



# SOFE Newsletter

# Let's stay safe

Hello again from the Safeguarding Soldiers group at Ince CE Primary School.
We hope you've had a great year and are looking forward to the summer holidays.
In this edition, we want to talk to you about gaming and how to stay safe online.



The internet is great and we love to play games online. It can also be a good way to stay in touch with our friends. But sometimes people will try to trick you into clicking on dangerous links or talk you into sharing something that might embarrass you.

Here are our top tips for staying safe online:

### Tip 1: It's OK to say NO

It's ok to say no if someone is asking you to do something that feels wrong. If this happens, always tell an adult you trust, even if the other person tells you not to.

#### Tip 2: Think about who you're talking to

There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them such as your address, full name, or where you go to school. Never share photographs of yourself with people who you don't know in person.

#### Tip 3: Think before you post

Never upload or share anything online that you

wouldn't want your parents, carers or teachers seeing. When you want to get a job, your future employers may see something you have posted and you may not get the job of your dreams. We know getting a job might not be something that you are thinking about right now but what we put on the internet stays there forever – possibly even if you delete it as someone may have shared it. As soon as you post something, you lose control of it, especially if someone else screenshots or shares it.

#### Tip 4: Respect the rating

Games have age ratings for a reason. This is not about how difficult the game is, it is about how appropriate the content is. In primary school, we should not be playing any game that has an older rating than 11. It could be violent, have bad language or have sexual scenes. If you have any worries about any games you are playing, or the people on the games, speak to your trusted adult immediately.

For more online safety advice, please go to www. thinkyouknow.co.uk

Tips for your parents and carers about staying safe online
We want to stay safe and so sometimes we just need a little help from the people around us, please ask your parents or carers to read this section!

# Ways to make gaming safer for children and young people

# Talk with us about gaming

Talk with us and learn more about the games we like. It will help you to understand the games we play and how appropriate different games are.

## Set boundaries and safety settings

Internet Matters provides step-by-step guides for putting safety settings in place for each console or device.

Do you know what console your child has and how to keep it safe? Spend time setting these up with us and

make sure you know how to block and report on the games we are playing.

Talk with to us to create an agreement for gaming; think about how much time we can spend on the games and which games we can access.

For children like us in primary school we should play in shared spaces or in the same room as you so you can help to keep us safe.

Find out more at www.internetmatters.org

# Find out more about in-game chat

Gaming is a social activity for us and talking with friends is part of the enjoyment, but it can be risky. We may be able to chat with people we don't know. This could include adults that are seeking to make contact with children with the intention of sexual grooming.

Some in-game chat is moderated but chat is live and

there is a chance we could hear sexual language, swearing, or bullying.

We could get requests from others to make chat private. Once chat is moved off a monitored platform, no one is moderating it. This could then be used to pressurise us into sharing personal information and photos.

# Respect Pan European Game Information (PEGI)

The PEGI system is there to tell people how old you should be to play these games. It tells you what's suitable and what's not for different age groups. Look at this before you agree to buy a game for us. In the UK, the PEGI 12, 16, and 18 ratings are legally enforceable. This means that retailers cannot sell or hire these games to those below these ages. However, this only applies to the retailer, it doesn't

stop an adult or someone older from buying the games for us.

Remember - PEGI ratings are based on safety and not game difficulty. Lots of us want to be challenged by games and think that an older rated game will be harder but it could just be unsafe.

Find out more about PEGI at www.pegi.info



We hope everyone has enjoyed our gaming special edition newsletter. Have a great summer and always remember to stay safe!

