

NINTENDO SWITCH

If your child has a Nintendo Switch, have you set up the parental controls yet? You can either set parental controls up on the console itself or if you have a phone (or other smart device), Nintendo have created a free app that you can download and link to your console. We would recommend this app as you are able to monitor what your child is playing from your phone. The app allows you to adjust various settings, including:

- Limit play time
- Restrict communication with others
- Restrict allowed games by age

You can find out more here:
<https://www.nintendo.co.uk/Support/Nintendo-Switch/How-to-Set-Up-or-Adjust-Nintendo-Switch-ParentalControls-1494771.html>



Being unkind online

It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:



Roblox what are jump scares?

About Roblox

PEGI rate Roblox with a Parental Guidance label (icon shown right), this is because of the huge level of user generated content within Roblox. It is rated for 'Teens' on Google Play and 12+ on the App store.



You can either use Roblox to create games or play games that other users have created. **As a lot of the content is user generated, it may mean not all games will be suitable for your child to view/play. It is important to set up Parental controls appropriate to your child.**

What are jump scares?



Jump scares are often used in horror games on Roblox with the intention of scaring and frightening players, this could be through loud noises, frightening images or sudden movements. Some players may find jump scares frightening.

What Parental Controls are available?

Settings include:

- restricting chat
- setting spending limits and spending notifications
- enabling age-based experiences. If you enable Allowed Experiences, your child will only be able to join experiences that match or are below the age recommendations set. Age categories available are 9+, 13+ and all ages.
- view what your child is doing on Roblox, including recently played experiences, private message history and their friends.

You can find out more about the different settings available here:
<https://en.help.roblox.com/hc/en-us/sections/4410604750996-Account-Settings>

THORN ¹

FOR PARENTS

Thorn was co-founded by Ashton Kutcher and Demi Moore in 2012. It includes Thorn for Parents which contains a wide selection of discussion guides, designed to empower you to start conversations with your child. You can filter the guides by topic and age e.g., talk to your 9 year old about screen time. Each guide includes an introduction, how to start talking about the topic as well as an interactive conversation script based on your child's response.

You can find them here:
<https://parents.thorn.org/discussion-guides>



BE SMART ONLINE



S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

Useful Websites:

<https://www.childnet.com/parents-and-carers/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Age Restrictions:



Snapchat - 13



YouTube – 13 with parents permission



Spotify – 13 with Parents permission



Facebook - 13



WhatsApp - 16



Twitter - 13



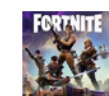
TikTok - 13



Xbox live – Any age



Instagram - 13



Fortnite - 12

Hanni and the Magic Window

ChildNet have published a new book titled 'Hanni and the Magic Window'. Aimed at children aged 3-7, the story is about speaking out and getting help if something goes wrong online. It is a terrific book to read at home with your child.

Download a copy here:

<https://www.childnet.com/blog/take-an-adventure-through-online-safety-with-our-new-book-hanni-and-the-magic-window/>