



# Holyhead

Teach What Matters



## HOLYHEAD SAFEGUARDING NEWSLETTER

February 2026

# OUR SAFEGUARDING TEAM



At Holyhead School we endeavour to provide a safe and welcoming environment where children are respected and valued. We believe that all children should feel safe and be able to approach someone if they have a concern. The safety and wellbeing of our students is the most important aspect of our work as a school. If you have any concerns about your child's wellbeing or safety, or want to report a concern about another child, please ask to speak to one of the Designated Safeguarding Team.

*In this month's issue we look at:*

- Safer Internet Day 2026

### Who to contact if you are concerned about a student at Holyhead school:

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Telephone the school on 0121 523 1960 to speak to any of the safeguarding team.

## Safer Internet Day 2026

Safer  
Internet  
Day 2026 | Tuesday  
10 February

Coordinated by the UK Safer Internet Centre

[saferinternetday.org.uk](https://saferinternetday.org.uk)

Safer Internet Day 2026 will take place on the 10<sup>th</sup> of February 2026, with celebrations and 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 are 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.

## About Safer Internet Day

Over the years, **Safer Internet Day** has become a landmark event in the online safety calendar. Starting as an initiative of the EU SafeBorders project in 2004 and taken up by the Insafe network as one of its earliest actions in 2005, Safer Internet Day has grown beyond its traditional geographic zone and is now celebrated in approximately 170 countries worldwide.

**170** countries worldwide

**18** editions to date

**6** continents

With artificial intelligence now a part of daily online life, from voice assistants like Alexa or Siri, to chatbots and recommendation algorithms, Safer Internet Day 2026 invites us to reflect on both the benefits and the challenges of AI. The goal? To build confidence and understanding, so everyone, including older adults, can use AI safely and positively.

## Why Safer Internet Day matters

Smart technology and AI can make life easier: voice controls, health reminders, and online shopping can all boost independence. But they can also expose us to risks like scams, privacy breaches, and misleading information. Here are **eight practical tips** for older adults to keep their online journey safe and enjoyable.

1. **Recognise and Avoid Online Scams** - Scammers often target older people with phishing emails that appear genuine (from banks, the NHS, or HMRC) but contain fake links or attachments.
2. **Always Check for Secure Websites** - When shopping, banking or entering personal details, make sure the website is safe:
  - Look for “https” at the start of the web address, along with a padlock icon.
  - Avoid unfamiliar sites offering “too-good-to-be-true” deals; these often lead to scams.
3. **Use Strong, Unique Passwords** - Each online account should have a different, complex password.
  - Use a mix of upper and lowercase letters, numbers and symbols.
  - A helpful idea: combine three random words (felt recommended by the National Cyber Security Centre).
  - Consider using a password manager to store and generate secure passwords automatically.
4. **Turn On Two-Factor Authentication (2FA)** - Two-factor authentication (2FA) adds an extra layer of protection:
  - After entering your password, you’ll receive a code via text, email, or app.
  - Even if your password is stolen, thieves can’t access your account without the code.
  - Many services (email, banks, social media) offer 2FA, so turn it on today.
5. **Protect Your Devices with Up-to-Date Software** - Keeping your tablet, phone and computer software current can prevent online threats:
  - Set your device to automatically install updates, as these often fix security flaws.
  - Use reputable antivirus software on computers and phones.
  - Be cautious when downloading apps. Only do this from official app stores with good reviews.
6. **Guard Your Privacy on Social Media** - Social platforms can be great ways to stay in touch, but your privacy matters:
  - Use the privacy settings to limit who can see your profile and posts.
  - Don’t share personal details (birthdays, full address, full name) publicly.
  - Be careful who you connect with online, as strangers may not be who they seem.
7. **Question Information Online** - With AI and chatbots generating content, it’s easy to get misinformed.
  - If something seems surprising or “too good to be true”, check against trusted sites or news outlets.
  - Ask yourself: *Who wrote this? What is their source? Does it appear balanced and believable*
  - Always verify before passing along what you read.
8. **Use AI Tools Carefully and Thoughtfully** - AI-powered helpers like virtual assistants or recommendation services are convenient—but use them mindfully:
  - Be aware that AI may make errors or recommend unsuitable information.
  - Turn off voice assistants when not needed, especially around sensitive conversations.
  - Learn how to control and review what these tools can access, such as your shopping history or location.

## What can you do to mark Safer Internet Day 2026

- **Check your privacy settings** on devices and apps.
- **Enable 2FA** on your email, banking and social platforms.
- **Delete suspicious emails**, especially any that request personal information.
- **Update any old software** on your gadgets.
- **Try learning one new tip**, such as using a password manager or adjusting your privacy settings.
- **Explore free resources** from the UK Safer Internet Centre; there's guidance for older adults too.

## A day to empower us all

**Safer Internet Day 2026** is more than just a reminder; it's a chance to join a global movement to make the online world safer, especially as AI becomes part of our everyday lives.

By taking small, consistent steps, being sceptical of scams, using strong passwords, protecting privacy, and thinking critically, you can enjoy the benefits of smart tech with confidence.

## **What are AI tools and AI generated content?**

### **AI generated content**

This is where an image, video or voice recording has been created using an online generator. These can be completely artificial, meaning none of the content is real, or they can be altered versions of existing real content.

### **AI content generators**

These are the tools used to create AI generated content by entering a series of commands to generate new content or edit an existing image or video.

### **AI chat bots**

These are chat functions where you are speaking with a bot rather than a real person. They will often only respond to short messages and will usually introduce themselves as a bot. However, the bots can often be given human names.

### **AI summaries**

This is where a platform gathers and summarises information, usually found at the top of a page or search engine result. The AI will often take information from across a range of sources and list the sources within the summary.

# Opportunities for creativity and learning with AI

When used safely and responsibly, AI can support children's development in several meaningful ways.

Creative tools that generate art, music, or stories can inspire imagination and self-expression, helping children explore ideas and build confidence.

AI-powered learning apps also support core subjects like spelling, maths, and coding, often adapting to individual learning styles and offering personalised feedback.

Games and platforms that use AI can encourage strategic thinking and problem-solving by presenting challenges that require planning and decision-making.

And AI can improve accessibility for children with SEND through features like speech-to-text and tailored learning pathways, helping to remove barriers and promote inclusion.



## What are the potential risks of AI for children?

While AI can be fun and helpful, it also poses risks that children may not fully understand. So it's smart to be aware of these potential pitfalls.

- Manipulation – AI can be used to create convincing but false content, which may influence children's beliefs or decisions.
- Misinformation – AI-generated answers or videos may look accurate but contain errors or misleading information.
- Identity confusion – children may struggle to tell whether they're interacting with a real person or an AI system.
- Exposure to harmful content – some AI tools may generate inappropriate or upsetting material.
- Cyberbullying and harassment – AI can be used to mimic voices or create fake messages which could be used to cause harm and distress.
- Privacy and data security – AI tools often collect data, and children may not know what's being stored and shared
- AI-generated abuse and sextortion – in rare but serious cases, AI can be misused to create abusive and illegal content.
- AI-generated sexualised or abusive images – some children may use AI tools to create fake [nude or sexualised images of others](#), often referred to as 'nudification' or 'deepfakes'. Even if the image is not real, it can cause serious emotional harm, reputational damage, and may be illegal if it involves anyone under 18.

[Talking to children about AI | NSPCC](#)

## **6 top tips: how to support your children to use AI safely**

### **1) Talk about where AI is being used**

A good place to start is by having open conversations with your child about where they are seeing AI tools and content online. This is an opportunity to talk about the risks and benefits they are experiencing.

### **2) Remind young people not everything is real**

You can remind them that not everything online is real and much of what we see may have been edited.

AI is continually evolving but there can be common indicators to show something is AI generated but remember it is not always obvious. Some of these indicators can be an overall 'perfect' appearance, body parts or movements appearing differently or not looking 'true to life'.

### **3) Discuss misuse of generative AI**

It's important to address the misuse of generative AI to create harmful content in an age-appropriate way. Make sure that your child knows it's not OK for anyone to create content to harm other people.

If they ever experience this or are worried about someone doing it, then they can report that. If you are concerned about how someone is behaving towards a child online this can be reported to law enforcement agency [CEOP](#).

If a sexual image or video has been created, this can be reported via [Report Remove](#).

### **4) Remind them to check sources**

AI summaries and chatbots can be helpful tools to get quick answers to a question but it's important to know it's coming from a reliable source.

Sources should be listed and will often have links so they can be checked. If the source is not listed or is not a reliable source, it's good to encourage them to check a trusted site for themselves.

### **5) Signpost to safe sources of health and wellbeing advice**

We know young people will use the internet to get advice and answers to questions which could mean they come across advice from an AI bot or summary. It's important they access safe information from reliable sources, so it can be helpful to make sure they know of child-friendly safe sites such as [Childline](#).

### **6) Make sure they know where to go for help**

Ensure your child knows they can talk to you or another safe adult like a teacher if anything worries them online or offline. They can also contact Childline 24/7 on 0800 11 11 or via email or online chat, there are lots of ways they can [get support](#).