

## Age Ratings

There is so much that we can do online nowadays including playing games, chatting with others, watching TV or sharing our videos/photographs. One of the ways we can help keep our children safe online is by checking age restrictions/ratings :

**Films:** The British Board of Film Classification (BBFC) rate films. <https://indd.adobe.com/view/edb6c04a-b984-4cd4-ab93-79ea28ac8298>

**Video Games:** PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It is important to note that PEGI do not take into consideration the chat facilities within games. <https://www.askaboutgames.com/pegi-age-ratings>

**Social Media networks:** All social media networks have a minimum age rating; they are all at least 13+.

Is your child too young to use the apps but is still asking you if they can join social media? Then you could suggest an alternative option. Internet Matters list several apps that have been created for younger children, they are grouped for ages 6 – 10 and ages 11 – 13: <https://www.internetmatters.org/resources/social-media-networks-made-for-kids/>



Many of us use Google everyday why not visit [Google's Safety Centre](https://www.google.com/safetycenter/) to learn how to change Google's search settings to SafeSearch filtering

<http://www.google.co.uk/familysafety/tools.html>

This setting is designed to screen sites with explicit text and images that you don't want your child to stumble across when browsing the internet.

### Gaming

Gaming is extremely popular with children and young people. It can be difficult to keep up with the latest games and how they work. Follow the link below to take a look at key safety concerns and how you can support happier, safer gaming for your child.

<https://www.thinkuknow.co.uk/parents/articles/gaming/>

### Worried about your child online?

If you're concerned about your child and need information or further help and support why not visit the CEOP website.

<https://www.thinkuknow.co.uk/parents/>

