

# Rogerstone Primary E-Safety Guide

We are all aware of how much time our children spend using online devices and the potential impacts this can have. Pupils are taught about keeping themselves safe online throughout their time at Rogerstone Primary School. In school we are seeing an increase in the number of incidents involving social media and children accessing apps and websites which are not age appropriate or not being monitored. This guide will explain some of the steps which can be taken to ensure that all children are accessing the age appropriate games, videos, programmes and social media sites.

## Why do age restrictions matter?

Age ratings are given to ensure that you are able to make informed choices about the content of each app, they are to protect and safeguard your children. Each app you or your child uses will have an age rating. Lots of apps have an age rating of 13+.

Each app is classified based on its content, looking at things such as violence, fear, bad language and interactions (communicating with other users). Age ratings also consider if a game or app can share a user's location, allow data sharing (such as name and age) or interact with others. Apps with a 13+ rating can share this information.



## How do I put on parental controls?

Parental controls allow you to filter inappropriate content. Parental controls can help you to manage your child's screen time and what time of the day they can access devices, block apps which are inappropriate and manage the content which different family members can see.

Parental controls can be put in place through wifi and individual devices.

**Wifi** - BT, Sky, Talk Talk and Virgin Media all offer free parental controls. [Click here](#) for information on how to activate Wifi parental controls.

**Smart Speakers** (Google home, Alexa etc)- Controls can be set up on individual smart speakers or through the home Wifi. Information on how to do this can be found [here](#) for google devices and [here](#) for amazon devices.

**Games Consoles**- Most games consoles have pre-set parental controls, additional controls can be downloaded or turned on. Click [here](#) and then select the appropriate console.

**Phones** - Controls can be put on a phone through settings or contacting your network provider. Information on setting up parental controls can be found [here](#). Other apps are available such as Qustodio, Norton Family and Aura.

### **Where can I find help?**

If you are worried about the restrictions you have in place, need advice or are concerned about content which your child has accessed there are lots of places to find help.

Here are a few helpful websites:

[NSPCC](#) - Keeping our children safe online

[Internet Matters](#)- setting up devices, age restrictions, dealing with online incidents.

[BBC Take Control](#)- Best for using alongside your child

If you are concerned about your child's wellbeing please contact Mrs Dunn.