










Dear Parents/Guardians,

Digital technology is hugely popular amongst our pupils. Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles. But social media, like all forms of public communication, comes with some risks.

As a Federation we are aware that pupils are using social media sites such as Tiktok, YouTube and Instagram. We would just like to remind parents that all of these websites state that the minimum age children should set up an account is 13. Due to this, the content that children are accessing on these sites may not always be suitable and can be difficult to filter.

Net-aware (<https://www.net-aware.org.uk/>) is a website which review's all popular apps used by children. Please click on the link to find out more.

Net-aware Reviews -

| App | | Age | Safety Rating | Link to Net-aware review |
|-----------|---|-----|---------------|---|
| Tik tok |  | 13+ | Average | https://www.net-aware.org.uk/networks/tiktok/ |
| Roblox |  | 7+ | Good | https://www.net-aware.org.uk/networks/roblox/ |
| Snapchat |  | 13+ | Average | https://www.net-aware.org.uk/networks/snapchat/ |
| Instagram |  | 13+ | Average | https://www.net-aware.org.uk/networks/instagram/ |
| WhatsApp |  | 16+ | Average | https://www.net-aware.org.uk/networks/whatsapp/ |
| Youtube |  | 13+ | Average | https://www.net-aware.org.uk/networks/youtube/ |
| Facetime |  | 4+ | Good | https://www.net-aware.org.uk/networks/facetime/ |

I just wanted to take the opportunity to remind you of the SMART principles to follow for children staying safe on the internet. These are;

S – Safe

Keeping safe by not giving out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online. This also includes discussing gamer tags or other details in online forums.

M – Meeting

Meeting someone you have only been in touch with online is dangerous. This should only be done with parental permission or when they can be present. At present, maintaining relationships with people we trust is important for our mental wellbeing. Think about how you can stay in touch with friends and family safely via telephone or video calls. Social media is another way of doing this, however, there are lots of age restrictions on these apps, so will need to be checked first.

A – Accepting

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages.

R – Reliable

Information you find on the internet may not be true, or someone online may be lying about who they are.

T – Tell

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Here are links to websites with further information on keeping safe online.

Childline – www.childline.org.uk

UK Safer Internet Centre to report and remove harmful online content www.reportharmfulcontent.com

CEOP (to make a report about online abuse) www.ceop.police.uk/safety-centre

Internet Matters (for support for parents and carers to keep their children safe online)
www.internetmatters.org

London Grid for Learning (for support for parents and carers to keep their children safe online)
www.lgfl.net/online-safety/

Net-aware (support for parents and carers from the NSPCC) www.net-aware.org.uk

Parent info (for support for parents and carers to keep their children safe online) www.parentinfo.org

Thinkuknow (advice from the National Crime Agency to stay safe online) www.thinkyouknow.co.uk

UK Safer Internet Centre (advice for parents and carers) -
<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Many thanks,

Beth Evans










Annwyl Rieni / Gwarchodwr,

Mae technoleg ddigidol yn hynod o boblogaidd ymysg ein disgyblion. Mae llawer o bobl ifanc yn soffistigedig yn y ffordd y maent yn defnyddio apiau a gwefannau cyfryngau cymdeithasol, gan deilwra eu cyfathrebu ar gyfer gwahanol gynulleidfaoedd, a'u cyrchu o ystod o ddyfeisiau gan gynnwys ffonau smart, tabledi, a chonsolau gemau. Ond mae rhai risgiau i'r cyfryngau cymdeithasol, fel pob math o gyfathrebu cyhoeddus.

Fel Ffederasiwn rydym yn ymwybodol bod disgyblion yn defnyddio gwefannau cyfryngau cymdeithasol fel Tiktok, YouTube ac Instagram. Hoffem atgoffa rhieni bod pob un o'r gwefannau hyn yn nodi mai'r isafswm oedran y dylai plant sefydlu cyfrif yw 13. Oherwydd hyn, efallai na fydd y cynnwys y mae plant yn ei gyrchu ar y gwefannau hyn bob amser yn addas ac yn gallu bod yn anodd ei hidlo .

Mae Net-aware (<https://www.net-aware.org.uk/>) yn wefan sy'n adolygu'r holl apiau poblogaidd a ddefnyddir gan blant. Cliciwch ar y ddolen i ddarganfod mwy.

Adolygiadau Net-aware -

| Apiau | | Oed | Sgôr diogelwch | Dolenni i adolygiadau Net-aware |
|-----------|---|-----|----------------|---|
| Tik tok |  | 13+ | Cyfartal | https://www.net-aware.org.uk/networks/tiktok/ |
| Roblox |  | 7+ | Da | https://www.net-aware.org.uk/networks/roblox/ |
| Snapchat |  | 13+ | Average | https://www.net-aware.org.uk/networks/snapchat/ |
| Instagram |  | 13+ | Average | https://www.net-aware.org.uk/networks/instagram/ |
| WhatsApp |  | 16+ | Average | https://www.net-aware.org.uk/networks/whatsapp/ |
| Youtube |  | 13+ | Average | https://www.net-aware.org.uk/networks/youtube/ |
| Facetime |  | 4+ | Da | https://www.net-aware.org.uk/networks/facetime/ |

Roeddwn i eisiau bachu ar y cyfle i'ch atgoffa o'r egwyddorion CAMPUS i'w dilyn ar gyfer plant i aros yn ddiogel ar y rhyngwyd. Mae rhain yn;

S - Safe/Diogel

Cadw'n ddiogel trwy beidio â rhoi gwybodaeth bersonol - fel eich enw llawn, cyfeiriad e-bost, rhif ffôn, cyfeiriad cartref, lluniau neu enw'r ysgol - i bobl rydych chi'n sgwrsio â nhw ar-lein. Mae hyn hefyd yn cynnwys trafod tagiau gamer neu fanylion eraill mewn fforymau ar-lein.

M – Meeting/Cyfarfod

Mae cwrdd â rhywun rydych chi ond wedi bod mewn cysylltiad ag ef ar-lein yn beryglus. Dim ond gyda chaniatâd rhieni y dylid gwneud hyn neu pan allant fod yn bresennol. Ar hyn o bryd, mae cynnal perthnasoedd â phobl yr ydym yn ymddiried ynddynt yn bwysig ar gyfer ein lles meddyliol. Meddyliwch sut y gallwch chi gadw mewn cysylltiad â ffrindiau a theulu yn ddiogel trwy alwadau ffôn neu fideo. Mae cyfryngau cymdeithasol yn ffordd arall o wneud hyn, fodd bynnag, mae yna lawer o gyfyngiadau oedran ar yr apiau hyn, felly bydd angen eu gwirio yn gyntaf.

A – Accepting/Derbyn

Gall derbyn e-byst, negeseuon IM, neu agor ffeiliau, lluniau neu destunau gan bobl nad ydych chi'n eu hadnabod neu'n ymddiried ynddynt arwain at broblemau - gallant gynnwys firysau neu negeseuon cas.

R -Reliable/Dibynadwy

Efallai na fydd y wybodaeth a welwch ar y rhyngrwyd yn wir, neu efallai bod rhywun ar-lein yn dweud celwydd am bwy ydyn nhw.

T – Tell/Dywedwch

Dywedwch wrth eich rhiant, gofalwr neu oedolyn dibynadwy os yw rhywun neu rywbeth yn gwneud ichi deimlo'n anghyfforddus neu'n poeni, neu os ydych chi neu rywun rydych chi'n ei adnabod yn cael ei fwlio ar-lein.

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Thinkuknow (advice from the National Crime Agency to stay safe online) www.thinkyounow.co.uk

UK Safer Internet Centre (advice for parents and carers) -
<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Diolch yn fawr,

Beth Evans