



St Martin's Primary School



# Online Safety Newsletter

Spring Term 2023

Written and produced by the Digital Leaders.

The Digital Leaders have chosen the content for this newsletter which they think is important for their peers to know and be aware of. Please check out our online safety websites if you want further information.

Website for pupils -

<https://sites.google.com/smps.sch.gg/e-safety/home>

Website for parents:

<https://sites.google.com/smps.sch.gg/e-safetyforparents/home>



## Advantages of the Internet

- The internet is packed full of information and knowledge.
- You can have fun and play games.
- You can connect with people all around the world using apps like messenger or Whatsapp.
- You can have fun with friends and family anywhere.
- You can make new friends in other countries.
- You can do all sorts of things online including watch videos, make video calls, do colouring, online banking or online shopping.
- There are job opportunities online and you can work from home.
- The internet helps you to do things more easily eg. by looking up how to videos or using Alexa to help you.
- You can share your talent with the whole world by posting videos online.
- You can use location apps to track your belongings so you don't lose them.

## Disadvantages of the Internet

- You could get spammed or hacked by other people.
- People can bully you easier online because they can't see your reaction.
- People can easily spread rumors that aren't true.
- Other people could steal some personal information about you.
- You might be threatened or CYBER BULLIED by strangers.
- People may pretend to be friends from school but actually be strangers or hackers.
- The internet can cause addiction.
- It can have bad effects on our mental health.
- It can have inappropriate pictures and bad language on it.
- It could give you a lower quality of life as you miss out on being out and about and an active when online.



**SAVE the DATE**

**Safer Internet Day**

**2023 | Tuesday**  
7 February

[www.saferinternetday.org](http://www.saferinternetday.org)



The theme of the UK Safer Internet Day 2023 is 'Want to talk about it? Making space for conversations online.'

You will find more information on the website where there are sections for both children and parents/carers.

## What is Cyber Bullying?

Cyberbullying is also known as cyber harassment, and it's a form of electronic bullying. It is now quite common between teenagers and older children. Unsurprisingly it can be very stressful to get bullied while playing games or doing things online.



Cyber bullying can happen on cell phones, instant messaging, email, in chat rooms or on social network sites such as facebook and twitter.

Like bullying that can happen in the playground, cyber bullying is repeated behaviour which is aimed at upsetting, scaring, angering or shaming the person who is being bullied.

## What to do if someone is mean to you online

If you feel upset about anything online that you have seen or heard on the internet that makes you feel sad or worried-you need to tell someone that can help like a parent, teacher or carer. If it makes you feel uncomfortable you could bring a friend. It is important to speak up if someone is cyber bullying you.



If you have any problems or have a issue that you need some help with or think someone needs to know you can click the 'report' button on our online safety website and complete the Whisper report an issue.



If you would like to speak to someone else you can call ChildLine which is a place with helpful people.



### The Digital Leader Team



Year 3



Year 4



Year 5



Year 6