

# TLA ONLINE



June 2026

Issue 22

## YEAR 6 DIGITAL AMNESTY

Every summer in Year 6, we hold a digital amnesty where children are given an online safety talk featuring lots of advice in preparation for secondary school. They are also encouraged to bring in their own devices so we can help them check their privacy and security settings. The children are then able to teach the staff about new apps and games that they are using.



For this year's digital amnesty we focused on finding a screen time balance, 'sticky tech', social media use, creating and sharing content, group chats and AI (artificial intelligence).

During the morning we talked about:

- The tricks that devices and apps use to encourage us to pick them up
- Why companies want you to use their devices and apps
- Why too much screen time can be a problem
- How we can help build better screen time habits and improve our digital wellbeing
- Group chats and how to keep them safe
- Privacy and Security settings and how to use them
- What they should think about before sharing their own content
- Artificial Intelligence (AI) and our data



After the talk, the children were given access to the internet. They were then allowed to use apps and play games. This gave us the opportunity to talk to them about: what they like to use their devices for, the apps, social media and games they use. It also allowed us to check that their privacy settings were set up correctly. The children were able to ask questions and talk about any concerns they had about online safety.

A copy of the slide presentation can be found on the school's website [here](#). It contains all the information shared with the children as well as lots of helpful, informative videos.



## HOW TO MAKE A REPORT

If your child tells you about or shows you something inappropriate that they have seen online please report it. It could help prevent this from happening to someone else.

The first place it needs reporting is to the APP/ Website/Game it happened on.

If you are worried about online abuse or the way someone has been communicating online let CEOP know.

You can report it by visiting [www.ceop.police.uk/](http://www.ceop.police.uk/) or by clicking the button on our website. The website will guide you through how to make a report.

For further advice visit the School's website, visit the [Childline](#) website or call 0800 1111



# 'STICKY' TECHNOLOGY

Have you ever found yourself just reaching for your phone and then forgetting why you wanted to look at it? Or find yourself spending hours just scrolling social media?



If your answer is yes, this is probably because you have developed a habit of constantly looking at your phone without any real purpose. But once you look, you could be stuck scrolling, scrolling and scrolling...

Devices like your phone and tablet are designed to keep you interested. They are designed to be 'sticky', hard to put down. This is because the more you use your phone, the more data companies can gather about you and make money from. The data collected is then used by advertisers to target you with specific products at the right time, so you are more likely to click and buy them.



There are many tricks and methods that devices and apps use to encourage you to keep using them. Some are incredibly

simple like being colourful, attractive and interesting to look at. Others are tricks you might not have even thought about such as auto-playing videos, so you get caught up watching funny videos of cats for hours!



Too much screen time can cause: sleep problems, make you more anti-social when around others, prevent you from doing something more productive, keep you distracted and make it harder for you to

concentrate for a long period of time, make you feel pressured to always be available to others, leave you with a sense of FOMO (fear of missing out).

There are things you can do to help cut down your screen time and promote better digital wellbeing. Keep reading for tips on cutting down your screentime.

# DIGITAL WELLBEING

The best way to improve your digital wellbeing is to use your phone/devices less. There are a few things you can try to break yourself of the habit of using your phone/device too much.

1. Turn off push notifications and only allow those where someone is directly trying to contact you.
2. Greyscale your phone, this turns your phone into black and white, it makes it quite unpleasant to use!
3. Move the 'time wasting' apps (those with endless scrolling and videos!) and put them on a different home screen, so you have to search for them on your phone/device.
4. Use the digital wellbeing tools on your phone/ device and set a screen time limit.
5. Don't use your phone/ device in the hour before bed (if you can't manage an hour, how about starting with just 15 minutes?)
6. Try to think before you pick up your phone/ device and decide if it is really worth your attention - are you going to do something productive?
7. Find something else to do instead! - Go outside and play, go for a walk, talk to someone face to face, read a book, write something, do some drawing, play a board game, complete a puzzle, grow something, bake something - and anything else that doesn't require a screen!



# PRIVACY AND SECURITY SETTINGS

Privacy settings are controls within online services that let users manage how their data is collected, used, and shared with others. They offer a way to limit who can see your posts, photos, and personal information, enhancing your digital privacy.

Here's a more detailed breakdown:



- **Controlling Visibility:** Privacy settings allow you to decide who can see your profile, posts, and other information on social media and other online platforms.
- **Data Collection and Use:** You can also control how your data is collected and used by adjusting settings related to location tracking, personalized ads, and browsing history.
- **Sharing Restrictions:** You can limit who can share your content, tag you in posts, or send you messages.
- **Platform-Specific Settings:** Different platforms (social media, search engines, etc.) have their own privacy settings, offering various levels of control.

You can normally find privacy controls in your device/app settings. Normally these appear as 3 dots ⋮

3 lines ≡ or a cog ⚙️.

It's important to read and check through each setting, making sure you understand what each one does. You should have your settings on the most secure option.

These settings are updated regularly. It's important to check your accounts at least every 6 months to make sure all the settings are still correct.

The Information Commissioner's Office has recently set up a website dedicated to both child privacy and adult privacy. For conversation starters, advice and more please visit:

<https://ico.org.uk/switched-on-to-privacy/>

For more information visit:

<https://www.ceopeducation.co.uk/parents/articles/a-parents-guide-to-privacy-settings/>

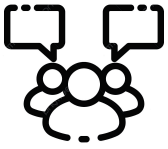


## CREATING AND SHARING CONTENT



Creating content to share with others online can be fun, however there are lots of things children need to think about before they do.

- Remember that whatever you post online can potentially stay online forever, so those videos you post when you're 10 that you think are really funny *now*, probably won't be as funny when you're 18.
- Don't fall into the 'like trap', where you compare the number of likes and comments you get to others. This could lead you to feeling bad about the things you make. But more worryingly it could lead you to do things you wouldn't normally do for likes and comments. This could put you in a really vulnerable position.
- Think about who will see your content, if your content is public you should expect comments from strangers. These comments might not always be nice or appropriate, how will you feel if this happens? Strangers can also change and manipulate your content to something embarrassing or inappropriate - this would be very hard to remove as you would no longer own the content.
- If your content is set to 'friends' who are they? Are they real life friends or strangers you have added as friends?



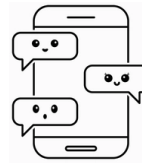
# GROUP CHATS

Group chats can be really fun and helpful, they allow you to talk to more than one person at a time. There are lots of apps and social media sites that you can do this on, the most popular one at Trevithick is Whatsapp.

Chats are often created for close friends or family to use so that they can stay in touch, however some group chats can have hundreds of people in. This means that you could potentially be talking to strangers, which is obviously a serious problem we all want to avoid.

Parents need to be aware of the negative aspects of group chats in order to help their children navigate them.

Children may end up in chats with people they don't know (both children and adults), this puts children at risk of sharing private information with strangers as well as sharing photos and video chats.



Another problem with group chats is that they have the potential to turn nasty, especially those with lots of people in. Children might send nasty messages, send inappropriate pictures, exclude someone and it could lead to cyberbullying.

## What can go wrong?

1. Tone- people can easily misinterpret messages.
2. FOMO (fear of missing out)
3. Bullying
4. Leaving someone out - this is a form of bullying
5. Overwhelming - chats can become confusing and hard to follow if lots of people are chatting at once.
6. Screenshotting can be weaponised - they can be shared between different chats/ apps and be kept as proof of what has been said.
7. Oversharing - these chats form part of your digital footprint.
8. You could be added to a chat which has people you don't know/ like in.
9. Invisible audience - think about who else may see your messages (teachers, parents, friends), they're never as private as you think!



## How to Keep Chats Friendly

- Keep it real - remember that talking face to face is always better than using a screen.
- Be aware of how you use emojis and gifs - they can easily be misinterpreted.
- Make introductions- before adding someone new to the chat, ask permission from others. Write a welcoming message so everyone knows who they are.
- Put feeling first - don't dismiss banter that hurts or embarrasses someone as 'just a joke'. Make sure to apologise for any upset you caused.
- Take a break - leave/mute the chat if you feel uncomfortable.

More information can be found on these websites:

- <https://www.childnet.com/blog/group-chats-the-new-digital-etiquette/>
- [https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/group-chats/](https://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/group-chats/)
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps>



Internet Matters has recently created a resource hub for parents of children with additional needs.

Children with additional needs may experience the online world differently to their peers. Some children may spend more time online, be more trusting, anxious or feel less in control of their experiences.

As parents and carers, it can be difficult to know how best to support your child, especially when much of the advice available takes a 'one-size-fits-all' approach.

## [Every Child Safe Online](#)

provides information which is accessible and practical with many resources for parents and carers of children with additional needs.

The resources are designed to help you support your child to have safer, more positive online experiences.

You can find the hub [here](#).



# WHATSAPP

At Trevithick, Whatsapp is the most common app used for chatting by our children. It can be used for both individual chats and group chats. However, Whatsapp has a minimum age of 13 which means that our children are not old enough to use it. Despite this, our advice is therefore that primary aged children should not be on Whatsapp. However, we are aware that many of our children are using the app to chat with friends.

Whatsapp has recently released an update which allows parents to create a parent-managed account for their children. This works in a similar way to other parent-managed accounts. A parent will create an account on their child's phone which will allow them certain controls over what the child can do. For example:

- Turning off 'view once' messages and disappearing messages
- No location sharing
- Messages and group chat invites from unknown contacts will be sent to the parent for approval
- Parents will receive notifications when a new contact is added

The update is being rolled out and if it's not already available it will be available soon.

For more information please visit:

[https://faq.whatsapp.com/899820539143195/?helpref=faq\\_content&cms\\_platform=web](https://faq.whatsapp.com/899820539143195/?helpref=faq_content&cms_platform=web)

For help setting up the account please visit:

[https://faq.whatsapp.com/875902238256170/?cms\\_platform=android](https://faq.whatsapp.com/875902238256170/?cms_platform=android)



# SMARTPHONES SAFETY ADVICE



Are you looking to get your child a phone or has your child already got a phone that you're not sure you have set up properly?

If so, [Internet Matters](#) has lots of information on setting up a smartphone for children as well as a checklist to ensure the device is set up safely. You just need to follow the links to the information about your particular phone and it will provide you with step-by-step instructions on setting it up.

Here's a [useful website](#) which explains things to consider before giving your child a smartphone. Including:

- What is the appropriate age (and if this even matters)
- The hidden impact of social media and explicit content
- Filter bubbles (what they see and what they don't)



The article also suggests setting up some ground rules before giving your child a phone.

It's really important that the device is set up properly before it's given to the child. Think about privacy and security settings and parental controls. Internet Matters has a helpful guide to setting up [Android phones](#) and [Apple devices](#).

Google also has a really helpful guide to their app called '[Family Link](#)' which allows parents to control android devices from their own phones. You can set up screen time schedules, limit time spent on certain apps as well as control what apps and websites your child has access to.



If you are a parent of a child in Year 6, Internet Matters also has lots of information about moving to secondary school and what to expect from children's online lives and how these might change as children get older. <https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>