

Online Safety

A Parent Newsletter from The E-Safety Office



Screen Time

HOW LONG DOES YOUR CHILD STARE AT A SCREEN?

MANY HEALTH PRACTITIONERS GIVE GUIDELINES ABOUT THE BALANCE BETWEEN TIME USING TECH AND PHYSICAL ACTIVITY.

WHILST THE NHS DOES NOT HAVE ANY SPECIFIC GUIDELINES ABOUT TIME, IT DOES SAY THAT CHILDREN SHOULD NOT BE USING TECH DEVICES ONE HOUR BEFORE THEY GO TO BED.

IN THE US, DOCTORS DO SUGGEST THAT CHILDREN UNDER 18 MONTHS SHOULD NOT USE A DEVICE.

AGES 2-5 IT SHOULD BE NO MORE THAN 1 HOUR PER DAY. OVER THE AGE OF 5, IT SHOULD BE NO MORE THAN 2 HOURS A DAY.

IT IS A REALLY GOOD IDEA TO LOOK AT HAVING A TIMETABLE TO SET OUT HOW LONG YOUR CHILD CAN USE A DEVICE.

Less Than 100 Days Until Christmas

With less than 100 days until Christmas, parents will start thinking about what Santa will bring their children.

Technology has been a popular request by children for a number of years. Whether it be games consoles, smart watches, toys with associated apps, tablets, smartphones etc. One important tip for parents is that before Santa drops the present down the chimney, that the device is made safe for their child. All technology devices have an option where you can enable PARENTAL CONTROLS. This means that you can change settings on the device to give you greater control over your child's device. Different companies have different systems and a useful website to look at is internetmatters.org

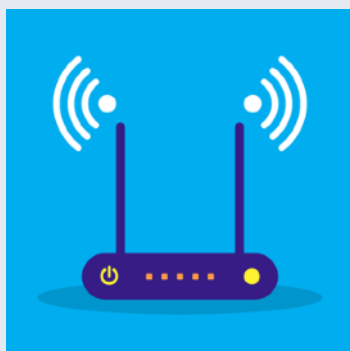
This site breaks down each device and looks at ways you can limit use, turn off functions, verify apps before your child downloads them and lets your child only play age appropriate games. Use your camera on your smartphone or tablet to scan the QR code below which will take you directly to the site.



Making Your Broadband Safe

Have you ever thought about what internet content you allow into your house?

The internet is an amazing tool that has changed the way that we live, but we have to remember that it also contains adult content which we do not want our child exposed to. In school, the internet is filtered which means that when children type in words on a search engine, websites will be blocked if they contain unsuitable content. However, do you know that this is the case with your home broadband? All the major Internet Service



Providers (ISP) offer the ability to filter your broadband. This gives parents the piece of mind that if their child is on a device which connects to the internet, it means that they have

more protection and are less likely to access unsuitable sites. The way in which you can enable filtering settings is different for each provider and you can use the QR code for further help.

However, there are some limits to filtering on your broadband. It only works with websites and not apps and social media sites. This means that you have to look at additional settings if your child uses the You Tube App on their device. In addition, filtering can be bypassed if your child uses a Virtual Private Network (VPN). But, the benefits of filtering do outweigh the limitations. Use the QR code to look at how to set it up for your ISP.



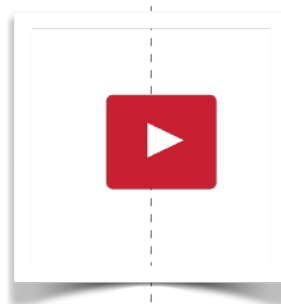
What are spoof videos?

Spoof videos have been available on the internet for some time. They are usually videos where a person has taken a popular cartoon such as 'Pepper Pig' and edited it to make it scary for young children to watch. Usually, the first few seconds look like a normal video, but then

there is inappropriate content such as swearing or sexualised language. In some cases, they have shown the characters to self harm or do something dangerous such as drink bleach. More recently, with the use of AI (Artificial Intelligence) they have become even more

authentic and are available on sites such as You Tube and Tik Tok. You can report the videos, but it is difficult as they can easily reappear. Some tips are to try and find a trusted channel for

your child to watch videos or You Tube Kids (although this is not perfect). Also talk to your child about turning off the device and talking to a trusted adult.



Lets Talk About Roblox

Roblox is an online gaming platform where you can play games designed by other users and create and share your own games.

How old do you have to be play Roblox?

The Roblox app has a rating of 'Everyone 10+' on Google Play Store and 12+ on the Apple App Store. The platform's Terms of Use say that users under the age of 18 require parental consent to use the services.

What are Robux?

This is the in game currency. You can buy outfits etc using the currency. You can buy them, get them as part of a Premium membership, trade for them, or have someone donate them to you.

Are there parental controls for Roblox?

Roblox offers some parental controls but these are optional. Children can create an account without no parental restrictions.

Is there a chat function on Roblox?

There is a 'Chat & Party' function. Inappropriate chat is filtered by using symbols. Accounts of under 13's are more heavily filtered. However, users

have found out ways to bypass the filtering.

What are "ODers"?

"OD" stands for "online dater." These are folks who join social networks, including gaming sites like Roblox, to find romantic partners

How can I make Roblox safer for my child to play?

Roblox does offer a number of features where parents can do the following:

- Update Chat Settings

Use the QR code to find out more information on how to do this.

Have their been any incidents relating to sexual predators on Roblox?

Roblox is not without its problems. There have been cases where children have been groomed by predators on the game. This has happened by children being given "Robux" in return for sharing indecent images.

In addition, children have seen sexual content in terms of some of the games that have been designed by other users.

Ultimately, the most important way to help your child, if you allow them to play the games is to think about the following:

- Speak to a trusted adult if someone wants to gift them 'robux'

• If they come across inappropriate games, they need to speak immediately to a trusted adult.

Safety Settings On Roblox



- Turn On Account Restrictions
- Block a User
- Report App Chat