

Dear Families,

Following on from Internet Safety Day, we would like to continue the conversation with our students at home as well as school. When they hear the same message in both settings, the message becomes more powerful.

Could you please speak to your child/children about the importance of protecting their personal information online?

Some ideas are;

How can I protect my personal information?

- **Avoid using your full name online** — choose a screen name that does not include your real first or last name or use a nickname instead.
- **Don't lie about your age** — lots of social media apps have a minimum age rating of 13. This is because some of the content may not be safe for kids.
- **Only friend or follow people you know** — if you receive a friend request from someone you don't know it is best to delete their request.
- **Keep your email and phone number private** — your email address might contain your name and you don't want to get unwanted texts, calls or emails.
- **Don't fill in all the fields on forms** — if you sign up for something online, like a competition or quiz, only fill out the fields that are marked with an asterisk (this symbol *).

You can find much more information on keeping our children safe online here [eSafety](#)

If you require any further information please feel free to contact me at any time,

Mel Lucas ~ Student Wellbeing Coordinator