

# Welcome to the October 2023 Scomis Online Safety Newsletter for Parents/Carers

## New to the Scomis Online Safety Newsletter?

Welcome to the Scomis Online Safety Newsletter for parents/carers. The aim of our half-termly newsletter is to signpost parents and carers to websites which will provide:

- Online safety advice and guidance for parents and carers
- Raise awareness of current Online Safety issues
- Information on how/where to get help

## Remember to talk to your child about Online Safety

### Be aware of key issues! How?

Visit the following websites to find out:

**Internet Matters** – [Advice by Age](#) Whatever your child's age, Internet Matters provides guidance to help you find out more about your child's digital lives. Their site includes practical advice on the steps you can take as a parent to keep them safe on social media, in online games and around the web and includes video, tips on how to start a conversation and much more.

### How you can protect your child

Children use the internet in different ways depending on their age, [Internet Matters](#) has developed checklists for parents /carers that provide top tips on how to help them stay safe. Get your toolkit [here](#)



Help children understand the dangers of sharing personal information, the best ways to balance screen time and more with the age-specific guides available [here](#)

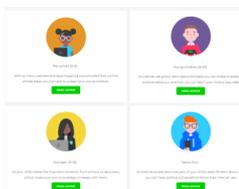
**0–5 years** Find out what's new and download the [Online Safety guide](#)

**6–10 years** Find out how they might be at risk and download the [Online Safety guide](#)

**11–13 years** Find out how to start those tricky conversations and download the [Online Safety guide](#)

**Teens 14+** Find out what's new and download the [Online Safety guide](#)

NB. Each age-specific section includes 'easy to view' videos



## PEGI Ratings

PEGI (**Pan European Game Information**) ratings is a popular gaming rating system used mostly in Europe and Asia. PEGI ratings are quite easy to understand. They use a clear number to show from which age the game is suitable for. Find out more [here](#)

The age rating confirms that the game content is appropriate for players of a certain age.

PEGI considers the age suitability of a game, not the level of difficulty.

- Find out what the labels mean [here](#)
- Find out what the course descriptors mean [here](#)



## Childline's Advice for Staying Safe Online

There are a number of things **you** can do to keep yourself safe online:

- Think before you post
- Don't share personal details
- Watch out for phishing and scams
- Think about who you are talking to
- Keep your device secure
- Never give out your password
- How to spot **Fake News**

Read how to keep you and your children safe online [here](#)

Find out more about:

- [Keeping your device secure](#)
- [Strong passwords](#)
- [Grooming](#)

Access and view a range of easy to watch videos on all sorts of things including

- Getting help [here](#)

Watch the [toolbox videos](#) and get help and advice on all sorts of things.

Remember you can contact [Childline](#) about anything. online, on the phone, anytime

**WAYS TO GET SUPPORT**

- Send an email**  
Send an email from your Childline account and we'll reply within 24 hours.  
[Write an email →](#)
- Call for free on 0800 1111**  
The fastest way to reach us. Call for free on any phone and it won't show on the bill.  
[Call us →](#)
- Log-in for a 1-2-1 counsellor chat**  
Chat with a counsellor in a safe space online about whatever is worrying you.  
[Chat now →](#)
- Sign with us**  
Talk to a counsellor with help from a British Sign language interpreter.  
[Talk to us →](#)

## Keeping up to date with Media Sites, Apps and Games

- Keep up to date with the latest sites, apps and games
  - Find out how to keep your child safe when playing online games
  - Access resources for children with [SEND](#)
- Visit [NSPCC's Chat App](#) site to find out more about Social media and Chat Apps including:  
TikTok; Instagram; WhatsApp; Telegram
- Find out more [here](#)

## Need Help?

Worried about something a child or young person may have experienced online, you can contact the [NSPCC](#) helpline for free support and advice on **0808 800 5000** or [contact NSPCC online](#).

**Reminder!** Children can contact [Childline](#) any time to get support themselves:  
0800 1111