E-SAFETY

PREPARING CHILDREN WITH IMPORTANT SKILLS
FOR THE DIGITAL LANDSCAPE OF THEIR FUTURE
IN A SAFE AND FUN ENVIRONMENT!

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ACADEMY
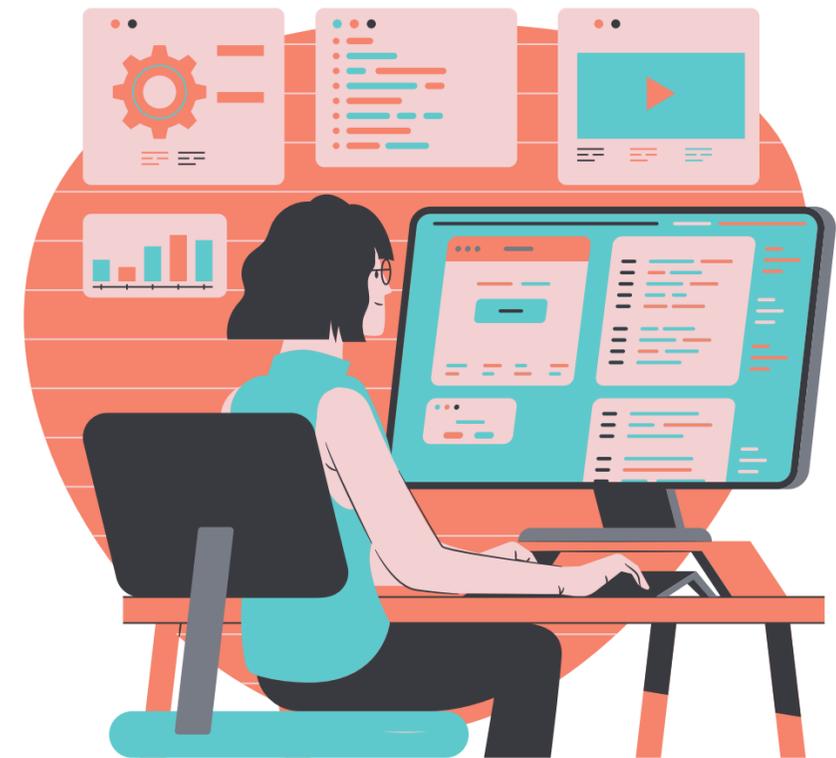
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THE BASIC RULES

1. I will not give out personal information such as my address, school, clubs, telephone number, parents' work address/telephone number without my parents'/teachers permission.

2. I will tell an adult right away if I come across something that makes me feel uncomfortable. An adult should listen to you without judgement! We just want to help you! I will also report it if there is a report option.

3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring a parent along.

4. I will talk with my parents/a responsible adult about posting pictures of myself or others online and not post any pictures that they consider to be inappropriate. I will not post pictures that give away personal details unless given permission by an adult (in front of school, home, street signs or uniform on). I will not post pictures of others without their consent.

5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell an adult right away.

6. I will talk with my parents so that we can set up rules for going online and using a mobile phone. We will decide upon the time of day that I can be online, the length of time I can be online and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

7. I will not give out my passwords to anyone (even my best friends) other than my parents.

8. I will check with my parents/ a responsible adult before downloading or installing software/apps or doing anything that could possibly hurt our computer or mobile device or jeopardize my family's privacy.

9. I will be a good online citizen and not do anything that hurts other people or is against the law.

10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

HOW TO GET SUPPORT OR REPORT

The digital world can be unsafe sometimes if we do not use it correctly, or just because someone else is not using it correctly. People could try to make us do things we do not feel comfortable with, say inappropriate things, or be very mean.

The most important thing you can do is tell a parent/guardian/teacher. We are all here to help you, not judge you or get cross. Your safety is very important for us, more important than how we may feel. We can help solve problems with you.
And if we dont know how, we probably know someone who will know how to help!

If you cannot tell an adult straight away here are some things you can do yourself, these also apply if you are worried about a friend or someone else :
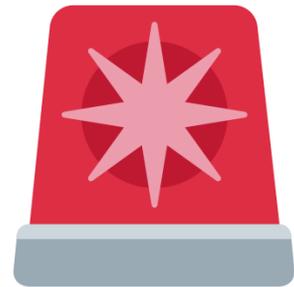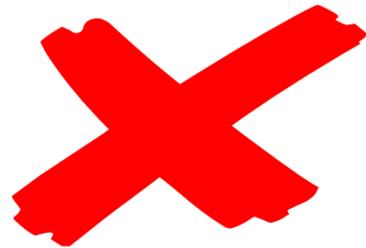
Block and Report in app/platform. Most apps, games, consoles, and social media platforms have a system to report abuse/bullying:
https://bulliesout.com/need-support/young-people/cyber-bullying/report-bullying-abuse-social-media/

If someone is bullying, threatening or asking you to do things that you know are not right, report it to the police:
https://www.ceop.police.uk/ceop-reporting/

If you are unsure what to do about a situation that has happened online or think it could be wrong but not sure you can ask an adult or call Childline:
0800 1111

You can prevent strangers from communicating with you by making your social media pages private, and by making your gaming accounts friends only (Then only accept people you know who request to be friends). If you need help to do this you can always ask an adult.

HOW TO GIVE SUPPORT

Parents, we know it can be scary to give your children some digital freedom. Whilst we know the importance of parental controls, and strategies, we also know that we have to prepare children to cope with the digital future that lays ahead of them, rather than just completely restrict them and fail to equip them with the tools and learning for a safe future.

We also know that some children's digital knowledge is more superior than that of their parents/guardians, or that some children will do stuff without an adult knowing. We do not encourage incorrect use of technology, however we also believe in being realistic.
We are sure you are already doing a great job, however if you do need a few tips (because we all sometimes need a little help or more knowledge), here are ours for you:

1. Create a safe space/ environment for your child to talk to you about their daily online world without judgment, so that you can advise them, and have more chance of knowing what they are really doing online.

2. Create rules for the digital world together (including discussing legal ages of certain apps/games, a schedule etc) so that the child feels they have some ownership in the rules they have created for themselves, this can encourage creating rules for themselves in the future.

3. Talk about the content in this booklet together, and the why's of your own rules for your child. This will develop their understanding of being safe online rather than just their ability to follow someone else's rules. We want to build the characteristics for being safe online even when no-one else is watching.

4. Play games/ get involved with your child's online life! The digital world is only going to become more prominent in the future, so learn with them and stay up to date with them. This will help you adjust your knowledge and rules according to the changing landscape and tech advancements.

SOCIAL MEDIA VS REALITY

Just because there is a video, picture, or piece of writing online, it does not mean it is true! Did you know that camera tricks and angles are easy to do! Anyone can write or make a fake video and post it online. Anyone can photoshop images and make themselves look completely different with angles, lighting, and filters!
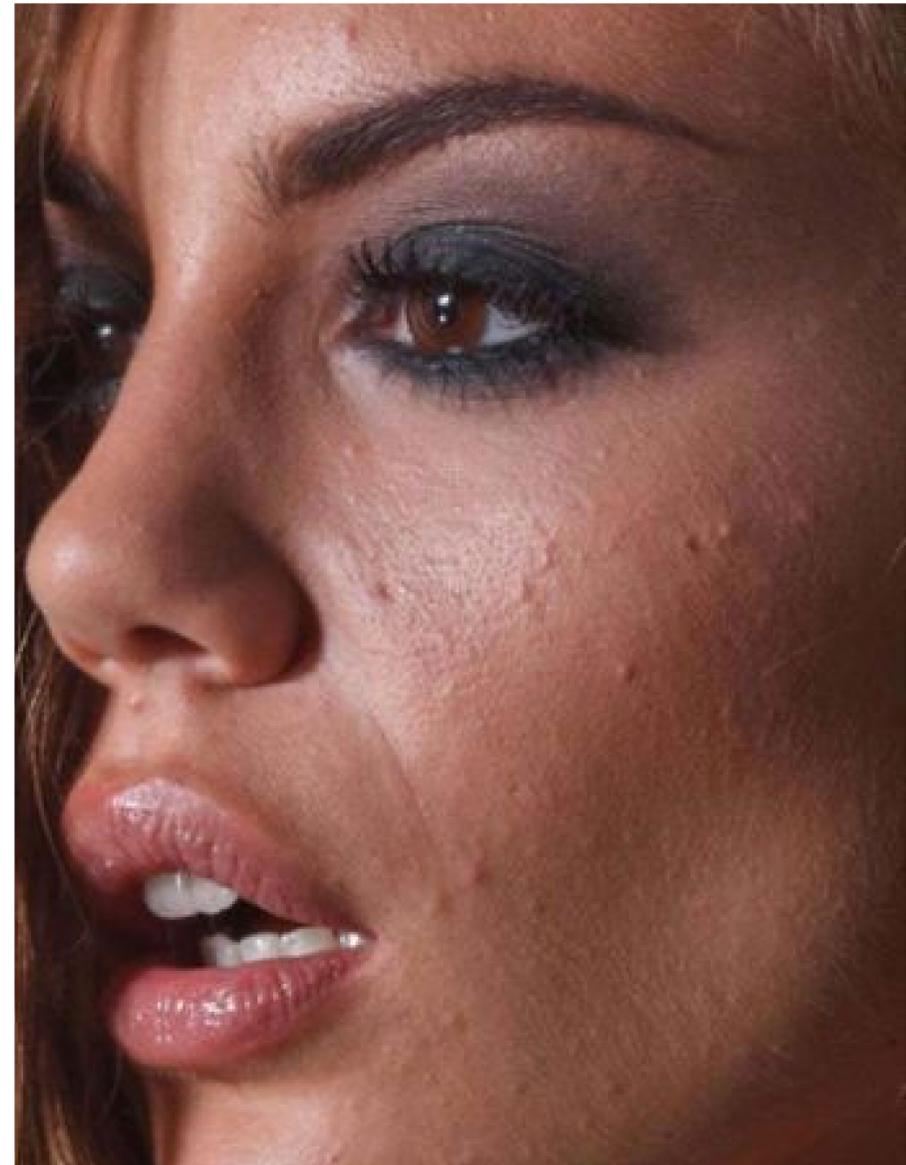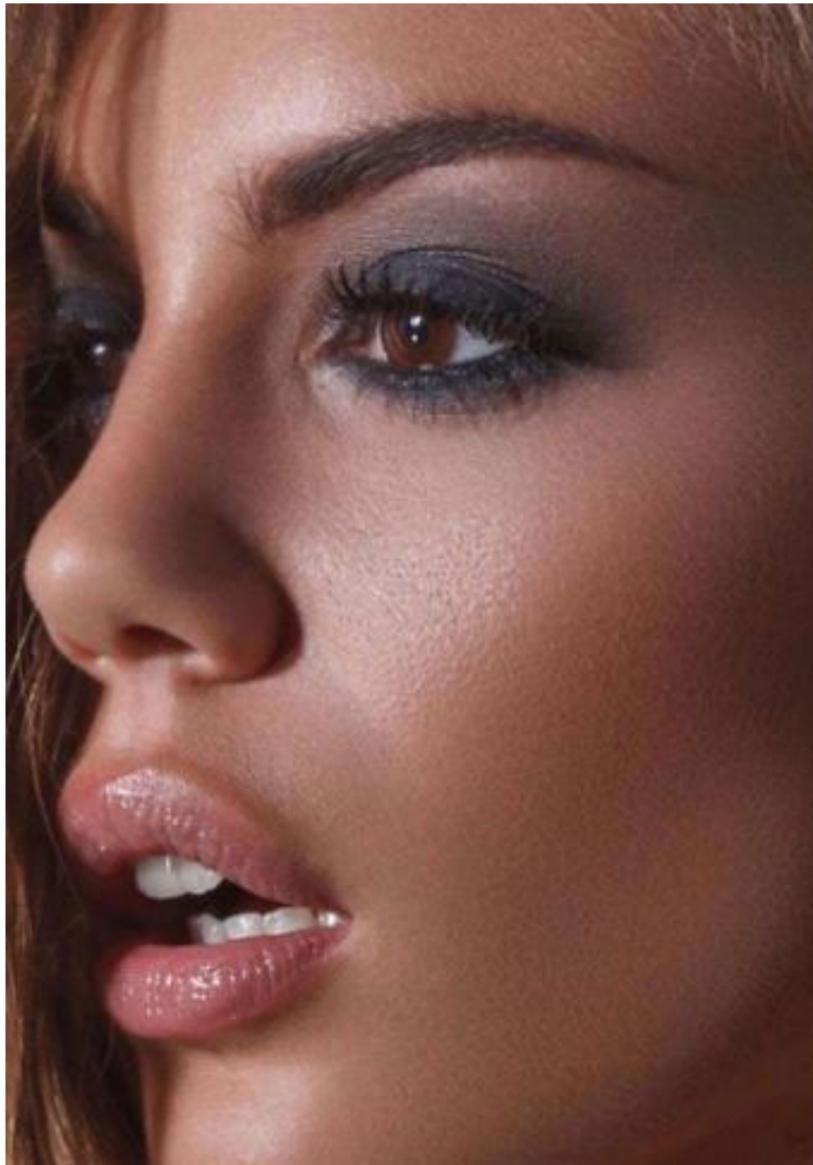
HEALTHY BODY & HEALTHY MIND
FOR PEAK GAMING & DIGITAL PERFORMANCE!

We understand your love of tech and gaming. We love it too, and if used correctly it is a world of opportunity and creativity! However, even our E-sports friends who game competitively as their job will even tell you how important it is not to neglect your mental and physical health.
Here are some core rules for living in the digital world that Pro Gamers would recommend:

1. **Take regular breaks from screens, and schedule in exercise and time outdoors and with friends in real life!**
2. **Get lots of sleep, if you do not sleep you are not going to play to the best of your ability on your favourite games.**
3. **Eat healthy food and stay hydrated. If you are not nourishing and hydrating your body your brain will become slow and your opponent will find it easier to beat you on games, and your digital work will not be as good!**
4. **If you are feeling angry or sad come off the games/technology, talk to a parent/trusted adult. To be at your best you need to be enjoying it and looking after your mental health**

ANOTHER BIT......LEGAL AGES FOR CERTAIN GAMES, SOCIAL MEDIA AND OTHER APPS

Tiktok - 13 years old
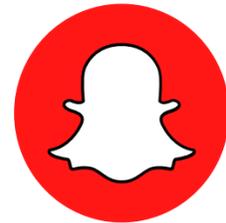
INSTAGRAM - 13 Y/O

FACEBOOK - 13 Y/O

TWITTER - 13 Y/O

WHATSAPP - 16 Y/O

SNAPCHAT - 13 Y/O

FORTNITE - 12 Y/O

MINECRAFT - 10 Y/O

CALL OF DUTY (OR COD) - 18 Y/O

ROBLOX 7 Y/O

There are so many other apps and platforms out there, so if it is not on this list, you can google it, or check in the app store what the age requirements are.

Some platforms have kid specific options (such as youtube kids), but even where an app/platform is deemed suitable for children, that does not mean that the child is 100% safe! Inappropriate videos can still be uploaded to Youtube, and adults can still talk to children through roblox!

This is why it is so important to create a culture of open communication with children free from judgement. Also where appropriate make use of relevant parental control tools.

ONE LAST THING

The Metaverse is here, and with this there is more opportunity to accidentally use the parents google pay or bank accounts, Interact with strangers in a far more intimate way online, and come across more content. Examples : Roblox, Fortnite, Occulus/Meta Horizon, Sandbox, crypto embedded and more usable, NFT's, Discords and more.

Children should not be on Discord!
You should ensure your children know this applies to Virtual Reality games, and any platform that allows interaction with another person or even AI computer (as this retains data).

We recommend parents also speaking to children about anything transactional online should always be given permission by an adult. Most things can be addressed by insuring password protections on any crypto wallets, google accounts and do not save your bank details to any apps.

But also the metaverse can be an exciting place with new opportunities. So do research into it and figure out what opportunities are suitable for you child with the information in mind provided in this booklet. The metaverse is essentially just an advanced version of the internet with new art, currencies, and transactional and gaming formats. So most of the rules set out still apply!
We will provide you with a Crypto & NFT advice booklet soon!