

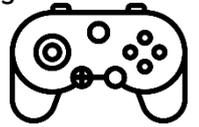
# Online Safety Newsletter – January 2024

Please take the time to update yourself on the most recent developments regarding online safety.

## Your guide to online gaming



In today's digital age, internet gaming has become an integral part of our children's lives, offering both entertainment and social interaction. However, it is crucial to be aware of the potential dangers associated with online gaming.



1. Online gaming exposes children to potential cyberbullying. This is a particular problem when they are using headsets among groups of peers.
2. Exposure to inappropriate and harmful content. If they use headsets or chats publically, they are very likely to hear offensive, misogynistic or discriminatory language which can foster harmful views as they develop.
3. Excessive screen time can lead to various health issues, including disrupted sleep patterns.

As responsible guardians, it's essential to establish clear guidelines for screen time, monitor the content of games, and engage in open communication with your children about their online experiences. Stay informed about the games they play and ensure that the gaming environment remains a positive and safe space for their development.

## Further information

Choosing the right game for your child can be a difficult choice. It is easy to feel the pressure to buy a game which might not be age-appropriate. To help, you can use the PEGI rating to inform your decision.

### PEGI rating of popular games.

FC 24 – 3+

Mario Wonder – 3+

Mario Kart Deluxe – 3+

Minecraft – 7+

Lego Star wars – 7+

**Fortnite – 12+**

**Call of Duty – 18+**

<b>3</b>	Suitable for all ages.
<b>7</b>	Includes content with scenes and sounds which might frighten younger children.
<b>12</b>	Slightly graphic violence which is non-realistic/fantasy.
<b>16</b>	Violence included which is similar to real life, bad language, and the use of drugs tobacco, and alcohol.
<b>18</b>	Includes motiveless and gross violence, the glamourisation of drugs, and explicit sexual activity.

If you have any questions or concerns regarding online safety, please do not hesitate to contact our school.