

APPS



Apps can be a positive place for you to socialise with peers.

Many enable instant messaging, social networking and image sharing.

Some, like YouTube, can also be a great creative outlet. But consider:

- Privacy settings and age relevance
- Talking to them about the content they share
- Discussing the consequences of sharing messages and images.

Gaming is fun but be aware that it can be all consuming. Some things to consider:

- Use the gaming consoles' safety settings.
- Agree with your child how much time they can spend playing online.
- Pay attention to the PEGI (age) ratings and what they mean.
- Remember that some online games have inbuilt chat functions.
- Be aware that your child might use servers or 3rd party applications to access interactive online communities.

From the Online Safety Team: Online Safety at Villa Real School

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Remember, it's not the technology that's the problem, it's the bullies' behaviour.

Support young people by:

- Talking about bullying issues.
- Making sure young people know that they can turn to you for support.
- Reporting any incidents - it will help your child and others too.

Useful links & UK Safer Internet Centre tips:

<https://saferinternet.org.uk/guide-and-resource/cyberbullying-advice-for-parents-and-carers>

Anti Bullying Alliance:

<https://anti-bullyingalliance.org.uk/>

ENABLE Anti-bullying Programme:

<http://enable.eun.org/>

Broadcasting online brings an instant thrill that can be addictive.

Encourage young people to think about:

- Body image - talk to them about how they want to be perceived online and who their audience might be
- Privacy - how do they protect it? You can't edit something that is going out 'live'
- Age appropriate - is the site they're using appropriate for them? Most social media sites are aimed at 13 year olds and upwards. If not, is there a way to make it safer for them (e.g. YouTube Kids).

