

BACK TO SCHOOL

Online Safety Tips for Children

Wow, it's September already! The month when autumn officially starts and ... oh yeah, the beginning of a new school year. Every cloud has a silver lining though! Another term means new friends to make, different stuff to learn, fresh online trends to jump on and exciting new games to play on your phone, computer or console. We've compiled a list of our top tips to ensure that - whether you're going online to chat, research things or just have fun - you can do it safely.

Be cautious with your profile

Be careful not to give out too much info on your social media or gaming profiles. Details like your full name, address or school's name could all help strangers to actually find you online. A trusted adult can help you make your profiles private - so only your family and actual friends can contact you.

Lock your devices

Taking your phone or tablet to school? Turn password protection on: it keeps your private info safe and stops anyone accessing your data without permission. Passwords should be memorable to you - but difficult for anyone else to guess. Get a trusted adult to write it down in case you forget it!

Be smart with screen time

Too much screen time, especially just before bed, can affect your quality of sleep. Losing sleep, or not sleeping well enough, messes with your concentration and energy levels. Try muting notifications so you don't get pinged late at night: you'll feel fresher and more focused the next day.

Know how to deal with bullies

Sadly there are people online who enjoy picking on other users. If you ever feel like you're being bullied online - by anyone, not just someone from school - talk to a trusted adult about it. Together, you can discuss possible steps, such as blocking or reporting the person who's targeting you.

Manage online relationships wisely

Most people in a relationship chat to their partner online. Just be mindful that once you send a pic or message (even if it's private), you no longer control who else might see it. Messaging someone you've never actually met - and who might not be who they say - is definitely best avoided.

React well to inappropriate content

When you're researching something online, there's always a chance of finding content that makes you feel uncomfortable or upset. If this happens, you can report it as inappropriate and (hopefully) get it taken down. Tell a trusted adult what happened: they'll help you decide what to do next.

Report offensive in-game chat

If you game online with your mates, you'll know things can get competitive and heated on the in-game chat. Playing against people you don't know (especially if they're older) raises the risk of offensive comments and even threats. Our advice? Find out how to block or mute those bad losers.

Learn to spot fake news

If you're looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too - if it seems too unbelievable to be true, it's probably fake.

Keep it 'real' with online friends

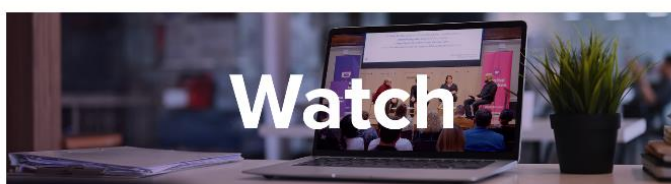
Everyone enjoys adding friends and followers on social media: it's important, though, that the people you interact with online really are your friends. If they're just random people you've connected with to increase your contacts, you don't know if they could be trolls or bullies (or worse).

NOS National Online Safety
#WakeUpWednesday

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Welcome back to Hiltingbury Junior School, please keep an eye on the website for links and tips to help you being safe online. Here are some tips, hints and guides for Autumn term week 2.



<https://parentzone.org.uk/library/watch>

Welcome to the Parent Zone Video Library.

Explore a range of presentations, speakers and education sessions. You can find more playlists on our YouTube channel.

youtube.com/theparentzone

Social Media Apps

What age should my child be to use these apps?



What risks are there of my child using these apps?

Whilst there are benefits to being online, there are risks too regardless of your child's age. Risks include your child viewing inappropriate content, sharing personal information, cyberbullying and grooming.

Reporting functions

If your child is using any of the above apps then make sure you show them how to use the reporting facilities within each app and ensure your child knows that they must tell you or another trusted adult if they see anything upsetting online. Use the apps together and explore the different security and privacy settings.

Further information

Is your child too young to use the above apps but is still asking you if they can join social media? Then you could suggest an alternative option. Internet Matters list several apps that have been created for younger children, they are grouped for ages 6 – 10 and ages 11 – 13:

<https://www.internetmatters.org/resources/social-media-networks-made-for-kids/>

Age ratings

There is so much that we can do online nowadays including playing games, chatting with others, watching TV or sharing our videos/photographs. One of the ways we can help keep our children safe online is by checking age restrictions/ratings as detailed below:

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings':

<https://www.bbfc.co.uk/resources/viewing-films-safely-online>

- **Video games:** PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It is important to note that PEGI do not take into consideration the chat facilities within games.
- **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and use them yourself to check their suitability.
- **Social Media networks:** All social media networks have a minimum age rating; they are all at least 13+.