

Grange Community Junior School

E–Safety Newsletter



www.grange.hants.sch.uk

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What is BeReal?



BeReal is a new social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two mins to capture and share what you are doing at that moment. All your friends post at the exact same time. Once you have posted, you can then see what your friends have posted. If you don't post your BeReal, then you can't see your friend's BeReals from that day or access the discovery tab.



Click the image to access a parent guide to BeReal.

If your child is using BeReal then talk to them about what they are sharing on BeReal and check that they know how to use the

Online safety tips for parents of primary school children 6-10 Year Olds

As internet use grows learn about the steps you can make to establish positive behaviour and how you can teach your child to stay safe

<https://www.internetmatters.org/wp-content/uploads/2021/02/Internet-Matters-online-safety-Age-Guide-6-10s.pdf>



Viewing films safely online

It is important that our children are watching films that are suitable for their age. The BBFC is the UK's regulator of film and videos and they have created this useful article answering the questions they get asked the most.

<https://www.cbbfc.co.uk/resources/viewing-films-safely-online>

Is your child ready for social media?



Childnet have produced this article answering your questions around social media, such as when should I allow my child to join social media? The article also outlines some alternative sites that have been created for younger children. You can read the article here:

<https://www.childnet.com/blog/supporting-your-child-getting-started-on-social-media/>

