

E-SAFETY NEWSLETTER



Managing Screen Time

Managing Screen Time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

<https://www.internetmatters.org/issues/screen-time/protect-your-child>

Fortnite Battle Royale

Fortnite Battle Royale is rated PEGI 12 because it features moderate violence which means it is not suitable for persons under 12 years of age.

It is important to remember that when rating games, PEGI do not take into consideration the communication features of a game. Fortnite does include a chat facility, which adds further risks.

What do I need to be aware of?

- **Chatting to strangers and inappropriate language:** Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any inappropriate behaviour
- **In app purchases:** All users can purchase V-Bucks directly through the game so make sure you don't store your card details within the game/device and restrict purchases.

Fortnite includes several parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings. Also, remember to set up age-appropriate parental controls on the device your child is playing on.

Users of this guide do so at their own discretion

Instagram

You will probably know that Instagram is used to post photos and videos, but did you know that it can also be used to message, voice/video call and send disappearing messages? Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos)

You must be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but it is not verified). When you set up an account for users under 16 years old, the account is set to Private. This is the recommended setting so that your child approves who follows them and sees their content. Even if your child's profile is private, their bio (at the top of their profile) can still be seen by everyone. Check they have not included personal information here e.g. they should not be wearing their school uniform in their photo.

Instagram includes several privacy settings, so go through these with your child and ensure they are set appropriately. Settings include:

- Messages/Group chats – set who can message you/add you to groups.
- Story replies – you can turn this off or choose who can message you.
- Hidden words – turn this option on to hide comments/messages that may be offensive. You can also add your own custom words or emojis.

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it



Supervision

You can set up supervision on your child's (aged 13-17) Instagram account.

This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you.

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Other Information

Google Family Link

This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
 - Approve or block new app downloads.
 - Set screen time limits.
 - Find their location (using their device).
- You will need to download an app and then decide appropriate settings.

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

Artificial Intelligence (AI)

It can be difficult to keep up to date with new technologies and to know if there are any related risks that we need to be aware of when using new technologies. AI is being talked about a lot, so it is worthwhile learning more about it now to help support/answer questions if our children show an interest

Twinkl provide a brilliant overview of AI here:
<https://www.twinkl.co.uk/blog/parents-guide-top-tips-for-navigating-generative-ai-safely-with-kids>

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