

Year 6 Online Safety

Today we visited your child and discussed misinformation, artificial intelligence and digital well-being in relation to online safety.

False information, filtering and AI generated images are common place within the online space.

They can create a false view on reality and create unrealistic body image expectations.

It is important to talk to your child about what they see online and teach them critical thinking skills to help them navigate the online world safely.

Carry on the conversation:

• Privacy Controls & Reporting Skills

Teach your child to block unwanted contacts and report harmful content on platforms like social media and games they enjoy.

• Critical View of AI & Image Editing

Discuss how filters and AI-generated images work. Emphasise that many photos are altered with filters and not realistic of how people look. Explore how these images can make us feel around self-image.

• Emotional Check-Ins & Open Dialogue

Encourage open conversations with your child about what they do online. Maintain a regular dialogue so they feel comfortable sharing any online concerns.

Digital Wellbeing Tips:

- Manage Screentime by encouraging regular device breaks to improve sleep, concentration, and reduce stress. Screentime can be managed through parental controls and settings on devices.
- Charge devices downstairs and not in bedrooms to limit distraction at bedtime.
- Take time for offline activities.

Children's
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Digital 5 A Day

For further advice, including parental control setup guides, visit:

internet
matters.org

Social Media




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Partnership



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Contact for info:  SSP@lincolnshire.gov.uk



<https://www.lincolnshire.gov.uk/staysafepartnership>