

## Summer e-Safety Newsletter

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With the summer fast approaching, we wanted to leave you with some useful reminders about app age restrictions, online safety tips, and ways to reduce screen time—so your child is encouraged to step away from their screens and enjoy a balanced summer.

### App & Game Guide

Here are some popular apps and games with their age ratings, potential risks, and tips for parental controls:

App/Game	Age Rating	Risks	Parental Tips
<b>Instagram</b>	13+	Exposure to unrealistic content, cyberbullying	Set account to private, monitor followers and comments
<b>Snapchat</b>	13+	Disappearing messages, location sharing	Disable Snap Map, talk about safe sharing
<b>Discord</b>	13+	Unmoderated chat rooms, strangers	Join servers together, review privacy settings
<b>YouTube</b>	13+ (YouTube Kids: all ages)	Inappropriate videos, ads	Use YouTube Kids or enable Restricted Mode
<b>Among Us</b>	10+	Chat with strangers, in-game language	Use Quick Chat mode, supervise gameplay

<b>Minecraft</b>	10+	Online multiplayer risks, screen time	Use child-friendly servers, set time limits
<b>Fortnite</b>	12+	Violence, in-game purchases, voice chat	Disable voice chat, set spending limits

## Digital Wellbeing Tip

Balance is key! Set screen time limits, take regular breaks, and make time for offline activities like reading, sports, or hanging out with friends (in real life!).

## Online Safety Tips

Here are some practical tips to help keep your child safe online:

- **Set Clear Screen Time Rules**
  - Create a daily schedule that includes tech-free time, especially during meals and before bed.
  - Use built-in parental controls to set limits on devices and apps.
- **Keep Devices in Shared Spaces**
  - Encourage children to use phones, tablets, and computers in family areas. This helps you stay aware of what they're doing online and encourages open conversations.
- **Talk Regularly About Online Experiences**
  - Ask open-ended questions like:
    - "What's your favourite app right now?"
    - "Has anything online made you feel uncomfortable?"
  - Make it normal to talk about both fun and worrying online moments.

- **Check Privacy Settings Together**

- Go through app and game settings with your child to ensure profiles are private.
- Turn off location sharing and limit who can contact them.

## **Reduce Screen Time: Family Challenges**

Try these fun family challenges to encourage time away from screens:

<b>Challenge Name</b>	<b>Description</b>
<b>No Screens After 7 PM</b>	Replace screens with games, reading, or crafts
<b>Tech-Free Tuesday</b>	A full day without screens—plan outdoor fun!
<b>Offline Hour</b>	Everyone unplugs for 1 hour daily
<b>Family Book Club</b>	Read the same book and discuss it weekly
<b>Creative Hour</b>	Draw, paint, write stories—no tech allowed

## **Get Ready for Back to School with These Smart Apps!**

Heading back to school doesn't have to be stressful—especially when you've got the right tools at your fingertips. Whether you're looking to stay organised, revise smarter, or boost your wellbeing, there's an app for that! We've rounded up some of the best free and student-friendly apps to help you start the new term feeling confident, focused, and ready to succeed.

## Learning & Revision

- **Quizlet**
  - Create flashcards or use pre-made sets for subjects like science, history, and languages.
  - Great for quick revision and self-testing.
- **Seneca Learning**
  - Interactive revision for GCSEs and A-Levels.
  - Fun, gamified learning with instant feedback.
- **BBC Bitesize**
  - Trusted resource for KS3, GCSE, and post-16.
  - Videos, quizzes, and revision guides by subject.
- **Khan Academy**
  - Free lessons in maths, science, computing, and more.
  - Ideal for brushing up on tricky topics at your own pace.
- **My Study Life**
  - Timetable planner and homework tracker. Helps manage assignments, exams, and reminders.
- **Google Keep**
  - Simple tool for making checklists and setting reminders. Great for keeping track of homework and supplies.
- **Forest**
  - Stay focused by growing a virtual tree while you study. Helps reduce distractions from your phone.
- **Headspace**
  - Short meditations and breathing exercises to reduce stress. Useful for managing back-to-school nerves.

If you need further support or have any questions about the topics covered, please don't hesitate to reach out to your child's school or visit trusted websites like:

- Internet Matters
- NSPCC Online Safety
- Childnet
- Thinkuknow

Have a fantastic summer, and we look forward to welcoming you and your children back in September!