

OUR ONLINE SAFETY CURRICULUM

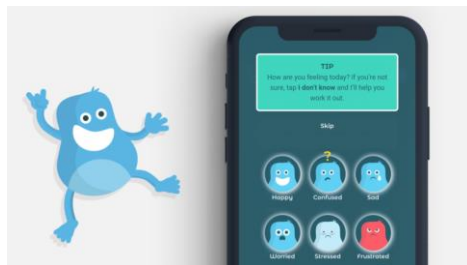
Term 1: Our online safety theme this term is 'Self-Image and Identity.' We will be exploring how our offline and online identities are shaped and how media impacts on gender, stereotypes, and our emotions. We will discuss our own identities and how people represent themselves in different ways online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



ProjectEvolve

To support this, you could check out this free Ollee app...

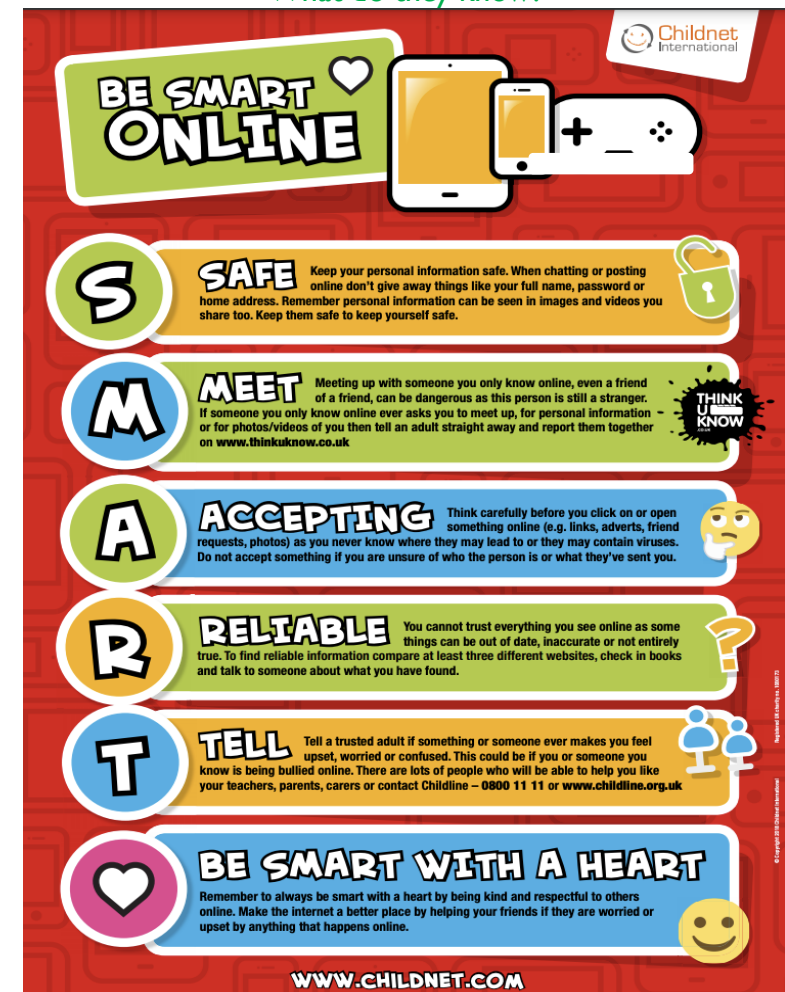
Support self esteem and Mental Health



It was World Mental Health Day on 10 October. The Ollee app is a free digital friend for children – to support and facilitate discussions with families, schools and professionals around mental health, strong emotions and personal and global worries. Please give Ollee a try, and share with the families you work with. It can be used on [Apple](#), [Android](#) or on any [browser](#).

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?



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 games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about FIFA 23

FIFA 23, like its many predecessors, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA Sports' tweaks tend to focus on FIFA Ultimate Team mode, which can tempt gamers of all ages to spend real money recruiting better players for their side. With each new release of FIFA comes a host of new players to unlock – meaning that youngsters can feel pressured to keep buying to compete with their friends.

AGE RATING
PEGI 3

WHAT ARE THE RISKS?

RELEASE RAZZAMATAZZ

FIFA 23 will be the last in the blockbuster series, before EA goes solo with its own football title next season. The end of an era' vibe – coupled with a huge advertising budget making the new release almost impossible to miss – will elevate FIFA 23 into even more of a must-have for football-mad young gamers, no matter how minor the updates are on last year's version.

AGE-INAPPROPRIATE CHAT

Based on a popular sport which appeals to people of all ages, the FIFA franchise draws a huge audience of both children and adults. Communication is a key element, with many players enjoying in-game audio chat via headsets. With the mixed age range of players and a lack of regulation, however, chats can often turn offensive or toxic – especially in the heat of competitive matches.

IN-GAME PROMOTIONS

Unless precautions are taken, dedicated FIFA fans can spend significant sums when attempting to improve their Ultimate Team. Most top-level players can be unlocked by simply participating in matches, but some sought-after stars can be obtained more quickly in limited-time promotions which cost a large amount of FIFA points (the in-game currency, often paid for with real money).

CIRCLING SCAMMERS

The popularity of FIFA Ultimate Team (FUT) mode has led to online scammers convincing many impressionable gamers to pay real money for non-existent FUT coins and player cards, or directing unwary FIFA fans to phishing sites. If your child gives these individuals their login details, the scammers can access not only their carefully built team but potentially your payment information.

ADDICTIVE NATURE

One match on FIFA (usually around 15 minutes, but often lengthened by extra time and penalties) almost invariably leads to another. It can be a powerful temptation for young players, regardless of unfinished homework or an approaching bedtime. If the 'just one more game' mindset starts to impact a child's daily routine, it could be a sign of gaming disorder – a recognised mental health issue.

GAMBLING-ADJACENT BEHAVIOUR

Ultimate Team has become a major feature in FIFA due to the revenues it generates. It can also be addictive, with children striving to earn coins and level up while swapping, selling and buying players. Spending FUT coins to open a player pack (which many experts have likened to gambling) is designed to be an exciting act – with bright lights, fanfare and attention-grabbing prizes.

Advice for Parents & Carers

BE SELECTIVE WITH CHATS

It's enormous fun for FIFA players to chat online with friends, even as their teams do battle in the game. It's probably the safest idea, though, to restrict contact with strangers, by turning off voice chat in FIFA and allowing cross-platform play in their device's settings, your child can speak to people who are already on their friends list but won't be able to talk to (or hear) strangers online.

STAY ALERT FOR SCAMS

There are some key things to remember about potential FIFA scams. Firstly, EA never contacts users via any method other than emails to the account holder (which may well be you). Neither will they ever ask for a player's username or password outside the game itself. EA's terms and conditions outlaw the buying of FUT coins, so anyone selling them should be treated as suspicious.

CONTROL SPENDING

If your child plays Ultimate Team mode on FIFA, ensure their account isn't linked to your payment method – so they'll need your permission to make in-game purchases. Alternatively, you could use parental controls to limit spending – or set up a pre-paid 'allowance'. When excitedly clicking options on screen, it's easy for a young person to forget the real-world repercussions of online purchases.

AVOID 'EXTRA TIME'

If your child's spending a lot of time on FIFA 23 and seems less enthusiastic about other activities in their life, you could consider restricting how long they can play for each day with the parental controls in their device's settings. Even if they're not playing on their console or computer, there's a FIFA companion app for smartphones – but that can be limited through parental controls, too.

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dailymail and has been working in the gaming media for three years. A long-time fan of the FIFA franchise, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and Techradar, among others.

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NOS National Online Safety
#WakeUpWednesday

Source: <https://www.nationalonlinesafety.com/fifa-23>
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www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

COMPETITION

Home parentzone



Do you know an aspiring young writer – aged 5 to 15? Do they like spending time online, and do they have something to say about the internet?

The **Find Your Balance written word competition**, supported by Google, aims to help spark children's creativity and help families have the right conversations about their digital lives.

We're looking for children and young people to **explain in writing what they would like the internet to be like in the future**. The top 50 entries will feature in a special event at the Houses of Parliament in London. One national winner from each of the four age categories (ages 5-7, 8-10, 11-13 and 14-15) will **win a trip to the event with their family, to celebrate their wonderful writing**. They'll also receive a copy of the competition anthology (with their writing included) to treasure. See [terms and conditions](#) for details.

It could be a story, poem, letter, lyrics, word cloud or something else.

However, they want to use words to answer the question.

It is important to include pictures and colours to reflect the writing.

To submit an entry, a parent or legal guardian must complete the form below – including uploading the completed writing. It can be uploaded as a PDF or jpeg file (maximum size 86MB). All entries will feature in a special showcase on the Parent Zone website before being shared with the judging panel.

The closing date for submissions is 23:59 on Wednesday 19 October 2022.

<https://parentzone.org.uk/findyourbalance>



If you are available on Tuesday 18th October 2022, 09:30 – 16:00 join the Digital families team online. Register your place here for FREE: <https://www.eventbrite.es/e/digital-families-conference-2022-tickets-392354622237>

They know every family needs support sometime.

Simply because parenting is hard. Parent Zone sits at the heart of digital family life: the struggles, the magical moments, the times when things seem complicated or confusing.

They are a parenting organisation – but we are also parents. We are here for ordinary parents – not for the loudest and most powerful.

They maintain our independence and values. We adapt to the needs of all parents – and the digital world – so we are agile enough to cope.

They base our work on expert academic research. But we listen to everyone: parents, professionals, young people, and children.

Their aim is still to challenge, to take risks, to ask awkward questions. *What's happening in the real world? What do families really need? And are we really helping ordinary families with ordinary – or sometimes extraordinary – challenges?*

