

## Welcome to the March 2026 Scomis Online Safety Newsletter for Parents and Carers

### Remember — Talk to your child about Online Safety!

**Scomis would like to sign-post you to websites offering advice and guidance to parents and carers on key online safety issues.**

Visit the following websites to find out more:

**Parentzone** – [Guides for parents](#) learn out to be a positive digital parent, watch a range of videos on social media including:  
[Chat GPT and Artificial Intelligence](#) [Virtual Reality](#),

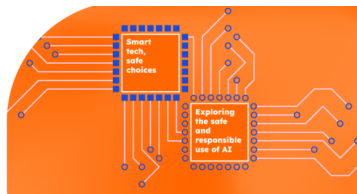
**CommonSense Media** – [Age based media reviews](#) for families, including Games, Apps, Films and TV, books.

**ThinkUKnow** - [Advice on keeping your under 5 safe](#)  
Learn about [Jessie & Friends](#)—advice for 4-7 year olds.  
Watch the advice [films for 8-10 year olds](#)  
Review lots of [advice for 11-18 year olds](#)

**Get Safe Online** advice on how to [protect yourself](#), your family. Find out how to protect yourself and your devices against remote access attacks.

**National Cyber Security Centre** advice for individuals to respond to an online scam or cyber attack including:  
[Phishing](#) [online shopping fraud](#) [hacked accounts](#) and more!

**UK Safer Internet Centre**  
[Tips for parents and carers with children of all ages](#)  
Watch short videos to aid starting discussions with [neurodiverse children](#) about their online experiences.  
Access [SEND](#) resources  
Try the [Quiz for 7-11 year olds](#)  
Try the [Quiz for 11-14 year olds](#)  
[Tips for 14-18 year olds](#) how to stay up to date with common and emerging scams  
Check [Top Tips for Parents and Carers](#)



### Many devices now connect to the Internet!

- Doorbells, CCTV, Toys, robots, drones and much more
- Software developers or even hackers may be connected to your device without your knowledge
- Baby monitors, children's tablets, drone toys, can be hacked and used by people outside of your home.

Find out how to keep you and your family safe and visit the [NSPCC's website](#)

### Online Safety resources for children with SEND

[NSPCC](#) partnering with [Ambitious about Autism](#), have created online safety tips, advice and activities for parents and carers of children with SEND, including children with dyslexia, autism and speech and language difficulties.

Access resources listed below:

[Sharing personal details](#)  
[Friendships online](#)  
[One-page profile](#)  
[Cyberbullying for children with SEND](#)  
[Talking to people online for children with SEND](#)



### Reminder—Be a good digital parent!

- Keep your passwords safe and **do not** share them
- Schedule notifications to turn off for certain times of the day—have some **quiet time!**
- Think about what **you** are sharing online. Are you sharing too much? Remember those holiday snaps you post **indicate you are not at home!**
- Reassure your child that they can talk to you or another trusted adult to ask for help

#### Need help?

Visit the following website for more guidance:

**Vodafone's Digital Parenting** Helping your family live a happy and safe digital life. Includes:  
[Parental controls tips and toolkit](#)—watch short videos with your child(ren)  
[Screen time and phones](#)  
Find out how to use 'Screen Time' on iPads and iPhones.  
Find out how to setup 'Digital Wellbeing' on Android mobile phones.  
Learn how 'to take back control' and stop 'doom-scrolling'

### Support for the under 25's

#### Looking for help and support?

Try 'The Mix'. Explore the wide range of topics [here](#)



### HELP IN THE HOLIDAYS!

**Don't forget!** advice is just a phone call away from the [NSPCC](#) helpline **0808 800 5000**

[Childline](#) **0800 1111** Free advice for children

**Websites to check:**

[Childnet's Parent and Carer's Toolkit](#)  
[ThinkUKnow's advice for Parents and Carer's](#)

Have a happy  
safe holiday!



**SCOMIS**  
Your ICT Partner