



Welcome All,

I hope you are all keeping well.

As the children settle back into to school, I have put together a newsletter containing information about internet safety, managing screen time, and gaming online whilst at home.

As you know, it will be a difficult transition for pupils from daily life on the internet and they will crave that time more than ever when returning from school. Please remember, whilst children are at home they are still communicating with their friends through social media and gaming sites.

It's very important that we, as adults know how to safeguard them while they are using any online platform. I have put together some **useful links and top tips** so that you feel confident safeguarding and managing children on the internet at home. Some of this information is already available on social media but we hope that you find it helpful. We have included information from our own sources here at Cheshire Police. Please feel free to signpost this to your community/families/partners.

I know there is a lot of information provided, but please do not feel overwhelmed. Should you have any questions you can contact the school or I am available on the Cheshire Police Halton Castle social media pages (Facebook and Twitter).

Kind Regards PCSO Natalie Gaskell

Halton Castle Ward



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Useful Links:

'Think you know' is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. On their website you can explore one of the six "Thinkuknow" websites for advice about staying safe when you're on a phone, tablet or computer, use this link to access the site.

<https://www.thinkuknow.co.uk/>

Use this link to go direct to the parents/carers part of the website

<https://www.thinkuknow.co.uk/parents/>

Another useful site is the NSPCC – The NSPCC have launched a new campaign, Listen To Your Selfie, which aims to teach young people about online sexual abuse and what constitutes a healthy relationship. The campaign, which has been funded by BBC Children in Need, features two films where selfies come to life and question a situation – The Game focuses on a same-sex online grooming scenario, and The Party highlights peer-to-peer sexual pressure and grooming. 'Listen To Your Selfie' is aimed at helping young people recognise signs they are being manipulated, controlled or exploited so they feel empowered to make their own decisions or choices. We hope that by putting this in the spotlight we can help young people to feel able to speak up if they feel worried or scared about a situation or relationship.

[NSPCC](#)

Whilst children are at home they are still communicating with their friends they may still be communicating on social media and gaming sites.

And finally if your young person or you wants any advice about anything, or just to talk Childline online platform has a variety of help and guidance. Access the site below.

<https://www.childline.org.uk/info-advice/>

For hints and tips please follow our social media accounts below. You can contact us online or via our website

<https://www.cheshire.police.uk/>