



## Age Restrictions for Social Media Platforms

It is important to make sure you are up to date on the latest social media, apps and games that your children are accessing. Lots of the apps children are using have age restrictions on them due to the risks they present. NetAware provide guidance and tips on what the children can access, recommended age limits, the risk they may present and how to put safety controls in place. It also gives useful guidance on how to keep your children safe online.



## EMOJI SLANG

Do you know what your child is texting or receiving? The Urban Dictionary is a great place to check words that you are unfamiliar with:

<https://www.urbandictionary.com/>

# EMOJI SLANG

### DO YOU KNOW WHAT IT MEANS

GENERAL	VIOLENCE
<ul style="list-style-type: none"> <li>'Ghosted' - to be ignored</li> <li>To be shocked</li> <li>Idiot/stupid</li> <li>'Capping' lying</li> </ul>	<ul style="list-style-type: none"> <li>'Dead Meat'</li> <li>Stab</li> <li>Punch</li> <li>Gun/Shoot</li> </ul>
SUICIDAL IDEATION	DRUGS
<ul style="list-style-type: none"> <li>Self harm</li> <li>Suicide</li> <li>Suicide</li> <li>Suicide</li> </ul>	<ul style="list-style-type: none"> <li>Marijuana</li> <li>Heroin, Cocaine, Crystal meth</li> <li>Getting high</li> <li>Buying drugs/County Lines</li> </ul>
SEXUAL	
<ul style="list-style-type: none"> <li>Male genitalia</li> <li>Female genitalia</li> <li>Bottom</li> <li>Virginity</li> <li>'Spicy' risqué behaviour</li> </ul>	<ul style="list-style-type: none"> <li>Sharing an explicit image</li> <li>Shy/Nervous</li> <li>Hour glass shape body</li> <li>Sexual desire</li> <li>Sexual activity</li> </ul>

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## Five top tips to manage children's screen time

Help your child make the most of their time on and offline

- 1 Set a good example with your own device use**  
 Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.
- 2 Talk together about the time they spend online**  
 Understand what they're doing, and explain your concerns.
- 3 Agree an appropriate length of time that they can use their device**  
 Put in place a family agreement to set some boundaries and don't break them.
- 4 Get the whole family to unplug and create 'screen free' zones at home**
- 5 Use technology and apps to help manage screen time**  
 For example, the Forest app enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The iPad's 'Guided Access' limits the time you can access any given app, which can be great for younger children.

**60%** of parents are concerned their kids don't have interests outside the web  
**12%** of 12-year-olds are most concerned about lack of offline interests  
 Children aged between 11 and 16 post on average 26 times a day

Research of 1,500 parents of children using the Internet between age 6 and 16 in 2013 and September 2016, carried out by Opinion Leader.

Our School website features a Safeguarding area which includes links to our policies and our parents / carers & visitors Safeguarding leaflet

<https://learningops.org/safeguarding/>

## Useful Contacts



NSPCC - <https://www.nspcc.org.uk/>

Young Minds - <https://www.youngminds.org.uk/>

Safer Internet - <https://saferinternet.org.uk/>

Wishing you all a safe & Happy Easter