At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about YOUTUBE

Almost anyone with an internet connection knows YouTube. The Google-owned site lets anyone upload videos to be shared around the world, and as a result, it's an incredible resource with instant free access to material covering every conceivable topic. But with over 500 hours of video uploaded every minute, not all of it will be appropriate for young eyes.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate content. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but it can also lead to binge-watching and screen addiction – especially if 'auto-play' is active. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

RADICALISATION

YouTube's algorithm tends to promote content that's getting the most traffic – a lot of which can be quite extreme. This can be fine for harmless topics, but YouTube isn't regulated like television, and that means that conspiracy theories, fake news and hateful ideologies can occasionally surface to warp impressionable minds all too easily. Remember – the more they watch, the more they'll be recommended.

CONNECTING WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as message other users directly. Connecting with strangers online can potentially lead to children being exposed to adult language, cyberbullying and – in the worst cases – online predators. If a child is creating content themselves, this can increase the likelihood of them becoming a target.

TRENDS AND CHALLENGES

YouTube is teeming with trends and challenges, some of which are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may cause physical or emotional harm children who watch or copy them. The painful 'salt and ice challenge' – where people use these two ingredients to burn their skin – is just one of many examples.

SNEAKY SCAMMERS

The comments sections of popular content creators regularly have scammers posing as that influencer, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and often offer cash gifts or 'get rich quick' schemes. Children may not realise that these users aren't who they claim to be.

Advice for Parents & Educators

APPLY RESTRICTED MODE

For older children, Restricted Mode is an optional setting that prevents YouTube from showing inappropriate material (such as drug and alcohol abuse, graphic violence, and sexual content) to underage viewers. To prevent children from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that they use to access YouTube. It's worth also turning the auto-play feature off, to prevent YouTube's algorithm automatically recommending something inappropriate.

TRY GOOGLE FAMILY

Creating a Google Family account allows parents and carers to monitor what their child is watching, uploading, and sharing with other users. It will also display their recently watched videos, searches, and recommended videos. In general, a Google Family account gives a parent or carer oversight of how their child uses sites like YouTube and helps to ensure that they are only accessing appropriate content.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them under 18. Younger children will watch different content to older ones, of course. You may want to keep an eye on how children interact with this material – and, if applicable, with content creators – to understand what they're interested in. Remember that creators often share content outside of YouTube, so don't ignore their web presence elsewhere!

CONSIDER YOUTUBE KIDS

It's possible to sidestep most inappropriate content completely via Google's own YouTube Kids app for Android handsets and iPhone. This lets you filter content by "preschool" (4 and under), "younger" (ages 5 to 8) and "older" (ages 9 to 12). This isn't a perfect substitute for personal supervision, as the app's filtering system is automated, and Google can't manually review all videos.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that a child is subscribed to can be hidden. If the child is only uploading videos set as 'private', they are far less likely to receive direct messages from strangers.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases. For example, users can rent and buy TV shows and movies to watch. If you'd like to avoid children purchasing content online, limit their access to online payment methods. Many parents have discovered the hard way that a child happily consuming a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Release date: 26.01.2023 Last reviewed: 31.05.2024

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION 13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert



Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/instagram-2022

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 00.00.2024

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 AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

AGE RESTRICTION 7 PEGI

WHAT ARE THE RISKS?

SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it *is* worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert



Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

National Online Safety®
#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.10.2023

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about FORTNITE

AGE RESTRICTION PEGI 12

Fortnite was launched back in 2017, but it remains massively popular – with more than 250 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons'.

WHAT ARE THE RISKS?

ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away – such as days out and holidays – than you might expect.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic 'skins', music tracks and LEGO items – which don't really impact on gameplay but can cost a significant amount. These items are bought with in-game currency, V-Bucks – earned through completing the Battle Pass (which also costs V-Bucks) can also be purchased from the game's store for real money.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like *Family Guy* and *Avatar: The Last Airbender* to comic book characters including Batman to other games such as Street Fighter. This means you could have children asking questions about the monster from *Alien* or Geralt from *The Witcher* a little sooner than you otherwise might have.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. 'Crossplay' lets friends play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC – while the 'party chat' feature allows them to talk to each other during the game. This can, however, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as fishing mini-games and dancing emotes. Machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep coming back.

Advice for Parents & Carers

MATCH GAMING TIMES

Younger players tend to play Fortnite with their friends. With that in mind, it could be worth speaking to the parents and carers of a child's social group and coordinating their gaming around certain times of day. Safety in numbers is obviously a factor here, but it will also help children feel that they're getting adequate opportunities to socialise with their friends online.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

USE UPDATES AS REWARDS

Fortnite's seasonal updates are free, but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 and are also available as part of larger bundles. The purchase of passes can be an effective reward to young Fortnite fans for good behaviour or academic performance, or as an incentive for completing chores like tidying their room.

BE WARY OF SCAMS

The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they *never* ask for a player's account password outside of the game: make sure any young player knows this.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents and carers to do something fun with their child, while also making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

Meet Our Expert



Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Release date: 12.04.2023 Last reviewed: 02.05.2024

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

IN-GAME CHAT

Video games are continuing to grow in popularity – including, of course, among children and young people – and the emergence of gaming communities has been accelerated by the inclusion of chat functionality across many different titles. While in-game chat isn't inherently a bad thing, it can create some concerns about online safety and the people that children might be interacting with.

WHAT ARE THE RISKS?

DIFFERENT TYPES OF CHAT

There are a number of ways that gamers commonly chat with one another online. As the name would suggest, in-game chat happens within the game itself. There's also party chat: a group voice conversation that console users can have with anyone on the same platform. This tends to be more commonly used by players who already know each other. Finally, many gamers – especially on PC – will chat via a third-party app such as Discord.

CONTACT WITH STRANGERS

Whether it's text- or voice-based, in-game chat is frequently open to all players to use. Many games default to making it an opt-in function, but some don't: meaning a child could start seeing messages within the game from people they're playing with, regardless of whether they know those individuals or not. While most strangers won't necessarily have ill intent, there are some who may behave inappropriately when chatting to a child – intentionally or otherwise.

DANGER OF GROOMING

It's been reported that some young gamers have encountered older players online who pretend to be a lower age to manipulate children, sending gifts in exchange for chatting and sending photos. Just as on any messaging platform, it's good to advise young people to avoid speaking to strangers; emphasise that they shouldn't accept gifts from anyone online that they don't know.

BULLYING AND ABUSE

While some in-game chat can turn toxic because of how a match plays out, others turn that way because of people who engage in trolling – in essence, behaving in an offensive and abusive way simply to cause pain or get a rise out of whoever they're talking to. These 'trolls' often lean on racial slurs, anti-LGBT sentiment and other hateful rhetoric; they normally feel most confident preying on younger, more impressionable gamers.

POTENTIAL FOR PRIVATE CHAT

If a player would like a re-match with a stranger after meeting them in the game, they can send a friend request, or use the party chat together in the future. For the most part, this is harmless – but it might lead to messages being exchanged in private. This could then escalate to the sharing of private information, and potentially attempts to manipulate or scam younger players.

COMPETITIVE ATMOSPHERE

Certain games are very competitive, and players can sometimes get upset if they feel a teammate is underperforming, an opponent won unfairly, or they're just a bad loser. This can lead to unpleasant messages that stray away from playful 'trash talk' and wander into the territory of bullying. Some players have been known to get incredibly abusive in situations like this, and the impact of this on a young gamer's emotional wellbeing could be severe.

Advice for Parents & Educators

LOCK-DOWN IN-GAME CHAT

In-game chat can often be disabled in the game's settings. This allows children to play without risk of contact from strangers – but it will need to be done in each individual game. Text chat appears in the corner of the screen in many titles, so it's normally easy to take a quick glance and see what's being said. With voice chat, explain to children what behaviour is inappropriate, so they can spot the dangers themselves.

CONSIDER OTHER CHAT OPTIONS

If a child wants to play with people they know, consider using party chat or a third-party service like Discord. This allows everyone involved to chat on a private server and even enjoy each other's company while playing different games. It's also far more secure, as anyone looking to join will need to request and be granted access – normally by whoever is hosting the chat.

REPORT POTENTIAL OFFENDERS

Most games offer a robust means of reporting other players, so you can flag an account as potentially harmful. This normally leads to the account not being matched with yours in the future and, if that person's conduct breaks any of the game's rules, they may be banned from playing entirely. This is done within the game itself, so each title has a slightly different process, but these tend to be designed for simplicity.

COMMUNICATION IS KEY

Make sure children understand the differences between being competitive and being abusive. Talk about what constitutes unusual or inappropriate behaviour from strangers online. Be clear that if anything ever concerns or worries them, they should tell a trusted adult as soon as possible. Empower children to identify the risks of in-game chat for themselves and reassure them they won't get in trouble for seeking help if anything goes wrong.

Meet Our Expert



Lloyd Coombes is the Editor in Chief of GGRecon and has been working in the games media industry for five years. He's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published at sites including IGN, TechRadar, and plenty more.

#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/in-game-chat

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.10.2024

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MINECRAFT

AGE RATING 7+

Minecraft is a beloved classic of modern gaming, still boasting over 160 million players who happily return to it at least once every month. The game has also been used in schools to teach coding, science and other skills. Encouraging creativity, Minecraft has plenty to offer, and it's available on almost all video game platforms.

WHAT ARE THE RISKS?

PUBLIC SERVERS

Joining a public Minecraft server lets children potentially interact with strangers through text chat. Some servers focus on building, while others are dedicated to playing mini-games or competitive modes that pit players against each other. Anyone can join a public server and connecting to one is relatively simple. A public server's IP address is easy to find with search engines and can potentially be used to determine the host's location.

GRIEFING

Some people in Minecraft delight in purposefully damaging or destroying another player's creations. This is called 'griefing' and is a form of bullying: it intentionally spoils someone else's experience in the game by deleting hours of their work and forcing them to start from scratch. Many public servers treat griefing as a severe offence and frequently ban offenders.

ADDICTIVENESS

Minecraft's gameplay is relatively simple, and seeing the result of hours of resource gathering and building can be extremely gratifying. This can make the game highly addictive. It's easy to lose track of time while playing Minecraft, causing committed young players to forget about other activities like homework or enjoying family time.

SCARY ELEMENTS

The visual design and gameplay of Minecraft is purposefully child friendly, so there's no mature content in the game. However, some enemies might prove scary for younger players. In the game, certain creatures come out at night and are accompanied by spooky audio – such as zombie moans and skeleton bone rattles – that may be unnerving. There are also enemies called 'creepers' which sneak up silently and explode, which could startle and upset young users.

ADDITIONAL PURCHASES

After initially buying the game, players can make optional purchases for cosmetic items and other bonuses. Additionally, Minecraft Realms is an optional online subscription service that lets users run their own private server to play with their friends. Some games consoles also need a separate active subscription – such as PlayStation Plus – to enable online play, so multiplayer Minecraft can quickly become an expensive hobby.

Advice for Parents & Educators

RESEARCH CONTENT CREATORS

There are a lot of Minecraft content creators who release helpful videos about the game on YouTube and Twitch. Not all of these, however, are suitable for children. Watching these content creators' channels yourself first is a safe way to find appropriate videos to share with children. This also helps you learn more about the game itself.

CHOOSE THE RIGHT MODE

Selecting 'Creative' or 'Peaceful' mode allows children to play Minecraft without having to contend with enemies. It's also a great way for you to get used to playing the game with them, since the difficulty level is far lower. This allows you to work together on a long-term project, creating something special without the threat of zombies attacking you, or creepers exploding and damaging your build.

HOST A PRIVATE SERVER

The easiest way to find a safe server for children to play on is to make one yourself. Hosting a server prevents strangers from finding it, unless they've been given its address and password. A private server also lets you control who's allowed to enter and – if necessary – ban anyone who shouldn't be there. This is the closest equivalent to parental controls in Minecraft. However, hosting a private server will cost a monthly fee.

ENCOURAGE BREAKS

It's easy for the hours to fly by while a child is playing Minecraft, so remind them to take regular breaks. This is a useful way for them to learn good time management, which they'll benefit from as they get older. It will also teach them to play their favourite games in moderation – limiting addictive behaviour and allowing them to manage their day better.

TALK ABOUT STRANGERS

At some point in their lives, almost everyone will make contact with a stranger online. Talking to children about online safety, therefore, is essential – as is having a plan for dealing with any hostile or difficult people. Ensure that a child knows to never tell a stranger about themselves online, and that they should come to you straight away if they do encounter a problem.

Meet Our Expert

Daniel Lipscombe 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 Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



#WakeUpWednesday®

The National College®

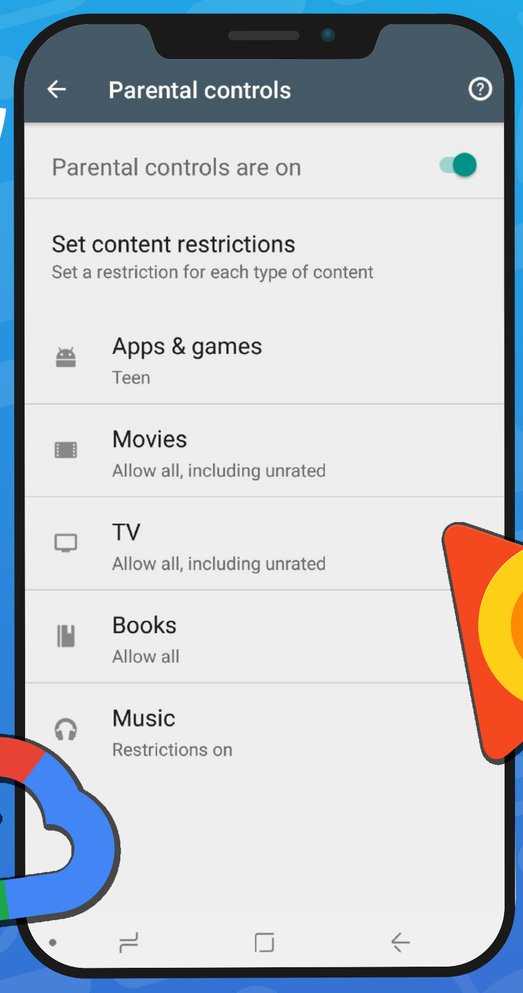
Users of this guide do so at their own discretion. No liability is entered into. Release date: 29.06.2022 Last reviewed: 31.05.2024

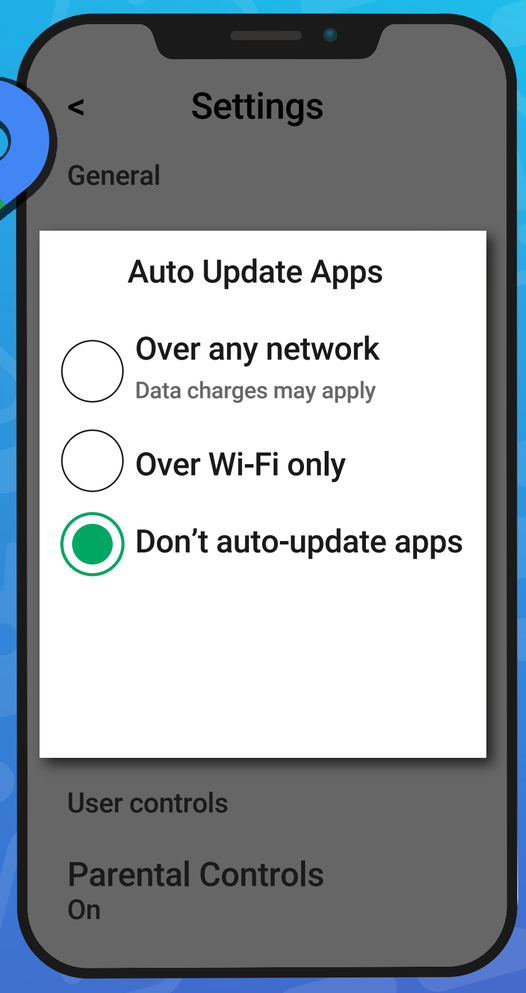
At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware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

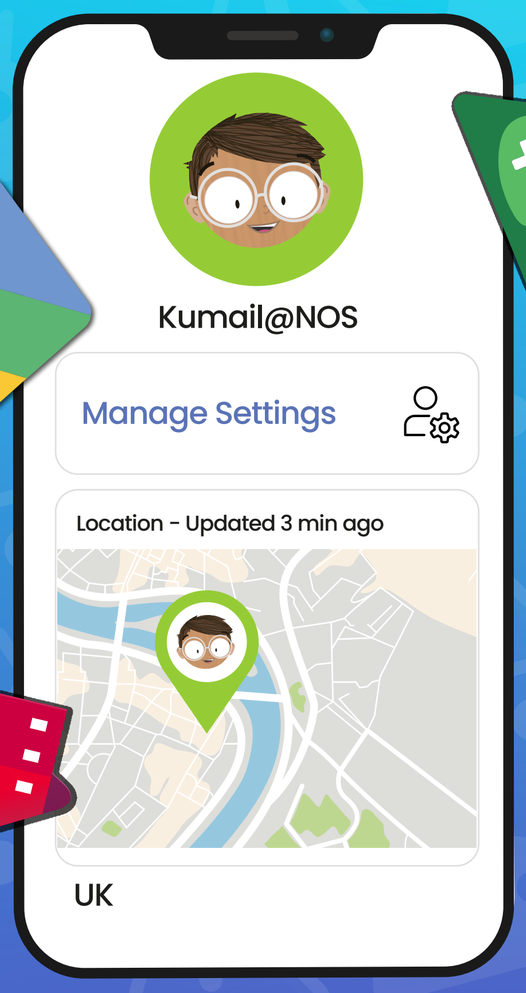
How to Set up PARENTAL CONTROLS for APPS

Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.







How to Block App Downloads (This Also Disables In-app Purchases):

1. Open Google Play Store
2. Tap the profile icon in the top right
3. Tap Settings
4. Scroll down to the Family section and tap Parental controls
5. Toggle 'Parental controls are off' to 'Parental controls are on'
6. Create a PIN and tap OK
7. Confirm your PIN and tap OK again
8. Tap Apps & Games
9. Set the age limit you wish to set
10. Tap Save to apply your changes

How to Stop Auto-updates

1. Open Google Play Store
2. Tap the profile icon in the top right
3. Tap Settings
4. Tap Auto-Update Apps
5. Select 'Don't auto-update apps' and then tap Done



Restricting Apps Through Google Family Link

1. Open Google Play Family Link for parents
2. Tap the three horizontal lines in the top left
3. Select your child's account
4. Tap Manage
5. Tap Controls on Google Play
6. Tap Apps & Games
7. Select the age limit you wish to set

National Online Safety®
www.nationalonlinesafety.com

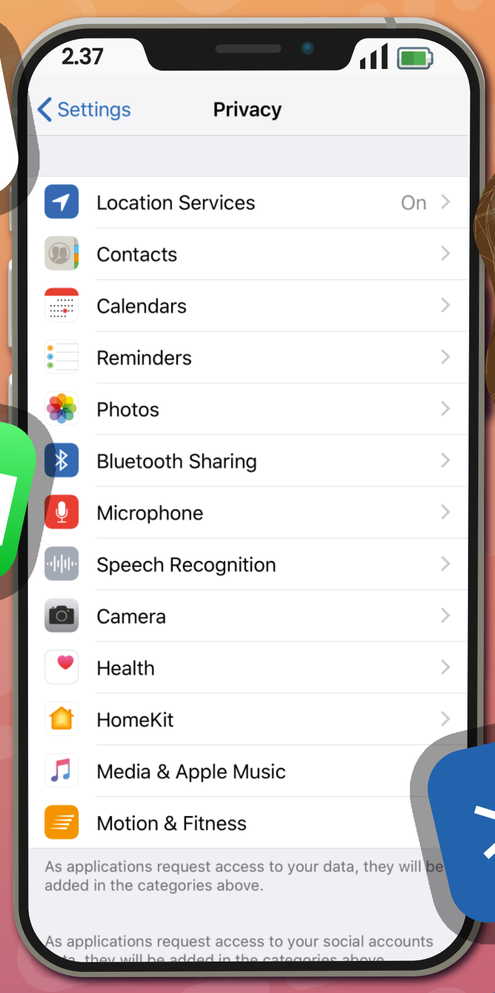
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.09.2021

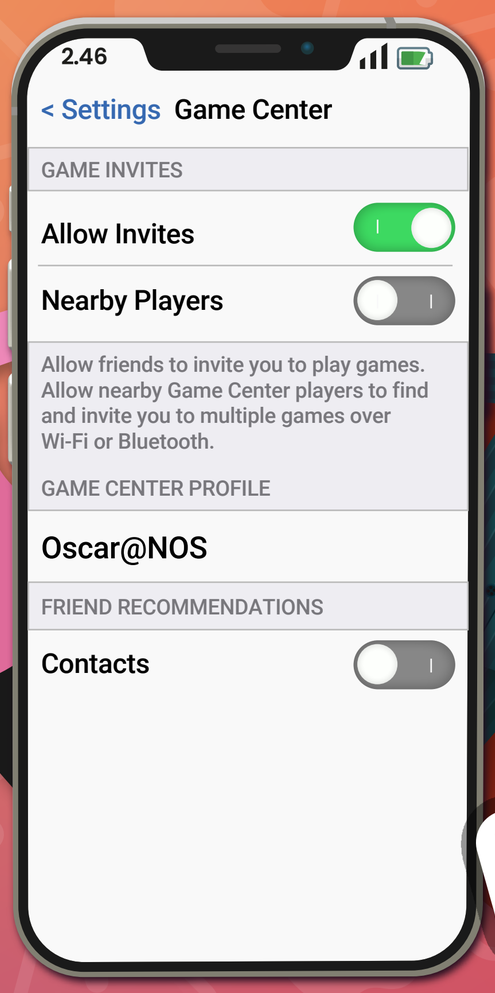
At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware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

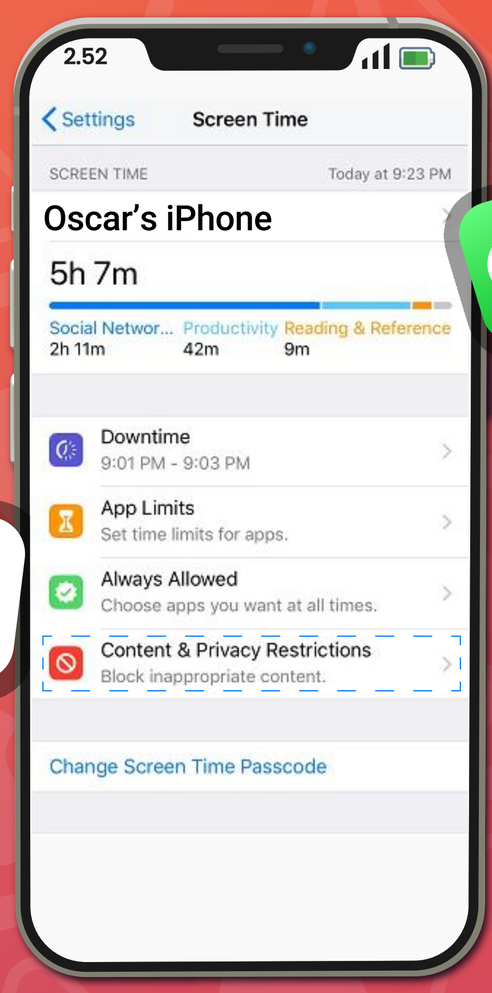
How to Set up PARENTAL CONTROLS for APPS

iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.







How to Restrict Built-in Apps/Features

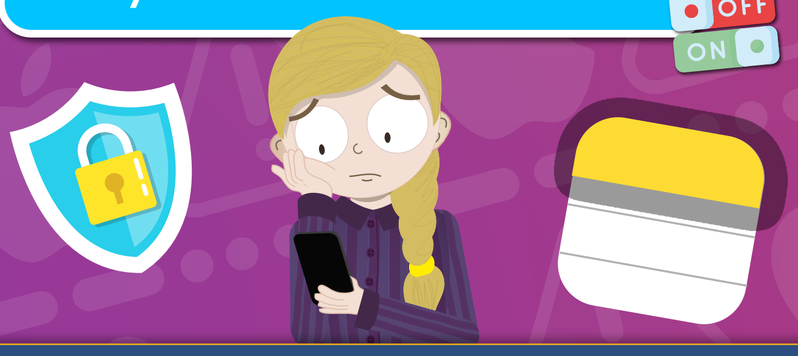
1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Allowed Apps (you may need to toggle this to 'on' at the top)
5. Enable or disable the apps you wish to appear(or disappear) on your child's device

How to Restrict Game Centre

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
5. Scroll down to Game Centre
6. Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap iTunes & App Store Purchases
5. Select Allow or Don't Allow for each feature (you can also lock these settings with a password)



National Online Safety®
www.nationalonlinesafety.com

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.09.2021

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ROBLOX

AGE RATING PEGI 7

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to interact online (including a group chat function), which could expose children to various risks. Scammers often attempt to trick young Roblox fans into exchanging their paid-for items for something which turns out to be of much lesser value – or something they never even receive. The in-game chat has some filters, but it isn't perfect: players can still send unpleasant messages, while predators can reach out to children directly.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this doesn't usually deter such people. Some player-built Roblox levels have even been designed with online dating specifically in mind, and this will not always be obvious.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money – usually a one-off payment. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some lobbies, therefore, will put children at greater risk of contact from strangers than others.

IN-APP PURCHASES

Roblox is free to download and play, but bear in mind that there are some extra costs. These *are* usually indicated with the symbol for 'Robux' (the in-game currency). Players are encouraged to make purchases in the game using real money. People can also buy extra Robux to spend on cosmetic items in the game, and it's also possible to purchase a private or VIP server.

Advice for Parents & Educators

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for younger players, as that allows Roblox to automatically apply appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. Keep in mind that the game allows you to disable messages from anyone who hasn't been added as a friend on your account.

PRIVATE SERVERS

If a child has friends to play Roblox with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, the player who owns the server could invite other people – who might not be child friendly – to join them. Additionally, private servers can be set up in such a way that any player on the host's friends list can join, so it's important to discuss who children are playing with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that two-factor authentication is enabled on any payment accounts also makes it harder for children to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, children must learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's okay to discuss – and what they should *never* tell a stranger – can help them understand how to communicate more safely with other people online.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

Sources: https://www.theverge.com/2020/7/21/21333431/roblox-over-half-of-us-kids-playing-virtual-parties-fortnite
https://corp.roblox.com/parents/

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Release date: 13.10.2023 Last reviewed: 30.05.2024

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

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



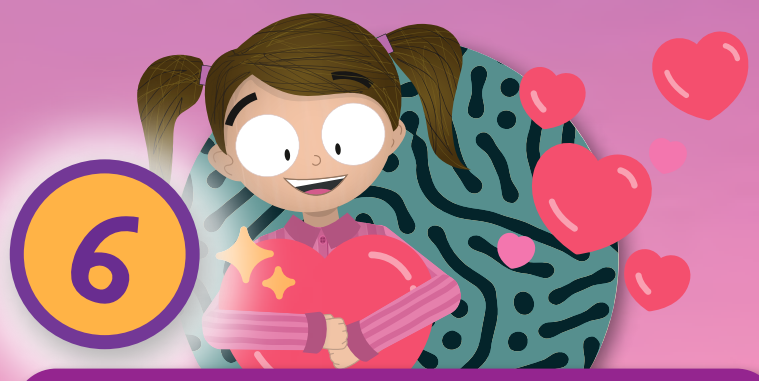
4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



National Online Safety®

#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2020