Welcome to the May 2019 Scomis Online Safety Newsletter for Parents

More Screen Time News!

Latest guidelines from the World Health Organisation (WHO) advises babies and toddlers should not be left to passively watch TV or other screens. The guidelines recommend:

- more physical activity, better sleep and less screen time for under 5s

- sedentary screen time, including computer games should **not happen** for under 2s

- limit screen time for 2-4s to an hour a day – **less is better**

The UK has no plans to update its own advice on screen use, although it says children should avoid screens before bedtime.

Read more from WHO here

★RCPCH
Royal College of
Paediatrics and Child Health
Leading the way in Children's Health

Access and download the screen time guide and screen time parent fact sheet from the Royal College of Paediatrics and Child Health here

Do you know the difference between Instas, Rinstas and Finstas?

Does your child use Instagram?

Did you know the recommended age for users is 13+

Review CommonSense Media's parent's guide to Instagram and watch the video here:

| 6 Things Parents May Not Know About Instagram | 6 Things Parents May Not Know About Instagram |

Access Common Sense Media's resources to:

- Improve your family's well-being

- learn how you can help support solutions that make the digital world work better for all kids here

Apex Legends

Have you heard about Apex Legends?

Pegi Age Range is rated at 16

Apex Legends is an online game, free to play and becoming increasingly popular with children and young people. It is known as a 'Battle Royale' game – players join small 'squads' of 3 players and fight other players to be the last squad standing.

Parents/carers need to know!

- An account has to be created requiring email address, user name and age

- Can be played on Xbox One, PS4 and PC

- Play is against other players (all ages across the world)

- You can team up with people you know (and don't know)

- First person shooter game with realistic graphics

- You can make in-game purchases (Apex coins range from £7.99 to over £79.99)

Find out more from Parentzone

NSPCC Issues Warning about Yolo!

Yolo – has risen to the top of the free download charts on the App Store in the UK and US barely a week after release!

The app was developed using Snap Kit, a piece of software by Snapchat that enables app developers to integrate their own products with the popular social network. Read more here

Tools and tips and guides on:

Facebook, Instagram and WhatsApp
Available from InternetMatters

Worried about Online Challenges?
Find out what you need to know **here**
Remember you can talk to a professional at the NSPCC's helpline on 0808 800 5002 and Childline (0800 1111)

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