



Clarity Independent School

13th February 2026

Dear Parents and Carers,

E-Safety Newsletter (Spring term first half 2026)

As we move through the first half of the spring term, it's a great time to pause and reflect on how we can continue supporting our children to stay safe and confident online. This edition of our e-safety newsletter brings together practical guidance, updates, and tips to help families navigate the ever-changing digital world with clarity and reassurance. With the half-term break fast approaching, we hope you find these insights helpful—and we wish you and your families a restful and enjoyable break when it arrives.

Smartphone Safety Tips & Understanding Roblox

At Clarity Independent School, keeping children safe—both in the real world and online—is at the heart of everything we do. As technology continues to evolve, many of our students are accessing smartphones and online games at younger ages. This half term's newsletter focuses on two key areas: **smartphone safety** and **Roblox**, one of the most popular gaming platforms among children.

Smartphone Safety: What Parents Need to Know

Smartphones offer children wonderful opportunities to learn, be creative, and stay connected, but they also come with risks such as inappropriate content, contact from strangers, and excessive screen time. Parents can support safer use by setting clear boundaries around when and where devices are used, such as keeping phones out of bedrooms at night and agreeing on screen-free times. Talking openly about what children do on their phones helps build trust and encourages them to share concerns.

Most devices now include built-in parental controls that allow adults to restrict downloads, filter content, limit screen time, and manage who children can communicate with. These tools can make a big difference, especially for younger users. Alongside this, regular conversations about online experiences—what children enjoy, what worries them, and how to handle uncomfortable situations—help them feel supported and confident in making safe choices.

Social media awareness and positive role-modelling also play an important part. Many platforms require users to be at least 13, and younger children may be exposed to unfiltered content, pressure to share photos, or cyberbullying. Checking privacy settings together and reminding children not to share personal information helps reduce risks. Parents can also model healthy digital habits by taking breaks from their own devices, balancing online and offline activities, and demonstrating respectful communication.

Roblox: A Guide for Parents

Roblox is extremely popular with children because it gives them the freedom to create, explore, and play millions of user-generated games. Its creative tools, social features, and wide variety of experiences make it an appealing space for young people. Customisable avatars and the ability to play with friends add to its fun and interactive nature.

However, like any online platform, Roblox comes with risks that parents should be aware of. These include chat features that may allow contact with strangers, in-game purchases using Roblox, and user-generated content that can vary in appropriateness. Children may also encounter scams or phishing attempts, especially those offering “free Roblox.” Understanding these risks helps families make informed decisions about how their child uses the platform.

Parents can support safer play by enabling Roblox’s parental controls, such as restricting chat, limiting who can join games, setting a PIN, and filtering games by age. Talking regularly with children about online behaviour—like not sharing personal information, leaving games that feel uncomfortable, and knowing how to block or report others—builds confidence and awareness. Keeping an eye on spending and exploring Roblox together can also strengthen trust, help parents understand what their child enjoys, and make it easier to spot potential concerns.

At Clarity, we teach students to:

- Recognise unsafe online behaviour
- Protect personal information
- Report concerns to trusted adults
- Use technology responsibly and respectfully

We also monitor online activity on school devices, as stated in our e-safety policy, and follow national safeguarding guidance to ensure children are protected.

If you ever feel unsure about something your child has seen or experienced online, please do not hesitate to get in contact with me. We are here to help.

Yours sincerely



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SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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What Parents & Educators Need to Know about

ROBLOX



WHAT ARE THE RISKS?

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGible.



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