



Online Safety

Welcome to our December Online Safety Newsletter. This half term, we have been exploring identities and the ways that people represent themselves online as part of our Tech Thursday worship. We have also looked at how our identity can be copied, modified or altered and that not everyone online is who they say they are. Can we really trust someone online if we don't know them in real life?

In this edition, there is some helpful advice and guidance about getting new devices this Christmas and about some of the games that the children may be playing for Christmas. Don't forget that there is also a wealth of information guides about online safety on our web site: [Frimley Church of England School - Online Safety](#) so please check it out!

If there is any content in this newsletter that you'd like to discuss further or require any further support with, please contact either myself Ailsa Reehal, Computing Lead, or Rachel Farage, Designated Online Safety Safeguarding Lead.



A huge thank you to all the families who supported **Frimley's Big Breck Bauble walk** last Friday afternoon.

It was so lovely to see the Frimley community come together to support our school charity and raise awareness of the importance of keeping safe online. We managed to raise an impressive £530 online and on the day, which will go towards helping the Breck Foundation to educate children across the country to keep themselves safe when online.

**Big Breck
Bauble Walk**



£500 Target

£462 Raised so far by **66** Donors



Parental Controls

Has your child just got a new gaming console for Christmas? If yes, have you set up age appropriate parental controls? The controls vary across different consoles, but all will allow you to restrict features such as spending and communication.

PlayStation



Set up your account as a family manager and create a separate child account so you can tailor their activities. Find out more here:

[Safety for parents \(UK\)](#)
[\(playstation.com\)](#)

Xbox



You can download an app to manage your child's gaming Experience. Find out more here:

[Xbox family settings: peace of mind for parents](#) | Xbox

Nintendo Switch

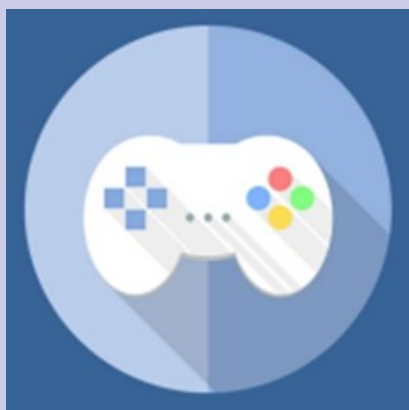


Nintendo also offer a free app to monitor what and how your children are playing. Find out more here:

[Nintendo Switch Parental Controls | Hardware](#) | Nintendo

The NSPCC provide further advice and guidance on this topic:

[Use Parental Controls to Keep Your Child Safe](#) | NSPCC



Online Safety Tips for Children with New Devices

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console.

For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

Research the device

[Common Sense Media: Age-Based Media Reviews for Families](#) | [Common Sense Media](#) is a website which reviews games, apps, services and more to help you decide if something is appropriate for your child. Ask around and find out what other parents and carers are saying about the device your child has asked for.

Set up the device ahead of your child opening it

A great way to ensure your child starts their experience in the safest way is to get the device set up before you give it to them.

Charge the device and have a go at putting in place some safety settings and parental controls to help you feel comfortable with your child using it. If you are gifting a second-hand device to your child, make sure that the device has been reset to factory settings before you give it as a gift. This means that any apps or settings that are already on the device have been removed, and you can start with a blank slate.

On **Android devices** you can restrict what content can be downloaded in Google Play ([How to set up parental controls on Google Play - Google Play Help](#))

On **Apple devices** you can go into Content & Privacy Restrictions in Screen Time ([Use parental controls on your child's iPhone, iPad and iPod touch – Apple Support \(UK\)](#) to help block and limit specific apps and restrict explicit content, purchases and downloads.

Although setting these parental controls is a key step towards keeping your child safe online, it is important that this is done alongside lots of open conversations with your child.

Have a conversation

It is important that your child knows that if they encounter something that worries or upsets them, they can turn to you for help.

Whilst we always recommend that parental controls are enabled, they can never be 100% guaranteed to block inappropriate content. Therefore it's important to give practical safety tips to your child in the case of coming across unwanted content, whether that's teaching them how to use report and block tools, or to turn the device off and speak to an adult they trust.

Often, children and young people can find opening up to an adult about things they've seen online daunting, so having regular check-ins with your child provides them with plenty of opportunity to talk things over. Remember to be curious and not furious – if they know it isn't their fault and you help them to overcome their issue, they're likely to come back to you to speak about any future issues.

Here are lots of ideas to kickstart the conversation! ([Have a conversation | Childnet](#))

EA Sports FC 24

EA Sports FC 24 has been rated as PEGI 3, which means it is suitable for those over the age of 3. However, you need to be aware that the game does include in-app purchases and users can interact with each other.

EA Sports FC 24 was released in September and is a rebranding for the EA FIFA series. It is available to play across a series of platforms.

As players can communicate with others, your child may be exposed to inappropriate language and there is also the risk of grooming when online interaction takes place. Ensure your child knows how to use the applicable reporting tools. The chat facility can be switched off.



Ollee - your virtual friend

Parent Zone have created 'Ollee,' a virtual friend that asks your child how they are feeling and provides ideas and advice to help. Ollee is aimed at 8-11 year olds. You are also able to use the app to find advice around any issues that you think your child might be having.

You can find out more here: [Ollee](#) | [Parent Zone](#) | [At the heart of digital family life](#)



Minecraft remains ever popular and with Christmas ahead of us, maybe your child will be receiving this game as one of their presents. Minecraft Legends is rated as PEGI 7 meaning it is suitable for those over 7 years of age. The App store rate Minecraft as 9+. You should be aware that there is a multiplayer option so players can chat to each other, and in-app purchases are available. Parental controls are available, either within Minecraft or on the console itself e.g. Nintendo Switch or PlayStation.

Find out more here:

[Parental Controls in Minecraft](#) | [Minecraft](#)

ROBLOX

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices. A lot of the content is user generated, which may mean not all games will be suitable for your child to view/play. It is important to set up appropriate parental controls for your child.

PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content. It is rated for 'Teens' on Google Play and 12+ on the App store.

What should I be aware of?

Chat Facility - Players can chat to each other on Roblox. You can turn communication off completely or add restrictions, such as only communicate with friends.

Virtual Currency - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories. For children under 13, you can set the Monthly Spend Restriction in settings.

Game content – as mentioned, users create games so sometimes the content/themes may not be appropriate for your child.

Further information:

- [The Roblox Checklist](#) | [SWGfl](#)

Artificial Intelligence (AI)

It can be difficult to keep up to date with new technologies and to know if there are any related risks that we need to be aware of when using new technologies. AI is being talked about a lot, so it is worthwhile learning more about it now to help support/answer questions if your children show an interest.

Twinkl provide a brilliant overview of AI here:

[Parent's Guide: Top Tips for Navigating Generative AI Safely with Kids](#)
([twinkl.co.uk](https://www.twinkl.co.uk))

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National
Online
Safety®

#WakeUpWednesday

National Online Safety is Now Part of The National College



Frimley Church of England Junior School is a member of The National College – a multi-award-winning online training provider for staff and parents.

What does this mean for you?

As part of our school membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.

Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

That's why you've now got access to ***hundreds of courses, explainer videos and online safety guides*** to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Sign up is easy

If you haven't already done so, please sign up to the platform. Signing up is simple. Just follow <https://nationalcollege.com/enrol/frimley-cofe-junior-school> and complete your details. Once you're set up, you'll be able to choose 'Parent/Carer' as your user type and get instant access to all training and resources.

Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

You can download the National Online Safety app using the links below:

[App store](#)

[Google Play](#)

The National College has a brilliant support team if you have any questions. Their [help centre](#) provides a comprehensive bank of answers to most FAQs, but if you still can't find the answer you're looking for, you can always get in [contact](#) with them.

I hope you'll sign-up and make the most of their resources.

