

## Gaming

The internet has changed the way that young people play games. Games can be played against anyone in the world, at any time and for as long as you want.

Online, you can adventure in complex worlds, create characters, and meet and make friends to fight battles and go on journeys together.

Gaming is great fun, but just as with anything online, there are risks you should help your child navigate. It's important that you're involved in your child's experiences, even if it feels like a different world!

Check The Age Rating of the Game just like with films, you should check the game's age rating before allowing your child to play

Talk to them about the games they play. You might want to ask them:

*What they like about it?*

*Which of their friends play it?*

*Who are their friends in the game?*

*To tell you about their character and profile.*

### **Set Boundaries**

Some online games are virtual worlds which never end, where missions can take hours to complete. It's important to set limits on the amount of time your child spends playing online. Be aware of how long they spend gaming and set rules, as you would for TV. Also, ensure that they take regular screen breaks – at least five minutes every 45- 60 minutes.

Things can go wrong when gaming, whether that's someone being mean, inappropriate or asking you to do something that you're not comfortable with. It's important that you and your child know what steps you can take in the game to block and report people and how to report and seek support from other services

## Mobile phones

Mobile phones are allowed in the Academy. However they should only be used at break or lunchtimes and never in changing rooms or toilets. ***Here are some tips to keep your child safe:***

**Parental settings** – some mobile phone service providers allow you to set certain controls over your child's phone.

**Loopholes** – even if you have set controls, your child may be accessing the internet through other sources. Accessing someone else's Wi-Fi may mean that your safety settings no longer apply.

**Set a pin code on your child's phone** – Without a password, others may use your child's phone.

**Set boundaries and monitor usage** – You can set rules with them about where it is used and how long for. For example, if you don't want them to use it at night, why not only charge it overnight in the living room?

**Discuss what they can share** – teach your child to think before they share online and the consequence of doing this over the mobile phone, such as sharing their location.

**Discuss and monitor costs** – Your child should be made aware of the financial responsibility that comes with owning a phone.

**Keep their mobile number private** – young people need to understand that their phone number should only be given to people they know and trust, make sure that if they are concerned, they ask you first.

### **Designated Safeguard Lead**

Mr. Michael Few

Assistant Principal



### **Deputy Safeguarding Leader**

Ms. Vickie Spawton



### **And the Deputy Safeguard Team**

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Grace Academy Coventry

## E-Safety leaflet Advice for Parents 14+ Year olds



We hope this leaflet will provide all the information you need to keep your family safe on-line

Tel: 02476 589 000

## Learn about:

### Teach your child some simple rules

- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

## Talk about:

### Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities

## Checklist

### **Adjust controls**

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

### **Keep talking**

Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting. Help them to be critical of things they see online.

### **Privacy matters**

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

### **Manage their online reputation**

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

### **Stay safe on the move**

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public Wi-Fi might not filter inappropriate content, so look for friendly Wi-Fi symbols when you're out and about.