



The Redeemer Church of England Primary School

Online Safety Bulletin

At Christmas, we understand that some children may receive new electronic devices from Father Christmas. Below is some guidance and links to websites (in purple) that give information on how to keep children safe when using electronic devices.

Screen Time

While electronic devices can be seen to have many benefits, too much time on screens has been shown to negatively affect children's sleep, their appetite and their physical and mental health.

[Charities](#) recommend:

- Setting Limits and switching off notifications
- Have device-free times at home
- Set time limits and warn children when they are close to finishing
- To improve sleep, children should not look at an electronic device for at least 1 hour before bed.

Games Consoles

If your child is getting a new game console this year, then there are settings available on the major consoles that can be activated to ensure the consoles are used as safely as possible.

These settings range from screen time limits and age appropriate content to in-game spending and online communication.

This article below contains more information on safety features for Nintendo, PlayStation and Xbox consoles.

[How to make the most of Gaming's parental Guidance Controls](#)



Social Media

According to the age restrictions, no child in primary school should be using social media and many do not. We understand that some parents make this choice and it is important to be aware of the dangers this may pose:

Content – Children can be exposed to inappropriate and harmful photos and videos.

Contact – People can be not who they say they are on social media and want to cause children harm

Commerce – Children can be persuaded and coerced into spending money on useless products

Conduct – Not everyone's behaviour is appropriate online, which can lead to harm and abuse.

[More information on individual social media sites can be found](#)



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YouTube: YouTube is a very popular website that has a lot of interesting and useful content. It also has a lot of rubbish and potentially harmful content for children. Children can also inadvertently become content creators which can then be watched and commented on by anyone accessing YouTube.

A YouTube Kids account for under 13s is available and can be managed by family, allowing you to curate what can be seen and how long children spend on the app. It also has a restricted mode that can be activated to block videos unsuitable for children.



[NSPCC YouTube Guidance](#)

Roblox: Roblox is an app that allows user to play a wide variety of games and chat with others online. Games are built and then put on the app so some games may have inappropriate content. There is also a communication feature while playing the game, which can lead to cyber bullying.

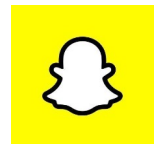
[More information on Roblox](#)



Snapchat: Snapchat is a social networking app and website that is rated 13+. Despite this it is very popular with children. Snapchat has a feature which sends a photo temporarily and then disappears. Many children do not understand that photos can still be screenshotted and kept and that that photo also contributes to their digital footprint.

Snapchat also enables locations setting which allows users to see their exact location at any time.

[More information on Snapchat](#)



WhatsApp

Many people are unsure why WhatsApp's age restrictions are 16+. Once a person is in a Group Chat, their profile picture and contact number is available to everyone so can be added to other group chats (without their permission) and their details can be shared with anyone .

Also, being part of group chats can be an intimidating and awkward experience for many children. Children have reported feeling uncomfortable with conversations and unsure of how to respond or feel. Other children may not realise the permanency or effect of their online communications.

[More information on WhatsApp](#)

