



**Safer Internet Day is a fantastic opportunity to reflect on how you can use the internet and technology safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle, older sibling or support worker – we can all play a role in empowering children to enjoy their time online!**

This year the Digital Safety Committee have focussed on Gaming. Gaming is a great way for young people to relax, socialise with their friends and have fun. Children can play on games consoles, apps or websites, mobiles, tablets, PCs, or through smart speakers and virtual reality headsets. They can also chat to other players using messaging platforms for gamers, or watch livestreams of well known gamers.

While online gaming is a positive part of children's lives, young people can be vulnerable to abuse and inappropriate content in the online world. There are actions parents, carers and organisations can take to keep online spaces safe for children.

### **What are the risks of online games?**

Bullying

In game purchases

Talking to people they don't know (which can give opportunities to those people who want to groom or exploit young people).

### **How to help children and young people play online games safely:**

Check content of games—are they age appropriate?

Change the settings

Talk to children and young people regularly

George Robertson Ltd has joined us in helping promote safe online gaming. Staff are available throughout the Safer Internet week to give advice on how to set up parental controls on consoles and will post tutorials on safe settings on their facebook page. Look out for our amazing posters and further messages on the Shetland Library facebook pages too.

It is important that children are given the knowledge and skills needed to keep themselves safe online, to build their own resilience.

### **Please follow the links to find more information and advice about gaming and online safety:**

**Protecting Children from online abuse—NSPCC 13.12.19**

<https://learning.nspcc.org.uk/child-abuse-and-neglect/online-abuse/>

**The Rip-Off Games**

<https://parentzone.org.uk/system/files/attachments/The%20Ripoff%20Games%20-%20Parent%20Zone%20report.pdf>

**Factsheets—[www.safershetland.com](http://www.safershetland.com)**

**PEGI Parental Control Tools**

<https://pegi.info/index.php/parental-controls>

