

High Down Infant School E-Safety Newsletter March 2019



High Down Infant School

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Welcome to latest edition of the E-Safety Newsletter, which aims to keep parents informed about the work we do in school to educate children about online safety. This issue has links to information on screen time, age ratings for games and the SMART rules we use in school to help teach children about online safety. Most of the links in this newsletter can also be accessed from the school website: <http://highdownschools.co.uk/parent-info/e-safety/>



5 things parents should know about screen time

Screen time is in the news, but parents are still getting mixed messages about how much is 'too much'. Here's how to take a reasonable, flexible approach.

<https://parentzone.org.uk/article/5-things-parents-should-know-about-screen-time>



The SMART rules

SAFE: stay safe, don't give out personal information

MEETING: only meet someone from the internet with your parents

ACCEPTING: emails, IM, texts from strangers can lead to problems

RELIABLE: information on the Internet may not be true

TELL: a trusted adult if anything online makes you feel uncomfortable.

For more information on the SMART rules go to <http://www.kidsmart.org.uk/beingsmart/>





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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:

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|--------------------------------------|--------------------------------------|---|---|
| Universal, suitable for all ages | Parental Guidance required | Suitable for people aged 12 and over | Suitable for people aged 12 and over; parents strongly advised to accompany their child |
| 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:

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|-----------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Suitable for all ages | Suitable for ages 7 and over | Suitable for ages 12 and over | Suitable for ages 16 and over | Suitable for ages 18 and over |
|-----------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|

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



National Online Safety also offers a wide range of guides to different apps to help parents find how best to ensure children stay safe online whilst making use of the opportunities offered by the digital world.

<https://nationalonlinesafety.com/resources/platform-guides/>