

E Safety Bulletin



Dear Parents and Guardians,

Welcome to our latest edition of the E-Safety Newsletter! As technology continues to shape our lives, it's crucial for us to remain vigilant and proactive in ensuring the safety of our children in the digital world. As we head towards the summer Holiday, we will focus on two important topics: keeping safe while playing online games and managing screen time effectively.

1. Keeping Safe While Playing Online Games:

Online gaming has become increasingly popular among children and teenagers, offering a platform for entertainment, socialising, and skill development. However, it's essential to be aware of potential risks and take necessary precautions to ensure a safe gaming experience. Here are a few tips to share with your child:

- 1) Choose age-appropriate games: Encourage your child to play games suitable for their age group, as they often have content and interactions tailored to their level of maturity.
- 2) Understand the game's features: Familiarise yourself with the game your child is playing. Some games may include chat functions or in-app purchases, so make sure you are aware of these features and set appropriate boundaries.
- 3) Encourage your child to come to you if they encounter any uncomfortable situations, cyberbullying, or inappropriate content while gaming. Establishing trust and open communication will help them seek support when needed.

2. Managing Screen Time Effectively:

With the proliferation of digital devices, managing screen time has become a concern for many families. Striking a balance between online activities and other aspects of life is essential for the well-being of our children. Here are a few strategies you can implement:

- 1) Set clear guidelines: Establish clear rules regarding screen time, such as time limits for gaming, homework priorities, and device-free zones, such as meal times and bedtime. Consistency and communication are key.
- 2) Encourage alternative activities: Encourage your child to participate in a variety of offline activities, such as sports, hobbies, reading, or spending time with friends and family. Help them discover other interests beyond the digital world.
- 3) Use parental control tools: Utilize parental control features on devices and gaming platforms to limit access to age-inappropriate content and manage screen time effectively. These tools can be valuable in maintaining a healthy digital balance.

We've also included some helpful guides below.

PARENTING GAMERS



Moving from policing to parenting your gaming kids: how to engage and guide

With concerns about escalating screen-time, the impact of violence, unexpected costs and interloping strangers it can be tempting to lock down video games to limit their negative impact. While some sensible boundaries are helpful, they are only a short term solution for how we guide children towards gaming health. Like other areas of childhood, parents and carers can have a powerful steering presence by engaging and participating in the video games their children play. This not only reduces risks because they are aware of the kinds of activities, interactions and costs involved but makes video games a part of family life. Along with building dens, climbing trees, cooking and family walks, playing games with children enables parents to guide the quality of content being played. This may start with sharing the games children are currently playing, understanding why they love it and celebrating successes. But with a little research, this can grow into suggesting other games to play and higher ambitions for what kids get out of playing long-standing favourites.



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A New Media For Everyone

Video games are a new kind of media. Because they are new we don't entirely understand their potential yet. They've become hugely popular and commercially successful as blockbuster entertainment for children and teenagers. However, like books, films and music, the real range of video games on offer is much broader than this.

There are games about every topic you could imagine, and aimed at a wide range of ages and perspectives. Whether it's sharing a family's heartbreaking story in *That Dragon, Cancer*, stepping into the shoes of a Syrian migrant in *Bury Me, My Love*, or taking the hand of your child and soaring over the clouds in *Sky: Children of Light*, games take us places in unique ways. It's no surprise, then, that Newzoo figures show that in 2018 40% of men and 32% of women play games. And Entertainment Software Association (ESA) data showed that the average age for US gamers is 34 for women and 32 for men.

If you want to turbocharge your care of a child who loves playing video games, the best thing to do is to find games you want to play yourself. This can sound like strange advice until we consider how hard it would be caring for a child who loves books without reading ourselves or guiding a child who loves music without sharing our favourite songs.

Video Game Diet

Gaining an understanding of what video games are, what they are like to play and the different experiences on offer, enables you to encourage a varied gaming diet. Similar to how we don't worry about plate-time but what's on the plate, we can differentiate between different types of screen experience.

Playing *Fortnite* offers exuberant excitement and connection to friends. Playing *Mario Kart* connects us to the players sitting next to us. *Roblox* can be a place for children to play at having a job or surviving a storm. *Minecraft* can be a tranquil escape from a busy day at school. *Alto's Adventure* can be a way to calm anxiety or jangling nerves.

Parents and carers can expand these experiences. *Kingdoms Two Crowns*, *Reigns* and *Life is Strange* teach players to trust their instincts in game-worlds built to encourage risk and hunch taking. *Florence*, *Abzu*, *Journey* and *Brothers Tale of Two Sons* are a gentle way for children to learn about their own emotional responses to challenging situations as well as appreciating how people experiencing them first hand may feel. *Eco* and *One Hour, One Life* encourage the altruism of building something that other players benefit from.

Creators Not Consumers

Ambition for their future means parents and carers support activities where children are excelling. While this is familiar territory when a child is brilliant at an instrument or learning a foreign language, it's easy to miss the need for our enthusiasm when it comes to video games. Along with the general connection and good feelings that come from a parent or carer celebrating success in an activity that a child enjoys comes the imperative that they could go further than they realise themselves. The rise in competitive video games can sound peculiar but requires great skill, draws large audiences and comes with high prize money for professional players. Beyond this, parents can guide children towards other careers in video games which need diverse creative, technical and social skills. A simple and effective way to do this is to encourage children to create as well as consume games. This can start as simple customisation of the games that allow you to design maps and characters. Then there are games like *Mario Maker* on Wii U, 3DS and Switch where you can design and share levels for other players. *Dreams* on the PlayStation 4 takes this further with an accessible game creator that's also really powerful.

Finding Games You Want Children To Play

Parenting rather than policing video games equips children to build good habits and a healthy relationship with digital media for when they leave home and parents aren't around to enforce the rules. One challenge can be finding the kinds of games you want your children to play. There are good resources to help you with this. Many of the examples here come from my upcoming *Taming Gaming* book: <https://unbound.com/books/taming-gaming/> There are also websites that provide video game suggestions like *AskAboutGames* <https://www.askaboutgames.com>. Also, there are good Twitter accounts that help, like *Wholesome Games* (@_wholesomegames) and *Non-Violent Game Of The Day* (@NVGOTD).

You can also use the VSC Rating Board (<https://videostandards.org.uk/RatingBoard/>) website and PEGI app to search for games of different ratings.



Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His *Taming Gaming* book helps parents guide children to healthy play.

What Parents & Carers Need to Know about

FORTNITE

CHAPTER
3

AGE RATING

PEGI
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First released in 2017, Fortnite has become one of the most popular games in the world. It currently has around 350 million registered players. Developed by Epic Games, it began life exclusively as a 'battle royale' contest, where up to 100 online player characters would fight – with weaponry including rifles, handguns and rocket launchers – to be the last one standing. Today, it features multiple modes which each offer something different (although some modes, such as 'Save the World', are only available on certain platforms).

IN-APP PURCHASES

Not all of Fortnite is free. Save the World mode, for example, can become quite costly. An in-game currency called V-Bucks is used to buy items such as cosmetics, which are not a necessity to play the game. It can feel like buying them is essential, however – even for adult players. Making sure no payment methods are linked to the game's store is a good idea when children are playing Fortnite.

REPEAT SUBSCRIPTIONS

Fortnite now offers a monthly repeat subscription which costs £9.99 (or equivalent). This package offers different non-essential benefits every month – including fancy cosmetics, rare weapons, V-Bucks and special bonuses. Signing up, therefore, can be tempting for dedicated players. However, subscriptions cannot be paid for with V-Bucks earned in the game, only with real-world money.

COMPETITIVE COMMUNITY

Fortnite isn't purely a competitive experience (some modes prioritise cooperation), but the rivalry aspect remains central. Battle Royale is an especially ruthless mode, where the last player or squad left standing wins. Games can become heated, and players' desire to win can often cause excessively aggressive or "toxic" behaviour towards others – via the game's audio chat, for instance.

POSSIBILITY OF SCAMS

Popular games like Fortnite are often targeted by unscrupulous individuals trying to trick or exploit genuine fans. In Fortnite, scammers have been known to offer children free V-Bucks or vast amounts of V-Bucks in exchange for rare items – often asking the player to click a particular link. These scammers are seeking access to your child's account, personal information and payment details.

USER-CONTROLLED CONTENT

Some elements of online video games can't be rated for age appropriateness because the developer doesn't have control over them. In Fortnite, for instance, things like voice or text chat, usernames, trades and other player-generated content may not always be suitable for children. It also means that the makers aren't liable for anything a stranger might say to young Fortnite players online.

Advice for Parents & Carers

STAY AWARE OF SPENDING

Free-to-play games (that is, ones without up-front costs) can still be big financial drains. In Fortnite, for example, the Battle Pass – a set of rewards to improve players' experience in the game – can be either earned through playing or bought with real money (with additional incentives for the latter). With supervision, however, this can be a great lesson in money management for young people.

ENCOURAGE BREAKS

Gaming sessions can reach marathon lengths, especially when your child is on a winning streak and doesn't want to stop. Sitting in the same position for hours isn't healthy, of course, but it's an easy habit to form. Encouraging young ones to break regularly for drinks and so on will help them stay hydrated, rest their eyes and release some of the tension from competitive gameplay.

TALK ABOUT TALKING

Communication is key in the squad-based Fortnite modes, and children will quickly realise that talking with team-mates online helps to increase their win rate. It's a good idea, therefore, to chat with your child first about speaking to strangers online, trading, scammers and other potential risks. Remind them that they can always come to you for help if they run into problems online.

DISCUSS OTHER APPS

Games like Fortnite can lead on to third-party apps (Discord, for example) where players can join a voice, text or – in some cases – video chat about the game. Certain add-ons also let children talk with other players from their local area, which clearly presents a potential risk. When discussing Fortnite with your child, you might also want to ask them about other apps they use while playing.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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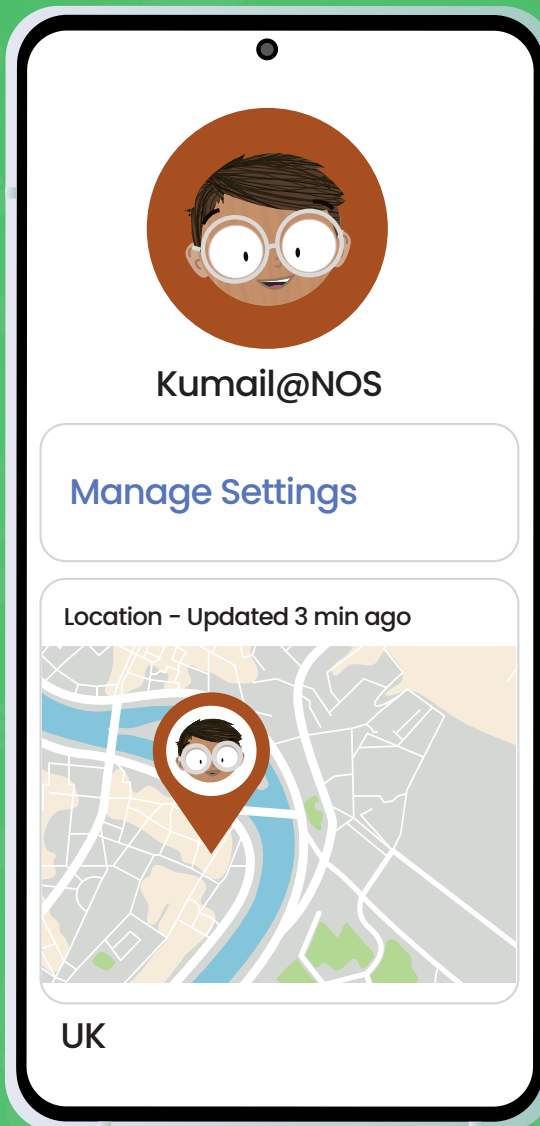
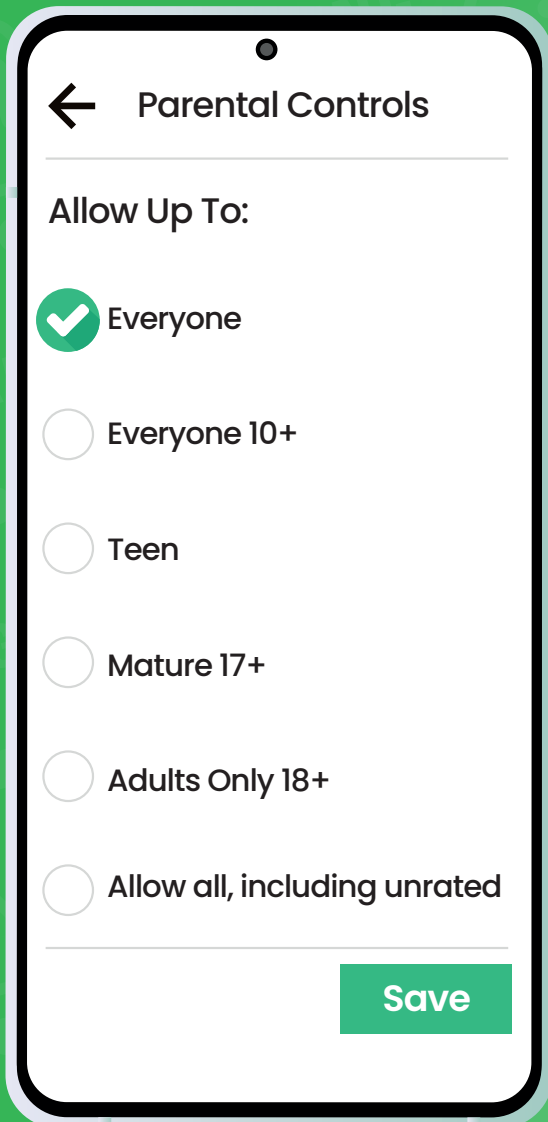
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How to Set up PARENTAL CONTROLS

to limit age-inappropriate CONTENT Android Phone



The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



How to Set up PARENTAL CONTROLS

to limit age-inappropriate

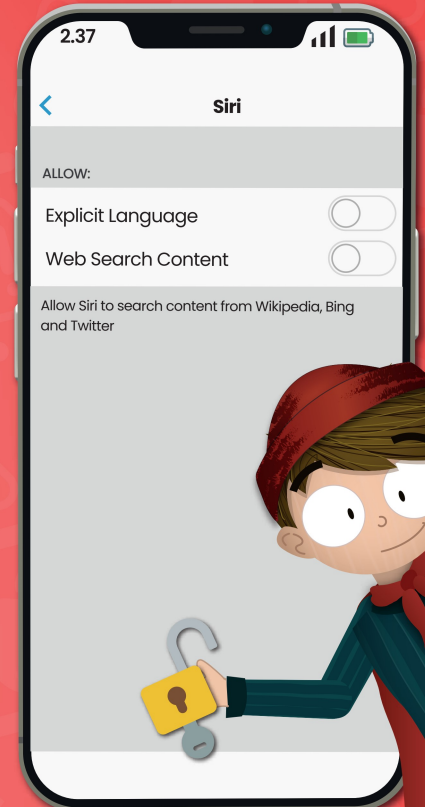
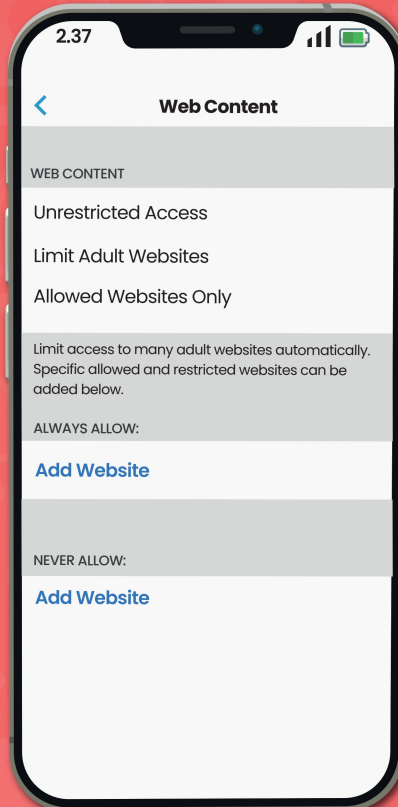
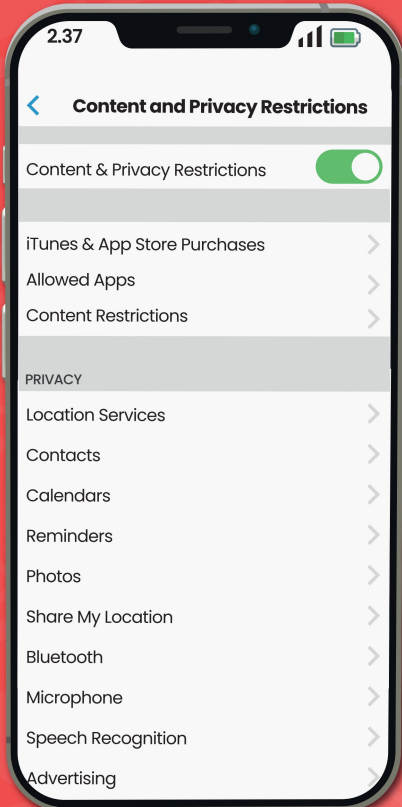
CONTENT iPhone



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The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content ratings, Siri and web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.



18+ Set up content rating restrictions

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Enable Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Choose the Settings for each feature you wish to restrict



Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to approved sites.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 4 Tap Web Content
- 5 Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
- 7 Choose which websites you wish to allow/block

Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Scroll Down to Siri
- 6 Choose to block either or both Web Search Content and Explicit Language