



E-Safety Newsletter

Welcome to our first e-safety newsletter for Parents. We hope you find the information useful and informative. This week's issue will be focusing on Online Gaming and understanding the age classifications for games.

Online Gaming

Gaming can be hugely beneficial for children and used in the right way can extend the creativity of children. Games such as Minecraft have become very popular, but equally there are games that are inappropriate for your children and how can you be sure that the games you choose are age appropriate.

Whether you download games from the internet or purchase them in shops, games should have a PEGI rating.

The Pan-European Game Information (PEGI) age rating system was established to help European parents make informed decisions on buying computer games. The rating on a game confirms that it is suitable for players over a certain age. The PEGI labels appear on the front and back of the packaging indicating one of the following age levels: 3, 7, 12, 16 and 18. They provide a reliable indication of the suitability of the game content in terms of protection of minors. The age rating does not take into account the difficulty level or skills required to play a game. So, a PEGI 7 game is only suitable for those aged seven and above and a PEGI 18 game is only suitable for adults aged eighteen and above. The PEGI rating considers the age suitability of a game, not the level of difficulty.

Descriptors shown on the back of the packaging indicate the main reasons why a game has received a particular age rating. There are eight such descriptors: violence, bad language, fear, drugs, sexual, discrimination, gambling and online gameplay with other people.

Further information can be found at <http://www.pegi.info/en/index/id/952>



Have you noticed any behavioural changes in your child? Could the games they are playing be a factor in this?

What games are they playing round their friend's house? This is usually one of the most common concerns for parents so it is worth talking to other parents about this. Have you got parental settings set up correctly on the Playstation, Xbox, Wii or whatever devices your children are using? This will prevent your children downloading or playing games that are inappropriate for their age. If you're not sure how to do it we have attached a guide to the back of this newsletter or you can have a look on YouTube, there are lots of videos that walk you through the settings. For example, you can search YouTube for, "How to set up parental controls on Playstation 4."

Similarly, if your child is getting on at you to let them play a particular game, go onto YouTube and search on the name of the game. There will be lots of 'walk throughs', which are basically parts of the game that are filmed for others to learn from. Time is an important factor. Try to balance online with offline activities. It has been well documented that screen time before bed has a negative effect on sleep patterns for children and adults. No devices an hour before bedtime is a good rule to keep to. If they're playing online, do you know who they're talking to? Adults want to play with other adults, not children, and many won't hold back on their use of choice language. Online gaming can also be a platform for predators to contact children.



Common Sense Media helps families make smart media choices. They offer the largest, most trusted library of independent age-based and educational ratings and reviews for movies, games, apps, TV shows, websites, books, and music. Their Parent Concerns and Parent Blog help families understand and navigate the problems and possibilities of raising children in the digital age. Visit their web page at <https://www.commonsensemedia.org/>

About Restrictions (parental controls) on iPhone, iPad, and iPod touch

We have found a link that will help parents to enable parental controls and restrictions on Apple products. The guide is very simple to follow and provides images of the screen and at each step. Many parents have fallen foul of their children making in-app purchases and this guide in particular helps parents de-activate this facility.

Follow the link to <http://support.apple.com/en-gb/HT201304>

The link can also be found on the e-safety section of our website.

Safer Internet Day – Tuesday 10th February 2015

Make a SID Promise - This year's Safer Internet Day theme is 'Let's create a better internet together', This provides an opportunity to explore the responsibility we all have to help create a kinder online community. That's why we're encouraging people to make a Safer Internet Day promise. In the build up to Safer Internet Day, we want to encourage young people, teachers and parents to share a Safer Internet Day pledge as part of our work to teach your children about the Internet. The pledge is a promise that on Safer Internet Day each person will do one thing to help make the internet a better place.

A graphic for Safer Internet Day 2015. It features a blue border and a light grey background with white cloud shapes. At the top, an orange banner says "Safer Internet Day 2015". Below it, a blue banner says "Let's create a better internet together". The main text reads "To help make the internet a better place, I promise I will..." followed by a large white rectangular box for writing a promise. At the bottom, there is an orange horizontal bar. Below the bar, the text "#SID2015" is on the left, "#up2us" is in the center, and the UK Safer Internet Centre logo (a stylized 'i' in a circle) and name are on the right, with the website "www.saferinternet.org.uk" below it.