



# Wise Owls IT

## Online Safety Newsletter

Summer 2022

### BEHAVIOUR ONLINE

Children are spending a lot more time online than ever before; playing games, using social media platforms, such as, snapchat or Instagram, and watching YouTube video subscribers etc).

It is important that we discuss with our children the right behaviours to use online, and what is not acceptable from other users.

#### What your child needs to know!

- The awareness of what others may post online is not always real. People will only post what they want you to see, with images being filtered.
- **Being kind online;** posting positive comments and treating others kindly, as they would expect to be treated and not to say anything they would not say in real life.
- The safety process: to Block and Report!

#### Further information

[Talking child online safety with the NSPCC](#)



### PARENTAL CONTROLS

How do you set-up the parental controls for your child's online gaming consoles? Different consoles allow you to restrict the amount of time spent online, and the communication allowed once connected. The controls will vary depending on the console but the below links will guide you to activate the correct controls.

#### Xbox

An app can be downloaded to help you manage your child's gaming activities. Click on the link for further details: [Xbox family settings](#)



#### Nintendo Switch

A free app is also available from Nintendo, to monitor what and how your child is playing online. Click on the link for further details: [Nintendo Switch family controls](#)



#### PlayStation

Within your Family Manager account you can set-up a separate account for your child to tailor their experiences. Click on the link for further details:

[Playstation Safety Parental Guide](#)



### BUILD AND TALK

[LEGO® Build and Talk](#) has been created to make talking with your child about digital safety and wellbeing, more accessible. By choosing from a selection of activities, you can build LEGO® as you read a story together, allowing questions and prompts to assist with their understanding of online safety.



## VIDEO GAME RATINGS



PEGI ratings provide age appropriate classifications when you're looking at new games for your child. The rating should provide you with the guidance on whether they are suitable to be played by, or in front of your child. These classifications take into account the age suitability rather than difficulty of play; however, they do not include the content the user creates, nor the use of chat forums within the games. IT is therefore important to monitor your child's online usage, setting appropriate parental controls and managing their communication.

For further PEGI information click on the following link:

[PEGI Public Site](#)

## COPING WITH WORLD NEWS

Children are seeing more coverage of traumatic world events online, in the news or on social media. For any child this can be upsetting, especially following the pandemic and seeing the distressing events in Ukraine.

Below are a few suggestions for helping you and your child make sense of what they see.



### 1. Feeling of calmness

Children pick up on our emotions easily; it is important to avoid feelings of anxiety or being frightened. Providing a safe secure place to talk, allows a sense of comfort.

### 2. Space to talk

Allow children the time to process their thoughts and feelings. By providing opportunities to talk for as long as they need, will help to prevent confusion. Not understanding may entice your child to look elsewhere which may be unreliable.

### 3. Listen

By listening to your child's views you can guide and encourage them to question and verify the information they read or hear.

### 4. Keep it simple

Be brief in your explanations, making it age appropriate. Be honest, don't speculate and provide:

### 5. Reassurance

Their feelings and reactions are normal and okay. Continue with your family structure and routine; it provides a sense of comfort.

## KEEP YOUR PASSWORD SAFE!

More and more people are having their accounts hacked. It is important that you discuss password safety with your child. Explain the risks of sharing their password with others and that in the hands of others, their details can be changed, they can be locked out of their account and the account can be used inappropriately.

### What your child needs to know!

- Use a different password for each account
- Don't write it down, have it visible or share with others
- Don't use personal names, dates or other familiar words
- Try to include special characters, numbers and upper and lower case letters.



## DIGIDUCK® STORIES

The new Digiduck® Collection of stories and resources, is available on Childnet. There are a range of activities, including an interactive app, to help you educate your child about online safety. Join Digiduck® and his buddies as they negotiate friendship, responsibility and critical thinking!



Visit: [Digiduck® Stories](#) for more information



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