



Welcome to the High Well Online Safety newsletter for December 2024. In this edition we highlight some of the support available for keeping young people safe as they potentially gain access to new technology. For any further support, please contact Online Safety Lead and Deputy Headteacher—Mr Adrian Coates.

## New Technology

With Christmas nearly here and with some children receiving new technology or related games, here is a quick reminder of the importance of setting up appropriate parental controls.

### Games/Consoles

- Check age ratings: look at the PEGI rating of any new games.

- Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.

- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.

- On the device itself, set up applicable controls such as restricting spending limits and managing who they can communicate with. Follow the links below to find out how to set up Parental Controls for some devices here:

**Xbox:** <https://www.xbox.com/en-GB/family-hub>

**PS5:** <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

**Nintendo Switch:** <https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

### Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings. Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:

**iPhones/iPad:** <https://support.apple.com/en-gb/105121>

**Android Device:** <https://support.google.com/googleplay/answer/1075738>

### Why is it important?

Parental controls are important to help provide a safer experience for your child by reducing/preventing access to inappropriate content, cyberbullying, communication with strangers and restricting purchases.

### Further information

You can find out more about parental controls here:

<https://www.childnet.com/help-and-advice/parental-controls/>

<https://www.internetmatters.org/issues/cyberbullying/cyberbullying-conversation-starter-guide>

## Tips to help you talk about cyberbullying



Internet Matters have collated their tips to help you talk about cyberbullying with your child based on different age categories. The information is divided into four sections:

1. Before you start the conversation
2. Things to talk to them about such as how to deal with cyberbullying
3. What to do next
4. Where to get further help