



Safeguarding Newsletter

Summer Term 2019

It's School Holiday Time



Keeping Children Safe Online

With a long summer approaching, it is highly likely that your children will be spending a lot of time playing games and surfing the internet. Here are a few simple and easy-to-follow tips to help keep them safe; whether they're winning the World Cup on Fifa, or watching an endless stream of videos on Youtube.

1. Set Parental Controls

It is not as difficult as it seems to set parental controls on most electronic devices. A few clicks can really make a difference and ensure that the children aren't able to access any unsuitable content. Google the website www.internetmatters.org and you will find a comprehensive guide for setting parental controls for all internet providers, phones, tablets and gaming consoles.

2. Agree time limits

Too much screen time can lead to children becoming tired, irritable and less active. Try to agree time limits for children and stick to them. Don't allow the children to use electronic devices at bedtime: the NHS recommend that children of primary school age require between 9.5 and 11.5 hours of sleep per day and it has been proven that screen time inhibits sleep.

3. Pay attention to PEGI Ratings.

On the box of all computer games, there is a PEGI rating. PEGI ratings inform parents about the recommended age of suitability and about the nature of any potentially unsuitable content.

Information about popular games and apps

1. Fortnite

- Players compete with 100 other players. Players can chat via microphones presenting a risk that children may be exposed to bad language or could talk to strangers.
- The PEGI rating for Fortnite is 12
- The game is free to download but it is possible to spend lots of money on game add ons.

2. Roblox

- Roblox also has a chat feature so the children could be talking to anybody.
- The PEGI rating for Roblox is 7.
- The game is free but players can spend real money on Robux (an in-game spendable currency)

3. Snapchat

- Snapchat is a social media app on which users send photos to their friends that "disappear" after a short time.
- The notion that images are temporary is false—users can use screen shot to keep any images.
- It is advised that nobody under the age of 13 uses Snapchat.
- **There is a location function on snapchat. Unless their app is set on "Ghost Mode," other users can see where they are.**

4. TikTok

- Tiktok is an app on which users create and share videos.
- Unless accounts are set on private, anybody can search for and view uploaded videos—even if they are not signed up to the app.
- There is inappropriate content on Tiktok.
- It is advised that nobody under the age of 16 uses Tiktok.

5. Instagram

- Instagram is a social media app on which users share photographs.
- Like all social media apps, there is a risk children may become involved in cyber bullying.
- There is some inappropriate content on Instagram.
- Users can comment on others' images. Some comments may be unkind or upsetting.
- It is recommended that nobody under the age of 13 uses Instagram.

Access our school website to find links to helpful websites filled with tips and advice about keeping your children safe online.

<http://www.district.st-helens.sch.uk/>