



H0Sted

Welcome to the third edition of Herschel Grammar School's new online safety and digital education publication aimed specifically at parents and carers. Due to the ever-changing complexities of the digital world, Mrs Rodriguez and Mr Devereux thought an online safety magazine bringing you the latest advice and support in helping you navigate the digital world is much needed. The school has a fundamental duty to keep all children safe but with so much time being spent 'online' outside of school, it is hard to protect children and keep them safe. This publication will give you information, advice and guidance on all things digital that can help make your life and hope the lives of those around you just a little bit easier and safer. We hope to provide top tips, how to, advice and support when things don't go to plan as well as making the most of the online world such as great apps and sites to support our learning, wellbeing and making our busy lives a little bit easier. Should you have any requests please email hosted@herschel.slough.sch.uk

You can find previous editions and other useful information on our website at

<https://www.herschel.slough.sch.uk/For-Parents/Online-Safety-2>



Cyber security

Unfortunately, it is not just large companies that find their systems, platforms and software targeted.

Anyone who is online can find themselves victims of having their personal information stolen and being locked out of their devices.

Our friends at Internetmatters.org have put together some useful information.

Cyber security means protection in the online space. Therefore, it can refer to the security settings you use on your online social and video gaming accounts or the software you use on your family's devices.

Good cyber security means the risk of your family's personal information falling into the wrong hands is less likely. As such, it's important to implement security measures that protect your devices. There are different types of cyber-attack. Here are a few and ways to protect yourself.

Malware: (or **malicious software**) is a software designed to gain access to a computer system without permission.

Phishing: can lead to the installation of malware on your device or theft of sensitive information. It is often associated with emails from unrecognised senders but can also use established contacts.

Ransomware: blocks access to a computer system for financial gain. This is called 'locker ransomware' and disallows any use of the computer. However, sometimes a computer is still usable but the files are encrypted and inaccessible.

Cryptojacking: malware gains unauthorised access to your device and uses it to mine cryptocurrency. Mining cryptocurrency uses a lot of energy and power, so you will notice your device slowing down.

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Protection from attacks

Install security software on your devices. There are a number of paid for and free packages that can help prevent hacks, malware and phishing. The top 3 free protection packages are: [Avast](#), [AVG](#) and [Windows Defender](#).

Other ways to protect your files, personal information and devices are to follow these simple rules.

Never open emails from unknown or unfamiliar sources and check the email address before opening it and clicking on the link.

Avoid connecting to public WiFi where possible or check that it is reliable and safe.

Teach your children to think before they click and ask you if they're ever unsure.

Use password managers to create secure passwords and check websites like Have I Been Pwned? to see if your data has been breached and where.

Never share passwords.

Install ad blockers where possible and talk to your child about the dangers of clicking on mysterious links or ads.

Complete a device health check: if it's been awhile since you've checked parental controls and other settings, complete a health check on your child's device to ensure security features are up-to-date.

For more information visit

<https://www.internetmatters.org/>

Reporting harmful content.

The full inquest in the tragic death of Molly Russell concluded on 30th September. It is clear social media companies must do more and as consumers of online information we all need to report harmful content when we see it.

- Stop the spread of harm by reporting self-harm and suicide content online. Social media sites and other platforms have direct reporting routes for this type of content and remember, you can [visit Report Harmful Content](#) to find out how to report harmful content online.
- Talk about how to report content with your child, age restrictions on different sites and why they exist.
- Anyone over the age of 13 who has reported content and has a query or complaint about the response received, please [make a report](#) on Report Harmful Content. A practitioner will check submitted reports and industry responses against platform-specific reporting procedures and community standards in order to provide users with further advice on actions they can take.

Other sources of help and advice can be found here:

UK Safer Internet Centre
saferinternet.org.uk
Samaritans samaritans.org
The Mix (for under 25s)
themix.org.uk
CEOP (child protection)
ceop.police.uk/safety-centre
Childline childline.org.uk



Cyberbullying

Internet Matters launched a cyberbullying campaign over 6 years ago to demonstrate how cyberbullying has changed – using the school rhyme/analogy ‘Sticks & Stones’.

<https://vimeo.com/198987121> This campaign video encouraged parents to understand that bullying has changed and that we can help them get the right advice about how they should deal with cyberbullying. The old advice to ignore bullying no longer works when the bullying can follow children into their homes on their devices. Spotting the signs is really important. These could include:

- Changes in attitude and behaviour
- Obsessive about being online
- Unexplained physical symptoms
- Stopping using their devices suddenly/unexpectedly
- Seeming nervous or jumpy when using their devices
- Any changes in behaviour such as becoming sad, withdrawn, angry, or lashing out, reluctance to go to school or take part in usual social activities
- Avoiding discussions about what they're doing online or who they're talking to

How you can help.

Block – you can block individuals on most social media platforms and messaging services. This will stop them from being able to privately message you

Report – Most social media platforms have a reporting mechanism. Content must be reported. Also please let the school know too, we can help. The school has recently re-shared guidance with all staff – this [video](#) was part of that. The anti-bullying alliance has some great resources.

Keep the evidence – It's important to keep evidence of bullying by taking screenshots of the offending material.

Know when to take it further – in extreme cases and if you feel your child is in danger, involve your local police

Visit <https://anti-bullyingalliance.org.uk/> and own webpage www.herschel.slough.sch.uk/For-Students/Anti-bullying

Fifa23

FIFA 23, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA's focus remains firmly on FIFA Ultimate Team – a mode in the game that can tempt players of all ages to spend actual money on recruiting better players for their side.

With each new release of FIFA comes a host of new players to unlock – meaning that youngsters can feel pressured to keep buying to compete with their friends.

Thanks to our friends at www.nationalonlinesafety.com we have included their very helpful guide to FIFA23. It offers lots of practical suggestions how play can be enjoyed but remain free.

Whilst on the topic of in-game or in-app purchases. We thought it would be useful to offer these simple steps for apple users to restrict unwanted in app purchases.

1. *Go to Settings > Screen Time, then tap Turn on Screen Time.*
2. *Tap Continue, then choose "This is My [device]" or "This is My Child's [device]."*

3. *If you're setting up Screen Time on your child's device, follow the prompts until you get to Parent Passcode and enter a passcode. Re-enter the passcode to confirm.*

4. *Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy.*

5. *Tap iTunes & App Store Purchases.*

6. *Tap In-app Purchases and set to Don't Allow.*

Source: <https://support.apple.com/en-gb/HT204396>

What Parents & Carers Need to Know about

FIFA 23

FIFA 23, like its many predecessors, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA Sports' tweaks tend to focus on FIFA Ultimate Team mode, which can tempt gamers of all ages to spend real money recruiting better players for their side. With each new release of FIFA comes a host of new players to unlock – meaning that youngsters can feel pressured to keep buying to compete with their friends.

AGE RATING
PEGI 3

WHAT ARE THE RISKS?

RELEASE RAZZAMATAZZ

FIFA 23 will be the last in the blockbuster series, before EA goes solo with its own football title next season. This 'end of an era' vibe – coupled with a huge advertising budget making the new release almost impossible to miss – will elevate FIFA 23 into even more of a 'must have' for football-mad young gamers, no matter how minor the updates are on last year's version.

AGE-INAPPROPRIATE CHAT

Based on a popular sport which appeals to people of all ages, the FIFA franchise draws a huge audience of both children and adults. Communication is a key element, with many players enjoying in-game audio chat via headsets. With the mixed age range of players and a lack of regulation, however, chats can often turn offensive or toxic – especially in the heat of competitive matches.

IN-GAME PROMOTIONS

Unless precautions are taken, dedicated FIFA fans can spend significant sums when attempting to improve their Ultimate Team. Most top-level players can be unlocked by simply participating in matches, but some sought-after stars can be obtained more quickly in limited-time promotions which cost a large amount of FIFA points (the in-game currency, often paid for with real money).

CIRCLING SCAMMERS

The popularity of FIFA Ultimate Team (FUT) mode has led to online scammers convincing many impressionable gamers to pay real money for non-existent FUT coins and player cards, or directing unwary FIFA fans to phishing sites. If your child gives these individuals their login details, the scammers can access not only their carefully built team but potentially your payment information.

ADDICTIVE NATURE

One match on FIFA (usually around 15 minutes, but often lengthened by extra time and penalties) almost invariably leads to another. It can be a powerful temptation for young players, regardless of unfinished homework or an approaching bedtime. If the 'just one more game' mindset starts to impact a child's daily routine, it could be a sign of gaming disorder: a recognised mental health issue.

GAMBLING-ADJACENT BEHAVIOUR

Ultimate Team has become a major feature in FIFA due to the revenues it generates. It can also be addictive, with children striving to earn coins and level up while swapping, selling and buying players. Spending FUT coins to open a player pack (which many experts have likened to gambling) is designed to be an exciting act – with bright lights, fanfare and attention-grabbing prizes.

Advice for Parents & Carers

BE SELECTIVE WITH CHATS

It's enormous fun for FIFA players to chat online with friends, even as their teams do battle in the game. It's probably the safest idea, though, to restrict contact with strangers. By turning off voice chat in FIFA and allowing cross-party chat in their device's settings, your child can speak to people who are already on their friends list but won't be able to talk to (or hear) strangers online.

CONTROL SPENDING

If your child plays Ultimate Team mode on FIFA, ensure their account isn't linked to your payment methods – so they'll need your permission to make in-game purchases. Alternatively, you could use parental controls to limit spending – or set up a pre-paid 'allowance'. When excitedly clicking options on screen, it's easy for a young person to forget the real-world repercussions of online purchases.

STAY ALERT FOR SCAMS

There are some key things to remember about potential FIFA scams. Firstly, EA never contacts users via any method other than emails to the account holder (which may well be you). Neither will they ever ask for a player's username or password outside the game itself. EA's terms and conditions outlaw the buying of FUT coins, so anyone selling them should be treated as suspicious.

AVOID 'EXTRA TIME'

If your child's spending a lot of time on FIFA 23 and seems less enthusiastic about other activities in their life, you could consider restricting how long they can play for each day with the parental controls in their device's settings. Even if they're not playing on their console or computer, there's a FIFA companion app for smartphones – but that can be limited through parental controls, too.

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time fan of the FIFA franchise, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Sources: <https://www.industryinsights.com/youngster-spends-over-8000-ffr-star-highlighting-predatory-gaming-designs> | <https://www.ea.com/uk/newsroom/questions-and-answers/ultimate-team-addictive-behaviour-gaming-disorder> | <https://www.bbc.com/news/health-56111111>



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.10.2022



London Grid for Learning have put together a new digital family agreement which I include below.

From <https://parentsafe.lgfl.net/digital-family-agreement>

"We recommend a family agreement to make clear what is allowed...or not, how much time you can spend on devices, and ground rules like no phones at the table or in the bedroom at night-time. Shared expectations will reduce arguments and keep everyone safe & healthy."



Source: <https://parentsafe.lgfl.net/digital-family-agreement>

Digital Family Agreement



| I will: | Why? | Parent/carer will: | Why? |
|-------------------------------------|------|--|------|
| <div>If there are any issues:</div> | | <div>If I'm worried by anything:</div> | |
| Signed: _____ | | Signed: _____ | |
| Today's date: _____ | | Date we will review this: _____ | |
| | | Download me again and find more support for parents at parentsafe.lgfl.net | |

Digital Family Agreement



| I will: | Why? | Parent/carer will: | Why? |
|--|------|---|------|
| <p>Check with mum before getting a new app or game or buying an add-on so she can check it's safe</p> <p>Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry</p> <p>Check with mum or dad before going live and explain what I can do to avoid any risks</p> <p>Not post or share any personal information, e.g. mobile, address, to stay private and safe</p> <p>Put my phone down when we're eating together or mum or dad want to talk, as it's respectful</p> <p>Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep</p> <p>Come off my devices an hour before bedtime to unwind and sleep well</p> | | <p>Put our devices down when you want to talk to me/us so we can model good behaviour</p> <p>Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk</p> <p>Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy</p> <p>Ask permission before sharing any photos of you, to respect your privacy</p> | |
| <div>If there are any issues:</div> <p>We will talk about it calmly and respectfully</p> <p>I may have to show you more about what I am doing on devices, or other consequences</p> | | <div>If I'm worried by anything:</div> <p>I can tell mum or dad and they won't judge me</p> <p>I can talk to Ms Patel at school</p> <p>I can contact Childline or The Mix</p> | |
| Signed: <u>Sophie</u> Mum Dad | | Signed: _____ | |
| Today's date: <u>24th March</u> | | Date we will review this: <u>24th May</u> | |
| | | Download me again and find more support for parents at parentsafe.lgfl.net | |