

St Gregory's Catholic Primary School

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We are very pleased to announce our Digital Leaders this year are Jacob, Joshua, Patryk, Lily, Chloe, Henry, Taye and Shay.

Over the year, our Digital Leaders will write their own newsletters to the children and present assemblies about how St Gregory's can keep safe online.

Digital Wellbeing

Childnet.com have released some great resources which discuss digital wellbeing.

Children aged 7-11 have become increasingly independent users of technology and the internet with many of them owning their own devices. Their online use will consist of many of the same activities as younger children (gaming, watching video content) but they may be independently accessing content which is intended for an older audience and beginning to explore the use of social media through services like Tik Tok, Snapchat and Instagram. This access to online content which is intended for older users and desire for independence when going online could mean they are at an increased risk of seeing inappropriate, worrying or upsetting content which could impact on their digital wellbeing.

5 top tips for supporting children aged 7-11 online

1. **Discuss how using technology makes us feel** - As a family discuss how using technology and going online can make you feel. Discuss how you know you have been online for too



Useful Websites

www.saferinternet.org.uk

www.net-aware.org.uk

<http://www.kidsmart.org.uk/>

www.internetmatters.org

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

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

www.childnet.com/resources/smartie-the-penguin – A great online safety story for 3-7 year olds.

www.childnet.com/resources/digidu-cks-big-decision

<https://www.childnet.com/resources/how-to-restrict-in-app-purchases-1> - A guide on how to restrict in-app purchases.

<https://www.internetmatters.org/advice/esafety-leaflets-resources/>

- long, considering physical, emotional and device-level factors, e.g. headaches, feeling grumpy, device battery is now low.
2. **Give technology a purpose** - It is important that we use technology for a purpose rather than unconsciously engaging with it which may lead to extended use. A good example of this would be using a tablet to find a recipe online and then putting it down to cook instead of looking for a recipe and ending up scrolling through endless pages online.
 3. **Establish boundaries** - Why not try using our [family agreement](#) to create a set of rules or boundaries to help keep your whole family safe online. At this age children can contribute their own ideas for safe use of technology and may respond more positively to rules which have been created in partnership with them. For more information on how to put the family agreement into practice with children of different ages please visit the [family agreement blog](#) which can be found on <https://www.childnet.com/parents-and-carers/hot-topics/digital-wellbeing/7-11-year-olds->.
 4. **Use parental controls** - Make use of the controls available to ensure that the internet is a safer space for your child to explore. You can set up parental controls on devices, on your home internet connection and even on a mobile phone network. Visit [Internet Matters](#) for more detailed information per service, app and device. Remember that parental controls should form part of a wider approach to keep children safe online and not be used as a replacement for discussion and involvement.
 5. **Be supportive** - It's important that children know who they can turn to for support and that they feel listened to and supported if anything ever does worry or upset them online. Make sure children know who all the trusted adults are that they can ask for help, whether it's at home or at school.
 6. **Stay informed** - It's important that you know what to do or where to go to find out if ever your child does need help with something that is worrying or upsetting them online. Visit the ['Need help?'](#) page on www.childnet.com for parents and carers for more advice, support and reporting routes.

A parent's guide to Fortnite: Battle Royale

We would like to provide some information from www.saferinternet.org.uk about Fortnite, which is becoming a popular game among children at the moment.

What is Fortnite?

Fortnite is an online game, which includes Battle Royale, where players do not have to pay to play. In Battle Royale, 100 players compete against each other to be the last person standing in player vs player (PVP) combat.

What age rating is Fortnite?

Fortnite has a PEGI rating of 12, [PEGI](#) have said this is due to the: *'frequent scenes of mild violence. It is not suitable for persons under 12 years of age'*.

This PEGI rating only takes into account the content in the game and not the contact element, where players may be exposed to swearing and offensive language from strangers, either through audio or on-screen text chat.

What do I need to know?

You need to create an account

In order to play Fortnite you have to create an account. To create this account you need to provide an email address (which you will have to verify) and display/user name. However you are not asked your age in order to create an account.

You are playing against other players

As Fortnite is an online game you will play against players of different ages from across the world. You cannot turn the in game chats off or choose who you play against.

You can make in game purchases

Although Battle Royale is free to play, other aspects of the game are not. There are packs which give you different access to the full game and extensions, bonuses and weapons. These start at £34.99 and go up to £119.99. The game does ask players to make additional in-game purchases whilst playing, though these are not required to play the game.

There is animated violence

Fortnite does feature violence when players are in combat with each other, the animation of the game is very cartoonish, and the violence isn't bloody or gory. However, it is worth noting that the aim of Fortnite is to defeat other players by fighting against them.

Where you can play

Fortnite is currently available on PC, Mac, PlayStation and Xbox, and will soon be available on IOS (apple products). It is downloadable from the Fortnite website, this download gives access to both the free and paid for versions of the game.

Our advice

- **Have an open and honest conversation with your child**

It's important to involve yourself in your child's online life and a simple and effective way to this is by talking to them about their life online. Try to maintain an open dialogue with your child and find opportunities to talk to them about what they love to do online.

Parents can help children access the amazing resources the internet has to offer whilst keeping them safe online at the same time.

Asking your child about how they play Fortnite and what they like about it is a great way to start a conversation. The conversation starters on www.saferinternet.org.uk can help you to have this conversation.

- Play with them

It may seem daunting, but one of the best things that you can do is to engage with the gaming

environment and begin to understand what makes Fortnite so attractive to young people, as well as giving yourself an idea of the reporting tools available within the game.

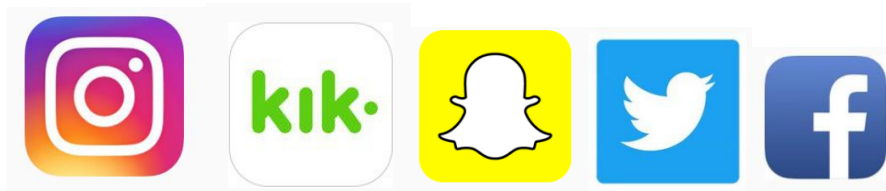
- Know how to make a report
On Fortnite you can report players who are behaving inappropriately by using the in-game feedback tool located in the game Main Menu, **you can also make a report by emailing the creators of Fortnite.**
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Apps and social media

www.net-aware.org.uk have reviewed Apps most commonly used. The apps recommend the below minimum ages of when each app should be used:



The minimum age to use the below apps is 13.



The minimum age to use WhatsApp is 16.

Net Aware's research asked children what they dislike about social media platforms such as Twitter. 15% of the children and young people who reviewed Twitter thought it was unsafe. The main things they told us they don't like about Twitter were:

- Seeing inappropriate content
- It can be used for bullying people
- It's hard to know what's true

Please ensure that you monitor the apps your child is using at home and that apps are age appropriate.