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Dear Parents/Carers,

Lots of children will be lucky enough to receive gifts of new technology over the coming weeks, we would like to remind parents of the significance of online safety and ensure they are aware of the age restrictions for apps and other digital platforms that children may be using.

Why Online Safety Matters

The internet is a great resource for learning, creativity, and social connection. However, it also presents risks such as exposure to inappropriate content, online bullying, and interactions with strangers. It is crucial that parents and guardians play an active role in their child's digital life.

Top Tips for Online Safety

1. **Monitor Usage:** Regularly check what your child is accessing online and who they are interacting with.
2. **Set Parental Controls:** Use built-in parental controls on devices and apps to restrict access to age-inappropriate content.
3. **Open Communication:** Talk to your child about their online experiences and encourage them to speak up if they feel uncomfortable.
4. **Teach Safe Online Behaviour:** Remind children not to share personal information, passwords, or engage in risky conversations.
5. **Encourage Screen Time Limits:** Balance screen time with offline activities to promote healthy habits.

Age Restrictions on Popular Apps & Platforms

Many online platforms have minimum age requirements to protect children from harmful content and interactions. Here are some key age limits:

- **TikTok:** 13+
- **Instagram:** 13+
- **Snapchat:** 13+
- **WhatsApp:** 16+
- **Facebook:** 13+

- **YouTube:** 13+ (YouTube Kids is available for younger users)
- **Roblox:** 13+ (Under 13s require parental controls)

How You Can Help

- **Stay Informed:** Keep up to date with the latest trends and risks in online safety. Some helpful resources include: [The UK Safer Internet Centre](#) [NSPCC](#) and [Get Safe Online](#)
- **Set House Rules:** Agree on clear boundaries and expectations regarding internet use.
- **Encourage Safe Searching:** Use child-friendly search engines and safe browsing tools.
- **Know Where to Get Help:** If your child experiences online issues, organisations like NSPCC can provide support.

By working together, we can ensure that children remain safe, responsible, and confident while using digital technology.

Thank you for your support in keeping our children protected online.



Yasmin Melehi
Head of School