



Online Safety Newsletter January 2024

WhatsApp

You must be at least 16 years old to register for and use WhatsApp.

WhatsApp is a free messaging app that allows you to send messages, voice notes, photos and videos.

What should I be aware of?

Group chats: One of the key features is the group chat function. Everybody in the group, even if they are not one of your child's phone contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat. In settings, you can change who can add your child to groups. You can leave a group chat at any point so talk to your child and encourage them to leave any chat that makes them feel uncomfortable.

Location sharing: you can share your location on WhatsApp. Talk to your child about when this would be appropriate to use but also the potential danger of sharing their location, for example with strangers.

Blocking/Reporting: Show your child how to block and report other users or inappropriate content. You can find out how to do it based on your child's device here:

<https://faq.whatsapp.com/1142481766359885/>

Further information

NSPCC provide further advice and tips to help keep your child safe:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/>

New devices

If your child has a new device, have you set up parental controls?



Consoles

All consoles offer parental controls such as limiting the time spent on the device or restricting who your child can communicate with. Find out the specific settings below:

- **PlayStation:** <https://www.playstation.com/en-gb/support/account/psn-safety-parents-guide/>
- **Xbox:** <https://www.xbox.com/en-GB/family-hub>
- **Nintendo Switch:**

<https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>



Mobiles/Tablets

You can set up parental controls and restrictions on most mobile devices, which can limit what your child can access. Additionally, make sure appropriate settings are applied on the apps your child is using.

- Apple devices: <https://www.apple.com/uk/families/>
- Android devices: <https://families.google/familylink/>

Further information

Internet Matters provide a checklist here:

<https://www.internetmatters.org/resources/e-safety-checklist-getting-your-kids-tech-devices-set-up-safe>

LEGO Fortnite – PEGI 7

Lego Fortnite is free to play (in game purchases are available though). The game has been rated as PEGI 7, meaning that the content is suitable for children over the age of 7. However, you should be aware that this game can be played with up to seven people (or solo). Lego Fortnite is only accessible on Fortnite, so you must download the main game. When setting up an account, if your child is under the age of 13, then they will be given a 'cabin account,' therefore certain features will be disabled (such as communicating with other players) unless you override them.

Please ensure you set the parental controls as appropriate for your child, we also recommend setting the appropriate settings on the console itself.

There are two worlds available - Survival or Sandbox, you can find out more about each world here so you can decide which would be best for your child:

<https://www.lego.com/en-gb/themes/fortnite/lego-fortnite-parents-guide>

Please visit our #WakeUpWednesday: Online Safety on the School Website.
Plus Safer Internet Day 2024
All found on the AJS Website
www.Ashleyjuniorschool.co.uk

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety®

#WakeUpWednesday

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