



ST. ANNE'S CATHOLIC  
HIGH SCHOOL

*"Act Justly, Love Tenderly, Walk Humbly With Your God"*

# Cyber Safe

**ONLINE SAFETY  
NEWSLETTER**

MARCH 2026



# WELCOME TO THE FOURTH EDITION OF CYBERSAFE!

Dear Students, Families, and Colleagues,

In this edition, we focus on **screen time** and **digital footprints**.

**Screen time** refers to the amount of time we spend using devices such as phones, tablets, computers, and gaming consoles. While technology can be useful and enjoyable, it is important to maintain a healthy balance and take regular breaks to support both physical and mental wellbeing.

We also explore **digital footprints**, the record of our online activity. Posts, comments, and accounts all contribute to a lasting online presence. Taking a moment to think before sharing online can help protect your online reputation and support a positive digital identity.

Open conversations and awareness are key to staying safe and balanced online, and we encourage everyone to take an active role in these discussions.



Enjoy!

**Mrs Claudia Duarte**  
**Head of Online Safety**

Are YOU  
Worried?

If you have a concern about your daughter or another student's online activity or safety you can reach out to your child's **Learning Support Coordinator** or contact **Kaylea Vevers**, the **Designated Safeguarding Lead**, by emailing [dsl@st-annes.enfield.sch.uk](mailto:dsl@st-annes.enfield.sch.uk)



# SCREEN TIME

Screen time is the amount of time that someone spends using a device. It includes playing games, on a smartphone or games console, streaming video content or TV shows, browsing the internet, doing homework online or engaging in any activities while using a screen.

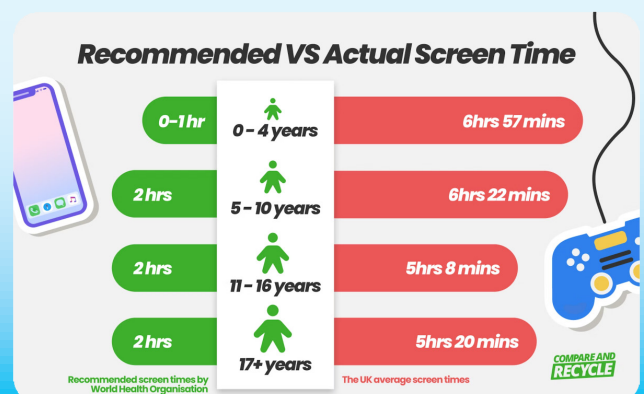


While research suggests that too much time spent on devices can cause harm, the definition for 'too much' will vary between children. For example, research found that children with vulnerabilities such as autism benefit more from time spent online than children without the same needs. However, these children are also at greater risk of other online harms.

Therefore, how children use devices is often more important than how much time is spent with devices. As such, there isn't any official guidance when it comes to screen time limits. For example, a child using their time online to learn and build skills will benefit more than a child who passively scrolls social media.

## How Does Screen Time Impact Children?

The use of digital devices can help children connect with friends, learn new skills, explore the world and more. Some children might benefit from the online space more than others as well. However, there are also risks. It is important to set boundaries to monitor how time online makes your child feel and decide how to manage this time. Regular breaks are important, advice from the National Institute for Health and Care Excellence (NICE) suggests that children should have TV free days or have a two-hour limit on the time spent in front of screens.



### Benefits of Screen Time:

- Online games and activities can enhance teamwork and creativity.
- The internet gives children access to a wealth of information to help build their knowledge.
- Interacting with computers can improve visual intelligence and hand-eye coordination.
- Technology takes away physical barriers to social connections, which can support children who struggle to make friends or communicate offline.
- Children in households with computers perform better academically than peers who do not have ready access to computers.

### Potential Risks of Overexposure to Screens:

- Using devices while sitting in one place reduces physical activity needed for a healthy lifestyle.
- Sleep cycles are affected by blue light from screens, tricking our brain into thinking it is still daylight, making it difficult to sleep.
- Too much passive screen time could weaken communication and social skills.
- Some research found that children who spent more than two hours a day on screen-time activities scored lower on language and thinking tests.
- Screen-based entertainment increases central nervous system arousal, which can amplify anxiety.

**Too Much Tech?**  
Watch for these signs

Complaints about being bored without screens

Problems with sleep, school, or face-to-face interaction

Harsh resistance to screen time limits

**Are you seeing these signs?**  
It's time to talk about tech.

Find out more here:

[Screen Time Guide for Ages 11-14 | Internet Matters](#)

[Screen Time Guide for Ages 14+ | Internet Matters](#)

[Parental Control Guides to set Screen Time Limits on Devices and Platforms | Internet Matters](#)



# DIGITAL FOOTPRINT

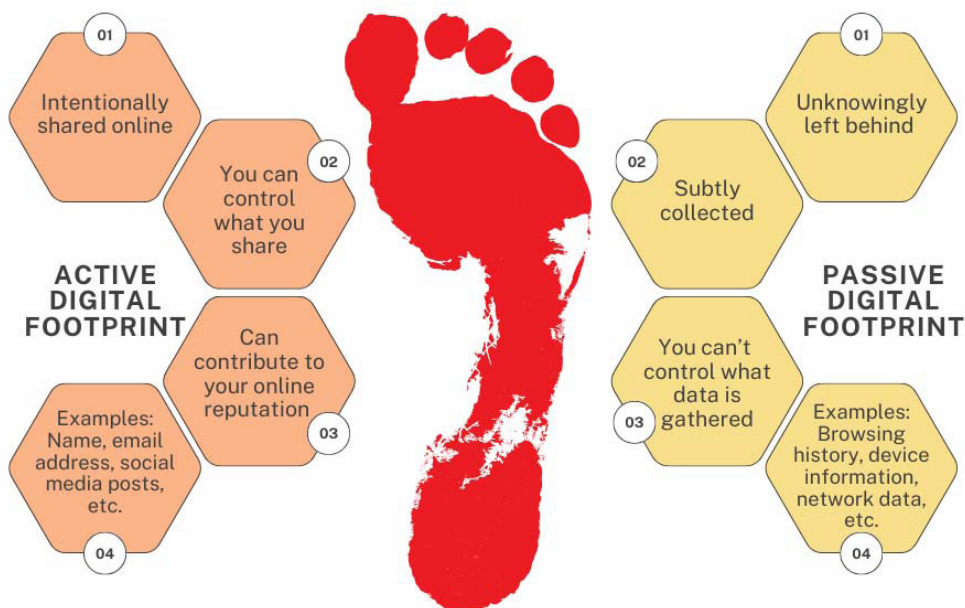


A digital footprint is the data that is left behind whenever a person uses a digital service, or someone posts information about that person onto a digital forum, such as a social network. Everyone is likely to have a digital footprint, and this is normal. Online activities, such as emailing, social media, photo sharing, dating, banking, shopping, gaming, professional networking, geolocation services and online applications, all add to someone's digital footprint. Others can contribute to an individual's digital footprint by posting photographs or information about them online.

Digital footprints are created in two ways: passively and actively:

- A **passive digital footprint** is created when your data is collected, usually without you being aware of it. Common examples are search engines storing your search history whenever you're logged in, and web servers logging your computer's IP address when you visit a website.
- An **active digital footprint** is created when you voluntarily share information online. Every time you send an email, publish a blog, sign up for a newsletter or post something on social media, you're actively contributing to your digital footprint.

## Active versus Passive Digital Footprint



## How to check your digital footprint:

Checking your digital footprint means finding out what information about you is available online and who can see it. Here are some practical steps you can follow:

### 1. Search for yourself online

- Use Google and search for your full name, nickname and your name and school name
- Look at the first few pages of results, not just the first one
- Check the Images tab to see if photos of you appear

### 2. Review your social media accounts

- Go through your profiles on social media
- Check what information about you is visible to the public

### 3. Check your privacy settings

- On each social media platform, review privacy and security settings
- Limit who can see your posts, photos, and personal details
- Remove information such as phone numbers, location, or personal email if it is public

### 4. Look for data breaches

- Go to <https://haveibeenpwned.com/>
- Check if your email address has appeared in a data breach
- If it has, change your password and enable 2-step verification (2SV)

### 5. Set up Google alerts

- Go to <https://www.google.com/alerts> and set up Google alerts, so you are notified when your name appears online.



Find out more here:

[Learn About Online Reputation | Internet Matters](#)

[What is a Digital Footprint? | CEOP Education](#)

[Your Privacy and What You Share Online | Childline](#)

[Leaving a Trail of Footprints | BBC Bitesize](#)

## TEST YOURSELF DIGITAL FOOTPRINT QUIZZES

**BBC Bitesize** have created two quizzes for families to test their knowledge on the subject of digital footprints, and learn how to keep your information and identity private.

Find out more here:

[Bitesize Quiz 1: What are Digital Footprints?](#)

[Bitesize Quiz 2: What Does the Internet Know About You?](#)

