

# OUR LADY'S

## E-SAFETY NEWSLETTER



# 2021

With Christmas just around the corner, we thought now would be a good time to discuss setting up appropriate parental controls for any new presents that your children may be lucky enough to receive, such as phones, consoles, tablets or laptops.

If you're anything like me, you may feel that you just can't keep up with all the new games being released onto the market for children and young people to play on their electronic devices. Well something that may help you is the PEGI website. This is a great way to check if a game is age-appropriate for your child, and it's free. Using the link below, you can see the PEGI rating of any new games (such as Roblox) to check that your child is old enough to be playing them. PEGI provides age classifications for video games and considers the *age suitability* of a game, not the *level of difficulty*. <https://pegi.info/>

Many children may be unwrapping new games consoles this Christmas. For any new consoles, it is important that you set up appropriate parental controls such as restricting spending limits and managing who your children can communicate with. We have compiled a list of the most popular consoles on the market, and provided you with links for easy-to-follow information about how to ensure you're "top of the class" when setting up your Parental Controls.

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

Xbox: <https://www.xbox.com/en-GB/community/for-everyone/responsible-gaming>

PS5: <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>



### Is your child playing games online?

Children can communicate online through lots of different apps, social media and games (Snapchat, WhatsApp, Instagram, FIFA, Fortnite for example), so it's important to know what your child is doing online and who they communicate with so you can talk about the potential risks together.

Some games include communication between players, this could be via the in-game text chat, direct messages or talking through headphones. Some games do offer the ability to switch communication off or restrict bad language so make sure settings appropriate to your child are set up for each of the games they play.



## Mobile Phones/ Tablets

Will your child be unwrapping a mobile phone or tablet this Christmas?

If so, then you might find the following information helpful. EE have launched PhoneSmart Licence, which is a free course to help prepare children for their new phone by teaching them how to stay safe and be kind online. PhoneSmart is free and available to everyone, not just EE customers.

Your child will work their way through 5 short sections and as they complete each episode, they will be rewarded with a sticker. Once they have collected all 5, they will be given their PhoneSmart Licence. In turn, you as

parents or carers can be reassured that they have learned the basics of phone safety before you let them loose with their new device.

The site also includes several useful articles to support you, for example what to do when buying their phone, information about parental controls and where to go for further advice. Follow the link below to access:

<https://eephonesmart.co.uk/>



As well as setting up parental controls on the device itself, remember to check any apps your child would like on their device, is it suitable for their age and review all settings and privacy options for each one. For the devices, use the available settings to prevent purchases, restrict content viewed and adjust privacy settings. Follow the links below to find out more:

**iPhones/iPads:** <https://support.apple.com/en-gb/HT201304>

**Google Play:** <https://support.google.com/googleplay/answer/1075738>

Further information tips and advice on setting up parental controls: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>



## Chatting to strangers

When playing online, your child might be playing games with people they don't know. It can be difficult to moderate online chat so ensure your child knows how to block and report other players that make them feel uncomfortable and that they know to talk to you or a trusted adult if they have any concerns.



## Further information

These additional links will provide you with further guidance and support regarding this topic:

<https://www.net-aware.org.uk/news/talking-to-people-online-when-should-i-be-worried/>

[https://www.thinkuknow.co.uk/14\\_plus/Need-advice/online-gaming/](https://www.thinkuknow.co.uk/14_plus/Need-advice/online-gaming/)