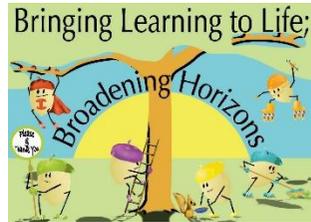


Dear Parents/Carers,

Technology is becoming more advanced and children are spending more time playing with it. This leaflet will give you more information on the online world, what games are suitable for your child, and how to keep them safe.



Top Tips for regulating your child's online game usage

Make a list of rules with your child

- What games they can play?
- How long they can play the game?
- When can they play the game?
- Who can they play with?

By setting a time when your child has to come off their device, they will remain engaged in learning set at school and at home and an earlier bedtime will mean they're not so tired in class.

Education and engagement

- access websites to help your children learn online on the school website (www.bishopalexanderacademy.co.uk)
- familiarise yourself with the school online safety policy and sign any relevant agreements to show your support.
- share the e-safety newsletters with your child and any other adult who helps care for them

Parental online engagement

We respectfully request that parents/carers

- ensure you only post images of your own child and not other children unless you have permission
- use appropriate language when making comments about school

Ratings

PEGI ratings are used for games and movies to tell everyone what age groups are suitable for the game/movie. Parents/gardens should look out for age rating on digital games and make sure the game is appropriate. If your child keeps being aggressive after playing a game then it may be that your child is accessing a game which is not suitable for them. Games may be inappropriate due to them containing violent or explicit images or language. Some have high age ratings due to the ability to communicate with strangers.



App ages ratings

These are common apps which children show interest in – however many of them are not age appropriate for the children in our school.



Facebook-13 years old

TIK TOK-13 years old

Instagram-13 years old

Fortnite-12 years old

Among Us-7 years old

Whatsapp – 16 years old

Link to help you keep safe

If you would like to get more information from us, for safety tips, please look at these websites:

www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/what-bullying/aba-definition-bullying

www.thinkuknow.co.uk

www.childline.org.uk