e-safety meeting for parent/carers

PRINCE OF WALES SCHOOL

03.03.23

25.04.23

CARLA TOOTILL

Aims to the session

- Apps, games & PEGI levels

- Safety & Parental controls

- Websites & what to look out for

- Awareness of accessibility

- Online at school

- Advice & Prevention

Apps

What devices & apps are your children using?

Facebook, Facebook Messenger, Twitter,

Viber, Instagram, Snapchat, TikTok,

WhatsApp, Vine, Omegle, Oovo, Skype etc…

Good habits for parents – keeping children safe

FORTNITE
12+

Clash Royale 13+
Clash Royale is a game where players can chat, build communities and battle each other.

CSR Racing 13+
CSR Racing is a car racing game where you can buy and upgrade cars and race your opponent.

Discord 13+
Discord is a voice and text app, designed for gamers. Users can chat if they accept follow requests.

Disney Club Penguin Island 3
Club Penguin is a multiplayer game where you can explore a virtual world and chat to others.

Dubsmash 13+
Dubsmash is an app to create and share your own music videos with famous sounds and quotes.

Episode: Choose Your Story 13+
Episode: Choose Your Story app is a storytelling platform to create and share characters and stories.

Facebook & Messenger 13+
Facebook and Messenger is a social network to create a page about yourself and talk to others.

FaceTime 13+
FaceTime allows you to make video and audio calls from your Apple devices using the internet.

FIFA Football 13+
FIFA Football is a gaming app where you can build and manage your own football team.

Friv 3+
Friv is a gaming platform that offers a wide variety of games to play, for free.

Google Hangouts 13+
Google Hangouts is a computer programme and app that lets you video call, phone or message others.

Grand Theft Auto: San Andreas 18+
Grand Theft Auto: San Andreas is a video game following and directing the central character, Carl.

Instagram 13+
Instagram is a picture and video sharing app to post content and use hashtags.

Kik 13+
Kik is an instant messaging app which lets you share messages, photos and other content.

Minecraft: Pocket Edition 13+
Minecraft is a game that lets you create a virtual world using building blocks and chat to others.

Miniclip 13+
Miniclip is a gaming website that hosts games; used on social networks and online gaming platforms.

MovieStarPlanet 8+
MovieStarPlanet is an online game where you create a famous movie avatar character to talk to others.

Omegle 13+
Omegle randomly connects you to someone for a one-to-one audio or video conversation.

Pinterest 13+
Pinterest is an interactive pin board, for collections of your own and others' images.

Pokémon GO 13+
Pokémon GO allows you to find Pokémon using a map based on where you are (in real life).

PopJam 7+
PopJam is a creative app and website where you can create and share art and take quizzes.

Reddit 13+
Reddit is a community-based forum where people write posts covering different topics.

Roblox 7+
Roblox is a game where you create your own games, play others' games and chat with others.

Sarahah 13+
Sarahah is a website where you can send anonymous comments and feedback to other users.

Score! Hero 13+
Score! Hero is a gaming app where you work your way up to over 580 levels by playing football.

Skype 13+
Skype lets you send instant messages and make audio and video calls to others around the world.

Snapchat 13+
Snapchat lets you send messages or 'snaps' to contacts, which appear for up to 10 seconds.

SoundCloud 13+
SoundCloud is an app that lets you find music, news and other content you're interested in.

Steam 13+
Steam is an entertainment platform which lets you play games, create, and chat to other members.

Tumblr 13+
Tumblr is a social network that lets you share photos, videos, live broadcasts and other content.

Twitch 13+
Twitch is a live video game site to watch playbacks of games, live stream your own and chat to others.

Twitter 13+
Twitter lets you post public messages, or 'tweets', send private messages and post pictures/videos.

Viber 13+
Viber lets you text, call, share photos and send video messages to people worldwide.

Wattpad 13+
Wattpad is a storytelling app where you can create, read, learn to write and share stories.

WhatsApp 16+
WhatsApp is an instant messaging app. You can send messages/images/videos/location in one to one and groups.

YouTube 13+
YouTube allows you to watch, create and comment on videos on a public profile.

Yubo 13+
Yubo is an app where you can connect and chat to people. You can video chat and watch live videos.

47%
of parents said they thought their children spent too much time in front of screens

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

What parents need to know about
SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION
Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction

IT CAN CAUSE SLEEP DEPRIVATION
7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE
The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

LOSS OF INTEREST IN OTHER THINGS
Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

APPS CAN BE ADDICTIVE
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

Top Tips for Parents

LIMIT SCREEN TIME
In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE
Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE
There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

ENCOURAGE ALTERNATIVE ACTIVITIES
It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

MOBILE-FREE MEAL TIMES
Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

https://www.independent.co.uk
Children and Parents: Media Use and Attitudes Report 2017: https://www.ofcom.org.uk
https://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones
Journal of Youth Studies: https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-965398
University of Leeds: https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children

National Online Safety
A whole school community approach
www.nationalonline...
Email us at hello@nationalonlinesafety.com

STATISTICS

53% of children aged **3-4** go online for nearly **8hrs** a week

79% of children aged **5-7** go online for nearly **9hrs** a week

94% of children aged **8-11** go online for nearly **13.5hrs** a week

99% of children aged **12-15** go online for nearly **21hrs** a week

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ONLINE CONTENT
10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

1 MONITOR VIEWING HABITS
Whilst most apps have moderation tools, inappropriate content can still slip through the net.

2 CHECK ONLINE CONTENT
Understand what's being shared or what seems to be 'trending' at the moment.

3 CHECK AGE-RATINGS
16 & UP ONLY
12-15
18+
Make sure they are old enough to use the app and meet the recommended age-limit.

4 CHANGE PRIVACY SETTINGS
Make accounts private and set content filters and parental controls where possible.

5 SPEND TIME ON THE APP
Get used to how apps work, what content is available and what your child likes to watch.

6 LET CHILDREN KNOW YOU'RE THERE
Ensure they know that there is support and advice available to them if they need it.

7 ENCOURAGE CRITICAL THINKING
Talk about what people might post online and why some posts could cause distress.

8 LEARN HOW TO REPORT & BLOCK
Always make sure that children know how to use the reporting tools on social media apps.

9 KEEP AN OPEN DIALOGUE
If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.

10 SEEK FURTHER SUPPORT
If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

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What parents & carers need to know about ...
AMONG US

PEGI 7

Among Us is one of the most popular games of 2020. A space-themed 'social deduction game' where 4-10 players take on the guise of Crewmates, who must complete various tasks around their spaceship, while randomly selected Imposters must try their hardest to sabotage the others' efforts. The Imposters have to remain undetected through rounds of voting to win. While Among Us is a largely safe game, it's still prudent to be aware of any potential risks young ones might encounter when playing.

Inappropriate chat
While Among Us can be enjoyed locally via wi-fi, it is commonly played online. Between rounds, players come together to discuss who they think the Imposter is with a text chat, and it's here where children will come into contact with others. There is a profanity filter on the game as standard, but it can very easily be disabled and (like any unmoderated chat groups) children can be exposed to inappropriate, sexual or explicit language.

In-game purchases
Among Us is currently available on both PC (via the gaming service Steam) and mobile devices. On the PC, the game costs a flat amount of £3.99 and has some in-game purchases, whereas the mobile version is free to play but contains adverts and in-game purchases. You can pay to remove the ads or purchase in-game cosmetic items. While these amounts are relatively low, there's still the possibility that young ones could accidentally spend lots of money on the game without realising it, as the process is complete in a couple of taps if a card is connected to your store account.

Risk of hacking
Among Us has been the target of hacking activity. Indeed, only recently the game's developer, InnerSloth, tweeted advice that users play private games or with people they trust, in response to hacking issues. As yet, there has been no breach in player accounts. However, if a big enough hack were to take place and player details were accessed, it could lead criminals to having access to credit card data and other personal credentials.

Use of external apps
Many players use external apps like Discord to voice chat with each other while they're playing. The problem with this is that it is unregulated by the game. Usually on Discord, players will only talk to other people they know in private chats, but a stranger could add a child on an external app: pretending to be interested in playing Among Us with them, when in reality they could be attempting to bully, groom or extort.

Mild violence
The art style of Among Us is cartoony but does contain some very mild violence. Imposters must kill off Crewmates one by one and can do this in a number of different ways. Some younger children might find this uncomfortable and could get scared or become upset when an Imposter is chasing them, or if they are the Imposter and are forced to kill. An age rating of PEGI 7 should help guide you in deciding if the game is appropriate or not.

Safety tips

Play with your children
Playing with your kids is one of the best ways to understand the game, and what makes it so popular. Among Us is free on mobile and is incredibly easy to pick up and play. It's also a great way to bond with your young ones – unless of course you're the Imposter or vote them out of the spaceship! You can do this by picking 'Local' on the main menu then 'Create Game'.

Use private lobbies
ENTER LOBBY
Among Us uses private lobbies to let players keep track of who they're gaming with. Using a uniquely generated code that can be given to friends prior to a game starting, it gives parents peace of mind knowing who their kids are playing with. To get a game code, simply select 'Host', choose the game settings, press 'Confirm', then send the six-digit code at the bottom of the screen to friends to invite them.

Deactivate credit cards
Having your credit card automatically paired with any online accounts that can be accessed by children is asking for trouble. A solution could be setting them up with their own account with no credit card attached. They can still ask you when they want to make a purchase, but it's totally up to you as and when that transaction happens.

Use an alias
By default, your name on Among Us will be set to whatever name your device recognises you as. If this is your child's real name, you'll want to ensure they change it before hopping into a game. This is really easily done by clicking 'Online' on the main menu, then simply typing in a new name at the top of the screen.

Talk about the risks
It's a good idea to talk to your child about the risks associated with online gaming, especially when there are chat options and an ability to communicate with others. Try to maintain an open dialogue with your child: talk about their experiences of the game and who they're playing with. This will help you to stay on top of how they're feeling and ensure they know they can come to you if ever they feel upset or uncomfortable about anything they've experienced.

Meet our expert
Mark Foster has worked in the gaming industry for five years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work - but more importantly, how to make them safe and fun.

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PEGI Pan European Game Information

NOS National Online Safety®

What Parents & Carers Need to Know about
MINECRAFT

7+

Minecraft is a beloved classic of modern gaming. First released in 2011, this open-ended 'sandbox' game of building and exploration still has over 140 million players who happily return to play it at least once every month. Minecraft has also been utilised for much more than just entertainment: it's sometimes used in schools to teach children coding, and it's also employed as a tool for computer-aided design, which is another valuable skill. Encouraging creativity and problem solving, Minecraft has plenty to offer gamers of all ages, and it's available on almost all video game platforms.

WHAT ARE THE RISKS?

PUBLIC SERVERS
Joining a public network (called a server) lets your child potentially interact with strangers through text chat. Some servers focus on building, while others are dedicated to role-playing – encouraging direct player interaction. Anyone can join public servers and connecting to one is relatively simple. Public server IP addresses (and therefore someone's location) are easy to find with search engines.

GRIEFING
Some people in Minecraft delight in purposefully damaging or destroying another player's creation. This is called 'griefing' and is a form of bullying: it intentionally spoils someone else's experience in the game by deleting hours of their work and forcing them to start from scratch. Many public servers treat griefing as a severe offence and frequently ban offenders.

ADDICTIVENESS
Minecraft's gameplay is relatively simple, and the outcome (when a child has built something new, for instance) can be extremely gratifying. This can make the game highly addictive. It's easy to lose track of time while playing Minecraft, causing committed young players to forget about other activities like homework or enjoying family time.

SCARY ELEMENTS
The visual design and gameplay of Minecraft is purposefully child friendly, so there's nothing too untoward in the game. However, some of the 'baddies' that can be encountered might prove a little too scary for very young players. In the game, certain enemies come out at night and are accompanied by audio – such as zombie moans and skeleton bone rattles – that may unnerve young ones.

ADDITIONAL PURCHASES
After initially buying the game, players can make optional extra purchases for cosmetic items and other bonuses. Minecraft Realms is an optional online subscription (requiring regular payments) that lets users run a multiplayer server to play with their friends. Most games consoles also need an active subscription to enable online play – so online gaming can quickly become an expensive hobby.

Advice for Parents & Carers

RESEARCH CONTENT CREATORS
There are a lots of Minecraft content creators who release helpful videos about the game on YouTube and Twitch. Not all of these, however, are suitable for children. Watching these content creators' channels yourself first is a safe way to find appropriate Minecraft videos to share with your children. This also helps you learn more about the game itself, and how your child plays it.

CHOOSE THE RIGHT MODE
Selecting 'Creative' or 'Peaceful' mode allows children to play Minecraft without having to contend with enemies. It's also a great way for you to get used to playing the game with them, since the difficulty level is lower. This allows you to work together on a long-term project, creating something special without the threat of moaning zombies or creepers damaging your build.

HOST A PRIVATE SERVER
The easiest way to find a safe server for your child to play on is to make one yourself. Hosting a server prevents strangers from finding it, unless they've been given the necessary joining details. A private server also lets you control who's allowed to enter and – if necessary – to ban someone who shouldn't be there. This is the closest equivalent to parental controls in Minecraft.

ENCOURAGE BREAKS
It's easy for the hours to fly by while your child is playing Minecraft, so reminding them to take regular breaks is essential. This is a useful way for them to learn good time management, which they'll benefit from as they get older. It will also teach them to play their favourite games in moderation – limiting addictive behaviour and allowing them to manage their day better.

TALK ABOUT STRANGERS
At some point in their lives, almost everyone needs to have contact with a stranger online. Talking to your child about online safety, therefore, is essential – as is having a plan in place for dealing with any hostile or difficult strangers. Ensure that your child knows never to tell a stranger about themselves online, and that they should come to you straight away if they do encounter a problem.

Meet Our Expert
Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

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FIFA 18

You don't need to be the biggest football fan in the world to have heard of FIFA (Fédération Internationale de Football Association) - the governing body for football. And, the video game series bearing the organisation's name is one of the most successful ever. The lure of this football series is that official licensing gives your child the opportunity to play games in the role of their favourite players. They can either work through a story mode version of the game or play online in competitions against other players. The game, released annually by Electronic Arts under the EA Sports label, is available for a range of consoles, and there are also mobile versions available for smartphones and tablets. The most recent version is FIFA 18, but FIFA 19 is due for release later in the year.

What parents need to know about
FIFA

CONSTANT SERIES REFRESHES

The big selling point for the FIFA range of games is that it FIFA includes current players; a feature which no other football video game offers. However, this means that a new version of the game is released every year, with updated teams, players and stadia, plus new gameplay features and tweaks. And, with every annual update of the game, there is an expectation that it will be far better than the previous one, so the pressure to upgrade and buy the new version is likely to be immense!

IN-GAME CHAT

While the FIFA video game is suitable for children of all ages as it does not include any inappropriate content, there is the issue of in-game chat. Your child can play with other people online and chat with them using headsets. As this is largely unregulated, it could mean that your child is exposed to language or conversations that you deem unsuitable.

FAKE EMAILS, SCAMS AND COPYCAT WEBSITES

Your child may receive an email or see a message on social media or in forums which appear to be a genuine FIFA promotion. While the link may seem like a FIFA login page, it's a phishing scam to capture a login name and password. Scammers may use names that sound legitimate, like 'EA Admin' or 'FIFA Developer.'

BUYING ADD-ONS

In-game purchases are to be expected in any modern game and FIFA is no different. FIFA Ultimate Team (commonly called FUT) is a mode in FIFA that lets gamers build teams of players from any league, playing both offline and online to win coins. These can be used to buy better players or packs containing random players. While some purchases can be made using in-game currency, other purchases involve spending with real world money, which could become expensive. There have been reports of parents receiving large credit card bills resulting from in-game purchase made by their children.

JUST ONE MORE GAME

Your child could be playing FIFA games on their computer or console for very long periods of time. That's not to say that computer-based matches are a full 90 minutes long, but a series of 20-minute matches can very quickly fill up a day! The World Health Organisation has classified 'gaming disorder' as a mental health problem – this is when children have trouble controlling their gaming behaviour and let it reign over their lives and daily routine.

FIFA GAMEPLAY

The FIFA series has been criticised for the competitive nature of gameplay leading to aggression in some players. Add to this the chance to converse with other players via in-game chat, and the potential for anger levels is likely to rise… especially if you're losing heavily!

National Online Safety

Top Tips for Parents

CONSTANT SERIES REFRESHES / WHAT TO DO?

As a parent, the implications of this really depends on the age of your child and your relationship with them. It may be that playing and sharing games is part of your family life and so this isn't a problem, but just be mindful that being involved with the FIFA franchise is unlikely to be a one-off event - it's the start of a gaming journey that could last for many, many years and involve numerous (potentially expensive) upgrades.

IN GAME CHAT

It's unlikely that you'll be able to convince your child to play FIFA without making use of the chat facility - it's something that adds to the experience. However, you should ensure your child is aware of how to silence any abusive players and how to report anyone who becomes problematic.

FAKE EMAILS, SCAMS AND COPYCAT WEBSITES

You should teach your children to stay clear of scams. Explain to them that they must be wary of any link which asks them to either verify their username and password or provide other sensitive information; game developers will never send a message asking for login information. Console messages, emails and websites, and social media posts promoting contests for in-game content, such as packs, players, or coins requiring login information are fake.

BUYING ADD ONS

To spend real money in FIFA, a credit or debit card must be linked to a gaming account, so ensure that your card is not being used for this! There's also support for PayPal payment, so also check who has access to the platform your child is using to play FIFA, there are different parental controls that can be put in place to restrict spending should you allow them to link a card to their account. There is also a payment option called Paysafecard, which allows you to make payments online without the use of a bank account or credit card. As you can top up balances, this makes it easy to control spending.

JUST ONE MORE GAME

The parental controls on consoles can be used to restrict the amount of time spent playing. Physically monitoring how much time your child is spending in FIFA is recommended - just as you might monitor how much time they spend watching TV. Keep an eye out for warning signs, such as a lack of interest in other activities, tiredness or fatigue, neglect of personal hygiene, changes in character or anger issues when your child is told to stop playing a game.

FIFA GAMEPLAY

Monitoring in-game chat may be difficult as you're likely to only be able to hear one side of a conversation. However, noticing how your child is reacting may be a reasonable indicator of the general mood. Dealing with both the frustrations of a game as well as troublesome people can serve as useful life lessons, but as a parent, you know your child better than anyone else. If you notice your child is getting too upset or angry, that's the time to intervene and try to encourage them to take a break from the game.

SOURCES
http://press.ea.com/products/p1532/ea-sports-fifa-18
https://www.telegraph.co.uk/men/relationships/fatherhood/10886939/My-son-spent-hundreds-of-pounds-on-in-app-purchases-without-me-knowing.html
https://help.ea.com/en-gb/help/fifa/be-safe-with-fut-coins-and-fifa-points/

www.nationalonlinesafety.com

What parents need to know about
GRAND THEFT AUTO (GTA)

Grand Theft Auto is an action-adventure video game series where players control criminals and wreak havoc in order to complete missions and progress through the game. During the early stages of the game, it solely focuses on completing missions to go up a level. However, as the game grew more popular the makers of GTA decided to introduce a narrative to each edition of the game. The aim of this was to increase user engagement, making gamers believe that they were not just playing as the character, but they became the character. Grand Theft Auto is accessible on a number of devices including: PlayStation and Xbox, desktop computers, PSP, Nintendo DS, and Mobile.

Top Tips for Parents

THE RISK - PLAYING WITH STRANGERS

When buying GTA V you automatically have access to Grand Theft Auto Online, a version of the game that allows players to play online. They can play alone, invite players to a game, or be involved in public 'sessions' where people will be picked at random to play. When you first load into a game you are automatically placed into an open lobby, meaning you play with random people. The 'social club' is GTA's very own social platform where users can bet money, share in-game photographs (which users can like and comment on), and even message other users directly.

What parents can do

To prevent your child playing with strangers on the game, you can change the settings to ensure they only play with their approved friends list. Upon signing up to the 'social club', it automatically sets a player's visibility settings to 'everyone', meaning their name and profile information is made public. Parents can alter this by changing the visibility settings to 'only me'.

⚠ WARNING! ⚠

Due to the nature of the game and the age restrictions, GTA includes content that is inappropriate for anyone under the age of 18, including sex, nudity, violence, profane language, and substance abuse. These are the main components that make up the game - you have to do certain things and witness certain things in order to move on in the game. Exposing your child to this type of content could affect their morals and understanding of right and wrong. Additionally, your child could become desensitised to similar situations, reinforcing the fact they they would find it hard to differentiate between right/wrong and good/bad.

THE RISK - ONLINE HACKERS

Hackers can make money by helping users cheat in the game. They can do a number of inappropriate things, including killing people, stealing weapons, spawning money into the game, and even raping other characters. Spawning money tends to be a gamer's most popular choice, being able to buy $100,000,000,000 (of in-game currency) for as little as five US dollars.

What parents can do

Actively monitor your child's online activity. These websites are very easy to find, meaning children and young people can easily navigate their way to these websites and pay for hackers. Not only is this an illegal activity, but you have the risk of giving your personal information to someone who may misuse it.

THE RISK - ADDICTION

Addiction is a risk with any game. Game developers use persuasive design techniques to force users to invest their time, and often money, in a game. Within GTA, your character is able to progress through the game for completing missions within a certain time frame, encouraging children to keep returning to the game. Gaming addiction is now a recognised health condition and the side effects are concerning, including sleep deprivation, decreased attention span and erratic emotional behaviour.

What parents can do

There are a number of things you can do if you are concerned about your child's screen time, including setting time limits within the home, especially during meal times and before bedtime. Talk to your child and ask why they are spending so much time on the game, and encourage healthy alternatives such as outdoor activities and spending quality time with friends and family.

THE RISK - LIVE CHAT

When playing GTA online, players have the option to use a microphone to broadcast their voice live to other players involved in the 'session'. These live voice chats are not moderated, meaning anything could be said, including inappropriate language, as well as verbal forms of bullying.

What parents can do

Talk openly with your child about not giving away personal information. Also remind them that conversations can be recorded, which could damage their online reputation. Depending on the device/platform, there will be ways to mute conversations. Make yourself aware of the device's/platform's individual settings and ensure that your child knows how to block and report.

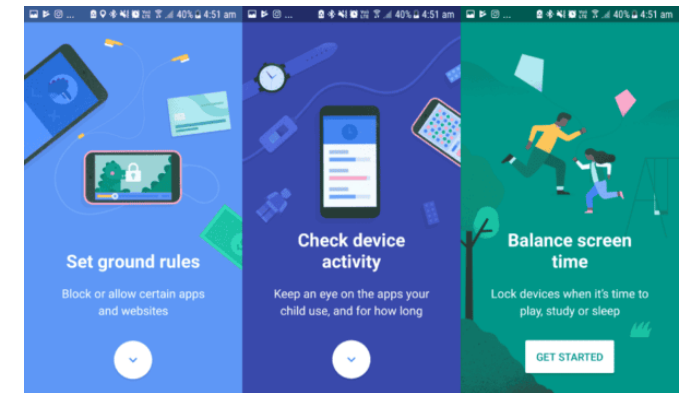### THE RISK - MICROTRANSACTIONS

By completing missions and partaking in certain activities you earn in-game currency. This allows you to buy things such as prostitutes, vehicles, weapons, ammo, new outfits, cars, apartments and more. However, the items that are available to buy often have a high price that require a lot of game time, meaning the items are pretty unrealistic to buy.

What parents can do

If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest purchasing a pre-paid gift card for your child. These can be purchased in specific amounts which will allow you to limit how much your child spends and removes the need for a credit or debit card to be used with their account.

SOURCES:
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https://www.telegraph.co.uk/gaming/news/grand-theft-auto-v-has-made-money-film-history/
http://www.techaddiction.ca/addiction-to-video-games.html

National Online Safety

A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

Safety - Stay up to date

➤ Know the game – SEE the game! Building good relationships about gaming conversations and what happens online.

➤ Rules - clear boundaries and expectations. (rooms, doors, new friends, times etc)

➤ Parental controls – **family link**

➤ **Praise!**

➤ Check **app store** for new apps – talk together and check NOS

Websites

There are so many websites!

Ask.fm – question(anonymous) and answer board

MyLol, Yubo, Skout, Bumbledate, Happn – online dating for 13-20!

Twitch – Live game streaming from your computer.

Discord, Whatsapp, Snapchat – communication forums

Be aware of…

➢**Phishing – looks real**

➢**Fraud –purchase set up?!**

➢**Grooming**

➢**Sexting**

➢**Cyber-bullying**

When a hacker launches a phishing attack, **he or she is trying to trick you into believing that the message is from a legitimate source** so that you will click a link or download an attachment.

Online safety:
What is online grooming and how can we recognise the warning signs?

Starter

Kiera has been chatting to Aiden online for a few weeks now.
He likes all the same music she does.
Aiden also seems to like asking Kiera lots of questions about herself.

Do u like Little Mix? ☺

Yeh went 2C them last yr lol

Knew ud be a fan! U buy a t-shirt?

Yeh got 3! ☺

U wearin it now?

Nah

Wht are u wearin now?

70%
of teens have admitted to sexting their girlfriend or boyfriend

40%
of ALL teenagers are estimated to have sent suggestive images or messages

22%
of teenage girls have sent sexts

18%
of teen males admit to sexting

RUMORS
teasing
gossiping
insults
threats
CYBER BULLYING
LIES
name-calling
harassment
mean words

Sexting

76% of children aged 10-11 have shared an image online [1]

30% of 5-7 year olds already have a social media account [2]

Children as young as 8 years old have sent naked photos.

Breaking the law - child pornography.

Snapchat - send a picture and it disappears, but it can be copied.

Is illegal, can be prosecuted, on Sex Offenders Register, can affect future jobs

We need to get children to think:

Would I send the picture to a stranger walking down the street?

Would I want my next door neighbour/ nan seeing this?

The Guardian

Thousands of children under 14 have been investigated by police for sexting

More than 6,000 children under 14 have been investigated by police for sexting offences in the past three years, including more than 300 of primary school age, the Guardian has learned.

Figures disclosed by 27 police forces in England and Wales revealed 306 cases of children under 10, including some as young as four, being investigated on suspicion of taking or sharing indecent images of themselves or other minors since 2017.

In one case, a **nine-year-old boy** was recorded on a police database for sending a naked selfie to a girl on Facebook Messenger. In another, a **nine-year-old girl** was recorded as an "offender" for sending images to someone on Instagram.

Accessibility

➢Apps are free

➢Internet available almost anywhere, bedroom, library, friends house…

➢Phone, tablet, computers, game consoles…

➢Difficult to control

e-safety in school

➢Internet is filtered - restricts access to inappropriate material and websites

➢All children sign a class charter - Using the Internet safely

➢E-safety regularly in class but also a designated week, Anti-bullying month includes cyberbullying

➢Regularly revisited throughout the year, during computing and PSHE lessons

Using the Internet Safely Whole Class Agreement:

I agree to follow these rules when using the Internet in school

1. I will mainly use the Internet to help with my school work.

2. I will only contact other Internet users with the permission of my teacher.

3. I will never tell anyone any personal details about myself or other people [e.g. age, phone number, address, etc.]

4. I will only use links on the school website, or those provided by my teacher.

5. I will only use a search engine with the permission of my teacher.

6. I will not access any social media, chat rooms or MSN messenger from a school computer.

7. I will not download or upload any files or images without permission.

8. If I am upset by anything I discover while using the Internet I will tell a teacher immediately.

9. I agree to be a responsible user of the Internet and use it to help me develop my understanding and learn new things.

Online issues in primary schools

- Making TikTok videos about others

- WhatsApp groups – discussions

- Phoning pupils and hiding their numbers

- Excluding pupils/adding without permission

- Owning a YouTube account -legal age is 17 (or 13 with parental support)

- Making videos at home in local surroundings

Advice & Prevention

Parent locks/controls on - see CEOP site

Set privacy settings - invite only

Monitor what your children are using

Understanding acronyms used by

children - www.**urbandictionary**.com

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
fighting for young people's mental health 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.

NOS National Online Safety®

CLICK CEOP Internet Safety

Making a report

For advice on the reporting tools for popular games, apps and social media platforms visit childnet.com/how-to-report for more information.

Report Harmful Content is a national reporting centre offering advice and links to industry reporting tools. It also provides support by reviewing outcomes after a report has been made on a platform or app.

reportharmfulcontent.com

Report suspected online child sexual abuse or grooming to your child's school/local police. If necessary, contact the **Child Exploitation and Online Protection command** (CEOP).

ceop.police.uk

Report online child sexual abuse images and videos with the **Internet Watch Foundation**'s anonymous reporting tool.

iwf.org.uk

Information on hate crime and advice on how to report it in England, Wales and Northern Ireland.

report-it.org.uk

National reporting centre for fraud and cybercrime in England, Wales and Northern Ireland.

actionfraud.police.uk