



Aspire Believe Achieve

February 2025

Dear Parents/carers,

As we are living in an increasingly digital time, it is even more important that we work together to help keep our young people safe online. There is so much that can be done online nowadays including playing games, chatting with others, watching TV or sharing our videos/photographs. Being online can be very positive, but it's important that clear boundaries are set to keep children safe whilst they explore being online, develop their digital resilience and understanding of what to do if anything negative happens when online. So how can we help keep our children safe? It's important that we follow age restrictions on games, apps and video content to ensure that what our children are do or see online is appropriate for their age.

### Where can I find age ratings?

All games, apps and movies have age ratings which are decided based on their content.

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings': <https://www.cbbfc.co.uk/resources/viewing-films-safely-online>.
- **Video games:** PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It is important to note that PEGI do not take into consideration user generated content within games (such as on Roblox) and the chat facilities within games.

### What are PEGI ratings?

PEGI stands for Pan-European Game Information and is the video game content rating system used across the UK, Europe and the Middle East.

**PEGI 3** – suitable for all ages

**PEGI 7** – suitable for young children

**PEGI 12** – suitable for children 12 and over

**PEGI 16** – suitable for children 16 and over

**PEGI 18** – Only suitable for adults



Each PEGI rating also contains content warnings to help you make an informed decision.

<https://www.internetmatters.org/resources/video-games-age-ratings-explained/>

- **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and play them yourself to check their suitability.

**All social media apps have a minimum age rating; they are all at least 13+.**

Safer Internet.org has a comprehensive guide to the most common social media apps.

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

As part of our learning at school, we have recently taken part in Safer Internet Day 2025. The theme this year was 'Too good to be true? Protecting yourself and others from scams online'. As part of this learning, children explored what to do if something pops up on their screen or if they have an unwelcome message. Safer Internet Day is a fantastic opportunity to reflect as a family about how you can use the internet and technology safely, responsibly and positively. Whether you are a parent, grandparent, aunt, uncle or older sibling — we can all play a role in empowering children to enjoy their time online.

### **Some helpful ideas to help keep your children safe with technology:**

**Find my phone** Did you know that you can set up location settings on your phone (and for your child) so you can share your location and find out where they are? Talk to your child about why you are setting this up and when and why you will check their location.

**What is your child playing online?** Is your child playing/viewing games through Twitch, Steam, Roblox etc? If so, they may be viewing inappropriate content, for example watching and playing horror survival games. Make sure that what your child is accessing is age appropriate.

**My Family's Digital Toolkit** Would you like a personalised online safety toolkit? Answer a few questions about your children's digital habits and then you will receive age-specific advice to support your children online. The form does require an email address. You can find out more information here: <https://www.internetmatters.org/digital-family-toolkit/>

### **CEOP**

The CEOP (Child Exploitation and Online Protection Centre) logo pictured here is on a lot of social networking sites. It is the Advice, Help and Report button. Clicking on it will take you to their website, where you can easily follow links for help if you are a parent or child. It is excellent, so please try it now! <https://www.ceop.police.uk/safety-centre/>



### **What else can I do?**

- Go online together and let your child show you what they are accessing online.
- Set up parental controls on your broadband, devices, consoles and on any individual apps that your child is using. This will reduce the chances of them accessing anything unsuitable as well as viewing inappropriate content for example whilst on YouTube.
- Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them about what they see online then they should tell you or another trusted adult.

### **Useful Websites**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

<https://nationalonlinesafety.com/guides>

<https://www.thinkuknow.co.uk/>

<https://www.childnet.com/>

<https://www.askaboutgames.com/>

<https://www.bbc.co.uk/teach/topics/cp440njz78zt> (BBC Primary Computing videos and guidance)

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers> Broadband controls

**Yours sincerely**

**Mr Bird**

Computing Lead