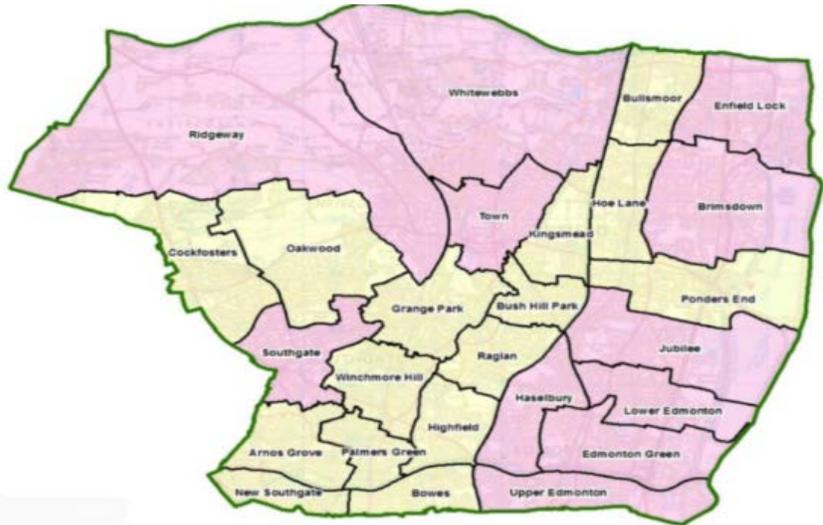


# ENFIELD SAFER SCHOOL PARTNERSHIP



3/1/2021



Sgt. Ewen ( Foreword )

*'These have been worrying times, but I would like to welcome back all the students and teachers. My dedicated team is always there to support you. My team carried out lots of welfare checks on vulnerable students during Lockdown. And PC Palmer and PC Banks delivered and continue to deliver online presentations to Secondary, Primary and Special Need schools giving advice about staying safe and Well-being. Safer School Officers are now back in schools and patrolling schools and local area keeping students safe.'*



## Online Safety

There have been an increase in Social Media use during Lock-down / Isolation.

Please see a useful link that details the popular apps and games that young people have been accessing and the potential risks.

Some good advice attached on how parents can monitor social media use.

<https://www.familyeducation.com/mobile-apps/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of>





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:

- |   |   |
|---|---|
| <p><b>Desktop:</b></p> <ul style="list-style-type: none"> <li>Go to the bottom of any YouTube page and switch 'Restricted Mode' to 'ON'.</li> <li>To make it more difficult for this to be turned off, you will be given the option to lock restricted mode onto your browser.</li> </ul> | <p><b>Mobile:</b></p> <ul style="list-style-type: none"> <li>Tap the three vertical dots at the top-right on the screen and press, 'Settings.'</li> <li>Click on 'Restricted mode filtering.'</li> <li>Press 'Restrict.'</li> </ul> |
|---|---|

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.

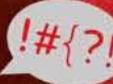
## MANAGING IN-APP MESSAGES

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 YouTubers 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:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>Stampy</li> <li>Yogscast Lewis &amp; Simon</li> <li>PewDiePie</li> <li>EthanGamer</li> <li>Markiplier</li> </ul> | <ul style="list-style-type: none"> <li>PopularMMOs</li> <li>CaptainSparklez</li> <li>Jacksseptcye</li> <li>LtCorbis</li> <li>Dan TDM</li> </ul> |
|---|---|



SOURCES: <https://www.thesun.co.uk/tech/6702517/youtube-porn-videos-roblox-see-games-watch-online/>, <https://www.youtube.com/watch?v=x-rgntP96M>, <https://www.youtube.com/watch?v=1-2xuy7hc-hc>, <http://www.dailymail.co.uk/news/article-5126833/Terrifying-truth-child-watches-YouTube.html>, <https://www.todaysparent.com/family/crazy-youtube-challenges-kids-are-doing/>, <https://www.youtube.com/watch?v=4yek0j0b08g>, <https://tocaboca.com/magazine/common-sense-media-youtube/>, <http://familytech.com/so-your-kid-wants-to-start-their-own-youtube-channel/>, <https://www.laptopmag.com/articles/block-someone-youtube>, <https://www.youtube.com/watch?v=8GtYt/about/brand-resources/#logos-icons-colors>, <https://www.kidsonline.com.au/blog/popular-youtube-gamers-kids-cant-get-enough-ofStamp>



Tik Tok

TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.



AGE RESTRICTION  
**13+**



What parents need to know about

# TikTok

**BEING INFLUENCED**  
More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge', from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions.

**INAPPROPRIATE SONG LYRICS**  
TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics.

**CONCERNING CONTENT**  
Some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

**DANGEROUS TRENDS & CHALLENGES**  
On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon, and sometimes, these challenges can pose risks to young people.

**STRANGERS CAN FOLLOW YOUR CHILDREN**  
If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

**IN-APP PURCHASES**  
Of course, as with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £97.99 with a one-click buy button.

**ANYONE CAN SEE YOUR CHILD'S CREATIONS**  
TikTok encourages users to 'share their passion and creative expression through their videos' and while something may seem fun at the time, videos can get in the wrong hands and cause embarrassment in the future. If posted publicly, anyone in the world can see your child's homemade music video and potentially cause bullying within personal friendship groups or even online.



National Online Safety

## Top Tips for Parents



**TALK ABOUT THE PITFALLS OF OVERSHARING**  
Encourage your kids to always think before they do, say, like or post anything online, explaining that their 'digital footprint' can shape their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them.

**HANDLING CRITICISM**  
While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure they know how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest using these settings so only their friends can interact with their posts.



**SIGNING UP WITH THE CORRECT AGE**  
When signing up to TikTok, you are prompted to input your birth date. If your child inputs their age as 'under 13', the app will not allow them to sign up and will be locked for 24 hours. The app is intended for users aged 13+, so explain that the rating is there for a reason; to keep them protected from online dangers. It is actually possible to watch TikTok videos without even creating an account, so it's important to check if your underage child has downloaded the app to their devices.

**USE THE 'DIGITAL WELLBEING' SETTING**  
If you're concerned about the amount of time your child is spending on TikTok, in the app's setting, you can switch on a feature called Digital Wellbeing. This includes 'Screen Management' to limit the amount of time your child spends on the app.

**SET THE ACCOUNT TO PRIVATE**  
This means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

**REPORT INAPPROPRIATE CONTENT**  
If you or your child see something on TikTok that appears to be inappropriate, they can report content in different ways within the app. They can report an account, video, comment or chat conversation by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there is also an 'Enhanced Restricted Mode', which limits the appearance of videos that may not be appropriate for all audiences.

**AVOID IDENTIFIABLE OBJECTS**  
To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

**DISCUSS IN-APP PURCHASES**  
To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

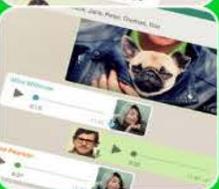
SOURCES: <https://www.mediaexpert.com/publications/article/319720/social-media-stars-influence-kids-but-parents-still.html>, <https://commonsensemedia.org/blog/parents-ultimate-guide-to-musical.ly/>, <https://mrtroca.uk/2017/03/17/musical-ly-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-6516688/>, <https://youtube.com/watch?v=aNOj4fCDUx>, <https://youtube.com/watch?v=1VGZ1ZQ4JqM>, <https://static.muscdn.com/website/pdf/creatorPlaybook.pdf>, <https://youtube.com/watch?v=8TajQQChtaM>, [support.musical.ly/knowledge-base/community-guidelines](https://support.musical.ly/knowledge-base/community-guidelines)



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 someone 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.



## 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.



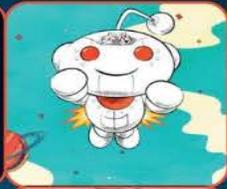
SOURCES: <https://www.thequint.com.au/news/whatsapp-16-age-restriction-is-how>; <https://whatsapp.com/>; <https://www.independent.co.uk/life-style/gadgets-and-tech/news/whatsapp-updates-what-to-do-if-you-receive-a-forward-message-app-downloads-4845601.html>

© National Online Safety Ltd  
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](http://www.nationalonlinesafety.com)

AGE RESTRICTION  
**13+**

Reddit is a rather unique site that blends the idea of a social network with news, discussion forums and various other media. The site is broken down into a huge number of categories covering every topic imaginable. Each category is treated as a community and users can submit content for others to see and comment on. This can take the form of links to existing online content or user-generated text and image-based submissions. Submitted content can not only be commented on by others, but also rated using the upvote/downvote system.



# What parents need to know about **REDDIT**

## SUB-REDDITS

Each community (known as a sub-reddit) has its own set of moderators and its own set of rules, opening up the opportunity for your child to see inappropriate content or something they may find upsetting. Almost every sub-reddit is user-run, with practically no involvement from reddit employees. Anyone can submit content to a sub-reddit and it's not filtered.

## REDDIT GOLD AND GIFTS

Reddit Gold is a premium membership scheme that gives 'extra features to improve the reddit experience', such as no adverts, custom themes and avatars, and the ability to create Reddit 'secret societies'. Payment costs \$3.99 a month (around £3), or \$29.99 a year (£23). Users can reward each other for content they post by giving Reddit Gold, a process dubbed 'gilding'. Reddit Gifts is a giant online gift exchange for sending a gift to a randomly assigned user. Reddit recommends that you spend around \$20 on a gift, so there is a concern that your child could rack up expenses if unmonitored.

## ADULT AND NSFW CONTENT

While there are moderators in place for sub-reddits, they are not necessarily going to ensure that the sort of content you wouldn't want your child to see is banned. Reddit is concerned with free speech and light-touch moderation, so even the most open-minded of people may find deeply offensive content. Reddit generally provides a lot of leeway in the type of content which is acceptable. Some members choose vulgar usernames, while some communities have controversial or rude titles. Some content or communities are marked with 'NSFW' (Not Safe For Work) which means they may contain nudity, pornography, or profanity; it is easy for users to claim to be aged 18 and over to view this content.

## REDDIT LINGO

Children and teenagers often manage to mask what they are talking about by wrapping it up in language their parents do not understand. While Reddit is certainly not used just by children and teenagers, like any online community there are words, phrases and abbreviations that may seem impenetrable to start with, such as TLDR: Too Long; Didn't Read and ITT: In this thread.

## CONTENT BIAS AND FAKE NEWS

Subreddits are particularly prone to bias - to the extent that some of them could be seen as propaganda. Reddit has been mentioned as one of the platforms used to promote Russian propaganda, for example. Other news stories can be completely false and not based on any evidence at all - known as fake news - these are written and posted online deliberately to create an impact. Both are nearly impossible to avoid.

## TROLLS AND STRANGERS

Globally, millions of people of all ages use the Reddit platform to discuss any topic imaginable from just about every possible viewpoint. Although people can find users who have similar interests, some will choose to abuse the platform. Talking with strangers can lead to trolling and abuse, or your child encountering unsavoury subjects. Reddit users can also send each other private messages, so there is a danger of your child receiving inappropriate or unwanted communication.



# Top Tips for Parents

## TURN SAFE BROWSING MODE ON AND ADULT CONTENT OFF

Some sub-reddits are marked as 'adult-only' and in order to access them users must be (or at least say they are) 18 or over. Within your child's user profile, it is possible to indicate that they are not 18 and this will block access to some sub-reddits, but certainly not everything you might consider to be unsuitable. Firstly, to protect them from unsuitable content, check that they have used their correct age when signing up. Secondly, turn off 'adult content' which will disable adult and NSFW (not safe for work) content from showing in the feed and search results. If you are happy to leave 'adult content' turned on, we highly recommend turning on 'safe browsing mode'; this blurs thumbnails and media preview for anything labelled NSFW (not safe for work).

## REPORTING CONTENT

To a certain extent it can be useful to learn to just walk away from conversations that take a turn for the worse, but this is not always possible. Learn how to use the blocking feature and teach your child how to use it if someone becomes a problem. Beneath all content and comments that have been submitted by other users, there is an option to report it. Advise your child to report any form of abuse or harassment that they encounter on the platform. It is a good way to alert moderators to the user and hopefully, action will be taken against them.



## SPOT FAKE NEWS

Encourage your child to read around topics and not to take something at face value. Just because something is said by someone on Reddit, in no way does this mean that it is true. Remember that the links people post and the comments they leave will cover the full range of political views, intelligence levels and opinions.

## LEARN THE LINGO

It is impossible to provide a guide to all the vocabulary and language used on Reddit - it is something that is constantly evolving. There are some words and abbreviations that have become common internet parlance (such as NSFW). If you want to check anything which your child has accessed (which can be seen in the 'Recently viewed links' panel on the front page of the site), be prepared to do a little searching if you encounter things you are unable to make sense of. There's probably a sub-reddit all about acronyms!

## BLOCKING STRANGERS

Short of blocking access to Reddit completely, or blocking individual sub-reddits, it's difficult to police your child's use of the site without physically monitoring what they are doing. It is important to let your child know that there are unpleasant people out there and they need to take care about sharing personal information. Should someone start to be a harassment, you can control who can send you private messages and add users to a blocked list by simply clicking on the 'Block User' button.

SOURCES: [https://www.reddit.com/r/announcements/comments/827zqc/in\\_response\\_to\\_recent\\_reports\\_about\\_the\\_integrity/](https://www.reddit.com/r/announcements/comments/827zqc/in_response_to_recent_reports_about_the_integrity/), <https://www.reddit.com>, <https://www.reddit.com/gold/about>

© National Online Safety Ltd  
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](http://www.nationalonlinesafety.com)



# 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, anyone younger must be accompanied by an adult
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.

## 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

PEGI content descriptors are broken down into eight categories:

FEAR	DRUGS	IN-GAME PURCHASES	VIOLENCE	BAD LANGUAGE	DISCRIMINATION	GAMBLING	SEX

### 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.bbfc.co.uk](http://www.bbfc.co.uk)

Source: [www.pegi.info](http://www.pegi.info)



A whole school community approach to online safety  
**www.nationalonlinesafety.com**  
Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061





# Online Safety Tips For Children



## Do's



### 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.

## Don'ts



### 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.



**National  
Online  
Safety**

# Top Tips for Parents



## #1 LIMIT GAME TIME

Parents can use parental controls on Xbox and PC to limit the time your child is playing games on the devices. Be aware that the game is available on iOS and will soon be available on all mobiles. With this in mind, it is worth having a conversation with your child to discuss and agree how long you would like them to spend on games. Even though the games last around 20 minutes, it may be hard to take them away from a game mid play. It may be worth using a limit of the amount of matches they play rather than a time limit.

## #2 RESTRICT PAYMENT METHODS

'Fortnite: Battle Royale' is a free to play game, but there are still options to make additional 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 limit spending, we suggest using a paysafecard, or a games console gift card. 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/debit card to be used with their account.

## #3 PREVENT THEM TALKING TO STRANGERS

There is an option to turn off the voice chat feature, which means they wouldn't be able to talk to anybody, including their friends. Your child will still be able to use the in-app chat and hear other people's conversations. To turn off voice chat, open the Settings menu in the top right of the main Fortnite page, then click on the cog icon. Open the Audio tab at the top of the screen. From there, you can turn off voice chat.

## #4 SHOW THEM HOW TO MAKE A REPORT

If your child believes a player is playing or talking inappropriately, you should advise them to report them. To report a player, you can use the in-game feedback tool located in the Main Menu of the game. Additionally, you can report a player in-game when spectating them.

## #5 LOOK OUT FOR VBUCK SCAMS

It is important that your children are aware of the scams that they may come across online in association with the game. Open up conversation with them about scams and how they should never share their username or password with people in order to gain anything for the game.

## #6 USE A STRONG PASSWORD

It may seem like a simple tip, but it is important that your child selects a strong password when creating an account, particularly if a credit/debit card is associated with the account. This will help reduce the risk of their account being hacked.



### Sources

<https://www.microsoft.com/en-gb/store/p/fortnite-deluxe-founders-pack> <http://www.bbc.co.uk/news/newsbeat-43626075>  
<http://fortnitehelp.epicgames.com/> <https://pegi.info/> <https://www.forbes.com/sites/erikkain/2018/03/12/fortnite-accounts-hacked-how-to-protect-yourself-and-what-to-do-if-youve-been-compromised/#140c9e7ca719>



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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](http://www.nationalonlinesafety.com)

# National Day of Reflection 23 March



Remember



Reflect



Unite

Since the first lockdown began in 2020, thousands of people have died. Let's come together to reflect on our collective loss, support those who've been bereaved, and hope for a brighter future



If you have any questions or would like us to cover a topic in future newsletters please let us know.

