



John of Gaunt Infant and Nursery School Part of the Aylsham Learning Federation

Digital Newsletter

It has come to our attention that some children may be watching and or playing games that are not ideally age appropriate. We understand that age ratings are for parental guidance and ultimately it is the choice of the adults responsible. We just wanted to make you aware as to why the age ratings are in place for some of the games and programmes and or films we have heard some of our children mention.

Just because children may seem 'tech-savvy' at increasingly younger ages, doesn't necessarily mean that their brains are developing at the same rate as their digital acumen. Research shows that it takes children about 12 years to fully develop the cognitive structures that enable them to engage in ethical thinking. **Before 12 it's difficult for a child to fully grasp the impact of their actions upon others, online or otherwise.**

Fortnite – PEGI rating of 12 this rating has been given due to the violence throughout the game along with the online chat functions which opens up to personal information being shared and their / your accounts being hacked.

Call of Duty – PEGI rating of 18 This rating has been given due to violence against vulnerable and defenceless characters, the motiveless killing of innocent characters, graphic violence and the use of strong language.

Squid Game on Netflix – is rated 15+ due to the sexual violence references, injury detail, crude humour, sex, suicide, sexual images, violence

If you are unsure whether a programme, film or game is suitable please take the time to read the reason for the age rating. Children learn from their surroundings and what they interact with so, whilst to an adult we know they are not real that is not the case for children. It can cause nightmares, changes in behaviour for instance make them behave more aggressively or the opposite to become scared of the world.

If you want further information / guidance check out:

<https://nationalonlinesafety.com/>

<https://www.internetmatters.org/>



Checklist: Supporting 6-10-year-olds online taken from internetmatters.org

Agree boundaries

Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Explore together

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online.

Put yourself in control

Install [parental controls](#) on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Use airplane mode

Use airplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

Stay involved

Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Talk to siblings

It's also a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

Search safely

Use safe search engines such as [Swiggle](#) or [Kids-search](#). You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on [Google](#) and other search engines, as well as [YouTube](#).

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the minimum age limit is 13 for several social networking sites, including Facebook and Instagram. Although sites aimed at under-10s like [Spotlite \(Formerly Kudos\)](#) also have social networking elements.