



Stamford Green

Primary School and Nursery



Welcome to our Online Safety Newsletter

Issue 1 - December 2022

Dear Parents, Carers and Children,

Welcome to our first Issue of our Online Safety newsletter. We have introduced a regular newsletter to share top tips and help you to keep our children safe. Many of our children will be putting a smart phone or other digital device at the top of their Christmas wish list. Please note that children are not allowed to bring phones into [school](#) until Y6. Even when they do in Y6, they are collected in by the teacher at the start of the day and given out at home time.

Smartphones offer children the ability to be connected to the internet wherever they are, so you need to carefully consider if and when they're ready to go mobile and what you're happy for them to be able to do online.

Before getting into the different makes, models and contracts, it's important you have a clear understanding of how your child will use the phone and how it will benefit your family. This is often primarily about staying in touch when they travel to school. But, of course, smartphones offer other benefits too, from researching homework, accessing favourite programs, taking pictures and videos, playing games, as well as (particularly important over the last year) keeping up with friends and other social networks.

Talking about this with your child is an essential way to understand both the benefits and dangers. It also gives you a chance to agree with them on how they will use the phone responsibly, both in terms of online interactions and appropriate content.

Check out the Family Agreement on page 3. This is a great way to start using phones safely.

Mrs Dray

Deputy Headteacher: Inclusion

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Tweet of the week!

Follow us on @StamfordGreen



Bella loved her visit to 4G this week, so much so that she settled down for a nap in the middle of our English lesson! 🐾



Thank you for still remembering to follow the preferred route round **Christ Church Mount** and keeping the school to your left!

Family Agreement

THINGS TO DO TOGETHER

What we have agreed about our online life

We have decided that (add your names):



1. We agree that we want to use our phones and the internet safely
2. When we eat together phones and online activities will be off
3. I can play my games after school for [] minutes and at weekends for [] minutes
4. At night my phone will be charging in another room while I sleep
5. We agree to be kind to other people online and move away from anything that upsets us

Below are our agreements for social media and our devices

We've agreed on some rules about social media. We don't like:

- Messages that are rude, upsetting or make people sad
- Photos or videos that are not OK for children or teenagers because they make us less safe or let other people see things that are private to us
- It is not OK to send these.

A family agreement is a great way to start a conversation with your whole family about how you all use the internet, and to start discussions together around how to behave in a positive way when online, whether this is at home, at school or at a friend's. Find the template here: [Do the basics on social media](#)

- activities to do together | Con-

(We promise to do these things:

- Get help from [] (name of parent/carer) to add friends at first
- I'll only talk to close friends I know now or my family
- I won't share photos that are inappropriate (describe)
- We all understand that social media apps have age limits and rules
- We all understand how important it is to be private and []

will set up a social media account for []

- We agree to be kind to other people on social media and help our friends

.....

6. If I feel upset about anything I see, I can tell []

I know how to block or restrict people if they are nasty or I can ask [] to help

.....

Devices

- Which devices are we allowed to use and where? []
- Who will check regularly to see that the privacy and security settings are OK? []
- What do we do if we are asked to click on something? (don't click unless before checking with an adult)
- When is it OK to download files, games or apps? []
- When is it OK to buy things in games? []

We will talk about our agreement [] (enter agreed amount of time) to see how it is working.

.....

www.internetthinkers.org.uk/online-safety-worksheets
 @internetthinkers @internetthinkers @int-thinkers
 Internet thinkers FACEBOOK

ONLINE SAFETY

Children regularly use different websites and apps from their parents, and it can be hard to keep up in this ever-changing digital world.

- According to Ofcom (2022) - [Children and parents: media use and attitudes report 2022 \(ofcom.org.uk\)](#)
- According to Ofcom (2022) 44% of 9 year old's own have their own smartphone rising to 91% of 11 year old's.

But the things that help keep children safe online are often similar to the things that keep them safe offline.

Talk about what they think is normal online and what behaviour to expect from others and from themselves.

Encourage them to think critically and question what they see online. Talk to them about where they go to get information they trust, talk about fake news, fake followers and scams. Help them develop a healthy suspicion of whether people are who they say they are.

Share your knowledge and experience of relationships. For example, sometimes people seem nice at first and then they turn out to be mean. Let them know that you know this, they can talk to you about it. And that you won't panic or punish them if they do.

Think about how you use your mobile. Do you take it everywhere and only give everything else half your attention. Do you leave it downstairs at night so you can switch off and sleep well?

We strongly advise that children do not have their phones in their bedrooms, especially over night.

Online safety family agreement

An online safety family agreement can be used to start a conversation about online safety, agree expectations and boundaries and help to keep your kids safe online.

What to think about and questions to ask

- What are the **different things you each go online for?** It could be research for school work, keeping in touch with friends, or gaming.
- What are the **favourite apps or sites** each person uses?
- How does each family member **access the internet** – via a phone, tablet, or something different?
- Are there things that any of you are doing online that are worrying or **affecting others?** Think about time spent online, is it interfering with family life such as meal times?
- How do you **talk** about online safety with your child – is it negative or positive?
- How many **devices in your house** are connected to the internet? Can you go on a hunt to count them and see if you each come up with the same amount!

Basics

- **Sharing** – what is being shared and with who? Think about what pictures and videos show, and what is being included in messages.
- **Content** – are the games, apps and chat sites suitable for the person using them? You should remember that what is suitable for one person in the household might not be suitable for another.
- **Chat** – what should your child do if someone they don't know messages them? Who are they talking to online and are they sure they are who they say they are?
- **Behaviour** – does anything your child does online affect behaviour? This could be getting angry if they lose a game, or feeling anxious that they've missed a post.
- **Settings** – do you have safety settings in place on broadband and wifi and on your child's devices like phones or games consoles, such as for location sharing and parental controls?

Behaviour

- There may be different agreements for different members of the household, this might be based on age, but also on ability to understand the risks and being able to deal with challenges.
- The agreement might be broken at some point, that isn't a failure, but use it as a time to talk about what has happened and why and what you can do to help keep to the agreement in future.
- You'll need to review the agreement over time. Agree how long it should be before the next review.
- Think about how you are talking about online behaviour – promote positive behaviour rather than focusing on negatives.

Remember

Once you've talked together about how your family use the internet you can use this agreement to note down what you each agree too. Make sure your agreement works for each member of the family and you all understand that online behaviour may need to change to stick to the agreement.

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

NSPCC 2022. Registered charity (England and Wales 248440). Scotland SC047174 and Jersey 205. Fundraising for Children. 0800 11 11 11

How old should you be?

How confident are you that the programmes that your children might be using are age appropriate? Look



Facebook



Tik Tok



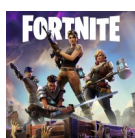
Minecraft



WhatsApp



Fifa



Fortnight



Roblox

What is the recommended minimum age for these apps and games?

complete the boxes before checking the answers on page 5.

Check the answers on page 8. How did you do? Not all apps or games are independently rated, and none of the rating systems takes full account of all risks that an app or game may present, and no rating system can assess the suitability for your child's individual needs.

The PEGI rating system used for games, including mobile gaming apps gives an age recommendation based on the content of the game. What it doesn't consider are any communication features on the game, such as the ability to talk to or message other users.

below and com-

What is your child seeing online?

The internet is a wonderful place, but it does have its risks and particularly for younger people who are navigating the online world, they may not know what to do when they come across content that is inappropriate, explicit and/or illegal.

How can I limit what they may see?

Parental Controls: set up age appropriate parental controls on your broadband, on any devices your child uses as well as games/apps that they play and use.



Age limits: talk to your child about the reason apps/ games are rated by age and set rules to not use or access anything that is not age appropriate.

What can I do if my child sees something online?

Have regular and open conversations with your child about what they may see online and that they should always talk to you (or another trusted adult) if they have any concerns. Teach them how to search safely, not click on pop ups and to navigate away from anything that is upsetting.

Show your child how to use reporting tools on any apps/ games that they use so if if something does upset them then they are able to report the content and block users if necessary.

If you need advice as you are worried about what your child has seen online then you can contact the NSPCC free on 0800 800 5000.

If you need to make a report about sexual abuse or grooming online then you can contact CEOP: [CEOP Safety Centre](#)

Further information

Follow links below for further information:

[Keeping children safe online | NSPCC](#)

[I'm worried my child might see something inappropriate online \(thinkuknow.co.uk\)](#)



Fortnite

Fortnite continues to be the game that many of our children talk about fondly. A Year 6 child said, 'You can communicate with your friends and you need a plan to win the game'. A Year 5 child added, 'I like to buy the skins to make different characters'.



Fortnite is rated PEGI 12 [Parents' Guide to Fortnite \(PEGI 12+\) \(askaboutgames.com\)](#) for frequent mild violence, which means it is not suitable for any of the children in our primary school. It is also important to bear in mind that when rating games, PEGI do **not** take into consideration the chat features of a game which Fortnite does include.

What is Fortnite?

There are different versions of Fortnite, including a free-to-play Battle Royale game (although money can be spent within the game) where up to 100 players compete against each other. The aim is to battle against each other to the last player standing.

What do you need to be aware of?

Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any any inappropriate behaviour. [How to report bad player behavior in Fortnite - Fortnite Support \(epicgames.com\)](#)

All users can purchase V-Bucks directly through the game. This currency can be used to purchase items in the Fortnite store so make sure you do not store your payment details with the game/device and restrict purchases. More information about what in-game purchases can be found here: [In-Game Purchases | Pegi Public Site](#)

Parental Controls

Fortnite includes a number of parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings. Find out more about parental controls here: [Parental Controls - Epic Games](#)



Roblox

PEGI used to rate Roblox as 7+, however because of the huge level of user generated content within Roblox, PEGI have changed the rating to a Parental Guidance label (icon shown right). You can read more about this change here: [PEGI Changes Rating Advice for Roblox | Pegi Public Site](#)

What is Roblox?

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.

Allowed Experiences - NEW

Roblox has introduced Allowed Experiences, which allows you to select age appropriate experiences, so your child can only join experiences that match their age set. Please note that experiences above the age restriction set may be seen in search results. Age categories available are 9+, 13+ and all ages. You can find out how to set up Allowed Experiences here: [Allowed Experiences Controls – Roblox Support](#)

What should I be aware of?

Chat Facility - Players can chat to each other on Roblox. You can add parental controls to turn this feature off completely or add restrictions.

Virtual Currency - Players can buy Robux (their virtual currency) to buy in game upgrades or accessories. If you do not want your child to purchase them, then ensure you set the Monthly Spend Restriction to zero.

Game content – as mentioned, games are created by different users so sometimes the content may not be appropriate for your child.

Blocking users and reporting – ensure your child knows how to do this.

What parents can do?

- Play the game with your child.
- Explore the parental controls within Roblox and set as appropriate.
- Show your child how to use the Report Abuse system within Roblox to report inappropriate content.

Further information:

- [For Parents - Roblox](#)
- [Roblox | Parent Zone](#)



Is your child addicted to technology?



Have you thought that your child may be addicted to their phone/tablet or playing video games? Spending too much time in front of a screen has been linked to a lack of sleep, speech delays, attention difficulties and poor social skills.

Here are signs for you to look out for

1. Your child struggles to come off a screen.
2. Loss of interest in other activities.
3. It preoccupies their thoughts.
4. It interferes with socialising.
5. Screen use causes serious family problems.
6. Your child is becoming withdrawn.
7. Their screen time is escalating.
8. Your child is starting to be deceptive about their screen use.
9. A screen boosts their mood.

If you recognise some of the above signs, it is time to re-evaluate how screens are being used at home. This will include the adults who are modelling behaviour to children.



Anxiety levels among young people are on the rise, at a time when many are spending long periods of time online, watching TV and using mobile phones. Is too much screen time to blame for poor mental health in young people?

Young people who are using their computers more have increased levels of anxiety and depression, this may also be related to the amount of time people spend alone.

Read more about this research: [Screen Time and Kids' Mental Health | Edward-Elmhurst Health \(eehealth.org\)](#)

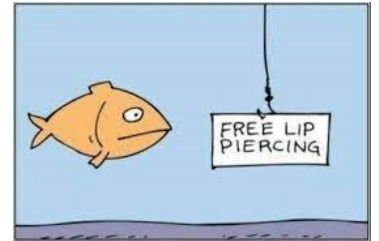


Something for the adults

According to the Metropolitan Police, fraud is when a person lies to you, or 'scams' you, to gain an advantage, such as taking your money or learning private information about you. This could be via email, text, phone or in person, either on the street or on your doorstep. Ten golden rules to prevent fraud

Remember these ten golden rules to help you prevent fraud and beat the scammers.

1. Be suspicious of all 'too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.
2. Don't agree to offers or deals immediately. Insist on time to get independent or legal advice before making a decision.
3. Don't hand over money or sign anything until you've checked someone's credentials and their company's.
4. Never send money to anyone you don't know or trust, whether in the UK or abroad, or use methods of payment you're not comfortable with.
5. Never give banking or personal details to anyone you don't know or trust. This information is valuable so make sure you protect it.
6. Always log on to a website directly rather than clicking on links in an email.
7. Don't just rely on glowing testimonials. Find solid, independent evidence of a company's success.
8. Always get independent or legal advice if an offer involves money, time or commitment.
9. If you spot a scam or have been scammed, report it and get help.
10. Don't be embarrassed about reporting a scam. Because the scammers are cunning and clever there's no shame in being deceived. By reporting it, you'll make it more difficult for them to deceive others.



Get help or report a scam

If you think you've uncovered a scam, been targeted by a scam or fallen victim to fraudsters, contact Action Fraud on 0300 123 2040 or at [Action Fraud](#)

Call 101 if you know the suspect or they're still in the area.

Remember that if you're a victim of a scam or an attempted scam, however minor, there may be hundreds or thousands of others in a similar position. Your information may form part of one big jigsaw and be vital to completing the picture.



Answers from Quiz page 2:
Recommended minimum age
by parents using
Common Sense Media
<https://www.commonsensemedia.org/>

Facebook - 15 years+
Tik Tok - 15 years+
Minecraft - 8 years+
Whatsapp - 14 years+
Fifa 23 - 10 years+
Fortnite - 3 years+
Roblox - 13 years +



Since 2003, Common Sense has been the leading source of entertainment and technology recommendations for families and schools. Every day, millions of parents and educators trust Common Sense reviews and advice to help them navigate the digital world with their kids. Together with policymakers, industry leaders, and global media partners, we're building a digital world that works better for all kids, their families, and their communities.

Our eSafety Top Tips!

1

People
you don't know
are strangers.

They're not
always who they
say they are.



2

Be nice to
people
like you
would
on the
playground.



3

Keep your personal
information private.



4

If you ever
get that
'uh oh'
feeling,
tell a grown-up
you trust.

