Online Safety Newsletter – March 2025

The impact of smartphones

Smartphones can be a great tool for learning and staying connected, but excessive use can have a negative impact on children's mental health. Studies show that too much screen time, especially on social media, can lead to anxiety, low self-esteem, and sleep problems. Constant notifications and online pressures can make it harder for children to focus and relax. It's important to set clear boundaries, encourage offline activities, and talk openly about their online experiences to help them develop healthy digital habits.

More information can be found at:

https://smartphonefreechildhood.co.uk/
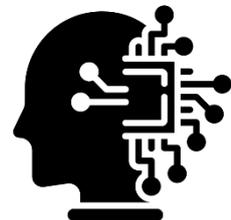

What is AI?

Artificial Intelligence (AI) is used in apps, games, and social media to create content, make recommendations, and even chat with users. While AI can be useful, it also has risks, especially for children.

Potential Risks of AI

- **False or harmful content** – AI can generate misleading or inappropriate material.
- **Privacy concerns** – Some AI tools collect personal data.
- **Addictive use** – AI-driven recommendations keep children online longer.
- **Unsafe interactions** – AI chatbots and content can expose children to harmful ideas.

How Can I Protect My Child?

- **Monitor their AI use** and enable parental controls.
- **Set screen time limits** for a healthy balance.
- **Talk openly** about online safety in a relaxed and supportive way. This way your child will feel comfortable opening up about a worry rather than holding onto it through fear of being in trouble.

By staying aware and engaged, parents can help children navigate AI safely.

If you have any questions or concerns regarding online safety, please do not hesitate to contact our school.