



St Anthony's Parents'

Safeguarding & Wellbeing Newsletter

Autumn 1 Edition 2025

Welcome to the Autumn 1 Edition of our Safeguarding & Wellbeing newsletter for parents. Please find information on keeping your child safe online for both gaming and social media.

Online Gaming Guidance

This guidance is based on advice from the NSPCC (www.nspcc.org.uk)

Online games can be a brilliant way for children and young people to keep busy and stay in touch with friends and family. However, it's important that they play safely.

The risks

The risks associated with online gaming include cyber-bullying, trolling, griefing and scams, in-game purchases and children talking to people they don't know.

Tips for keeping your child safe

- 1) Check the game's content: most games have an age rating based on their themes. The age rating system is provided by PEGI (see below). Games with violent and sexual content will have a higher rating. **Please note: the ratings don't include communication features so a game with a low age rating may let children speak to people they don't know.**
- 2) Change settings: some games let players turn off communication features, mute voice chat and report other players who behave inappropriately. All major games consoles also have settings that prevent children from finding inappropriate games. You can set limits on how long a young person can play and prevent them from speaking to unknown players. Look at the settings to see what's best for your child.
- 3) Talk to your child regularly: taking an interest in the game they're playing or seeing if you can play together will help you agree which games are appropriate. Agree gaming limits together with your child. It can be difficult for a child to come off a device in the middle of a game so it is often better to agree the number of rounds they can play rather than a length of time.
- 4) Make a family agreement: consider creating a 'Family Agreement' to establish some rules that include screen time or game-playing time. This could include how you will warn them fairly that it's time to come off eg 20 minutes, then 10 minutes, then 2 minutes.



Social Media Guidance

This guidance is based on advice from the NSPCC (www.nspcc.org.uk)

As children become older, they may start to explore social media apps and sites. Social networking allows users to stay connected with friends and family as well as learn new skills such as how to create your own videos. However, there are risks you should be aware of. More and more of our families are choosing to avoid smart phones to remove these risks until children are older.

The risks

The risks of social media to children include oversharing, sharing their location, talking to people they don't know, sending or receiving inappropriate content, unrealistic sense of body image or reality and developing an obsessive focus on likes and comments.

Tips for keeping your child safe

- 1) Review the location settings: keep reminding your child they shouldn't share location on posts or chats with people they don't know and review the location settings on their favourite apps.
- 2) Review the safety and privacy settings: most apps have an option to set an account to private, to not allow friend requests and to hide the user's location. Explain these settings to your child and the reasons for having them in place.
- 3) Age ratings and features: many social media apps have a minimum age of 13 years old to be able to sign up (see below). Remember that you know your child best and you might decide they need to be a little bit older before it's suitable for them.
- 4) Talk to your child: keep talking to your child about what they are posting online as well as what they are viewing. Social media can often be an instrument for cyber-bullying as young people will more readily type comments that they would not say face to face. Additionally, text messages do not allow for nuances in meaning when something is said in person. Children who are beginning to use social media will need lots of support with this.

Social Media Age Restrictions

The infographic is divided into five vertical columns representing different age groups. Each column contains logos for social media apps and websites that are suitable for that age group. The columns are: Under 13 (with parental consent), 13+, 16+, 17+, and 18 (13 with parental permission).

Age Group	Apps/Sites
Under 13 (with parental consent)	GoBubble, PopJam, GRAM SOCIAL
13+	Facebook, Instagram, Tumblr, Twitter, Skype, iTunes, Pinterest, MyLOL, Wink, Snapchat, TikTok, reddit, ask.fm
16+	WhatsApp, Telegram
17+	(No specific apps listed)
18+ (13 with parental permission)	Meow Chat, Meet Me, Tinder, flickr, YouTube, Spotify



Wellbeing Advice for St Anthony's Families

WELCOME:

This newsletter marks the first break since your children have joined their new year groups.

Routines in class are becoming established and familiar, which means now can be a good time for reflection on family routines- what has or hasn't been working well this half term?

The half term break is a good to introduce and establish new routines that improve family well-being. They can be tried and tested without the hustle and bustle of the normal school day.

If you would like any help or advice on routines for your child (e.g. fussy eating, sleep or screen time issues), please get in touch with the pastoral team via the school office.

office@saint-anthonysfareham.co.uk

DAILY ROUTINES



make the bed



wash your face



brush your teeth



brush your hair



get dressed



eat breakfast



go to school



eat a snack



eat lunch



eat dinner



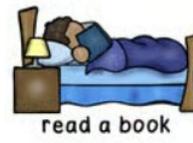
take a bath



put on your pajamas



pray

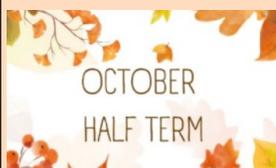


read a book



go to sleep

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For free ideas for things to do around Hampshire
this half term, please visit

[39 Half Term Activities in Hampshire That Are Free - Things to do in Hampshire with Kids](#)

Welcome to CEOP Education



Education from
the National
Crime Agency

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families.

I am:

**A professional working with
children and young people**

**A parent
or carer**

**4-7
years old**

**8-10
years old**

**11-18
years old**

Children's Online Safety

During PDL lessons, children learn about CEOPS - the online police led unit to help keep them safe online, There are lots of games linked to online safety and CEOPS at

[CEOP Education
\(thinkuknow.co.uk\)](http://thinkuknow.co.uk)