

ONLINE SAFETY NEWSLETTER.



INTERNET MATTERS – GUIDES FOR SETTING SCREEN TIME

Managing screen time can be challenging, especially during school holidays. Internet Matters offers a range of practical guides and resources to help families establish healthy screen time routines, reduce conflict around devices and support children to balance online activities with sleep, exercise and family time. Additional guidance is also available for children with SEND and other additional needs, helping parents and carers set boundaries that are tailored to their child.

[Screen time advice hub for parents | Internet Matters](#)

[Additional needs: Managing screen time | Internet Matters](#)



HOW FACEBOOK CAN USE THE PHOTOS YOU DON'T SHARE: WHAT PARENTS NEED TO KNOW:



Internet Matters has published guidance for parents on how some social media platforms may use photos stored on a device, even if they have not been posted publicly. The article explains recent changes, highlights key privacy considerations and provides practical advice to help families make informed decisions about managing photos and privacy settings online.

[How Facebook can use photos you don't share | Internet Matters](#)

AI, CHATBOTS AND DEEPFAKES: WHAT PARENTS AND CARERS NEED TO KNOW

Talking About AI: A Guide for Families (Internet Matters)

This practical guide helps parents start age-appropriate conversations about AI through discussion

prompts and family activities. It explores AI chatbots, online safety, critical thinking and how children can use AI tools responsibly while recognising that AI does not always provide accurate information.

[AI_conversation_guide_for_families_Internet_Matters_2026.pdf](#)

Generative AI Cheat Sheet for Parents and Carers (Childnet)

A concise guide explaining what generative AI is, how young people are using it and the benefits it can offer. It also highlights potential risks such as deepfakes, misinformation, scams and bias, alongside practical advice and conversation starters for families.

[Cheat Sheet: Generative AI | Childnet](#)

Talking to Children About AI (NSPCC)

This parent guide explains how AI is being incorporated into many popular apps, websites and devices used by children. It outlines both the opportunities and risks associated with AI and provides practical advice to help families navigate this rapidly evolving technology safely.

[Talking to children about AI | NSPCC](#)



GAMING: WHAT PARENTS AND CARERS NEED TO KNOW

Online gaming is a popular way for children and young people to socialise, learn new skills and have fun. This CEOP guide helps parents and carers understand the benefits and potential risks of gaming, offering practical advice on topics such as communication with others, in-game spending, privacy settings and creating a safe and positive gaming experience.

[Gaming: what parents and carers need to know](#)

LIVESTREAMING: WHAT PARENTS AND CARERS NEED TO KNOW



Livestreaming is a popular way for children and young people to share experiences, interact with others and engage with online communities. This Childnet guide helps parents and carers understand how livestreaming works, highlights potential risks and offers practical advice on privacy settings, safe communication and supporting children to have positive online experiences.

[Livestreaming | Childnet](#)

The information in the newsletter is given to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the HFL Education Wellbeing team as part of their online safety support for schools and settings in Hertfordshire. Contact the team at wellbeing@hfleducation.org or call 01438 544464.

HFL Education is a leading national provider of school improvement and business support services, training, and resources, which enable schools, educational settings, and multi-academy trusts to deliver a great education.

We support those we work with to achieve successful long-term outcomes for their children.

We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live, their background or circumstances.



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