



Linking Up Learning – Online Safety

Digital technology is an everyday part of most people's lives and although it can entertain and educate in an amazing and effective way, children need to be taught about how to keep themselves safe when using technology. In this newsletter we've brought together some of what we see as the most relevant information and resources which can support you to do this with your children at home.



The [NSPCC](#) has teamed up with O2 to help parents and carers to keep children safe when they're using the Internet, social networks, apps, games and more. There are useful guides on how to talk to your children about their use of the Internet; how to set up parental controls and the [Net Aware](#) section of their site offers useful information about each social network, including the age guidance for users.



[The UK Safer Internet Centre](#) has an excellent advice centre for parents and carers with top tips on how to talk to children about their internet use, how to set up parental controls, guides to the latest technology as well as resources for children themselves. In addition, there is all the latest research and advice about [screen time boundaries](#).



As well as an excellent advice centre for parents, Common Sense Media has a [review of apps and games](#) suitable for children of all ages, as well as children with Special Educational Needs, including Autism.

An electronic copy of this page can be found on the [Parents Page](#) of our website along with other useful guides and downloads such as: Social media age restrictions, You Tube safety fact sheet and guides to Fortnite, mobile phones and Instagram.



SCREENTIME

More sleep and limiting screen time may improve children's mental abilities

BBC News reports, "Limiting children's screen time linked to better cognition."

A study of 4,524 children in the US found those who used screens recreationally for less than 2 hours a day did better on tests of mental functioning.

The study was designed to assess whether Canadian recommendations on screen time, sleep and physical activity for children aged 8 to 11 were linked to better mental function, which was assessed using a series of tests.

The recommendations are:

- restrict screen time (including TV, smartphones, tablets and video games) to less than 2 hours a day
- sleep 9 to 11 hours a night
- do at least 1 hour of moderate to vigorous physical activity a day

The children who did best on testing were those who followed all 3 recommendations.



Is content on YouTube suitable for children and young people?

Net Aware.org asked parents and young people about the types of inappropriate content they've seen on YouTube. The level of risk is based on the % of respondents who reported seeing these types of content. The ratings are: Low Risk (less than 5% of respondents); Medium Risk (between 5 and 25%); and High Risk (over 25%, or more than one in four).

Sexual - High Risk

Violence & hatred - High Risk

Bullying - High Risk

Suicide & self-harm - High Risk

Drink, drugs & crime - High Risk



Alan Mackenzie, an e-safety adviser, (<http://www.esafety-adviser.com>) has published some useful [video clips](#) for parents and carers about YouTube.

Online safety talks with children always reveals that they are concerned about some of the inappropriate content in YouTube videos. Although there is no solution, this video may help out a little. https://youtu.be/VFu-k_oIHKA

This is a quick video from Alan Mackenzie, e-Safety Adviser, on how to set **Restricted Mode** on the iPad. <https://youtu.be/UFC2rbIJdnl>

The **YouTube for Kids app** is a way to give access to the millions of popular child-friendly videos with decent parental controls. This is a short, balanced review by Alan Mackenzie from https://youtu.be/gtjXhK4_Mxo



The NSPCC, Net Aware site has this advice about Fortnite

Players can currently play Fortnite: Battle Royale on a PC, Mac, Xbox, and PlayStation or download it from the App Store. Use of the game has grown rapidly amongst children and young people since the launch of the mobile game in March 2018. As of 2nd May, the app version is only available on iOS but an Android release is expected shortly. The game involves 100 players fighting each other in real time to be the final survivor.

What features and risks are there on Fortnite?

Fortnite: Battle Royale has several features that can be fun, but there are also risks. These include:

- Players can add friends in the mobile game if they have an account with Epic, the game's developer. Friends can be added by username in the game's main menu.
- There is a chat feature in the game that allows users to contact each other using voice or text. You can disable voice chat in the game by selecting the 3 lines in the top right of the screen, select the settings icon, choose the 'Audio' tab at the top of the screen and go to the 'Voice Chat' option, where you can select 'Off'.
- There is cartoon violence in the game. You can use a variety of weapons to kill other players, such as guns and axes.
- There are in-app purchases, which can become expensive.
- Players can be reported to the [Player Support team](#) if you are concerned about activity or behaviour.

Age ratings

Here are the recommended age ratings for the game:

- Epic Games: Fortnite Battle Royale says it does not direct the game to children under the age of 13 in the UK.
- The PEGI rating for this game is 12 years old. However, PEGI does not take chat features into consideration when rating games. You can find out more about age ratings [here](#).
- The App Store says that users must be 12+ to play.