



Staying safe online



Back to school photos

With the excitement of a new school year and your child reaching a new milestone, many of us share photos of our child online without thinking about the associated risks. If you post online, then try following these basic rules:

- Don't post any photos of your child that show their school logo/name or recognisable places by where they live that can make it easy for people to find out their location.
- Never include your child's full name.
- Are there any other children in the pictures you share online? If yes, do you have permission from their parent/carer to upload it?
- Would your child be happy for your comment/photo about them to be online - remember what might be 'cute' now may be embarrassing to them in the future.
- Make sure appropriate privacy settings are on.
- Alternatively, you could just share photos with those who you really want to share the photo with (grandparents etc.) via WhatsApp or iMessage rather than via social media.

Roblox: new checklist

PEGI rate Roblox with a 'Parental Guidance' label (icon shown above). This is because of the huge level of user generated content within Roblox. It is rated for 'Teens' on Google Play and 12+ on the App store.

You can either use Roblox to create games or play games that other users have created. As a lot of the content is user generated, it may mean not all games will be suitable for your child to view/play. It is important to set up Parental controls appropriate to your child.

New Roblox Checklist

The 2023 Roblox Checklist created by SWGfL and the UK Safer Internet Centre in partnership with Roblox is now available to download here:

<https://swgfl.org.uk/magazine/new-roblox-checklist-available/>

Parent website—Parentzone

Parentzone have created a selection of visual resources to help parents talk about life online with their children, These are aimed at children who have a speech, language and communication need. You can find out more here.

[Talk:Tech resources](#) | [Parent Zone](#) | [At the heart of digital family life](#)

Further information

CEOP have published this article which includes advice on sharing photos of your child online:

<https://www.thinkuknow.co.uk/parents/articles/Sharing-pictures-of-your-children/>

Age ratings

There is so much that we can do online nowadays including playing games, chatting with others, watching TV or sharing our videos/ photographs. One of the ways we can help keep our children safe online is by checking age restrictions/ratings as detailed below:

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings': <https://www.cbbfc.co.uk/resources/viewing-films-safely-online>.
- **Video games:** PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It is important to note that PEGI do not take into consideration the chat facilities within games.
- **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and use them yourself to check their suitability.
- **Social Media networks:** All social media networks have a minimum age rating; they are all at least 13+.



Balancing Screen Time

LEAD BY EXAMPLE

Just like anything **children copy their parents' actions and behaviours**. If you set boundaries on your own screen, it will be easier for your children to do the same.

PHYSICAL ACTIVITY AND SLEEP ARE REALLY IMPORTANT



Make sure that screens aren't stopping these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for children to be active everyday.

AVOID USING SCREEN TIME AS A REWARD

This will elevate the status of screen time above other activities and like using food as a reward it **may encourage children to simply want more**.

Online resources for parents

NSPCC—[Keeping children safe online | NSPCC](#)

ThinkUKnow—[CEOP Education \(thinkuknow.co.uk\)](http://thinkuknow.co.uk)

UK Safer Internet Centre—[Parents and Carers - UK Safer Internet Centre \(Saferinternet.org.uk \)](http://Saferinternet.org.uk)

NDCS—[Online safety deaf children | Keep deaf children safe on the internet](#)