Online Safety Newsletter
July 2024

Osidge School

THE DIGITAL LEADER'S TOP TIPS

Age Ratings Tiktok - 13+ Years old Minecraft - All ages Roblox - All ages Instagram - 13+ Years old Snapchat - All ages Youtube - 9+ Years old In Roblox, make sure to read the age rating of every game you play in and make sure it is suitable for you. **Philip**	If someone or something asks for your date of birth, birthday, name, address and age, either: Change the subject, unfriend/block them, or don't say it and leave the game. **Nicole**	Your personal information is not to be shared with people you do not know. **Shambu**	Instead of going on devices in the summer holidays, play a game with your family and friends **Ishani**	Screen Time 4-5 years old: No more than one hour per day. 5-17 years old: Generally no more than two hours per day, except for homework. **Nimah**
If your child has a phone make sure you download an app called parental control which allows you to control how much time your child spends on the screen. Inappropriate videos can be blocked and you can warn your child about upsetting content before they watch a video. **Ariadni**	Stranger danger is a saying that reminds you that strangers can be dangerous. Do not share your personal information online. **Noah**	Watch what your child is doing on their iPad or phone because they might watch something inappropriate. **Alexandra**	Before your child plays a game always check the age rating. **Lauren**	If you are playing a game, for example roblox, and someone asks you where you live or what school you go to or your date of birth do not tell them. **Derin**

COMMUNICATION ONLINE

A recent report by the BBC details how a child was asked for inappropriate images when chatting online (https://www.bbc.co.uk/news/ukengland-gloucestershire-68616730 .This highlighted the potential dangers a child may face when communicating with strangers online as most social media apps include a chat facility. This may be via the in-game text chat, direct messages or talking through headphones.

Some games do offer the ability to switch communication off or restrict bad language so make sure the settings are appropriate to your child. It is important to be aware that there are people who may use these games to start chatting to your child and then encourage them to chat on alternative apps (which are more private, encrypted or have fewer safety options). Talk to your child about the dangers of doing this.

Ensure your child is accessing age-appropriate apps/games and that appropriate parental controls are set up.

Talk to your child about the risks above so they are aware of what can happen online.

Depending on the age of your child, it may be more appropriate for devices to be used in family rooms so you can monitor what they are doing and if they are chatting to others.

For more information please click on the following link;
https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/Online-contact-and-staying-safe/

BODY POSITIVITY ONLINE

If your child is viewing content online, particularly on social media, then the images they are seeing may be edited or even fake. A child may not yet be able to distinguish between reality and what is not real/fake, which may impact their own body image. Internet Matters provide advice on how to empower your child to develop a positive body image and what you can do to help. Find out more here:
https://www.internetmatters.org/resources/promoting-positive-body-image-with-children/