

PEGI Ratings What are they?



The Pan-European Game Information (PEGI) age rating system was established to help European parents make informed decisions on buying computer games. It was launched in spring 2003 and replaced a number of national age rating systems with a single system now used throughout most of Europe, in 30 countries, including the UK.

The PEGI labels appear on front and back of the packaging indicating one of the following age levels: 3, 7, 12, 16 and 18. They provide a reliable indication of the suitability of the game content in terms of protection of minors. The age rating does not take into account the difficulty level or skills required to play a game.

Descriptors shown on the back of the packaging indicate the main reasons why a game has received a particular age rating. There are eight such descriptors: violence, bad language, fear, drugs, sexual, discrimination, gambling and online gameplay with other people.



Statistics

One in five 8 to 11 year olds and seven in ten 12 to 15 year olds has a social media profile.



1 in 4 children have experienced something upsetting on a social networking site.

There were over 11,000 counselling sessions with young people who talked to Childline about online issues last



1 in 3 children have been a victim of cyberbullying.

Almost 1 in 4 young people have come across racist or hate messages online.



E-Safety



Need more information?

If you would like some more information, the following websites are good starting points:

www.nspcc.org.uk
www.safetynetkids.org.uk
www.saferinternet.org.uk
www.childnet.com

Littlehaven Infant School



E-Safety?

What is it?

E-Safety can also be called 'internet safety', 'online safety' or 'web safety'.

E-safety is often defined as the safe and responsible use of technology.

This includes the use of the internet and also other means of communication using electronic media, (eg text messages, gaming devices, email etc.).

In practice, e-safety is as much about behaviour as it is electronic security.



E-safety in this context is classified into three areas of risk:

- **Content:** being exposed to illegal, inappropriate or harmful material
- **Contact:** being subjected to harmful online interaction with other users
- **Conduct:** personal online behaviour that increases the likelihood of, or causes, harm.

For pupils, it is no longer acceptable to simply have a firewall in place to prevent them accessing certain sites – the vast majority have a connected device in their pocket or bedroom that they could use instead, making education on this topic essential (Kodo Education, 2016).



Staying Safe?



Online

Staying Safe (for young people)

- Be careful what you share online– this could be information, photos, tweets, messages.
- Think before you post– don't upload anything you wouldn't want your parents, friends or teachers seeing.
- Never sharing or revealing passwords– make sure they are strong with a variety of upper and lower case letters, numbers or symbols. 'Password' is too easy!
- Be careful who you chat to– if someone you don't know is trying to contact you, ignore them and tell an adult.



Keeping Your Device Safe (for adults and young people)

- Anti-virus software– this is available for PCs, mobiles, laptops and tablets. Make sure it's regularly updated.
- Check a website is secure– before entering any private information check the address starts with 'https' in the browser and look for the padlock symbol. 
- Think before you click– don't click and follow links sent from strangers, they could contain viruses.
- Cover your webcam– if you're not using it, unplug it, cover it or point it at a blank wall. Remember laptops could have one built in. 
- Check your privacy settings– use these to control who sees your information. Facebook, Twitter, Instagram and Snapchat all have settings that can be changed.

What does the research say?


Sleep

Electronic media in bedrooms has a negative impact on children and adolescents. The presence and excessive use of a TV, gaming equipment and mobile phones has been linked to delayed bedtimes, less time in bed, shorter total sleep time, increased bedtime resistance and higher overall levels of sleep disturbance. Insufficient sleep and sleep quality have been shown to impair working memory performance and lead to a decrease in concentration levels, which could result in poor academic performance, (Cain and Gradisar, 2010).

Behaviour

Several studies have been carried out into changes in behaviour when exposed to violent computer games or excessive viewing of television programs. Children who played these games or watched a lot of television tended to exhibit higher levels of physical and verbal aggression towards others.



 A survey of 12 and 13 year olds found that adolescents tend to see themselves as the least susceptible to the negative outcomes associated with playing violent video games. Likewise in a similar survey 62% of parents said that playing video games had no effect on their children. According to young people, parental restrictions on video games are rare, (Brown and Bobkowski, 2011).

“It doesn't apply to me, my children aren't old enough.”

These days children are growing up fast and can access the internet from a multiple of different platforms. We need to educate them so that they are able to make informed decisions. We wouldn't let children cross a road without educating them first.