Online Safety Newsletter — Christmas Edition

With Christmas nearly here and perhaps with presents including new technology or related games being received, we thought we'd provide you with a little reminder of how to set up appropriate parental controls.

Parental Controls

- There are so many connected devices on the market now, each with their own unique way of setting up parental controls and restrictions. Equally the functionality of these devices can be daunting with chat, game downloads, in-app purchases, third party apps on the devices (such as social media, Netflix) etc.
- Firstly look up the device on YouTube using a simple 'how to' query, e.g. 'how to restrict in-app purchases on PlayStation 4'.
- Secondly, the wonderful people at Internet Matters have a one-stop shop for setting up devices which can be found here: https://www.internetmatters.org/parental-controls/

Advice by age
- As well as devices, parents also need advice according to the age of their children.
- Again, Internet Matters has this covered for children 0-5, 6-10, 11-13 and 14+ https://www.internetmatters.org/advice/

Gaming
Gaming is likely to be high on the agenda for many children this holiday period.

First, check the PEGI rating of any new games to ensure that your child is old enough to be playing them. PEGI provides age classifications for games and 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. If a game does allow your child to communicate with others then you can adjust the settings so they are appropriate to your child - or disable it completely.

CEOP have a nice, simple guide for parents
https://www.thinkuknow.co.uk/parents/articles/gaming/
Internet Matters also has a gaming hub which is really useful for parents; it was updated a couple of months ago and has invaluable information
https://www.internetmatters.org/resources/online-gaming-advice/

PEGI 12

Games with a PEGI 12 rating are suitable for ages 12 and above.

They may have:
- violence of a slightly graphic nature involving fantasy characters
- suggestive activities or language
- gambling
- mild bad language

For example:
- Fortnite
- Overwatch
- Super Smash Bros. Ultimate
- Marvel Ultimate Alliance 3

Tablets/Smart phones
As well as setting up parental controls on the device itself, remember to check any apps your child would like on their device. Is it suitable for their age? Review all settings and privacy options for each app.
For the devices themselves use the available settings to prevent purchases, restrict content viewed and adjust privacy settings.
Follow the links below to find out more:
IPhones/ iPads: https://support.apple.com/en-gb/HT201304
Google Play: https://support.google.com/googleplay/answer/1075738

MERRY CHRISTMAS

Social Media

Back to Internet Matters for this one; they have a really useful hub for parents which explains the risks and the benefits, along with some resources that parents can use
https://www.internetmatters.org/resources/social-media-advice-hub/

Family Agreement

The holidays are a great time to sit down with children and manage expectations. Some children will spend as much time online and playing games as they possibly can, but this isn't practical, there has to be a balance between family and socialisation.
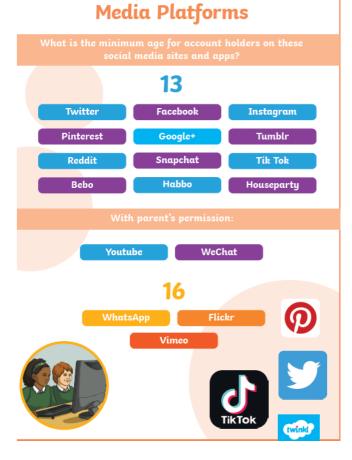Here's a link to a family agreement template from Childnet
https://www.childnet.com/resources/family-agreement

Screen time Advice

We're often asked how long children should spend on their devices each day. Childnet have created a blog discussing why it is difficult to specify a limit and what you should consider. You can read it here:
https://www.childnet.com/blog/screentime-guidance-for-parents-and-carers/

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

13

Twitter   Facebook   Instagram
Pinterest   Google+   Tumblr
Reddit   Snapchat   Tik Tok
Bebo   Habbo   Houseparty

With parent's permission:

Youtube   WeChat

16

WhatsApp   Flickr
Vimeo

Get help and support

There are lots of organisations who work to support families and children. Visit childnet.com/get-help if you're worried about an online concern.

NSPCC — 0808 800 5000 — nspcc.org.uk
Free support and advice for adults concerned about the safety or wellbeing of a child.

family lives — 0808 800 2222 — familylives.org.uk
Free support and advice on any aspect of parenting and family life.

YOUNGMINDS — 0808 802 5544 — youngminds.org.uk
Free support and advice on how to support young people's mental health and wellbeing.

Helplines for children & young people

childline — 0800 11 11 — childline.org.uk
Providing help and support for under 18s.

THE MIX — 0808 808 4994 — themix.org.uk
Providing help and support for 13-25 year olds.

1. Give young people time warnings before asking them to come off of games. Some games cannot be saved until certain points are reached

2. Rely on players working together as a team, meaning your child may feel like they are letting people down by leaving suddenly.

3. Talk to your children about the games and apps they are using and how they work. Research and decide on a best way to communicate that their time online is coming to an end. Our Parents and Carers Resource Sheet has lots of websites to help you with this.

4. Model positive use of technology by following the expectations you set for your family, and discussing why they are important.

5. Make use of wellbeing settings, like screen time limits, 'do not disturb' functions and disabling autoplay on apps like Youtube and Netflix.