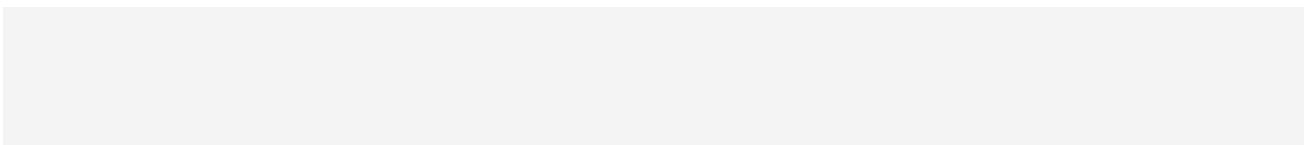


Dear Parents,

Welcome to our newsletter filled with topical online safety advice to help children navigate the online world smartly and safely

In this issue we put a spotlight on; Anti-Bullying Week and ways you can support your child, experts share advice on how to help your child maintain a positive body image in the age of social media, we share top apps to encourage children to get active and you'll get an insight into the Dark Web.

If you have any question of what you'd like us to cover in the future then get in touch with Mr Templeman





How can I help my child maintain a positive body image?

A **study of over 5,000 girls** aged between 10 to 17 in 14 countries found that more than half of girls had low body esteem. In the age of the 'Gram' and shows like Love Island, it can be difficult for your people to feel positive about their body especially more value is placed on how many likes and comments they get on a selfie.

Today, more children and young people are unsatisfied with the way they look and this can lead to worrying trends around eating disorders and other mental health issues.

To understand how you can help your child maintain a positive body image, see advice from our experts in our latest '**What The Expert Say**' article.

[READ ARTICLE](#)



Is too much screen causing kids to become inactive?

Our research suggest that nearly half of parents in the UK are worried their children are spending too much time online – with the majority believing it is causing their kids to lead a sedentary lifestyle lacking in physical exercise.

In a bid to make tech work for you, we've launched a guide on how parents can use tech to help children get active, along with advice on tackling screen time, conversation starters and practical tips for setting limits across children's devices.

VISIT GUIDE



Have you heard about the Dark Web?

You may have heard stories about the Dark Web through the media and coverage of the Silk Road website bust or the endless stories of illegal activity that those who use it do but what actually is it?

To help you get to grips with this and get insight on what you should do if your child's curiosity leads them into the Dark Web, we've created an article on all you need to know to stay informed.

[**READ MORE**](#)



Helping children deal with online issues when things go wrong

Sharon is a working Mum with four children aged from 10 to 17. Not surprisingly, they talk about the Internet and social media regularly, but Sharon understands first-hand that things can still go wrong. See what she does to help her children recover from challenges online.

[READ MORE](#)