



SAFER INTERNET AND GAMING

A SAFER INTERNET STARTS WITH YOU...

IT STARTS WITH STAYING SAFE ONLINE

Keep your personal information safe and check with an adult before you share anything online. Personal information includes your email address, phone number and passwords.

Never agree to meet up with someone you only know online. No matter how friendly they might seem or how well you think you know them, they are still a stranger. Always tell a trusted adult if someone online asks to meet up

IT STARTS WITH BEING A GOOD FRIEND

Remember that behind every screen is a real person. Being kind and positive online is just as important as being kind and positive face-to-face

IT STARTS WITH SAYING SORRY

Even when we're trying really hard to be a good friend online, things can still go wrong. If you ever upset someone online, even if it wasn't on purpose, then saying sorry is a really powerful and positive action to take

IT STARTS WITH TAKING A STEP BACK

Being online is great – there are so many fun and exciting things to do! But being connected all the time can get a little stressful. If being online is making you feel worried, upset or confused, it's always worth taking a step back and having a break from your online activities. Check out Red and Murphy talking about this in this [special SID TV video](https://www.youtube.com/watch?v=FNQmo0LF6YY&index=1&list=PLiwoVy4yOkj6XD2zhTwwp4irnwofhMGuK&t=40s)

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IT STARTS WITH ASKING FOR HELP

It's okay to feel worried or upset by something you see online – just make sure you speak to someone about it! Always tell an adult you trust if you see anything that worries you online.

KEY FACTS TO REMEMBER

PEGI ratings on games help to determine whether a game is suitable or not for a certain age range.

PEGI 7 for example is only suitable for children aged 7 and over due to the content

Our teachers have a duty of care to tell our parents if they believe we may be playing on games which are not suitable for our age.

Social media such as Instagram, Facebook, Snapchat, Pinterest and Twitter have an age restriction of 13. Youtube account holders need to be 18 but with parents permission children can use it from aged 14.

Our teachers have a duty of care to tell our parents if they believe we may be using social media sites which are not suitable for our age.

More advice can be found at the following websites.

<https://www.nspcc.org.uk/what-we-do/about-us/partners/nspcc-o2-online-safety-partnership/>

<https://www.saferinternet.org.uk/safer-internet-day/2018>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>