

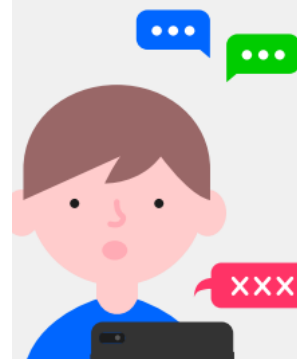
8 steps to keep your child safe online:

1. **Explore together:** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
2. **Chat little and often about online safety:** If you're introducing them to new learning websites and apps outside of school, take the opportunity to talk to them about how to stay safe. Ask if anything ever worries them while they're online and make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.
3. **Help your child identify trusted adults who can help them if they are worried:** This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact. Encourage them to draw a picture or write a list of their trusted adults.
4. **Be non-judgemental:** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
5. **Supervise their online activity:** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of primary school age should not access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom. **You can also use parent monitoring apps to help keep check of your child's online/device usage** (Live360, NetNanny, Kaspersky Safe Kids, MM Guardian).
6. **Talk about how their online actions affect others:** If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should **always ask permission first of the person in the photo/video**.
7. **Use 'SafeSearch':** Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.
8. **Parental controls:** Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your internet provider's website.

Perry Hall Primary School's E-Safety Guide for Parents/Carers



Managing Screen Time



Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development
Source: [Internet Matters Look both ways report](#)
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- Screens can help **ease the financial burden** when looking to entertain children.

Screen time challenges

- Young children might stumble **across inappropriate content** that may have a negative impact on their digital wellbeing.
- Passive screen time **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.
- Younger children **may not understand the concept of what the internet is** and how it works so could find it hard to differentiate between what is real and what is fake.
- **Peer pressure from friends to stay online** and the way certain platforms are developed to keep users engaged can make it harder for children to switch off.

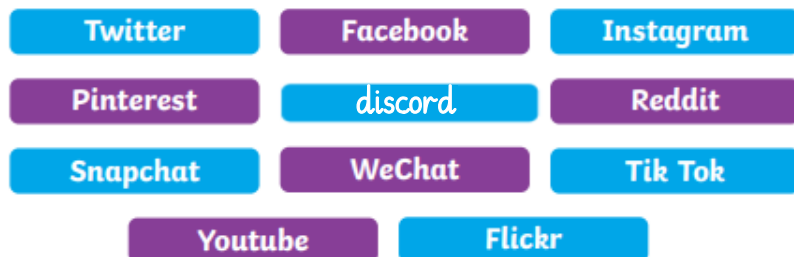
There is no 'one size fits all' limit to screen time, however it is important that you and your child recognises **when your child has had enough screen time** (Are they becoming frustrated easily? Anxious away from their device? Struggling to sleep?) and **set clear boundaries** to their screen time. You can **set screen time limits on devices** to help you to do this. Set an example to your child to limit your own screen time – try to spend an afternoon or evening together screen free once a week.

Age Limits

These are the age restrictions currently in place for the usage of apps **without** parent monitoring and consent:

What is the minimum age for account holders on these social media sites and apps?

13



16



YouTube will not allow any child under the age of 18 to open an account, however they can access YouTube with parental permission for an account from the age of 13.



We strongly urge parents to not allow children to use these apps without regular and consistent parental monitoring until their age restrictions allow.

PEGI Ratings

PEGI 3

Games with a PEGI 3 rating are suitable for all ages.

They may have:

- child-like setting
- comical violence
- no bad language

For example:

Rocket League

Mario Kart 8

Animal Crossing

Team Sonic Racing

The PEGI ratings system helps you make informed decisions about which video games to choose for your family.

A PEGI rating gives the suggested minimum age that you must be to play a game due to the suitability of the content.

PEGI 7

Games with a PEGI 7 rating are suitable for ages 7 and above

They may have:

- some scenes or sounds that could be frightening
- mild forms of violence (non-realistic or with no detail)

For example:

Minecraft

Roblox

Splatoon

Plants Vs Zombies Garden Warfare 2

Choosing and playing video games as a family is the best way to understand and enjoy them together.

PEGI 12

Games with a PEGI 12 rating are suitable for ages 12 and above.

They may have:

- violence of a slightly graphic nature involving fantasy characters
- suggestive activities or language
- gambling
- mild bad language

For example:

Fortnite

Overwatch

Super Smash Bros. Ultimate

Marvel Ultimate Alliance 3

It is illegal for a retailer to supply any game with these ratings to anyone below the specified age (from 12 upwards).

PEGI 16

Games with a PEGI 16 rating are suitable for ages 16 and above.

They may have:

- violence and adult content that looks like real life
- bad language
- the use of tobacco, alcohol or illegal drugs

For example:

Marvel's Avengers

Final Fantasy VII Remake

Horizon Zero Dawn

We strongly urge parents to adhere to these age ratings for online and video games for your child's own mental health and wellbeing.

PEGI 18

Games with a PEGI 18 rating are suitable for ages 18 and above.

They may have:

- gross violence such as motiveless killing or violence towards defenceless characters
- the glamorised use of illegal drugs
- explicit adult content

For example:

Call of Duty

Grand Theft Auto