



BRIGANTIA

LEARNING TRUST

Creating Excellence Together,
through a culture of care

Online Safety Newsletter March 2025



#WakeUpWednesday

**The
National
College®**

Through #WakeUpWednesday, The National College aim to equip parents and carers with the knowledge and skills they need to support their child with online safety and mental health.

Relevant to all parents and carers, from early years through to secondary school, #WakeUpWednesday resources can be accessed both on desktop computers and via The National College app.

You can access these free #WakeUpWednesday guides on the National College website: <https://nationalcollege.com/institutions/national-online-safety>

You can also download The National College App from the [Apple App store](#) and the [Android App store](#).



Internet Matters: Parental Newsletters

**internet
matters.org**

Staying on top of internet safety and keeping up to date with fast paced online developments is challenging.

To help you stay up to date with online safety advice and support we recommend you sign up for the Internet Matters parental newsletter here:

<https://www.internetmatters.org/about-us/>

X (Twitter Checklist)



Whether you're new to X or an experienced user, managing your profile can sometimes feel overwhelming.

The X Checklist simplifies this process by addressing the most common questions people have about their profiles, including safeguarding personal information, managing your followers, reporting harmful content and keeping your online space secure.

The resource is available here: <https://swgfl.org.uk/magazine/introducing-the-x-checklist-keeping-your-profile-under-control/>



Smart Phone Free Childhood Movement



Smartphone Free Childhood is a grassroots movement bringing parents together to stand up for healthier, happier childhoods.

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here:

<https://smartphonefreechildhood.co.uk/>

When you think it is the right time for your child to have a phone, we recommend the Which? guide to buying a child's first mobile phone:

<https://www.which.co.uk/reviews/mobile-phones/>



Get To Know Age Ratings


PEGI

Age ratings exist to help protect your child and keep them safe online. Here are the age ratings of some of the more popular apps that young people are accessing.



Whether your child is viewing films, accessing apps, playing games online or using social media – make sure you check the age rating first to see if your child is old enough!

You can find out more information about how age ratings help families here: <https://eegamesmart.co.uk/articles/how-age-ratings-help-families/>



National Online Safety®

The #1 Online Safety App for Parents and Carers!

Download the National Online Safety app for free – the world's most comprehensive online safety app for parents, carers and education staff. Available from the Android and Apple app store.