



December 2015

E-Safety Update 10



Parentzone

Parentzone helps families deal with the many difficulties that are thrown up by the pace of technological change, providing them with the knowledge to make the most of the digital age, creatively and confidently.

Visit their website and sign-up for their newsletter:

<https://parentzone.org.uk>

Research in American has identified potential warning signs for children with obsessive internet use.

For example:

- Loses track of time while online
- Sacrifices needed hours of sleep to spend time online
- Becomes agitated or angry when online time is interrupted
- Becomes irritable if not allowed to access the internet
- Prefers to spend time online rather than with friends or family

To read the article in full and find out more:

<http://ikeepssafe.org/be-a-pro/balance/too-much-time-online/>

Security experts advise that *RANSOMWARE* is the fastest growing form of computer virus affecting computers, games consoles and mobile devices.

Note: Ransomware can be hidden in apps, attachments and weblinks.

What can you do?

- Ensure you have good antivirus in place
- Ensure you always have a good back up
- Ensure you backup your system/device frequently
- Be very careful about what apps are installed and where they come from
- Do not open attachments or click links from sources unknown to you.

Read more and view a short video at:

<http://www.bbc.co.uk/news/technology-35091714>

Five things parents should consider when buying games consoles:

Age appropriateness

Some games consoles have a greater number of games suitable for younger children – Nintendo, 3DS and Wii U.

Online purchases

Prevent children from accidentally buying a game or spending money through in-game purchasing.

Multiplayer networks

Use parental controls settings to avoid children playing against people they don't know.

Parental controls

Set up parental controls straight away to ensure your child doesn't access inappropriate content.

Standby mode

Turn devices off so that they do not remain connected to the internet and download content when they are not in use.

Visit InternetMatters website for further advice and information including their review on age appropriate games consoles :

<http://www.internetmatters.org/advice/tech-guide/gaming-consoles/>



Have you heard of:

Vine is a social networking APP that lets you share 6-second videos that play on a loop. You can also repost videos created by others and leave comments.

Age 15+ Full of content that is inappropriate for children.

Keek is a social networking APP that lets you share 36-second videos. Must be at least 13 to use the site. Can log in using Facebook, Google and Twitter. **Age 15+ Full of content that is inappropriate for children.**

InternetMatters has pulled together a list of age appropriate Apps.

Including YouTube Kids first launched in the USA and now available in the UK. This version filters out inappropriate content and hides comments on videos.

This free app is available on Android and iOS.

<http://www.internetmatters.org/hub/feature/child-friendly-apps-your-children-will-enjoy/>

Read UK SaferInternet Centre's guide to help you support your child to use their iPhone safely and responsibly:

http://dwn5wtkv5mp2x.cloudfront.net/downloads/Parents_Guide_to_Technology/iphone.pdf

UK SaferInternet Centre has also produced general advice on how to use smartphones safely:

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology/smartphones>

Remember you can also contact your mobile provider for further advice and information about parental controls.

InternetMatters has produced a Setup checklist for parents and suggest 'setting up before wrapping up'.

For further information on:

- Parental controls
- Setting up devices including Smartphones and Games Consoles
- Age appropriate Apps to download and install
- Privacy Settings

<http://www.internetmatters.org/hub/guidance/set-up-safe-checklist/>



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