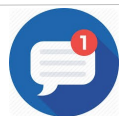


CYBERLINE



A FORTNIGHTLY NEWSLETTER FOR THE SCHOOL COMMUNITY FULL OF ADVICE, NEWS AND FUN RELATING TO THE WORLD OF TECHNOLOGY

In this issue:

- Digital Health & Wellbeing
- Streaming Platforms
- Latest Apps & Games
- Gadgette's Gang

Support
Wellness
Healthy Boundaries
Behaviour
Digital
Wellbeing
Experiences
Time
Choices
Online
Screentime

DIGITAL HEALTH AND WELLBEING

TOP TIPS

#1 BE AWARE OF YOUR OWN HABITS

#2 CREATE DIGITAL WELL BEING RULES TOGETHER

#3 ENCOURAGE

SOCIALISING

#4 EXERCISE

#5 DISCUSS PLANS FACE TO FACE

#6 SET UP A FAMILY AGREEMENT FOR TECHNOLOGY USAGE

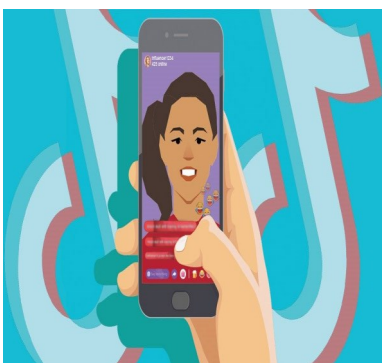
#7 USE TECHNOLOGY FOR A PURPOSE NOT JUST FOR FILLING IN TIME

Children are engaging with technology from a very young age and their early online experiences can shape their understanding of the wider world and human interaction.

For children aged 3-7 their online use could mainly consist of watching videos online, playing games or searching for content and this could be done using parents' phones,

Children aged 7-11 have become increasingly independent users of technology and the internet with many of them owning their own devices. Their online use will consist of many of the same activities as younger children (gaming, watching video content) but they may be independently accessing content which is intended for an older audience and beginning to explore the use of social media through services like Tik Tok, Snapchat and Instagram. This access to online content which is intended for older users and desire for independence when going online could mean they are at an increased risk of seeing inappropriate, worrying or upsetting content which could impact on their digital wellbeing. family tablets or even their own devices. This access to online content could mean they are at risk of seeing inappropriate, worrying or upsetting content which could impact on their digital wellbeing.

It is essentially about having an awareness of how being online can make us feel and looking after ourselves and others when online. This can include recognising the impact being online can have on our emotions, mental wellbeing and even on our physical health and knowing what to do if some-



TECH NEWS FROM THE BBC!

THE BBC HAVE LAUNCHED THEIR OWN WELL BEING APP SPECIFICALLY DESIGNED FOR CHILDREN. THE IDEA IS THAT THE APP CAN MONITOR HOW A CHILD IS FEELING BASED ON AI RESPONSES. FOR MORE DETAILS CHECK OUT THE LINK BELOW!

<https://www.bbc.co.uk/news/technology-49726844>

STREAMING PLATFORMS

WHAT ARE THEY AND HOW ARE THEY USED?

There has been a recent change in our viewing habits taking us away from the traditional use of TV watching, and leading us towards platforms that can stream video on demand, either free or on a subscription based payment term.

The best UK streaming services for 2020

- **Best TV streaming service:** Netflix.
- **Best for families:** Disney+
- **Best for regular Amazon users:** Amazon Prime Video.
- **Best for new shows:** Apple TV+
- **Best for Sky shows:** Now TV.
- **Best for reality TV fans:** Hayu. **Best for British TV fans:** BritBox.

Now many of you may have heard already of these streaming platforms, but are you keeping the viewing risks down sensibly to ensure your children are watching age-appropriate content?

TOP TIPS

- ◇ Check the “Settings” tab within the Streaming Platform Account
- ◇ Enable any Child- Only Account Settings or Make a specific Account for your child with appropriate age restrictions.
- ◇ Be aware of the Classification/Age Restrictions that are used for Films and TV shows.
- ◇ Each title on the **UK** version of Netflix has been **rated** by the British Board of **Film Classification** (BBFC) using its regular **rating** system – **U, PG, 12, 15 and 18** – to determine what audience the title is suitable for. You can customise which of these **ratings** you want each individual user to have access to.



APPS AND GAMES ROUNDUP FOR JUNE:

ANONYMOUS APPS

Anonymous apps allow users to share and interact with each other without revealing who they are. Unlike social media sites, many of these apps encourage users to stay anonymous and chat to each other or post questions and answers on a range of topics.

In recent years, there has been a growth in honesty or feedback apps that allow users to post images or ‘tell-all’ posts to get ‘honest’ feedback from strangers which at times can lead to bullying. Anonymous apps can expose children to a range of online risks, including inappropriate content cyberbullying and sexting.

Under the cover of anonymity, people may feel less accountable for what they say and may share things that they would not on open social platforms

EXAMPLES OF ANONYMOUS APPS INCLUDE:

ASKfm

The Ask.fm app is an extension of the desktop site, where users can ask and answer questions, either with their name or anonymously. Ask.fm's reputation as a platform for cyberbullying was highlighted in the past and the organisation has since worked with anti-bullying charities to help create safety tools and policies to deal with this and other harmful content on its platform.



Key safety features:

- Report/ block / Unfollow
- Restrictions on searches of harmful content
- Disable anonymous questions in privacy settings

Cost: Free | Minimum age: 13

Risk: Exposure to inappropriate content and

Don't forget there are numerous resources available to add to help educate you as parent's as well as share with your children. Just search "Online Safety Advice for Parents/Children". Starting with the links below:

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/resources-parents-and-carers>

https://www.internetmatters.org/?gclid=CjwKCAjw8df2BRA3EiwAvfZWaLYUJA23rLPqkVfviOCzR5BmSMHWzs28_g



GADGETTE'S GANG

HI EVERYONE! IT IS MISS GADGETTE HERE FOR ALL YOUR TECHNOLOGY QUESTIONS FROM THE LATEST INFORMATION ABOUT GAMES AND APPS, TO SUPPORTING YOU WITH CYBERBULLYING ADVICE. WHATEVER TECHNOLOGY DILEMMA YOU HAVE, I WILL HELP TO GIVE YOU THE BEST ADVICE!

YOU CAN EMAIL ME AT:

Computing@thehillsacademy.co.uk

