



ONLINE SAFETY

ORCHARD PRIMARY AND ALBAN WOOD'S ONLINE SAFETY NEWSLETTER



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The importance of age restrictions.



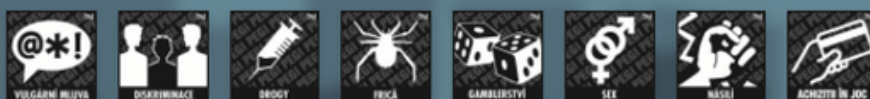
As the technological era grows and new apps and games are released, the dangers of your child becoming exposed to inappropriate content also increase.

To help avoid this, age ratings are put in place to help users (and parents) recognise what is suitable content for apps, online content and online platforms.

TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS



THE CONTENT DESCRIPTORS



HIGHLIGHTS

- The importance of Age ratings and online safety.
- limiting 'Screen Time' and using devices effectively.

Online Games

PEGI is the standardised way of providing games with an age rating in the UK and Europe. Here, it is a legal requirement for a game to have a PEGI rating. But note: the age rating provided by PEGI is a recommendation; children under 18, for example, can't legally buy an 18+ game, but it is not illegal to play.

The games you let your child use in ultimately your decision based on your understanding of the games content.

For more information about the PEGI rating, click the link

[here](#)

Screen Time

Does age make a difference?

Guidance published by the royal college of child health suggest that families should negotiate screen time based on the needs of their child and how they use their screens.

It is important for children to think about their own screen time and to set their own boundaries.

For more information regarding screen time click [here](#).



Different devices

Passive consumption: Watching TV, reading or listening to music.

Interactive consumption: Playing games and browsing the internet.

Communication: video chatting and social media.

Content creation: using devices to make art or music.

It is important to find a balance of online and offline, while also finding a balance within the devices used, as this can provide a good way to improve your child's mental well being when used appropriately.

Thank you for your help and support.