



The Safeguarding Team at Belmont

If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team.



Mrs Clair Veli

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Dear Parents and Carers,

Welcome to the November edition of the Belmont School Safeguarding Newsletter!

As Christmas approaches, many families feel the extra stress and pressure of gift shopping, especially in light of the ongoing cost of living challenges. To help, this month's newsletter focuses on creative and budget-friendly ways to celebrate the festive season.

The holidays are also a time when children often receive exciting new gadgets like smartphones or gaming consoles. While these can provide hours of enjoyment, they also come with potential risks. To help your child stay safe online, we've included a selection of helpful parent guides in this newsletter. These guides cover key topics, including:

- Understanding **age ratings** and what they mean
- Platforms and apps such as:
 - ◇ **YouTube** (13+) and **YouTube Kids** (4+)
 - ◇ **Minecraft** (10+), **Roblox** (13+), and **Fortnite Battle Royale** (13+)
 - ◇ **WhatsApp** (16+), **TikTok** (13+), and **Instagram** (13+)
- General **online safety tips** for children

I hope you find these resources useful. If you'd like additional information or support with online safety, please don't hesitate to reach out via email.

The following policies have been updated: Safeguarding; Attendance; Relationships & Behaviour

You can access them here: [Policies & Procedures - Belmont School](#)

Clair Veli

Assistant Headteacher & Designated Safeguarding Lead



I'm worried I can't manage the cost of Christmas

With Christmas just around the corner and the ongoing cost of living crisis, many families are searching for more affordable ways to celebrate.

Teaming up with friends and family can be a great way to share expenses and reduce costs. If you're still finding it difficult, there are resources and support available to help.

Be honest about your money struggles

If you can, talk to friends and family honestly about your money worries. They might be dealing with the same issues, and talking about it together can help everyone.

Let people know you can't afford extravagant Christmas food and gifts, and suggest ways to join forces, like:

- **Secret Santa:** If you have a circle of friends or family who you'd like to buy for, suggest a Secret Santa. That means each person only buys one present.
- **Spending limits:** Agree a limit of how much everyone spends on presents. That helps take out the guesswork and makes things less stressful.
- **Clothing swaps and toy swaps:** Pass on toys your children have outgrown or clothes you never wear. This means everyone gets something that's new to them.
- **Pot luck dinners:** If you're hosting people on Christmas Day or having a party, ask everyone to bring a dish. This spreads both the cost and the stress of cooking.

Talking about money is hard, especially when you already have stressful family relationships. It can help to remember that cutting down on unnecessary presents and food waste is also more sustainable for the planet. You can focus on the environmental benefits when that feels easier.





I'm worried I can't afford Christmas

Buying Presents

Buying second hand gifts doesn't mean compromising on quality. Charity shops and car boot sales often have great quality items, sometimes still in their original packaging.

If getting out to shops is difficult for you, try online marketplaces, like the [Oxfam charity shop](#). You can even find things for free on sites like Freegle, and local Facebook groups.

When your child wants expensive presents

Young children are often delighted by any present. But we know that as children get older, they sometimes ask for very specific things for Christmas.

In this case, it can help to be open with your children about how much you can afford.

If your child has other people who want to buy them presents, make sure they know what your child is asking for. Giving vouchers or money towards a bigger item might mean your child can save up.

Affordable Christmas Food

If you can, making a meal plan and buying what you need in bulk can help you save costs.

[Cheap Christmas recipes – Jack Monroe](#)

You can also sign up to apps to find people giving away food that would otherwise go to waste.

- [Olio](#)
- [Too Good To Go](#)

Report any concerns

If you suspect a child is being abused or is in danger of being abused, please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi Agency Safeguarding Hub (MASH) on: 01452 426565.

If a child is in immediate danger, call the Police immediately on 999.



I'm worried I can't afford Christmas

Events and Entertainment

Lots of communities have free children's events, Christmas light switch-ons and parties. Check out local newsletters, social media and noticeboards.

Getting Direct Help

It's not your fault that your energy bills are higher. It's not your fault that food and clothing costs more, or that wages and benefits aren't keeping up with rising costs.

If you need help, it's okay to ask for it.

Make sure you're getting all the benefits and support you're entitled to. Action for Children's article on [coping with money worries](#) has advice on finding direct support.

There are also charities and local groups who provide specific support around Christmas. Keep an eye on local noticeboards and social media.

If you need further help or someone to talk to, contact our Family Support Worker, Zoe Virgin through Class Dojo.



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If a child is in immediate danger, call the Police immediately on 999.

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What parents need to know about AGE RATINGS



If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.



RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:

 Universal, suitable for all ages	 Parental Guidance required	 Suitable for people aged 12 and over	 Suitable for people aged 12 and over, though some material may be unsuitable for all adults
 Suitable for people aged 15 and over	 Suitable for people aged 18 and over	 Adult content only available in specially licenced cinemas and specialist retailers	

WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

Source: www.bbfc.co.uk

RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.

WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:

 www.pegi.info	 www.pegi.info	 www.pegi.info	 www.pegi.info	 www.pegi.info
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PEGI content descriptors are broken down into eight categories:



LIMITATIONS OF PEGI RATINGS

It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: www.pegi.info



YouTube is a video sharing site/application that enables you to upload, view, rate, share and comment on a wide variety of videos. Consisting of a huge resource of information, advice and entertainment, YouTube now has 1.9 billion logged-in monthly users who watch a billion hours of video daily. Most of the content on Google-owned YouTube is uploaded by individuals, but organisations and media companies also offer some of their content via this platform.



AGE RESTRICTION
13+



What parents need to know about YouTube

SPENDING A PREMIUM

YouTube Premium (formerly YouTube Red) is a new paid streaming subscription service in the UK, offering a three-month free trial to tempt viewers into a £12-per-month plan. This includes the ability to download videos, stream videos with the app in the background, gives exclusive access to original content and a separate music streaming service and gaming app.



DANGEROUS 'CHALLENGE' & VIRAL VIDEOS

On YouTube, 'challenge videos' are shared quickly and can be very dangerous. One person may post a video of themselves doing something unusual like eating a hot chilli or jumping in a river and before you know it, the video goes viral and everyone wants to join in and share their videos. The speed in which challenge videos spread across the Internet makes it difficult to keep up with the latest ones.

SHARING VIDEOS

As well as watching videos, many children are keen to share their own videos online, emulating their YouTube heroes, such as Stampy or DanTDM. However, if they post something on YouTube, they may later regret it or feel embarrassed about what they have shared. There is also a risk that they will receive hurtful or negative comments regarding not only their content, but also their appearance. YouTube's comment section is infamous for being one of the most opinionated on the Internet.

IN-APP MESSAGING

When your child is logged into their Google account and browsing the YouTube website, they can share and talk about videos with their friends using the chat bubble. This can be found at the top right of the desktop site or through in-app messaging on their mobile or tablet. When they tap on the 'Friends' icon, they have a list of suggested people from their contacts – which can be any contact they've had on Google or somebody who has sent them an invite link.

AGE-INAPPROPRIATE VIDEOS

As YouTube is the biggest video sharing website in the world, there is content available for all ages, meaning that some content will not be appropriate for your child. If you think that content is unsuitable, there is a flagging feature to submit it for review by YouTube staff, but you will need to be aware that just because video is not appropriate for a younger audience, it may not violate YouTube's policies. YouTube has mechanisms in place to automatically remove explicit and harmful content, yet offensive content may still slip through.



National Online Safety

Top Tips for Parents

TURN ON 'RESTRICTED' MODE

'Restricted Mode' is an optional setting you can use to help screen out potentially mature content you may prefer your child not to see. Restricted Mode works on the browser or device level, so must be turned on for each browser or device your child uses. To do this, follow these steps:

Desktop:

- Go to the bottom of any YouTube page and switch 'Restricted Mode' to 'ON'.
- To make it more difficult for this to be turned off, you will be given the option to lock restricted mode onto your browser.

Mobile:

- Tap the three vertical dots at the top-right on the screen and press, 'Settings'.
- Click on 'Restricted mode filtering'.
- Press 'Restrict'.

Please note that you can't 'lock' restricted mode on a phone in the same way that you can on a desktop. You will need to turn this on each time your child uses it.

CREATE A FAMILY GOOGLE ACCOUNT

By having a shared family Google account, checking the history will enable you to see exactly what your child is watching and sharing on YouTube. To see the history on a computer, on the right hand menu under the library section, click 'History'. On mobiles, the viewing history can be found by clicking on the 'Library' tab.

BLOCKING ACCOUNTS

When using YouTube, there may be instances where your child receives negative comments. If somebody's giving your child a difficult time, here's how to block them and prevent future comments and replies:

- Go to their channel/account by clicking on their name.
- Click on 'About'.
- Tap the dropdown box with an image of a flag on it.
- Press 'Block user'.
- Tap 'Submit'.

MONITOR WHAT YOUR CHILD IS WATCHING/POSTING

The only way to truly know what your child may have been watching is to regularly monitor them. You can do this by checking their viewing history. YouTube videos can also be easily downloaded, so it is important that your child understands the associated dangers of content they are uploading and that it could harm their online reputation in the future. Show them how to set their videos to private or choose a small network of YouTubers to share with. To get started, your child can use YouTube Studio which offers learning modules on creating a YouTube channel, however, you should encourage them not to use their real name.

NEW FEATURES

DIGITAL WELLBEING

YouTube has launched a tool called 'Time Watched' that allows you to see how long has been spent on the platform. Once you have discovered how much time has been spent on the app, there is the option to set a time limit. Once the limit is reached, a reminder will pop up on the screen. You can also disable sounds and vibrations to help resist the urge to check for notifications.

OPT FOR A FAMILY PREMIUM PLAN

A YouTube family Premium plan may be a cost-effective option if you have more than one child. For £17.99 a month, it allows you to share a YouTube paid membership with up to five other family members – aged 13 and older – living in the same household. As the account holder, or family manager, you must create a Google family account.

MANAGING IN-APP MESSAGES

If your child is accessing YouTube via your account, bear in mind that they may be contacted by Google contacts who are complete strangers to them. You can remove someone from the suggested contacts list by pressing and holding the person's name and tapping on the red 'x'.

POPULAR YOUTUBE GAMERS

There are hundreds of YouTube accounts which show other people playing and commenting on games. These are called 'Let's Play' videos. While YouTube can be a great resource for hints, tips and news for games, it is a good idea for parents to keep a close eye on what YouTuber's are posting. Often, the games they are playing will contain strong language and violence. A few examples of popular YouTube gamers for you to have a look at are:

- Stampy
- Yogscast Lewis & Simon
- PewDiePie
- EthanGamer
- Markiplier
- PopularMMOs
- CaptainSparklez
- Jacksepticeye
- LtCorbis
- Dan TDM



SOURCES: <https://www.thesun.co.uk/tech/6702517/youtube-porn-videos-roblox-sex-games-watch-online/>, <https://www.youtube.com/watch?v=x-frngtP96M>, <https://www.youtube.com/watch?v=L2xuy7hc-hc>, <http://www.dailymail.co.uk/news/article-5126833/terrifying-truth-child-watches-YouTube.html>, <https://www.todayparent.com/family/crazy-youtube-challenges-kids-are-doing/>, <https://www.youtube.com/watch?v=4yek0lb0s8g>, <https://tocaboca.com/magazine/common-sense-media-youtube/>, <http://familytech.com/so-your-kid-wants-to-start-their-own-youtube-channel/>, <https://www.iaptopmag.com/articles/block-someone-youtube>, <https://www.youtube.com/intl/en-GB/yt/about/brand-resources/#logos-icons-colors>, <https://www.commonssensemedia.org/blog/popular-youtube-gamers-kids-cant-get-enough-ofStamp>

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This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

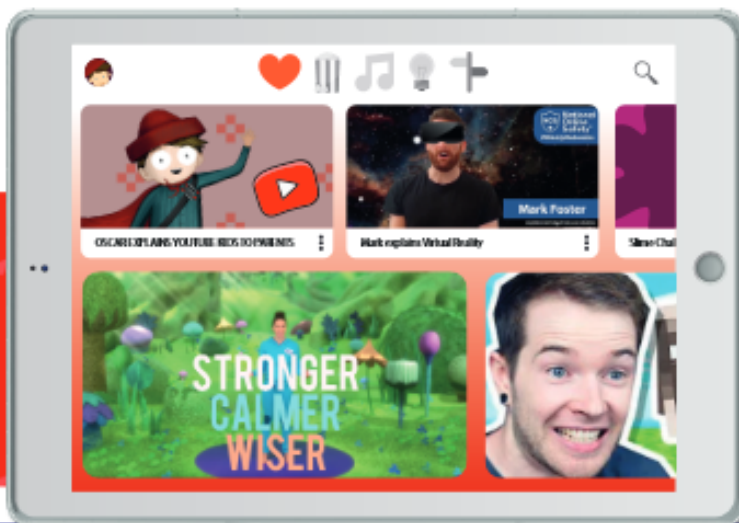
www.nationalonlinesafety.com



Although children of all ages often watch YouTube content directly via the website or main YouTube app, YouTube itself states that the only place children should be watching its videos is in the YouTube Kids app.



8 things parents need to know about YOUTUBE KIDS



1 SETTING UP

- To set up the YouTube Kids app you need to do the following:
- 1 - Download the YouTube Kids app and connect your YouTube account.
 - 2 - Specify your child's name, age and birth month.
 - 3 - Select the types of videos to include in the app based on their age or select them yourself.
 - 4 - If you choose to approve content yourself, you will be presented with some sample videos to accept or reject. You can select collections, shows, music or learning.
 - 5 - Once chosen you are ready to use the app.

2 USING THE APP

Based on how you have set it up your child can then use the app to explore a safe set of videos. It's worth noting that YouTube Kids uses algorithms to ensure safe videos rather than a personal check, so it's possible for videos to slip through. If an inappropriate video does appear you can select the menu in the top right to block and report it. This not only helps your child but also improves the YouTube Kids app as a whole.

3 ADVERTISEMENTS

It's worth remembering that even in YouTube Kids, children will still see adverts. These are marked as "Ad" and preceded by an ad intro. The types of advertisements and products are checked to follow YouTube's advertising policies which exclude things like food and beverages. However, there can be toys or other items included in videos directly by creators themselves to advertise them. You can remove ads in the background while using other apps. This can be really useful if you have a long journey to take children on.

As with television adverts and bus stop posters, it's a good idea to talk to children about how adverts work and how to recognise them. For example, you could point out the added light and sound effects or the overly exciting narration in TV ads. It's important to do this for other forms of advertising as well. It's important to understand how YouTube Kids collects information about your child's viewing habits and how this relates to advertising and video content. When they watch a video, the device, language, which videos they watch and searches they make are recorded. This is used to help suggest personalized content. It can also be used to serve contextual advertising, although the app does not allow interest-based advertising or remarketing.

4 SELECTING GREAT CONTENT

One of the best features on YouTube Kids is the ability to select channels, videos or collections of videos for your child to enjoy. This is a great opportunity to sit with your child and better understand what they want to watch. Are there particular topics or themes that resonate? Then you can check through different options in this area, and together with them choose the best matching channels.

The YouTube Kids app also enables you to disable the "Search" feature to avoid young children stumbling upon content designed for older viewers. The app also avoids videos from inappropriate channels being suggested to watch next. If you have selected content for your child only those will come up. If you have set an age limit, only videos deemed appropriate for that age will be suggested.

5 VIEWING TIME

There are a number of ways you can administer how long a child can watch YouTube videos in a day. In the YouTube Kids app, you can set a timer before handing your child the smartphone or tablet. Once the time has run out the video will be paused.

You can also set limits on iPhones and iPads in the "Screen Time" section of the Settings. This not only enables you to see how long they play but specify how and when they can do this. You can apply similar limits on Android devices via the "Family Link" app settings. Other systems like the "Circle" system or features built into your internet router enable you to set limits across multiple devices which can be useful as children will often cruise to another smartphone, tablet or smart TV once their time has run out on their device.

As well as helping younger children not watch longer than is healthy, this is a good tool for discussion with older kids. Talk with your child about the amount of appropriate viewing time in a day and then agree on the limits. This ensures they see them as helpful rather than a policing mechanism.

6 RESTRICTIONS

As well as using the YouTube Kids app, you can also set up restrictions on other ways your family watches YouTube. Ensure you are logged in when using YouTube and turn on "Restricted Mode" in your User Profile. You can also set this at the bottom of the video page by clicking "Restricted Mode: On". Ensure that you also click the "Lock Restricted Mode" on this browser to ensure other users can't turn it off.

7 WATCHING TOGETHER

Another good way to keep YouTube viewing positive is to spend time finding channels and content that your child will enjoy and benefit from. For example, a suggested family activity could be to get together once a month and show each other your favourite videos from the last four weeks. This not only sparks conversations about what you've watched but also enables you to share the things that you've enjoyed watching.

8 RECOMMENDATIONS

For younger children, you can use the YouTube Kids app to keep tabs on what they have been watching. Tap on the "Recommended" icon on the top of the home screen and then swipe right. You will see videos with the play button on them and a red bar at the bottom. These are the videos your child has watched. Anywhere the bar at the bottom is mostly black is a video your child has skipped.

Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His Taming Gaming book helps parents guide children to healthy play.



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#WakeUpWednesday



According to the Roblox website, 'Roblox is the world's largest interactive social platform for play.' For those of you who are unfamiliar with the game, it is a multi-player online gaming platform which allows children to play and create a variety of games in a 3D world. Roblox is free to play and available on all modern smartphones, tablets, desktops, Xbox One, Oculus Rift, and HTC Vive.



AGE RESTRICTION
13+

What parents need to know about ROBLOX



ROBLOX STUDIO

The Roblox Studio allows users to create their own games and 'worlds' for others to play on the platform. As the games are user generated, it gives users the freedom to potentially include things you do not want your child to be exposed to, for example, weapons, violence and even pornographic content. There are no age restrictions on the games created in the Roblox Studio and to remove games from the platform Roblox relies on people reporting negative/violent content.

CHATTING & FRIEND REQUESTS

Whilst the games in Roblox are aimed at 8 to 18-year-olds, there are currently no age restrictions for signing up. This means that both adults and young people can play and communicate with each other and send friend requests through the platform. Once a friend request is accepted, this means that they can communicate with each other outside of gameplay.



ROBUX ONLINE PAYMENTS

When a user creates a game, they earn something called 'Robux,' which works as a currency within the platform and enables the purchase of upgrades and memberships. If the created game is of good quality and attracts multiple players and in-game adverts, children have the ability to earn a lot of 'Robux.' Once a user has earned a certain amount of Robux, they can convert this to real cash and withdraw it to a PayPal account. To withdraw money, users need to be over 13, have a PayPal account and have paid for the Roblox premium subscription.



National Online Safety

Top Tips for Parents

ALERT!
Tell your children to be careful and to think twice before they click any random advert or popup. There is a lot of phishing scams that advertize free roblox etc. with the intent of stealing your child's personal information.

UNLIST SOCIAL MEDIA ACCOUNTS

Make sure your child's social media accounts are not listed in the settings/account information. If they are, advise them to set them to private or remove them from their account. This will ensure that nobody will be able to find and contact them on their social media platforms outside of Roblox.



CHECK SHARED INFORMATION

In the account settings, check that your child is not giving away any personal information in their bio/profile. For example, their full name, phone number or snapchat name. If you see that they have, explain why this is potentially dangerous and remove immediately.

2-STEP VERIFICATION

Roblox has a great two-step verification security feature which we recommend you enable to add an extra layer of security to your child's account.

HAVE A CHAT ABOUT 'GRIEFING'

Griefing is when someone purposely upsets another player in a game. This can be done by setting traps, damaging or stealing something from another player, intentionally killing them and generally doing something in the game to spoil their gameplay. Essentially, 'Griefing' is a form of cyberbullying and can be extremely frustrating and upsetting for players.

RESTRICT PAYMENT METHODS

Roblox is a free to play game, but there are still options to make additional in-game purchases. 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 restrict spending, we suggest using a games console gift card. These can be purchased in specific amounts, which will enable you to restrict how much your child spends and removes the need for a credit/debit card to be used with their account.

DISABLE IN-GAME CHAT

Roblox is great for children to play together and chat to each other. However, if you want to completely turn off in-game chat for your child (meaning they cannot contact anyone, including their friends) you can do so by following these steps: When logged in, go to the Account Settings page by clicking on the gear icon at the top right corner of the page, then click Settings. Next, click on the Privacy tab and under 'Who can chat with me in game?' select 'No one' and this will disable in-game chat.

IS YOUR CHILD UNDER 13?

Unfortunately, there are hundreds of YouTube videos showing children how to change their age settings on Roblox, so firstly, you should talk to your child to set up some rules/an agreement. There are additional safety features for children under 13, for example having their posts and chats filtered for inappropriate content and behaviour, so it is worth checking that your child has set up their account with the correct age. You can find this in their account settings.

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There's a very good chance you've heard of Fortnite, but what exactly is it? And why is it so popular amongst young people? Fortnite is an online multiplayer "battle royale" game developed by Epic Games, and is playable on Playstation 4, Xbox One, Nintendo Switch, PC and mobiles. It gained popularity in late 2017 and has since become the biggest game in the world, thanks to its rapid and engaging gameplay. As with most games, Fortnite itself is a highly enjoyable and safe experience, but it pays to be vigilant, as the safety is not water tight.



What parents need to know about

FORTNITE BATTLE ROYALE



BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.



IS FORTNITE ADDICTIVE?

Fortnite is at the forefront of gaming addiction discussions because it is so popular with young people. But whether it actually contributes to gaming addiction is up for debate. WHO (World Health Organisation) have classified gaming as a legitimate addiction, but this is not solely a concern with Fortnite. Signs of addiction can include irritability when not playing, lying about the amount of time played and a preoccupation with thoughts of the next gaming session. Realistically, it must be down to parents and carers to recognise these symptoms and act accordingly if they think they are developing.



FREE TO PLAY... OR IS IT?

While Fortnite is technically free to play (in that you can download and play it without paying) it does come with the caveat that spending money on things like skins and emotes in-game is heavily pushed to players. The currency used in-game is called 'V-Bucks' and can be bought with real money through the game's online store. It's worth remembering that these purchases are absolutely not necessary, are cosmetic only and that V-Bucks can be earned in-game with enough play time.



SEASONAL UPDATES

Every 10 weeks or so Fortnite is updated with a new season. This essentially adds new things like skins and emotes to the game, while also sometimes changing up the game map in interesting ways. These seasons are free to everybody and don't require additional mo to play, though battle passes for each season can be bought with V-Bucks. A battle pass will typically allow a player to earn experience faster and gain fun in-game items by completing a host of daily challenges.



CROSSPLAY IS AVAILABLE

One of the wonderful things about Fortnite is that it can be played cross-platform. This means that no matter what platform a person plays on (PC, PlayStation 4, Xbox one etc) they can play with friends who own the game on a different platform. To do this, an Epic Games account must first be created online (which is free) and then linked with your platform account. Doing this removes the age-old boundary of not being able to play together because you don't have the same console and opens up a whole new world of playing online with friends.



IS FORTNITE VIOLENT?

Fortnite has been rated by the ESRB (Entertainment Software Ratings Board) as teen, as it contains cartoon violence and the weapons and acts depicted in the game are some way removed from their real life inspirations. Characters don't draw blood when shot and instead of dying, they are simply beamed up off the map. Naturally, players younger than the recommended age limit will want to play the game and that should be at the discretion of parents and carers.



Top Tips For Parents



BUYING V-BUCKS

As mentioned, Fortnite does contain in-game purchases and microtransactions in the form of V-Bucks which can be bought with real money. If you do decide to let your young one spend money in the game, be sure to delete your card information afterwards as it can be very easy to purchase more items at the press of a few buttons. It's important to set a limit on any purchases (as mentioned they are absolutely not necessary to play the game) and a suggestion would be capping the spending at around £50 - this is the normal retail price of a game.



GAMING WITH STRANGERS

Fortnite Battle Royale is an online game, and as such, there is a chance that young children could come into contact with strangers who are randomly placed into their groups in a game. It's difficult to predict what another person might say or do in a game, so it's a good idea for friends playing together, to be grouped together. The only real countermeasure to interacting with strangers offered by Fortnite is to turn off all mic communications, which can be done in the game's settings. Using outside chat apps, like Skype or Discord while playing, is a great way to make sure you know who you're talking to and that nobody else is listening in.



LIMIT TIME, BUT BE FLEXIBLE

A game of Fortnite can last up to 20 minutes, so be flexible when it's time to put it away. The approach of 'one more game' as opposed to '10 more minutes' will stop any complaints that a match is still ongoing. Better still, play with your child and take it in turns, that way you're helping control the time played and can keep an eye on what they're experiencing.



TALK TO OTHER PARENTS / CARERS

If you're concerned about play time or spending money in the game, talk to other parents and carers of your child's friends. If you approach as a collective, it will be easier to know when their friends are online and you don't have to worry about who they're playing with. It can also help curb expectations on spending money on battle passes and skins if you stick together.



CAN DEVELOP SOME IMPORTANT SKILLS

It's often overlooked just how good gaming can be for young people. Fortnite encourages team play, quick and complex problem solving and communication; that's not to mention the lightning fast reflexes gamers can develop. While taking breaks to do other activities is of course important, there are benefits to screen time which might not be immediately obvious.



PLAY THE GAME YOURSELF

There's no substitute for sitting down and playing the game yourself to learn all about it. Fortnite is available for free on almost anything you can imagine, even your smartphone, so there's never been a better time to get involved and see what all the fuss is about. You never know, you might even be able to impress your children when you show them your impressive Victory Royale tally!

Meet our expert

Mark Foster has worked in the gaming industry for 5 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 GAMINGible. 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.

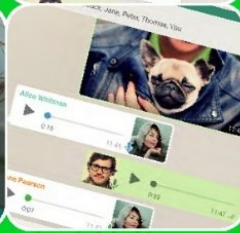
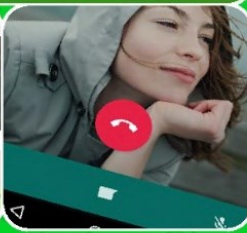


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WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.



AGE RESTRICTION
16+



What parents need to know about



WhatsApp



AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as closing their account or seeking parental permission.

SCAM MESSAGES

Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people', encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.

FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

CONNECTING WITH STRANGERS

To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with somebody they don't know, they can use it to get in touch via WhatsApp.

LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a "simple and secure way to let people know where you are." Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.



National Online Safety

Top Tips for Parents



CREATE A SAFE PROFILE

Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone', 'My Contacts' and 'Nobody'. We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

EXPLAIN HOW TO BLOCK PEOPLE

If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list - they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.

REPORT SCAM MESSAGES

Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam'.

LEAVE A GROUP

If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, if they leave again, they cannot be added again.

USING LIVE LOCATION SAFELY

If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

DELETE ACCIDENTAL MESSAGES

If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone'. The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

SET TIME LIMITS

A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.

SOURCES: <https://www.theguardian.com/technology/2018/06/28/whatsapp-plans-to-bar-under-16s-the-mystery-is-how>; <https://www.independent.co.uk/news/gadgets-and-tech/news/whatsapp-update-latest-india-hoaxes-forward-messages-app-download-84456011.html>

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This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com

AGE RESTRICTION
13+



Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang,' 'Hyperlapse' and 'Layout,' which can be used to enhance their feed. Users can choose to add filters and make adjustments, such as brightness / contrast to their photos. To make their content more 'searchable,' users can include hashtags in their uploads to make them easier to find.



What parents need to know about **INSTAGRAM**

LIVE STREAMING TO STRANGERS

The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can see their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story. We suggest that your child goes through their followers list and blocks anyone they do not know. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and then shared around the internet.

IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

When people use filters on their photos on Instagram, it can set unrealistic expectations and create feelings of inadequacy and low self-esteem in children. Children may strive for a comparable number of 'likes' to a realistically edited with the risk of drastically lowering your child's confidence or sense of self-worth.

PHOTO / VIDEO SHARING

Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

LOCATION TAGGING

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time.

HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

INSTAGRAM TV

Instagram TV works similarly to YouTube. Users can watch videos from their favourite accounts on the platform, or create their own channel and post their own videos. It's important to note that anyone can create their own Instagram TV channel and you don't have to be friends with a person to follow an account and watch their videos. Ultimately, features are encouraging users to spend more time on the app, therefore it's important to set time limits and ensure their devices are not disturbing their sleep and performance at school.

Top Tips for Parents

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

RESTRICT MESSAGES

If your child's account is not set to private, anybody can message them and reply to their stories. If they do wish to keep their account public, we strongly recommend changing the message reply settings to restrict who can message them.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram announced on 31st May that they now have an 'anti-bullying' filter on the app. This new filter hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.



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



Online Safety Tips For Children

Do's



Don'ts



1 KEEP YOUR PERSONAL INFORMATION PRIVATE ONLINE

Only share it with people you know like friends and family. Ask a trusted adult, like your teacher or a family member, to help you change your privacy settings so that strangers can't see it.

2 SPEAK POLITELY AND BE KIND TO OTHERS WHEN YOU SPEAK TO THEM ONLINE

Treat them like you would treat them in real life and always remember your manners.

3 TELL A TRUSTED ADULT IF YOU ARE BEING BULLIED ONLINE

If other another person is sending you nasty messages, a trusted adult will be able to help you collect evidence and report the person to the relevant authorities.

4 USE PASSWORDS TO PROTECT YOUR PERSONAL INFORMATION

Ask a trusted adult to help you create a password that you can easily remember but which is hard for other people to guess.

5 ALWAYS CHECK WITH A TRUSTED ADULT FIRST BEFORE USING A DEVICE OR DOWNLOADING A NEW APP

This is so that they can check it is safe for you to use and make sure the privacy settings are right.

6 TELL A TRUSTED ADULT IF YOU SEE SOMETHING ONLINE WHICH YOU DON'T LIKE

This can include anything that upsets you, makes you feel sad or which you're unsure about.

7 USE THE INTERNET TO HAVE FUN AND TO HELP YOU FIND OUT INFORMATION ABOUT THINGS

Remember to ask your trusted adult for help and always use child friendly search engines so that the information you get back is safe.

1 ACCEPT FRIEND REQUESTS FROM STRANGERS OR PEOPLE YOU DON'T KNOW

Always tell a trusted adult if somebody you don't know tries to contact you online.

2 SPEND TOO MUCH TIME ON YOUR DEVICE

Instead, go out and play with your friends, get some fresh air and try to exercise more. This will help you stay fit and healthy.

3 REPLY TO MESSAGES FROM ONLINE BULLIES OR PEOPLE WHO SEND YOU NASTY MESSAGES

The most important thing to do is to tell a trusted adult and then block the person from contacting you.

4 COPY PEOPLE'S WORK ONLINE OR PRETEND IT IS YOURS

This is called plagiarism and can get you into a lot of trouble.

5 BE MEAN OR NASTY ONLINE

Behave online like you would in real life and don't post anything that can make you look like a bad person. Things that you post online can stay there for a very long time.

6 USE YOUR DEVICES CLOSE TO BEDTIME

This will allow your brain to rest so that you can get a good night's sleep, stay focused at school and perform better in class.

7 SHARE PERSONAL INFORMATION ON THE INTERNET WITH STRANGERS

Always tell a trusted adult if somebody you don't know asks you for your personal information.





7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1

Which apps/games are you using at the moment?



THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

How does this game/app work? Can I play?



SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5

Do you know where to go for help?



ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

