,000 families have signed already, and it's growing fast.

It takes 30 seconds to sign the Parent Pact – and you can see how many others in your child's class, school and county have signed on the live leaderboards.



## **Sign the PARENT PACT**

Or find out more on our website

[SMARTPHONEFREECHILDHOOD.ORG](http://SMARTPHONEFREECHILDHOOD.ORG)

[@SMARTPHONEFREECHILDHOOD](https://twitter.com/SMARTPHONEFREECHILDHOOD)