

WELCOME BACK!

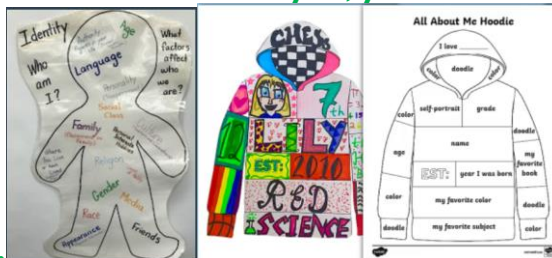
OUR ONLINE SAFETY CURRICULUM

Term 1: Our online safety theme this term is 'Self-Image and Identity.' We will be exploring how our offline and online identities are shaped and how media impacts on gender, stereotypes, and our emotions. We will discuss our own identities and how people represent themselves in different ways online whether this is real or edited and how this can affect our own behaviour.



ProjectEvolve

To support this, you can think about factors that make you, you & celebrate



them! It may be hobbies, family...



Should we edit selfies?

If your child takes selfies, you may want to watch this:

<https://www.bbc.com/ownit/its-personal/lauren-body-postiive>

This term we will be focusing on the 'S' in our online safety SMART rules.

Talk to your child about what they understand this to represent.
What do they know?

BE SMART ONLINE

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

Some tips about technology from NOS...

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SPOT THE ONLINE SAFETY TIPS FOR GOING BACK TO SCHOOL

PAUSE & THINK BEFORE POSTING

SPREAD POSITIVITY IN YOUR POSTS

PUT ABUSIVE CHATTERS ON MUTE

AVOID SCREENS LATE AT NIGHT

GET PERMISSION BEFORE SHARING PICS

CHOOSE STRONG PASSWORDS

REPORT BULLIES THEN BLOCK THEM

DON'T SHARE PERSONAL INFO WITH STRANGERS

PUT THE PHONE AWAY AT BREAK TIME

Invite new classmates into chats & games

NOS National Online Safety
#WakeUpWednesday

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What Parents & Carers Need to Know about LOOT BOXES

Marketed as increasing a player's enjoyment of a game, loot boxes are usually purchased or given as rewards. When opened, they unlock items for use in the game, such as better weapons or new characters to play as. Loot boxes feature in many games and are therefore available to various age groups. They have often been criticised for emulating gambling: the odds of unlocking certain items can seem astronomical, while the money being spent is often high compared to the potential reward. It's imperative that trusted adults understand the risks that loot boxes can pose.

WHAT ARE THE RISKS?

MOUNTING COSTS

Loot boxes can be bought with in-game currency or named as rewards for completing tasks – but many of them are paid for with real money. Prices vary from game to game, and purchases can stack up quickly. It's easy for children to overspend on loot boxes, especially if they really want the item on offer – a recent study found that 31% of young gamers were unaware loot boxes actually had a cost at all.

POTENTIAL ADDICTION

The sense of anticipation, and the feeling of joy when unearthing a rare or badly wanted item, can make opening loot boxes very addictive. As the boxes give out semi-random items which vary in usefulness or rarity, players often end up striving for the 'buzz' of finding one. Loot boxes can be compared to scratch cards, delivering similar highs and lows.

NORMALISING GAMBLING

Because loot boxes cost money for the chance – but no guarantee – of scooping a big reward, it's easy to see the link to gambling. Players spend a set amount of money, with no idea of what they'll get in return once the loot box is open: it could be the best item in the game, or the worst. Many games are beginning to phase out loot boxes completely to avoid breaking local gambling laws.

ADVANCED SCAMS

Most games don't let players trade the items they get in loot boxes, but a few titles do allow exchanges with other players. This could lead to young gamers being tricked or harassed into trading items they paid for or won fairly. Rare items from some games can be quite valuable and are bought and sold on the 'grey market', using external sites leaving children vulnerable to being scammed.

Advice for Parents & Carers

CONSIDER THE ODDS

It's a smart move to check the odds on the items in the loot boxes, to see how hard they can be won. Options include adding a credit or debit card to the gaming account, excited young players could soon run up an eye-watering bill. Insure your child knows how much each box costs and understands that they're using real money.

RESTRICT SPENDING

Even if you're happy for your child to purchase loot boxes, it's safest to restrict how much they can spend. Options include adding a credit or debit card to the gaming account, excited young players could soon run up an eye-watering bill. Insure your child knows how much each box costs and understands that they're using real money.

USE PARENTAL CONTROLS

Most video gaming consoles, as well as the individual games, allow parents and carers to place purchasing restrictions on the child's account. This is an effective way to add overspending or prevent children from buying any loot boxes in the first place. Not all games offer this feature, so it's best to investigate your options on each new game before your child starts playing it.

DISCUSS THE RISKS

Be open with your child about how much loot boxes (and individual item purchases) cost and how the system works, in terms of probability. If a child realises it's unlikely they'll get that rare reward, they may prefer to spend their money on a guaranteed item – like a skin in the online store – instead of gambling on a loot box. Outline how other people might try to exploit online trading systems to steal their valuable items.

Meet Our Expert

Daniel Upcombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Games, Kotaku, Pocket Gamer and VO247, he has reviewed more than 50 games and products over the past year.

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