

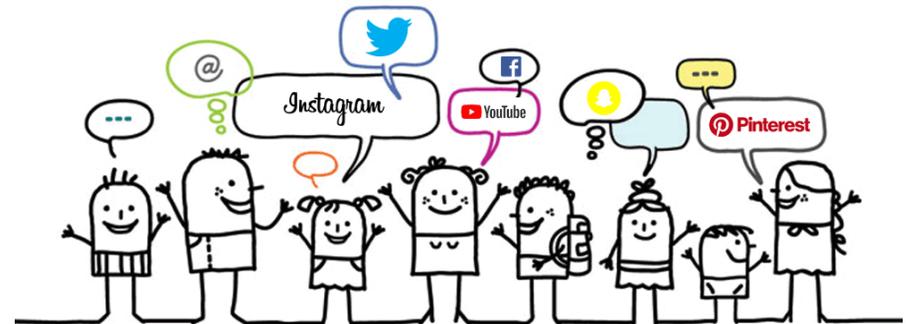
# Know your PEGI ratings for games



## Helpful websites for online safety

- ❖ <https://pegi.info/>
- ❖ <https://www.internetmatters.org/>
- ❖ <https://cyberbullying.org/>
- ❖ <https://www.nspcc.org.uk/>
- ❖ <https://kidshealth.org/en/parents/net-safety.html>
- ❖ <https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s>

# Online and Digital Safety



## Age restrictions on social media

### Apps/platforms

As a parent it's important you know that all social networking platforms (or social networking apps, if on a smartphone) have age limits.

Some social networks use technologies that might not be right for some ages, or engage with communities that are made up of people much older than your child.

[A short guide to social media apps/platforms and their age restrictions](#)

#### 13+



Facebook



Instagram



Tik Tok



YouTube



Twitter

#### 16+



WhatsApp



Today, the world is supercharged by the internet and social media, many young people and adults can feel bewildered.

For those young people who are age appropriate to use social media, it's not about not using it, but about using it safely.

62% of 11 year olds and 69% of 12 year olds have a Facebook profile despite the minimum age of 13

The internet is a fantastic place for children/young people to learn, create and have fun, but they may occasionally have to deal with a variety of sometimes challenging issues.

# Parental controls and passwords

‘Create a safe space for curiosity online’

***A simple checklist to ensure safety online for parents and young people:***



**Set** parental controls on your broadband top prevent your child seeing things they shouldn't.



**Check** parental controls are also set up on mobile networks on smart phones.



**Disable** location services so locations cannot be shared with others accidentally.



**Download** age appropriate apps. Parents to check they are happy for their child to use the app.



**Check** our child's privacy settings on all apps being use, making sure they are not sharing personal or private

## The specifics:



## Do's & Don'ts

- ✓ DO change your password often, at least every 90 days.
- ✓ DO disable stored passwords and clear passwords saved to your computer.
- ✓ DO use two factor authentication (uses your mobile phone to verify access and prevent unauthorised logins)
- ✗ DON'T reuse passwords for multiple accounts.
- ✗ DON'T click yes when a site offers to 'Remember your password' if you do people can access your account easily.
- ✗ DON'T use birthdays, quotes or pet names for your passwords.
- ✗ DON'T share passwords with friends.

Age-appropriate restrictions can be applied to films, TV programmes, books, websites and virtual assistant like Siri, Alexa and the Google home device.

# Balancing screen time

## 11-14 year olds

When children start Secondary School, it is a time for them to explore their independence, more than likely they will spend more time on their devices.



It is about ensuring your child has a healthy balance between life on and offline.

**83% of 11-14 year olds own a smartphone.**

**99% are online almost 20.5 hours a week**

**76% play games online for nearly 13.5 hours a week**

**Nearly 9 out of 10 of 12-15 year olds use YouTube to watch funny videos and music videos**



**54% of parents of 11-13s are concerned about the amount of time their child is spending online.**



### Benefits of Screen time:

-  Screen use provides a range of opportunities for creativity and learning and can support development.
-  Screens can be a great tool to allow children to maintain relationships with friends and family.
-  Support a passion they have, where they can share content and discover new content.

### Screen time challenges:

-  As most children at this age have their own devices it is harder for parents to stay on top of screen use.
-  As children become more active online, there is an increased risk that they will be exposed to a range of online issues such as cyberbullying or oversharing.
-  Passive screen time: Watching box sets on Netflix. This can have a physical effect on development, sleep cycle and behavior.

# Cyberbullying

Be kind, ONLINE

## Screen time 'top tips' for parents:

Set boundaries to help them build good online habits

Stay engaged in what they do online- Take an interest in their digital world

Give them space to become digitally resilient.

Use screen time tools on devices to manage how much time is being spent on devices

Have regular conversations with them about ways to deal with risks when using excessive amounts of screen time

- The internet has made bullying more complex, because most young people live simultaneously in the real world and the online world.
- When young people are bullied online, it can feel like there is no break or place to hide. It is harder for parents/teachers to recognize signs of online bullying as they are often not part of their online spaces.

## For parents

- Don't jump to conclusions. Gently explore with your child what had happened before the message or the post.
- Stay calm if you find out your child is experiencing cyberbullying. Or cyberbullying others.
- Be aware that all forms of bullying can make you feel very sad, afraid and alone. Reassure your child that together you will sort it out.
- Encourage your child to broaden their network of friends and to take part in activities that make them feel good about themselves
- Think carefully before taking away your child's access to their phone or tablet (this can increase loneliness)



# Cyberbullying

Be kind, ONLINE



## For young people



- ❖ **Talk about it.** Tell someone if you're the target of cyberbullying. Any trusted adult, this could be a parent or a teacher. It's not fun and it's hard to talk about, but they can help.
- ❖ **Ignore them.** If it is a one off, ignore them and don't respond to the instigator. They are looking for a response- don't give it them!
- ❖ **Never retaliate.** Be the bigger person and never retaliate against someone who is mean to you.
- ❖ **Tell them to stop.** For repeated unkindness (bullying) If ignoring the bully doesn't work, tell them to stop.
- ❖ **Save the evidence.** Record all instances of cyberbullying. Print out social media posts and emails, save texts and capture screen shots when cyberbullying occurs. Then show an adult who can help.
- ❖ **Never pass along messages from those who cyberbully.** If you receive hurtful or embarrassing messages or photos of someone else, delete them and don't forward them to others.



## Inappropriate content advice and support

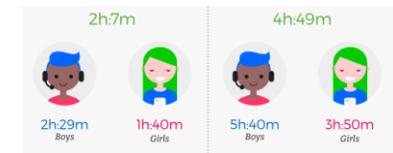
A link to a video with advice if you have seen something online that has worried or upset you:

<https://youtu.be/IRpEBPGXVf0>

### What online activities can increase the possibility and probability that my child will see inappropriate content?

- ❖ Joining social networks before reaching the minimum age
- ❖ Playing games and using apps which are not age-appropriate
- ❖ Watching live streams which may show inappropriate content or taking part in them and unconsciously being exploited.

## Online gaming



Online gaming describes any video game that offers online interactions with other players.

How to stay safe:

- ❖ Keep personal information private
- ❖ Be aware that everyone online is not who they say they are. Play with friends.
- ❖ Take regular breaks to deal with stress/anger during gaming
- ❖ Always ask for permission from an adult before spending money on in game