

ONLINE SAFETY For Parents



Game Ratings



Pan
European
Game
Information

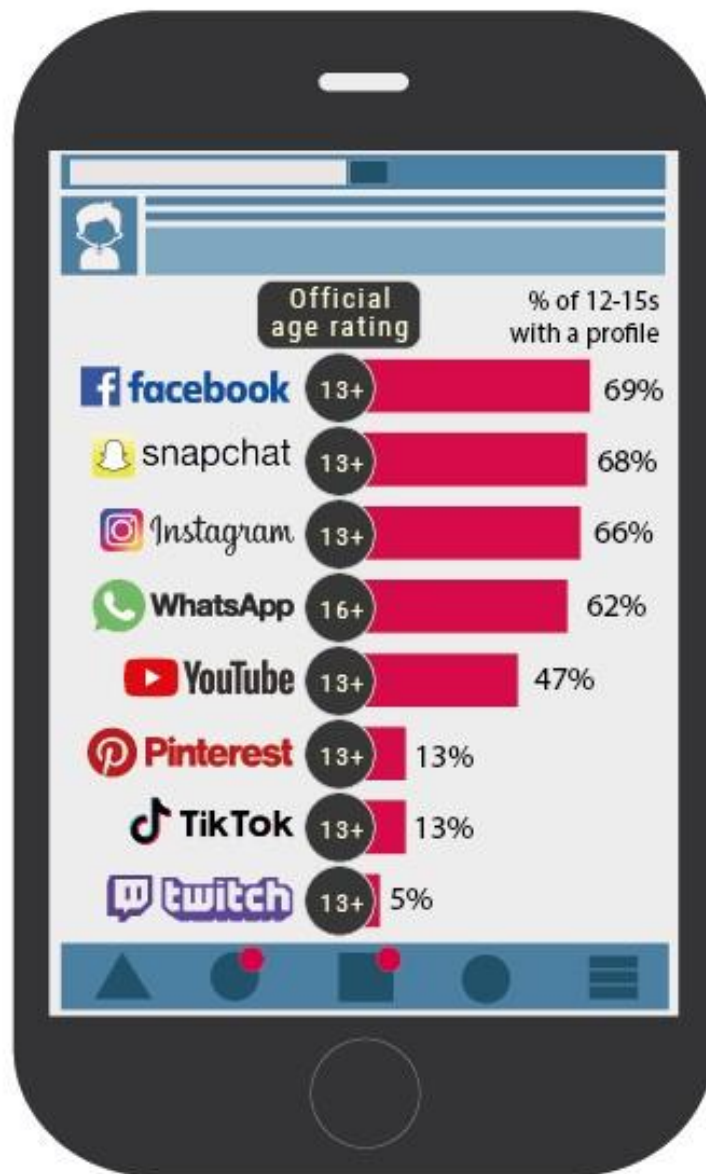
Games are rated with using PEGI, keep your children safe by ensuring they play games suitable for their age



Click below to check ratings of games and read reviews by parents and children:



The best of London in one borough



Official Age Ratings

What are the risks of online games?

Children may view inappropriate or upsetting content if they play games that aren't suitable for their age.

Some players can be abusive towards others or try to exclude them from the game.

Children may play with adults they don't know. Some adults may try to build an emotional connection for the purpose of grooming.

Some children may find it hard to stop playing games, or gaming is getting in the way of other activities.

Ways to help children play safe

Check the game's
content

Know how to
mute, block and
report

Be Share Aware

Activate safety
settings

Keep the
conversation
moving & play
together

Be aware of in-
game features



**Use YouTube Kids app for
children aged under 12**

www.internetmatters.org/parental-controls

What's the issue with Smartphones?



Instant access to internet – difficult to filter



Cameras, upload images and videos straight to Facebook, YouTube, etc. Live streaming



Geotagging and location based services



Addiction to technology



Physical and mental well being

What is Online Bullying?

Sending cruel, nasty, or threatening messages using technology

Posting pictures or video clips online or distributing via text or Bluetooth without the person's knowledge

Trolling, deliberately offensive or provocative **online** posts with the aim of upsetting someone or eliciting an angry response from them

Creating websites or fake profiles, or adding to existing websites, unpleasant stories, pictures, or jokes making fun of others

Breaking into another person's e-mail/social network/phone account and sending nasty or embarrassing material to others

Online Bullying

What you as a parent can do...



- ✓ Offer reassurance and support
- ✓ Tell your child never to respond to an abusive message
 - cyberbullies want a reply
- ✓ Keep the evidence - is it someone they know? Talk to staff at your child's school even if other pupils or people at the school are not involved
- ✓ If it isn't someone they know report it to the service provider
- ✓ Schools are very aware of cyberbullying, talk to your school if your child is having issues



From April to October 2020
NSPCC counsellors held more
than a thousand counselling
sessions with young people about
online bullying.

How much screen time?

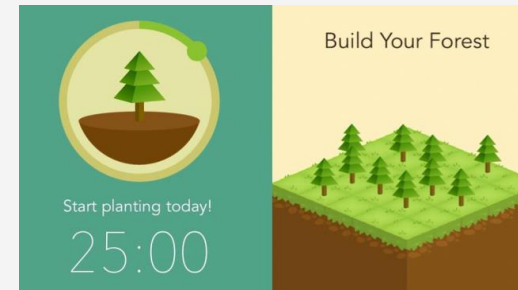
The American Academy of Paediatrics (AAP) updated its screen time guidelines in 2016 to for families

- For children younger than **18 months**, **avoid** use of screen media other than video-chatting.
- Parents of children **18 to 24 months** of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children **age 2 to 5 years**, limit screen use to **1 hour per day** of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children **age 6 and older**, place **consistent limits on the time** spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviours essential to health.

No UK guidance has been issued on screen time to date and more research is needed

Controlling Tech Time

- Set a good example
- Talk together about the time spent online
- Agree on appropriate length of time they can use their device
- Get the whole family to unplug & create screen free zones
- Use technology / apps to help manage screen time e.g. Forest App & Family Link App



How to support your children online



- ✓ TALK to your children about their Internet use and ask them to tell you who their "friends" or "contacts" are.
- ✓ Keep devices and consoles in family rooms where you can monitor their activity.
- ✓ Ask them to show you the sites they like to visit and look at the parents section to see what safety they have in place and if there are age restrictions.
- ✓ Friend' or 'follow' your child on social networking sites, so you can see how they are using them.
- ✓ If your child accidentally visits an adult website or opens an unsuitable attachment, don't over-react.
- ✓ Monitor your children's internet usage, and be watchful for any secretive behaviour.
- ✓ Advise your child not to post personal information or any images they wouldn't want everyone to see.
- ✓ Turn off the GPS on their smartphones and consider restricting Internet access.
- ✓ Install parental control software or activate parental controls through your internet to prevent access to inappropriate content.



BE A GOOD ROLE MODEL...

Parents' Guide to Technology



**internet
matters.org**

Internet matters is an excellent site that provides step by step instructions on privacy settings for ALL devices and other guidance for parents

Other sites recommended for parents:



Online safety helpline:
0808 800 5002

