

## Get Smart About PLAY

A recent survey found that more than half of parents and carers are concerned by the amount of time their children spend playing online video games. Another survey found less than 1 in 5 parents use family controls on online devices. To support parents, Get Smart About PLAY was launched. It contains:

- Practical Tips
- Parental Control walkthroughs
- Game reviews
- PEGI ratings explained
- And lots more

Find out more at <https://www.askaboutgames.com/get-smart-about-play/>

## How to avoid scams on Roblox Adopt Me

With over 100m players per month, some Roblox 'Adopt Me!' players are being targeted by scammers. Here is how:



- **By pretending to be a famous YouTuber** - when they are not, to earn a player's trust.
- **Offering things that are not true** - such as duplicating pets, making pets flyable or ride-able (when they are not normally), or offering to change the colour of your pet.
- **Trust-trading** - scammers might ask players to give them an item first, with the promise they'll give them something after.
- **Asking to borrow something** - then not giving it back.
- **Lying** about something that happened in real life to get sympathy and free items from other players. <https://www.bbc.co.uk/newsround/52907809>

I'm concerned my child might be being bullied

and parent. Find out the signs to look for, how to report it and how to support your child at NSPCC. Cyberbullying can include:

- sending threatening or abusive text messages
- creating and sharing embarrassing images or videos
- trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games
- excluding children from online games, activities or friendship groups
- shaming someone online
- pressuring children into sending sexual images or engaging in sexual conversations.



## Wondering how to talk to your child about well-being and using tech?

Experts give tips and advice

- Have conversations with your child before video calls or live-chat game to discuss risks and how to handle them.
- Sit with or near your child during video call or live games and be approachable to discuss issues.
- Be flexible with screen limits during this 'new normal'. It won't be forever!
- Online games can be a good way to keep in touch but balance it with time away from the screen too.

Full article from Internet Matters- <https://www.internetmatters.org/hub/question/how-to-talk-about-wellbeing-and-tech-with-children/>

Full article from Internet Matters-

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying>



OurPact

For a useful free parenting app that gives you control over all of your children's devices, download OurPact.