

# INTERNET SAFETY

Newsletter



## A Vital tool

The internet is an amazing tool that helps children and young people learn, connect, and have fun.

It provides easy access to a wide range of information for schoolwork and personal interests. Online courses, tutorials, and educational videos help young people develop both academic and practical skills. They can research topics and find explanations to support their learning and homework.

The internet also helps young people stay connected with friends and family through messaging apps and social media, supporting the development of social skills.

Online games can boost critical thinking, creativity, focus, and problem-solving. Many also teach teamwork, collaboration, and empathy.

The internet also offers access to support networks that help young people manage issues such as mental health, exam stress and other personal challenges.

DECEMBER 2025



## Staying safe online

It's important to understand how young people are spending their time online.

- **Talk Often** – Have open conversations about their online activities and friends.
- **Set Rules** – Create limits on screen time, websites, and apps.
- **Use Parental Controls** – Block harmful content and manage access.
- **Teach Online Safety** – Explain risks like strangers, scams, and cyberbullying.
- **Keep Devices in Common Areas** – Supervise screen time naturally.
- **Model Good Behavior** – Show healthy, respectful online habits.
- **Stay Updated** – Know the apps and games your child uses.
- **Create a Safety Plan** – Teach them what to do if something feels wrong.

### DID YOU KNOW?



A report published in June 2025 showed users aged 8-14 spent an average of 2 hours 59 minutes a day online, with girls spending more time online than boys!

source Ofcom

Click on the logos to find more information on staying safe online!

**NSPCC**



**UK Safer Internet Centre**

**internet  
matters.org**

# Social media

Social media can be a powerful tool for connection, creativity, and self-expression, but for some young people, it can also negatively impact their mental health, self-esteem, and daily life.

Signs that social media use might be a problem.

- Constant Checking of their phone/device. Feeling the need to be online all the time or fear of missing out.
- Low Self-Esteem. Comparing themselves to others and feeling "not good enough."
- Cyberbullying. Being targeted or witnessing bullying, hate speech, or toxic comments.
- Sleep Problems. Staying up late scrolling or feeling the need to respond instantly.
- Anxiety or Stress
- Feeling pressure to post, respond, or get likes and validation.
- Spending less time with friends and family offline or avoiding schoolwork and hobbies.

**YOUNGMINDS**

*Young Minds has lots of information and advice if you're concerned about social media use, find out more here*



# Online gaming

Online gaming has lots of benefits for children and young people, it allows them to relax and unwind, socialise and connect with friends whilst having fun. However gaming can negatively affect mental health if it starts to take over daily life. This can look like:

- Struggling to stop or limit time spent gaming, even when wanting to.
- Ignoring schoolwork, chores, or personal hygiene.
- Spending less time with family and friends offline.
- Physical Health Issues
- Poor sleep, lack of exercise, or skipping meals due to excessive gaming.
- Feeling anxious, irritable, or low when not gaming.

**YOUNGMINDS**

*Young Minds has lots of information and advice if you're concerned about online gaming, find out more here*



WISHING YOU A MERRY

CHRISTMAS

and a

Happy New Year

LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people



# South Leicestershire Community Board

## Local support this winter

The local support information documents have lots of support for families over winter including Wellbeing services, support hubs, Warm Home service advice and information regarding local food and hygiene banks.

To find out more, click [here](#)!



Click the flyer find out more!

## Wellbeing Newsletter

### YOUTH AND JUSTICE GROUPS

**SEND**

SEND Groups are free to face groups within each locality that support young people between 11 and 16 with moderate special education needs and disabilities.

**Young Carers**

Young Carers groups are free to face groups within each locality that give a place for young carers to relax, unwind and meet other young people similar to themselves.

**CYCLE**

Cycle is a group for young people who want to help themselves and other young people to learn within Leicestershire County Council and the Children and Family Service and have an influence on future policies and practice.

**LGBTQ+**

Leicestershire is a place for anyone in the LGBTQ+ community to come together and share, build relationships, share experiences and support. Being offered to young people in the community, we have a mix of local, national, and international mental health, home life etc. and fun sessions that help improve social skills.

**SEND 16+**

SEND 16+ group focuses on transition into adulthood and how to prepare young people for this. During the groups we look at things such as finances, college and university and independent living skills as well as having some fun and improving social skills.

**Young Carers 15+**

We have a group for young carers aged 15 and over. Each session is carefully planned using the areas of interest of the young adult carers themselves. It focuses on age-appropriate topics that will prepare you for the next stages of your life as you head into adulthood.

PLEASE NOTE: attendance is voluntary and subject to availability.

**How to refer**

If the above groups (something you might be interested in, please refer in! This can be done by yourself (as a young person), parent/carer or professional.

Please use the QR code to go to: <https://www.leicestershire.gov.uk/education-and-childrens-protection-and-supporting-families-help-for-children-and-families> or give us a call on 0153 3000005

- **Young people, family or friends:** Please go onto making a self-referral form
- **Professionals:** Please complete a Multi-Agency Referral Form (MARR)




### SAFEGUARDING NEURODIVERSE YOUNG PEOPLE

**RECOGNISING RADICALISATION RISKS AND BUILDING RESILIENCE**

Helping families understand how to keep young people safe online and in their communities, including recognising and responding to risks such as grooming, misinformation, and extremist influences.

**THESE SESSIONS WILL:**

- Explore how to recognise when a young person might need targeted support
- Support you to manage challenging conversations around safety
- Help distinguish between red flags
- and everyday neurodiverse behaviours

Support you to connect with local!

For more information please email: [kanika@groundswell.world](mailto:kanika@groundswell.world)

**GROUNDWELL PROJECT**

**DATES & TIMES TBC**

SCAN QR CODE OR CLICK HERE TO REGISTER YOUR INTEREST NOW




### Glen Parva COMMUNITY FRIDGE

Supporting our community

**Need: Volunteers**

Meet your community and make valuable connections

**When:** Tuesdays 2.30pm - 4pm

**Where:** Glen Parva War Memorial Hall LE2 9JD

**EVERYONE WELCOME**



Click the flyers to find out more!