



Matthew Scott

Kent's Police and Crime Commissioner

**Cut crime.
Support victims.
Build trust.**



Dear Parent/Guardian

I visited your child's school recently to talk to some classes about online safety, cyberbullying and smartphones.

It is such a daunting issue for parents as well as children, so I wanted to share some helpful tips to help keep our loved ones safe online.

There's help out there if you need it.

Kind regards

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Remember, most social media apps have an age limit of at least 13 before you can sign up for a profile. I would advocate young people not joining social media apps until they are at least *sixteen years of age*.



There are alternatives to smartphones for young people, with a variety of options for basic calling and messaging. Scan the QR code for advice on what to look for in a basic phone.

It is important to talk to your children about safer internet use. It is important for them to use safe passwords, regularly check their privacy settings and not share personal information. You can also use apps like BARK and FAMISAFE for greater parental controls.



Sign up for the PARENT PACT - you are not alone in facing the pressure of letting your child have a smartphone. Parents like you are signing up for the Smartphone Free Childhood Parent Pact to support each other.

There is evidence that suggests that reducing screen time and access to social media can improve your child's wellbeing and performance at school Find out more at anxiousgeneration.com/resources.

