

# Berrybrook's Parent E-safety Newsletter

January 2023



## DEAR PARENTS AND CARERS,

In this E-safety newsletter, we have identified some of the latest safety information and guidance about the use of the Internet and apps your child may be using.

Also, we have included a few tips on how to support your child when they are using the internet at home.

If you have any concerns or would like any more information about E-safety, please do not hesitate to contact us.

## DO YOU KNOW WHAT YOUR CHILD IS DOING ONLINE?

It can be hard to keep track of what your child is doing on social networks, apps and games or know how to keep them safe.

That's why 'Think U Know' provide parents with information and guidance about the internet and to help you teach your children to be aware online.

<https://www.thinkuknow.co.uk/parents/>

## GAMES CONSOLES ADVICE



### Talk with your child about responsible use of their games console

Discuss what is okay and not okay to use it for and look at the possible risks. Tell your child what they should do if something goes wrong while using it. This could be to turn off the screen and tell an adult.



### Think about the location of the games console

Will it be in a shared family space or in a bedroom? Think about: setting time limits; reminding your child about the risks of communicating online with people that they do not know; and encouraging them to come to you with any worries.



### Explore parental controls

Take a look at the controls available both on the games console itself and on your home Wi-Fi. Talk these through with your child too. Parental controls are a helpful tool, but an open conversation with your child is the most important thing.

The above top tips also apply to other devices in your home. Your child may have access to devices such as: tablets, iPads, computers, smart TV's, a smart speaker to name just a few.

[Report Harmful Content Button | SWGfL](#) You can install a 'report harmful content button' onto your child's devices so they can easily click the button if they come across something online that makes them feel unsafe.



### Is the content suitable for my child?

The concept is to break into someone's house, plus the stealth horror basis of the game may make this game unsuitable for very young children. As a parent/carer you will be able to judge this quite well once you see the game yourself. **Online Safety UK recommends this game is not played by children under the age of 10, as the follow up games are PEGI 12 and the content is very similar, you may find a 7 year old finds the game very jumpy and may become upset.**

With between 500 million and 1 billion active monthly users worldwide, TikTok is absolutely huge. There's a good chance that even if you haven't heard of it, your children have. It has been designed with the young user in mind. The platform allows users to record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers.

But is TikTok safe? Should parents be concerned about what their children are viewing? And could children be at risk from other users? Despite the seemingly harmless nature of the app, it is rated 12+ on the app store and users don't always post age appropriate content.

National Online Safety have put a guide together to help parents understand TikTok better. The link to that is below:

[TikTok Online Safety Guide for parents and carers | National Online Safety](#)

## INTERNET SAFETY ADVICE:

Remember the SMART Rules!

**S— Safe—** Keep safe by being careful not to give out personal information when you are chatting or posting online. Personal information includes your email address, phone number and passwords.

**M— Meet—** Meeting someone you have only been in touch with online can be very dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember, online friends are still strangers even if you have been talking to them for a long time.

**A— Accepting—** Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems— they may contain viruses or nasty messages!

**R— Reliable—** Someone online might lie about who they are and information on the internet may not be true.

**T— Tell—** Tell a parent, carer or trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

BE SMART!

Did you know that the Government have a practical guide that provides help and information for parents who have children using social media? The link to that is below:

[Child Safety Online: A practical guide for parents and carers whose children are using social media - GOV.UK](https://www.gov.uk/government/guides/child-safety-online)  
([www.gov.uk](https://www.gov.uk))



<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>