



Fulfen E-Safety Newsletter

Autumn Term

Focus on: Social Media & Digital Footprints

Regardless of the minimum age allowances for social media sites, a recent study by Ofcom has found that:

"A majority of children under 13 had their own profile on at least one social media app or site; 33% of parents of 5-7s said their child had a profile, and 60% of 8-11s said they had one."



These age restrictions help ensure that the app is being used by responsible users. Responsible users are educated and aware of social media and tech safety. They understand the risks of sharing personal information, photos or locations.

As a school, we ask you to consider *if* and *how* your child is using any of these apps and to take on board some of the important messages in this newsletter.



Help children post, comment and upload responsibly

If you know your child is using social media, then you can help them by being a good role model.

As soon as you share the first photo of your kid, you're establishing their digital footprint. As kids get older and start creating their own content or engaging with others online, it's important for them to understand the tracks they're leaving behind and what those tracks might reveal. Parents can help guide kids toward creating the kind of footprint they can be proud of.

Check out these 4 tips 

1

Be a role model.

Before you post a photo of your kid on social media, ask if it's OK to share. Not only will you give them control over their own digital footprint, you'll also be showing them what you expect them to do with others' photos.

2

Use privacy settings.

Together, go through all the settings on new apps to make sure you both know what information your kids are sharing. Especially in the beginning, it's better to share very little.

3

Question everything.

Before you sign school forms or register for a new online service for your kid, check the privacy policy to see what kind of information you're giving the school or company and who they're sharing it with. Sharing some data might be required, but you may be able to opt out of others. Talk with your kid about why it's important to protect your personal data.

4

Use a celebrity as an example.

With older kids, choose a celebrity or another famous person and look through their Twitter or Instagram posts with your kid. Discuss your impressions of them based on what they post. Ask your kid what kind of image they'd like to project online.

Help your child fight cyberbullying and other mean online behaviour

Most children will encounter mean behaviour at some point in their digital lives.

For some children, this experience is a blip that's easily forgotten, while for others, it can have deep, long-lasting effects. For parents, the key is staying involved in their child's lives - both online and off - so they can step in and offer help if necessary. With guidance from parents and teachers, children can learn to dodge the drama and stand up for others.

Check out these 6 tips

1

Define your terms.

Make sure kids understand what cyberbullying is: repeated and unwanted mean or hurtful words or behavior that occur online (through texts, social media posts, online chat, etc.).

2

Check in about online life.

Just like you'd ask your kid about their sleep, exercise, and eating, stay on top of their online life. Who are they chatting with? How do people treat each other in the games and on the sites they're using?

3

Role-play.

If kids feel like they might have trouble removing themselves from digital drama, experiment with some different ways they can make a graceful exit. Talk through words they can use, ways they can steer conversations in positive directions, etc.

4

Encourage upstanding.

Let kids know that supporting a friend or acquaintance who is being bullied can make a big difference. If they feel safe confronting the bully, they should. If not, a private message to the victim can be enough to help someone through a tough time. Speaking up against hate speech is important, too.

Minecraft



Check the age ratings: Minecraft is rated by PEGI as 7+ or 12+ depending on which game version you are playing. The App store rate it as 9+ and the Google Play store rate it as 10+.

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

Minecraft remains ever popular and can be a great learning tool that is often used in schools to teach planning skills, recreate famous buildings in 3D and coding. Players use building blocks to create their own worlds.

Which mode?

You can choose between Creative or Survival mode - creative mode removes the survival elements of the game (no mobs appearing at night) so may be a more appropriate mode for your child to play (particularly when played in single player mode).

What should I be aware of?

- Multiplayer – children can interact with others (including strangers), you can switch this option off within settings or choose to play offline.
- Chat facility – you do have the option to switch this off.
- Block and report players – if your child is playing with others, make sure they know how to block and report players within the game.
- Additional purchases – be aware of in app purchases and the purchase of additional items (skin packs) to support (although not needed) game play.

In addition, protect your child's privacy by using a nickname (don't include their age/birth year) rather than their real name for their profile and chat to your child to make sure that when playing online they know not to share personal information. Also, make sure they know they can talk to you or a trusted adult if anybody or anything is making them feel uncomfortable. Do not forget to make sure you have set up appropriate parental controls on the device your child is using to play Minecraft as well.

Further information

<https://help.minecraft.net/hc/en-us>

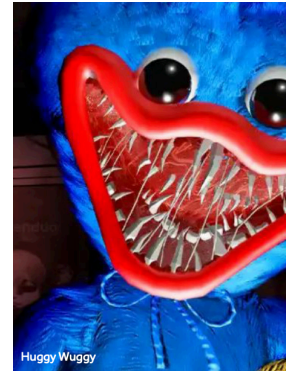
and

https://www.internetmatters.org/parental-controls/gaming-consoles/minecraft/?gclid=CjwKCAjwiJqWBhBdEiwAtESPaGiEqxg3KC75oRKSHqDU-sJI7HARVgh1AWGd1VtADZxRye5-iNwypHoCwS8QAvD_BwE

(N.B. Use these guides at your own discretion)

Huggy Wuggy Explained

The latest stir has been around a blue bear called Huggy Wuggy which has become popular amongst children. Originally the character was aimed at adults through a survival horror game called Poppy's Playtime but its popularity has quickly spread to young people. Such things create a number of urban legends which spread rapidly and police warnings that have led to misinformation and confusion.



Any videos that users create inciting violence or death linked to such crazes would not be allowed to appear on YouTube Kids or TikTok for Younger Users experience. Children who browse adult YouTube or have been set up on TikTok with an ordinary account with no supervision are likely to encounter the creature, and probably watch something unsettling.

What are 'mods'?

Mods" are created when someone alters the code of a game. They are generally designed to introduce new experiences, accessories or settings – such as adding mythical creatures to Minecraft worlds. They are often free to download and can be inserted into a game with just a few clicks. Parent zone has produced an article explaining 'Mods' and associated risks.

Misleading Information Online

There has been lots of misleading information being shared online relating to the Ukraine crisis. The BBC have created a number of resources that would be worth looking at with young people to discuss how to spot misleading stories and show examples of what has been circulating online. How we verify social media posts from the war in Ukraine, Ukraine invasion: False claims the war is a hoax go viral and False TikTok videos draw millions of views.



Other useful websites:

- www.childnet.com/sns
- www.internetmatters.org
- www.nspcc.org.uk/onlinesafety
- www.parentzone.org.uk
- www.thinkyouknow.co.uk/parents
- www.askaboutgames.com

Dove Self Esteem

Dove has a whole host of articles, videos and activities on their website as part of their self-esteem project, the aim of which is to boost the self-esteem of young people. The free resources are designed to help you communicate with your child on a variety of subjects including the effects of cyberbullying and social media.

<https://www.dove.com/uk/dove-self-esteem-project/help-for-parents.html>

Social Media Update

There are several different social media platforms that your child might be on or wanting to join such as Instagram and Snapchat. Social Media platforms are used to share pictures and communicate with others. It is important to review each individual platform to see what age your child should be to access them and to set appropriate privacy settings. It is also important to talk to your child about information they should keep private.

Is your child ready for social media?

This article looks at the risks that you need to consider as well as advice on how to get started: <https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/>

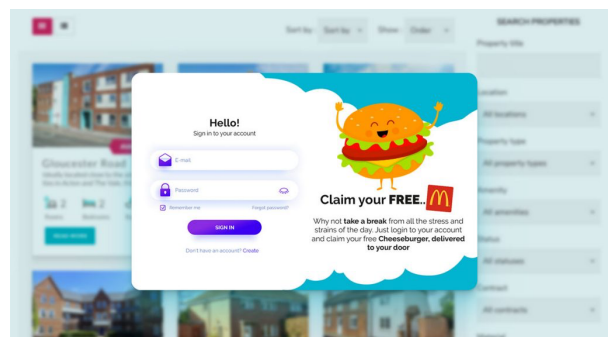
Further information

Visit the Social Media Advice hub from Internet Matters to learn more: <https://www.internetmatters.org/resources/social-media-advice-hub/>

Pop-ups / Adverts

When your child is playing on certain games or is on social media, they may see adverts / pop up adverts. The content in these adverts may not always be appropriate to them, particularly if clicked on.

It is important to talk to your child about adverts and to think about what they are clicking on before they do and if they are unsure to either ignore them or to check with a trusted adult.



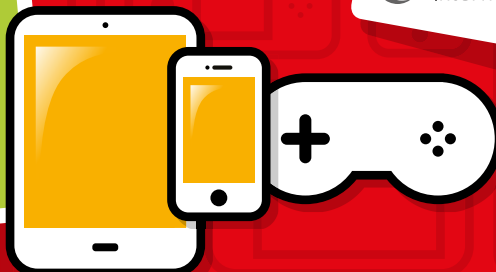
Further information

<https://www.childnet.com/help-and-advice/security/pop-ups-adverts/>

E-Safety is an important part of our curriculum as it provides the ability to protect and educate children in their use of technology as well as having appropriate tools in place to support any incident where appropriate. Follow these SMART guidelines:



BE SMART ONLINE



S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk



A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



WWW.CHILDNET.COM

