Building bridges to a brighter future

SOUTH CUMBRIA

PUPIL REFERRAL SERVICE



PARENTS & CARERS

SAFER INTERNET NEWSLETTER 2025/26



WHAT INFORMATION IS INCLUDED:

- ✓ Intro - A year in Online Safety.
- ✓ What can you do?
- ✓ What is Online Safety?
- ✓ Who to contact and self help links.

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Dear Parents and Carers,

Another year has passed since our last Safer Internet Newsletter. This year we looked to adapt on our previous format aiming to make the guidance more accessible.

Each year we promote Safer Internet Day and we are pleased to announce that Safer Internet Day will be held on 10th February 2026.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on children and young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.

Using the internet safely and positively is a key message that we promote here at South Cumbria PRS, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

This newsletter's goal is to provide you, the parent or carer, with information on how to keep your child safe.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's class teacher/myself or Lisa Balderstone our Designated Safeguarding Lead.



Kind regards,

Graham Chalker
ICT Support Services Developer and Manager

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WHAT IS ONLINE SAFETY?



It can be called E Safety (or e-safety), Online Safety or Internet Safety, but it all means the same thing. It's about risk; it's about being aware of the possible threats that online activity can bring, and how to deal with them. These risks are grouped into four categories:

1. Conduct: children's behaviour may put them at risk
2. Content: access to inappropriate or unreliable content may put children at risk
3. Contact: interaction with unsuitable, unpleasant or dangerous people may put children at risk
4. Commercialism: children's use of platforms with hidden costs may put them at risk

The UK Safer Internet Centre has broken these online safety risk categories down in more detail at https://saferinternet.org.uk/

We recommend all parents/carers review the "E Safety Facts" published by SWGfl as they give a great oversight into the core of what Online Safety is.

https://swgfl.org.uk/online-safety/e-safety-facts/#facts

CHILDREN'S COMMISSIONER

The following link will take you to the Children's Commissioner's December 2025 written guidelines on online safety and AI with young children: https://www.childrenscommissioner.gov.uk



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WHAT CAN YOU DO?



One of your most important responsibilities as a parent or carer is to keep your child safe online.

Helping your child stay safe online doesn't require you to be an internet whiz. We have reviewed a great amount of online safety content so that we can recommend the best starting points for you to help your child use the internet responsibly, safely, and constructively.

There are many ways in which you can start making a difference to your child's online safety and we really appreciate the good advice available to parents/carers offered by internetmatters.org.

Internetmatters.org offers fantastic step by step guides on how to enable parental controls on devices such as mobile phones, tablets and even games consoles. As a parent myself their easy to navigate and user intuitive website offers one of the best platforms for easy to access online safety information.

Please Visit:
https://www.internetmatters.org/parental-controls/



internet matters.org

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WHO CAN YOU CONTACT?

There are many excellent resources available, therefore we have compiled them and included a synopsis so you can quickly understand what each business has to offer.



SWGfL Education that Clicks — Are a charity dedicated to empowering the safe and secure use of technology.

internet matters.org — Information and safety settings for your child's devices and apps.

ActionFraud Report Fraud & Internet Crime actionfraud.police.uk — National Fraud & Cyber Crime Reporting Centre.

childline ONLINE, ON THE PHONE, ANYTIME — Free and private service for young people. Online, on the phone, anytime.

CLICK CEOP Internet Safety — Aim to help protect children and young people from online child sexual abuse.

Childnet — Guidance on online safety issues, as well as information on the latest apps and games.

IWF Internet Watch Foundation — Anonymously & Confidentially Make A Report Using Our Reporting Portal

UK Safer Internet Centre — The UK Safer Internet Centre, where you can find online safety tips, advice and resources to help children and young people stay safe online.

Building bridges to a brighter future — SOUTH CUMBRIA PUPIL REFERRAL SERVICE — Please contact your child's teacher, myself, or Lisa Balderstone, our Designated Safeguarding Lead, if you have any worries or enquiries about keeping your child safe online.

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On behalf of all the staff here at South Cumbria PRS a huge,

THANK YOU!



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