



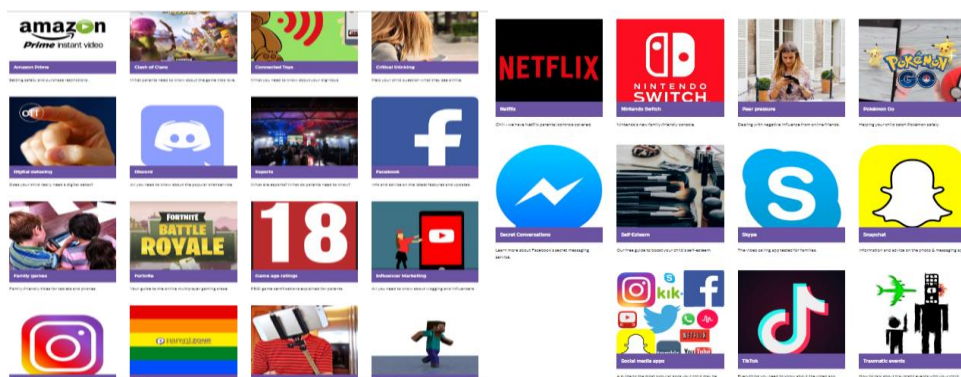
e-Safety Christmas Update



It's that time of year again and this year, more than ever, we find ourselves using online technologies to stay in contact with friends and loved ones. I have no doubt Santa will be delivering lots of amazing presents to our children too, including mobile devices and games consoles. These devices enable children to access a wealth of information and provide opportunities for communication, creativity and entertainment, all of which can enhance children's development and provide engagement. However, it is vitally important that parents and carers understand and manage children's access to any app, website or online game as there are also risks of harm through the deliberate behaviours of others online and exposure to inappropriate content.

A fantastic source of information is <https://parentzone.org.uk/advice/parent-guides>. This website provides easy to follow guides about a range of topics, apps and online games including –

- Online video streaming services such as Amazon Prime, Netflix and Disney+
- Popular online and multiplayer games such as Fortnite and Minecraft as well as newer apps such as TikTok and Among Us
- The most used social media and video chat apps amongst children including Instagram, Snapchat and Zoom
- What content to expect from games with PEGI age ratings from 3 to 18

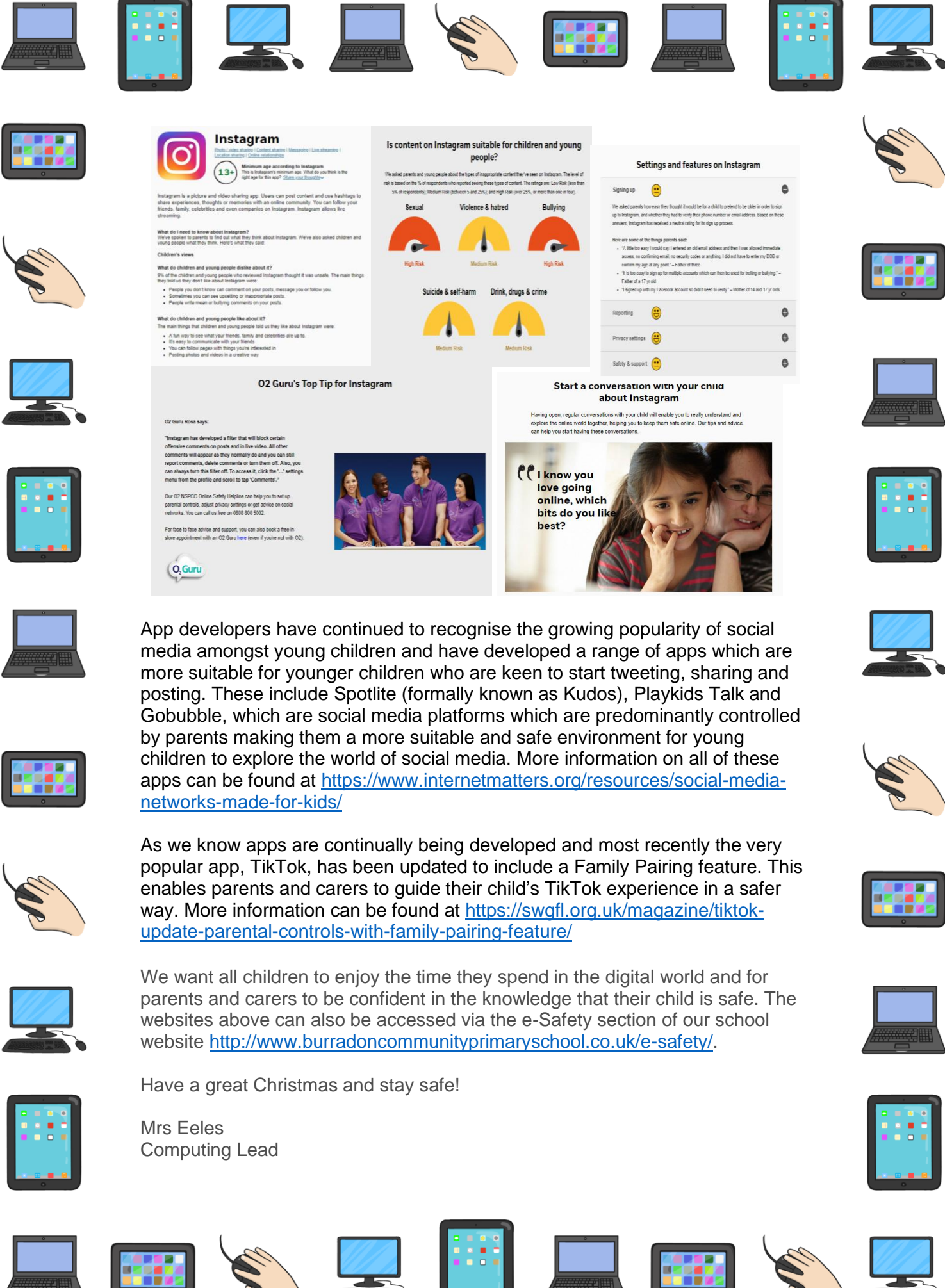


Another recommended source of information can be found at <https://www.net-aware.org.uk/networks/?order=title#>. This website is regularly updated with the most popular websites, apps and games currently being used by children and young people. It offers a vast amount of information including –

- Parents and children's views about the app or game
- The suitability of the app or game in terms of appropriate or inappropriate content
- What the settings and features of the app or game are
- Top tips for using the app or game
- How to talk to your child about using the app or game

It is definitely worth looking at before allowing children to install apps or engage in gaming.





Instagram

13+ Minimum age according to Instagram
 "This is Instagram's minimum age. What do you think is the right age for this app?" [Share your thoughts](#)

Instagram is a picture and video sharing app. Users can post content and use hashtags to share experiences, thoughts or memories with an online community. You can follow your friends, family, celebrities and even companies on Instagram. Instagram allows live streaming.

What do you need to know about Instagram?
 We've spoken to parents to find out what they think about Instagram. We've also asked children and young people what they think. Here's what they said:

Children's views

What do children and young people dislike about it?
 8% of the children and young people who reviewed Instagram thought it was unsafe. The main things they told us they don't like about Instagram were:

- People you don't know can comment on your posts, message you or follow you.
- Sometimes you can see upsetting or inappropriate posts.
- People write mean or bullying comments on your posts.

What do children and young people like about it?
 The main things that children and young people told us they like about Instagram were:

- A fun way to see what your friends, family and celebrities are up to.
- It's easy to communicate with your friends.
- You can follow pages with things you're interested in.
- Posting photos and videos in a creative way.

Is content on Instagram suitable for children and young people?

We asked parents and young people about the types of inappropriate content they've seen on Instagram. 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 is bad).

Content Type	Risk Level
Sexual	High Risk
Violence & hatred	Medium Risk
Bullying	High Risk
Suicide & self-harm	Medium Risk
Drink, drugs & crime	Medium Risk

Settings and features on Instagram

Signing up 😊

We asked parents how easy they thought it would be for a child to pretend to be older in order to sign up to Instagram, and whether they had to verify their phone number or email address. Based on these answers, Instagram has received a medal rating for its sign-up process.

Here are some of the things parents said:

- "A little too easy I would say. I entered an old email address and then I was allowed immediate access, no confirming email, no security codes or anything. I did not have to enter my DOB or confirm my age at any point." – Father of three
- "It is too easy to sign up for multiple accounts which can then be used for trolling or bullying". – Father of a 17 yr old
- "I signed up with my Facebook account so didn't need to verify". – Mother of 14 and 17 yr olds

Reporting 😊

Privacy settings 😊

Safety & support 😊

O2 Guru's Top Tip for Instagram

O2 Guru Rosa says:

"Instagram has developed a filter that will block certain offensive comments on posts and in live videos. All other comments will appear as they normally do and you can still report comments, delete comments or turn them off. Also, you can always turn this filter off. To access it, click the '...' settings menu from the profile and scroll to tap 'Comments'."

Our O2 NSPCC Online Safety Helpline can help you to set up parental controls, adjust privacy settings or get advice on social networks. You can call us free on 0800 800 5002.

For face to face advice and support, you can also book a free in-store appointment with an O2 Guru [here](#) (even if you're not with O2).

Start a conversation with your child about Instagram

Having open, regular conversations with your child will enable you to really understand and explore the online world together, helping you to keep them safe online. Our tips and advice can help you start having these conversations.

"I know you love going online, which bits do you like best?"

App developers have continued to recognise the growing popularity of social media amongst young children and have developed a range of apps which are more suitable for younger children who are keen to start tweeting, sharing and posting. These include Spotlite (formally known as Kudos), Playkids Talk and Gobubble, which are social media platforms which are predominantly controlled by parents making them a more suitable and safe environment for young children to explore the world of social media. More information on all of these apps can be found at <https://www.internetmatters.org/resources/social-media-networks-made-for-kids/>

As we know apps are continually being developed and most recently the very popular app, TikTok, has been updated to include a Family Pairing feature. This enables parents and carers to guide their child's TikTok experience in a safer way. More information can be found at <https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/>

We want all children to enjoy the time they spend in the digital world and for parents and carers to be confident in the knowledge that their child is safe. The websites above can also be accessed via the e-Safety section of our school website <http://www.burradoncommunityprimaryschool.co.uk/e-safety/>.

Have a great Christmas and stay safe!

Mrs Eeles
Computing Lead