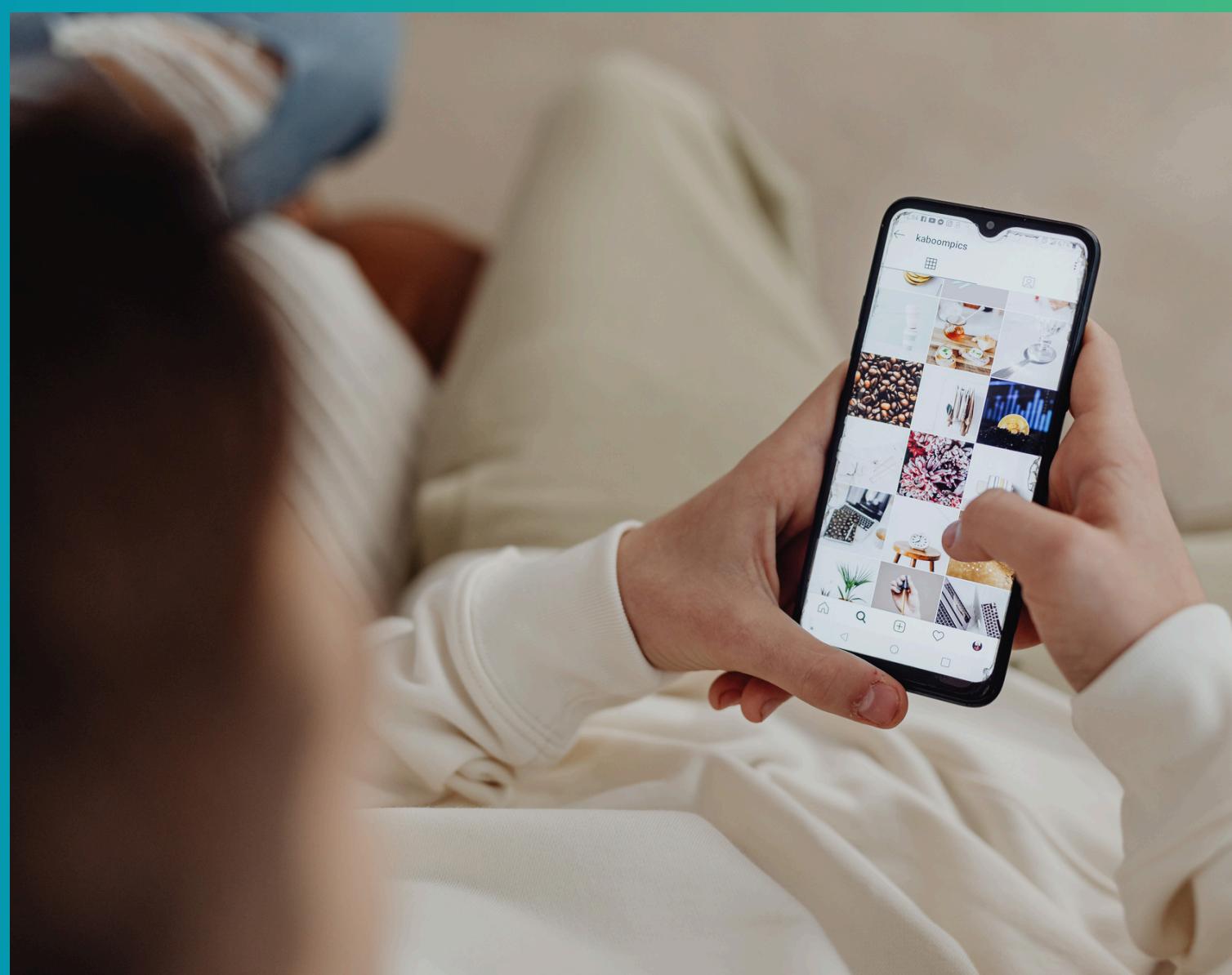




THE BELVEDERE PREPARATORY SCHOOL

ONLINE SAFETY NEWSLETTER

SPRING TERM 2026



Keeping Safe Online with Techosaurus

The NSPCC have created Techosaurus, a friendly dinosaur to assist you in having chats with your child about online safety. It is aimed at younger children and includes a book and activity pack (both chargeable). You can [find out more here](#).

Safer Internet Day 2026

Safer Internet Day will take place on the 10th of February 2026, with learning based around the theme '***Smart tech, safe choices – Exploring the safe and responsible use of AI***'.

Everyone's talking about AI, and with many children and young people hearing about and using AI online, it's important they have the skills and confidence to make safe choices when they are using smart technology.

This Safer Internet Day we will be exploring the impact of AI on all of our lives, looking at how AI can be used for good, and giving advice and guidance that empowers people to use AI safely and responsibly. [Click here](#) to find out more about Safer Internet Day 2026 and register your support.



New messaging and social media apps

Discord is a social networking app originally designed for gamers but is now used by lots of different people to chat to each other online. The minimum age to access Discord is 13. The App store rates it as 17+.

Signal is rated as 13+ on the App store. It is a messaging app, where users can text, send voice messages and photos plus participate in group chats and calls.

AI Chatbots - the risk to young people

A simple search of “AI Chat” within the App store highlights the number of AI apps already available, many are rated as 18+ so it is important to speak to our children about them and the risks associated with them. Examples of AI chatbots that your child may have heard of are Character.AI (18+) and My AI from Snapchat (13+)

What are the risks?

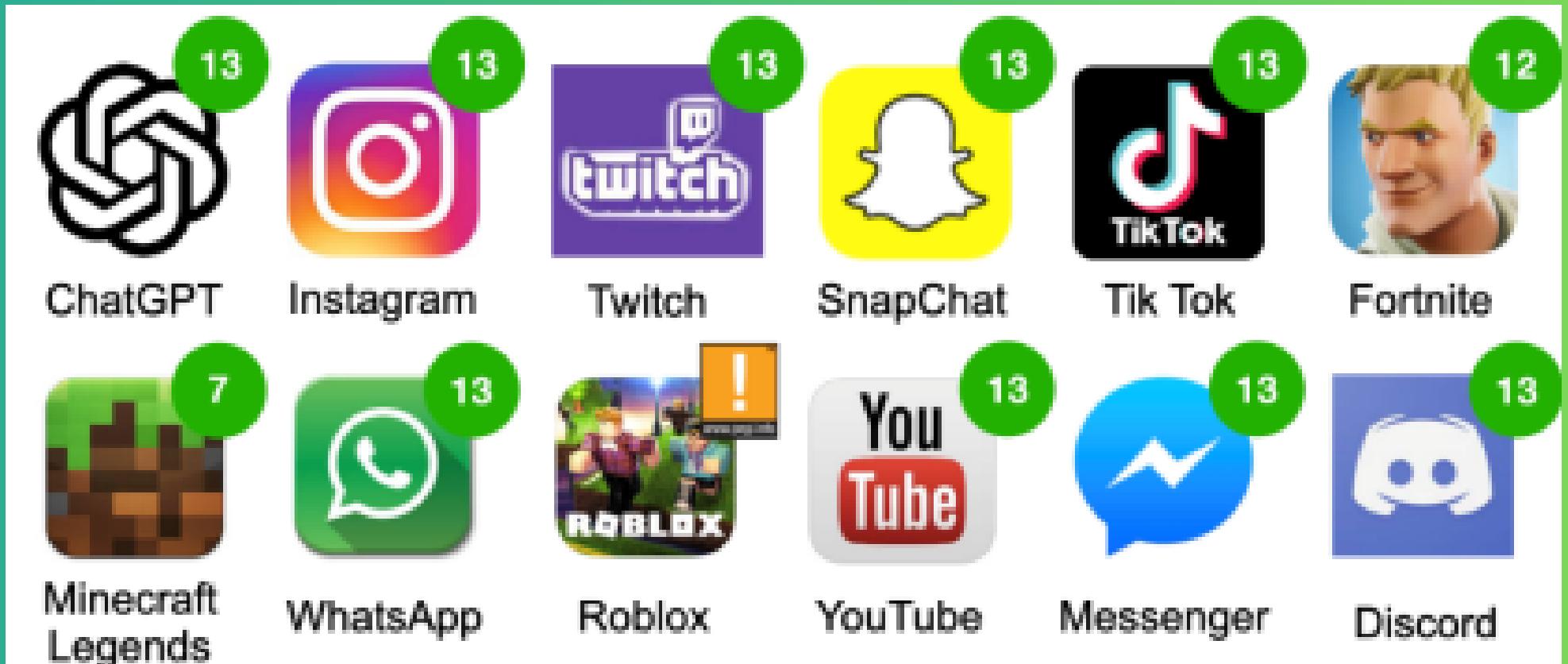
- Over reliance on AI companions, for example they may replace ‘real life’ friendships or over reliance on using them for homework or problem solving.
- Exposure to inappropriate content.
- Misinformation as not all information shared is correct and can be biased.

How can I protect my child?

- Check age ratings of any apps or websites that your child accesses.
- Discuss the risks of AI chatbots with them and have open conversations about why they may be using them.
- Set up appropriate parental controls on their devices/ broadband.

AI and Mental Health

AI chatbots and wellness apps are becoming increasingly popular, which may lead to your child accessing them to support their mental health. You can find out more information about this [here](#).



READ ALL ABOUT IT!



Click on the links below!

For more information about AI chatbots and companions and how to protect your children, click on this link.

Find out more about age ratings of apps and why they're important from Parent Zone.

Click here to read a guide from Parent Zone to help teach your child how to manage their online spending.

Age Ratings

Age ratings exist to help protect your child by showing whether content is suitable for your child’s age. Whether your child is viewing films, accessing apps, playing games online or using social media- make sure you check the age rating first to see if your child is old enough. It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, it is also vital to review the content yourself.

Useful links for more support:

Keeping children safe online | NSPCC

Parents and Carers - UK Safer Internet Centre

Information, Advice and Support to Keep Children Safe Online (internetmatters.org)

National Online Safety | Keeping Children Safe Online in Education