

## Age guidance

All apps have been provided with a PEGI age rating. This gives guidance to which age their content is appropriate for.

It is up to you as the parent, to decide what your child is exposed to. It is recommended to follow these ratings to reduce desensitisation, to strong content, and psychological damage later in life.

 <p>3 www.pegi.info</p>	<ul style="list-style-type: none"><li>– Suitable for all age groups.</li><li>– Comical forms of very mild violence.</li><li>– No scary or frightening images.</li><li>– No bad language.</li></ul>
 <p>7 www.pegi.info</p>	<ul style="list-style-type: none"><li>– Suitable for ages 7 and older.</li><li>– May contain mild cartoon or non-realistic violence.</li><li>– May contain elements that can frighten younger children,</li></ul>
 <p>12 www.pegi.info</p>	<ul style="list-style-type: none"><li>– Suitable for age 12 and older.</li><li>– May contain violence in a fantasy setting.</li><li>– Some coarse language.</li><li>– Mild sexual references or gambling.</li></ul>
 <p>16 www.pegi.info</p>	<ul style="list-style-type: none"><li>– Suitable for 16 years and older.</li><li>– May contain explicit violence and strong language.</li><li>– Use of sexual references or content.</li><li>– Gambling and drug use references.</li></ul>
 <p>18 www.pegi.info</p>	<ul style="list-style-type: none"><li>– 18 years or older.</li><li>– Contains graphic violence.</li><li>– Strong sexual content.</li><li>– use of discrimination.</li><li>– Glamorising drug use or gambling.</li></ul>

Websites also have a recommended age for access and interaction. Most social media websites have a **minimum age requirement of 13 years old**. This is set in order to protect younger children from harmful content and the potential risks of projecting your life, into the public.

**If you decide to sign them up yourself, you are legally liable for any of their actions on these social platforms.**

## Further information and useful links

### Parent Zone

Guides to latest apps and news on the latest worrying trends.

[www.parentzone.org.uk](http://www.parentzone.org.uk)



### ThinkUKnow

Age appropriate video guides for parents and children, detailing the risks of online activity.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### Internet Matters

'How to Guides' for researching apps and any safety concerns.

Conversation starters about online activity.

[www.internetmatters.org](http://www.internetmatters.org)

**internet  
matters.org**



### NSPCC

Advice on staying safe and promoting wellbeing.

It also provides online training.

[www.nspcc.org.uk](http://www.nspcc.org.uk)

# Online Safety



**A quick guide on how to keep children safe online.**

## Railways

We have the oldest railway network in the world; the first national trains started running in 1830s. We built our lives around this network and other countries have learnt from our mistakes.

International railways can be adapted to suit their modern lives, whilst our network is costly to run and would be extortionate to modernise.

The internet is still in its youth; like an early railway with new connections and apps being built all the time, without much thought or consideration.

Our generation is trying to adapt around it, but what will future generation's make of it?

Online safety is something we all need to think more about. Not only for our children, but also ourselves.

## Roads

We spend a lot of time teaching our children about the safety of roads. Even before the green cross code, we identified the road as a dangerous place and to hold hands with each other when near one.

However, we happily hand over items just as potentially dangerous and allow unsupervised use. There is a large majority of adults in this country who would not give a second thought to the risks of the online world, and yet we would hesitate to let child play on a busy road.

Children will still take risks; accidents can happen and mistakes can be made. This may never happen to your child, but we still need to educate them to be safe and ensure they talk to us.

## Three rules

Three simple rules, which we can apply to a range of situations online and offline:



### Zip it

- **Not sharing personal information** *i.e. address, passwords, names*
- **Not saying unkind words.**
- **Think before you share.**

### Block it

- **Walk away from people being rude.**
- **Block people you don't know.**
- **Ignore abusive messages.**



### Flag it

- **Talk to an adult about anything that makes you uncomfortable.**
- **Talk to an adult if you see anything worrying.**

## Rules for ourselves

- **Check settings** - Privacy settings need to be kept locked to private and friends only. Keep control.
- **Consider what you share** - Personal information could be pieced together and abused by others.
- **Children's information** - You are starting off their digital footprint, which will never disappear. A funny picture now could haunt them later.
- **Sharing pictures in school uniform** means they are easily recognisable, this should be avoided.
- **Act as a good role model** for online behaviour.

## Ground rules

- **Talk** - Just as you might ask about their day, talk about what they do online and who they talk to.
- **Supervision** - Don't allow children to use devices alone, supervision is the first line of defence. Electronic devices are not a baby sitting tool or part of bed time routine.
- **Parental controls** - The next line of defence is to make sure these are set on mobile devices and the home broadband.
- **Passwords** - Keep private to yourself, so settings cannot be changed or an app purchased without permission.
- **Screen time** - Limit the time children are allowed to spend on devices. There are some useful apps around to help with this.
- **Learn together** - Research shows children will not talk to adults, as they feel they do not understand. Take some time to learn with your child.

## Setting up devices.

- **Disable location services, to reduce the risk of it being unintentionally shared.**
- **Set your own password, keep it private and change regularly; you can monitor the apps which are to be downloaded.**
- **Disable in-app purchases; to prevent large bills.**
- **Install screen time control app and discuss**

## If it goes wrong...

- **Hopefully, talking to your children has raised any issues before they get too serious.**
- **Stay calm, shouting will not help.**
- **Discuss the issues with your child.**
- **Talk to your child's school.**