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Dear Parent/Carer,

As you will be aware we are continually providing opportunities for your child to learn how to keep themselves safe online, through our Personal Development Programme. We are continuing to develop student awareness this half term by taking part in the National Online Safety Awareness Day on 7th February, with a specific focus on 'Online Relationships'.

Safer Internet Day is celebrated globally each year to promote the safe and positive use of digital technology for children and young people. The UK Safer Internet Centre has created a range of resources for all ages. To find out more and get involved visit saferinternetday.org.uk

The new 'Stop Abuse Together' [website](#) can help parents and carers learn to spot the signs, have regular conversations with your child which can help keep them safer, and know when it's right to reach out for more support.

Talking to your child about online sexual harassment can be challenging and the Children's Commissioner has created - [A guide for parents and carers](#). This guidance for parents and carers is based on the voices of children and young people and gives tips to adults about how they can support children to stay safe online.

At school these are some of the tips we are giving your child, during tutor and in their lessons this week to help them to make safer choices online.

- **Using your actions and words with care.**

What you do, say and share online can have a big impact on the way other people feel, as well as how others perceive you. When emotions are high, take a moment to reflect and continue when you're feeling calmer.

- **Building healthy relationships.**

Listen to and support your friends both online and offline by respecting their boundaries and treating them with kindness.

Look out for signs of an unhealthy relationship – if someone is pressuring you, is dishonest, or makes you feel uncomfortable, know that you can always talk to an adult trust.

- **Being an upstander when you see bullying, harassment or hate.**

By using reporting tools or speaking out if you feel able to do so, you can offer support to the victims of these behaviours. This can help people to feel less alone and can encourage them to seek further assistance if they need it. Keeping a lookout for suspicious information and people online.

- **Knowing it's never too late to talk to an adult about something you're experiencing online.**

Even if you're worried it might be uncomfortable, or you think you've done something wrong, speaking to someone is the first step in getting support and moving forward.

If you have any questions regarding keeping your child safe online please do get in touch with us at school or use the [Family Support Area](#) of the website . Please also be aware that we are launching a parent workshop in March, for which we will be sending more details in the coming weeks.

Kind regards

A handwritten signature in black ink, appearing to read 'R. Wright', written in a cursive style.

R. Wright

Assistant Principal for Personal Development