Parent Newsletter – Internet Safety and Online Awareness



Safer Internet Day 2026 took place this week; we took part in an online safety lesson organized by BAREFOOT computing. This year's theme is 'Smart tech, safe choices – exploring the safe and responsible use of AI'. It's an opportunity for families, schools, and children to come together to think about how technology is used, how it shapes our daily lives, and how we can make thoughtful, safe decisions online.

We hope this newsletter helps guide conversations at home in a supportive and empowering way.

Technology is now a part of everyday life for even our youngest children. It can feel hard to keep up, and that's completely understandable. We're here to support you — without judgement — with clear information and trustworthy links so you can explore topics further if you wish.

Below are ***current online trends*** and ***safety updates*** that have been drawn to our attention.



"Italian Brainrot"
This online trend is being used by some hate groups and may include misogynistic or extremist content disguised as jokes in Italian.

"Roblox Extremist Content"
Investigations found harmful games and extremist themes accessible even with parental controls.

Gaming: Guidance and Support



Internet Matters provides helpful resources to support safe gaming at home:

Online gaming tips for parents: https://www.internetmatters.org/resources/online-gaming-top-tips-for-parents/
ABC Online Safety Checklist: https://www.internetmatters.org/resources/abc-online-safety-checklist/

Social Media Use in Young Children



Recent data shows a rise in young children using social media, with many using apps independently.
This is simply something to be aware of — not a criticism of any family.
Learn more: Centre for Social Justice report: https://www.centreforsocialjustice.org.uk/newsroom/under-5s-using-social-media

WhatsApp Channels



WhatsApp now includes “Channels” — a one-way broadcast feature.
Some channels may contain adult or inappropriate content even though guidelines prohibit harmful material.
More information for parents:
Klicksafe explanation (English site): https://www.klicksafe.eu/en/news/was-sind-whatsapp-kanaele-und-was-muessen-eltern-beachten

App to Watch: Locket

Locket is a widget allowing instant photo sharing directly to someone’s phone screen. There are:

- No parental controls
- No age verification
- No way to delete a sent photo



Have you heard of sharenting?

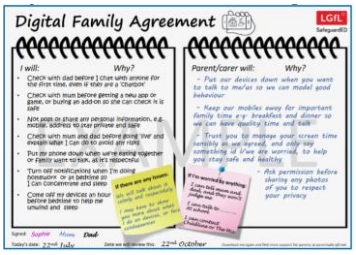
“Sharenting” means sharing photos or videos of children online. Risks can include loss of control over images and potential misuse.
Data Protection Commission guidance:
https://dataprotection.ie/en/children



Managing behaviours
Many families use screen time as a reward or consequence. The slides encourage gentle reflection — not a right-or-wrong answer.
You can explore perspectives here:
Internet Matters Q&A:
https://www.internetmatters.org/hub/question/should-i-use-screen-time-as-a-reward/

Updated Digital Family Agreement (Screentime Agreement)
A helpful tool for setting shared expectations at home, now including references to chatbots.

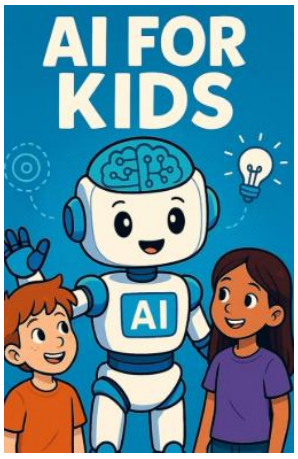
LGfL Digital Family Agreement: https://parentsafe.lgfl.net/digital-family-agreement





Techosaurus – NSPCC Resource for Parents
A friendly online-safety dinosaur character designed to help parents start conversations with young children.

NSPCC Techosaurus page:
https://www.nspcc.org.uk/advice-for-families/techosaurus/



Artificial intelligence (AI) is becoming a regular part of children's online lives. Many pupils now use AI tools to help with schoolwork, answer questions, and explore new interests.

While AI can be helpful, it's important for parents and carers to know that most AI tools do not yet have parental controls or strong safety settings. Talking to your child about how they use AI – and how to use it safely – is an important part of supporting them online.

Online safety experts Internet Matters provides free, practical resources to help families understand AI. These include guides for parents and advice on how to start positive conversations with children about using AI responsibly.
You can find out more about Artificial Intelligence here.

You can find the AI conversation guides here.



We're here with you
Lots of Galleywood staff are parents with children of different ages experiencing the same technology challenges as our school families.

Please remember:
✨ You're doing your best.
✨ Technology can be confusing — for everyone.
✨ We are here to help, support and guide.