

NORBRIDGE ACADEMY



Welcome to the next edition of our monthly Online Safety Newsletter.

The newsletter will aim to highlight trends in gaming, social media apps and websites which prove popular with primary school aged children and equip parents/carers with the latest information to help keep children safe online.

This month our newsletter will provide information on You Tube, the risks of using mobile phones and accessing social media.



YOU TUBE

YouTube is intended for users over the age of 13, however, younger children can still access YouTube with consent from a parent/legal guardian. When giving your child access to YouTube, there are different options you could choose depending on your child's age:

YouTube Kids – this is a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

Supervised accounts – this is a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

- Explore - Generally for viewers aged 9+.
- Explore more - Generally for viewers aged 13+
- Most of YouTube - This setting includes almost everything on YouTube except for videos marked as 18+ and other videos that may not be appropriate for viewers using supervised experiences. Google have created a guide to show the differences between YouTube Kids and a Supervised account to help in your decision:

<https://support.google.com/youtube/answer/10315420>

My child wants to be a YouTuber

Many children want to start their own YouTube channel, but it is important to be aware of the potential risks and ensure that your child understands what information they should keep private and what to do if they receive negative comments. YouTube have produced these safety tips for teens when posting content: <https://support.google.com/youtube/answer/2802244>

You should be aware that there are different settings available when posting videos:

1. Public: anyone can view the video.
2. Private: video can only be viewed by users that you select.
3. Unlisted: only people who have the link to the video can view it.

What are the benefits and negatives of a YouTube channel?

Before allowing your child to start a YouTube channel, review the benefits and risks. This article discusses the pros and cons as well as provides recommendations to help minimise any risks: <https://www.brightcanary.io/should-your-kid-become-a-youtuber-weighing-the-pros-and-cons/>

Further information

<https://support.google.com/youtube/answer/2802272?hl=en-GB>

<https://parentzone.org.uk/article/youtube>

AMONG US

This game has been rated as PEGI 7, meaning it is not suitable for those under the age of 7. However, whilst the gameplay may be suitable, there are communication features available, where issues such as inappropriate language and bullying may arise.

Additionally, it is important to note that Among Us does have the option for in app purchases so please ensure that a password (that your child does not know) is required for all purchases.

Find out more about Among Us from Parent Zone:

<https://parentzone.org.uk/article/among-us>

The NSPCC discuss online games in more detail here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

FAMILY SCREEN TIME

Vodafone discuss screentime and what you should consider when setting your own rules in this useful article:

<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/screen-time-and-your-family-a-guide-to-what-works-and-what-doesnt>

BAND RUNNER

Band Runner is a fun interactive game created by CEOP to help 8-10 year olds learn how to stay safer online. Your child can play it here:

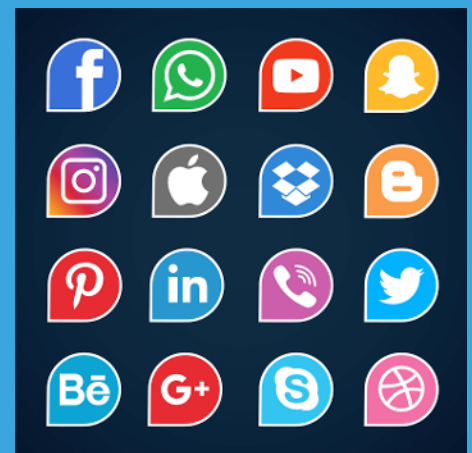
<https://www.ceopeducation.co.uk/parents/articles/band-runner/>

SOCIAL MEDIA ACCESS

Have you given your child access to social media but are now regretting that decision?

Bark have published this article to help you take back control by removing social media:

<https://www.bark.us/blog/removing-social-media/>



MOBILE PHONES - THE RISKS

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted.

Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://newsroom.ee.co.uk/ee-launches-age-guidance-for-smartphone-usage-in-drive-to-improve-childrens-digital-wellbeing/>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age: <https://smartphonefreechildhood.co.uk/>

What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>



DESIGNATED SAFEGUARDING LEADS



Miss R. Jackson
Senior Safeguarding Lead



Mrs S. Townsend
Deputy Safeguarding Lead



Mrs E. Williams
Designated Safeguarding Lead



Mrs L. North
Designated Safeguarding Lead



Mrs K. Whittington
*Designated Safeguarding Lead
DT for LAC Children*

If you have ANY concerns
regarding a child,
please contact a DSL on
01909 472322
or contact the MASH Team on
0300 500 8090.