

Online Gaming

Gaming online can pose unique risks to children such as bullying, trolling, scams and in-app purchases. Making sure strict parental controls are in place and ensuring you know the content, theme and access for the game are all good starting points to protect your children. Playing the game yourself, or alongside your child (ren), can also not only help parents / carers and children spend time together but allow you to really understand the potential risks.

Where you can find out more information

<https://ctking.npcat.org.uk/online-safety/>

<http://www.nspcc.org.uk/onlinesafety/>

<https://www.childline.org.uk/>

<https://nationalonlinesafety.com/guides>

<https://saferinternet.org.uk/guide-and-resource/>



Online Safety A Parent's Guide



Christ Be Our Light and Our Guide

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Technology can move at a very fast pace and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.

What can you do to protect your children?

It is **essential** that parents and carers support their children to make good decisions about how to keep safe online. This will help protect them from being exposed to upsetting or inappropriate content, being at risk of grooming or being exploited criminally or sexually.

Listed below are some top tips for how to best protect your child online:

1. **Start Talking.** Regular conversations about what your child is doing online stops it from feeling secretive or scary, making online safety just part of any regular chat. Try asking them what they like to do online and how the games or videos work. Show an interest, just as you would with their other interests or hobbies.
2. **Who is your child in contact with online?** If you do not know any of the people your child is communicating with then you should question whether it is appropriate for your child to be in contact with them. How does your child know the person is who they say they are, if they have never met in real life?
3. **Sharing Information.** Remind your child that they should not share ANY personal information online.
4. **Manage Access.** Restrict what your child can view online by using parental controls and privacy settings.
5. **Ask for Help.** Remind children that it is okay to ask for help and that this is the sensible thing to do if they are unsure, worried or scared by anything.

Know your limits

One of the main risks posed online comes from children accessing apps that are not appropriate for their age. The age limits are there to help protect children from viewing upsetting, or age inappropriate content. But what are the age restrictions on some of the most common apps?

Instagram	13	SnapChat	13	Fortnite	12
Facebook	13	YouTube	13	WhatsApp	16
TikTok	13	Reddit	13	Minecraft	7
Twitter	13	Discord	13	Tumblr	16

As you can see, most apps have an age restriction of 13 to stop companies being able to track data on children; it is for their safety that the age restrictions are in place.