



Online Safety Newsletter

Online Safety tips for Early Years

A collection of videos called 'Online Safety Starts Early' has been created by Internet Matters, who have teamed up with EE. There are 4-episodes in the series and the videos are suitable for parents and carers who have children in Early Years. Episode one highlights how to create positive habits from the beginning and then provides links to additional resources. To access the videos and further information please follow the link below:

[Early years online safety video guides | Internet Matters](#)

Parent Zone Podcast

If you would like to listen to debates about the impact of technology on everyday life, Parent zone founder and CEO alongside their editor are joined by expert guests, asking the difficult questions about the online future on their podcast 'TechShock'. Follow the link below to listen or you can stream it through Spotify, Apple and Google:

[Tech Shock: the Parent Zone Podcast | Parent Zone | At the heart of digital family life](#)



New Devices - Parental Controls

Does your child have their own device? Have you set up parental controls?

Consoles All consoles offer parental controls such as limiting the time spent on the device or restricting who your child can communicate with. Find out the specific settings below:

- PlayStation: [Safety for parents \(UK\) \(playstation.com\)](#)
- Xbox: [Xbox family settings: peace of mind for parents | Xbox](#)
- Nintendo Switch: [Nintendo Switch Parental Controls | Hardware | Nintendo](#)

Mobiles/Tablets You can set up parental controls and restrictions on most mobile devices, which can limit what your child can access. Additionally, make sure appropriate settings are applied on the apps your child is using.

- Apple devices: [Families - Apple \(UK\)](#)
- Android devices: [Family Link from Google - Family Safety & Parental Control Tools \(families.google\)](#)

Further information Internet Matters provide a checklist here: [Set up devices for children - Internet Matters](#)

Setting up parental controls on your child's mobile

If you do not have the same type of mobile phone as your child, you therefore are unable to use Google Family link or Apple Family Sharing, however, you can set restrictions on your child's device instead. Please find below links that will assist you with different device types.

Apple devices:

To set up restrictions on your child's device directly (rather than using an app) then the following link will provide you with a set of instructions to guide you through the steps needed:

[Use parental controls on your child's iPhone, iPad, and iPod touch - Apple Support](#)

The instructions will show you how to get to the settings on your child's phone and then how to set restrictions such as: restrict content, schedule downtime, set time limits for apps etc. You will need to set a passcode 'use a screen time passcode' to ensure changes cannot be made after you have set them.

Android devices:

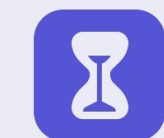
As with the above link, the following link shows you how to set up parental controls on the device itself by creating a PIN:

[How to set up parental controls on Google Play - Google Play Help](#)



Screen time Advice

In our recent survey we discovered a large proportion of our pupils were using screens and going online for over 2 hours a day. Parents and carers often ask how long children should spend on their devices each day. Childnet created a blog discussing why it is difficult to specify a limit and factors you should consider. You can read it here: [Screen Time Guidance for Parents and Carers | Childnet](#)



Age Ratings

Nowadays, there is so much that we can do online including watching TV, watching films, playing games, shopping, chatting with others or sharing our videos/photographs. One of the ways we can help keep our children safe online is by checking age restrictions/ratings, see below information that can support you with this :

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings': [Viewing films safely online | CBBFC](#)



- **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.



Reality Check from Parent Zone

Most VR Headsets have a minimum age recommendation of 13+ and VR games are rated by PEGI too so check their age rating/suitability.

Parent Zone, VoiceBox and Meta have produced a series of videos explaining the safety and parental control tools available when using VR and what conversations to have with your child about VR. To find out more, click here:

<https://parentzone.org.uk/realitycheck>



PEGI Ratings

The UK uses the PEGI (Pan European Game Information) system to give games their age rating. The rating system was established to help parents make informed decisions on buying computer games. But knowing what exactly each of these ratings means and how accurate they are can be complicated. Follow the links below to find out more:

- [PEGI game ratings | Parent Zone | At the heart of digital family life](#)
- [What do the labels mean? | Pegi Public Site](#)



Most games in this category do not contain anything that requires a warning. Games rated PEGI 3 are considered suitable for all ages. Some violence in a comical context may be acceptable.



Age 7+ A little more violence is allowed at PEGI 7. It is always unrealistic and usually directed towards fantasy characters. Implied violence like bombing a city but the violence is not seen is included in this level.



Age 12+ This level allows more graphic and realistic looking violence towards fantasy characters. Any violence towards human characters must look unrealistic unless it is minor or trivial injuries like a slap. Some bad language is allowed often described as mild swearing. Games at this level may feature horror content, strong threats, dread and graphic injury. PEGI 12 is the minimum rating a game which teaches gambling can receive.



Age 16+ PEGI 16 include games that see more mature and realistic violence against human characters. They may deal heavily with death, gory violence and human injury. Sexual activity can be shown but must not include visible genitals. Moderate bad language can be used often with sexual expletives. Alcohol and tobacco may be encouraged and games can feature illegal drugs.



Age 18+ This is an adult classification due to games having a 'gross' level of violence, defined as horrific methods of bringing death or severe injury including torture, decapitation or dismemberment. Violence can be seen against vulnerable character such as children and elderly. Games may include sexual activity showing genitalia and illegal drug use may be glamorised.



PEGI ! - In addition to the numerical PEGI ratings, you will also see the "Parental Guidance Recommended" rating for some non-game apps. This serves as a warning that these apps can offer a broad variety of user generated or curated content. Typically, this applies to products such as Facebook, Twitter or YouTube.

You may also see these symbols on games. These provide descriptions of the type of content this game will include.



What age should my child start using social media networks?

Internet Matters have created a brilliant resource which highlights the minimum age limits for the various social media platforms on offer in this digital age. They also outline the risks of being underage on social media. You can find out more here: [What age can my child start social networking? - Internet Matters](#)

Age ratings are in place to help protect your child, so we thought we would give you with a little reminder of how important it is to check the age ratings of what your child is accessing online.

Here are the age ratings of some of the more popular apps that young people are accessing.

Did you know that WhatsApp has an age rating of 16?

More information about age ratings can be found at: [Age ratings | Parent Zone | At the heart of digital family life](#)

