Online Safety Newsletter · Dec 2024

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

https://www.internetmatters.org/issues/cyberbullying/

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/

Users of this guide do so at their own discretion. No liability is entered into.
Links are current as of the date released on 13.12.24.