



Xbox 360 / Xbox One

Does your child have an Xbox? The Xbox can be used to access the internet so it is important to set up appropriate parental controls based on your child's age as well as review what games they are playing on their console.

What games are they playing?

All games are given a PEGI rating upon release, you should use this PEGI rating to check that it is suitable for your child to play. A PEGI rating tells you what age your child should be to play that game e.g. aged 8+ or 16+.

Visit <https://www.askaboutgames.com/> to find out further information about any games that your child asks to play. This useful site also provides additional guides as well as suggestions for suitable games based on age.

Parental Controls

Both the Xbox 360 and Xbox One consoles include parental settings such as what games can be played and how long your child can play on their console for.

- **Xbox 360 console:**

<https://support.xbox.com/help/xbox-360/security/xbox-live-parental-control>

- **Xbox One console:**

<https://support.microsoft.com/en-gb/help/4482922/xbox-one-online-safety-and-privacy-settings-for-parents-and-kids>

Xbox's family safety app

In addition to the above parental controls, Xbox have now announced that a new family safety app is currently available for preview and will be released fully later this year. It includes features such as:

- Screen time limits
- Content filters – set filters based on age
- Play and communication settings – block all communication with others, limit access to



access to play and “friends only.”

Full story here:

Video lessons

Childnet have released a series of new videos to look at with your child (aged 6-9 years old). These videos include activities as well as discussion points.

<https://www.childnet.com/resources/video-lessons>

OK Live App Livestreaming

What is Ok Live?

Ok Live is a video streaming app which is rated 17+ by the App Store. This means the app is not suitable for those under the age of 17. The app allows you to watch livestream videos added by other users from around the world.



Livestreaming is when you share and watch video content in real time. Due to the very nature of the app being live, a user may view unsuitable and explicit content. There is the ability to complain about a video within the app if they view anything upsetting.

Why should I be concerned?

- Users do not need to register to watch livestreams, however to use all functions (e.g. to comment or upload livestreams) you must have an account. To create an account you need to add a mobile phone number.
- Broadcasts can be shown on a map, so if you allow the app to use your location, it will show exactly where you are when streaming which raises safeguarding concerns. If you choose to allow your child to use this app, we would **strongly recommend that location is disabled**.
- Comment facility may lead to contact from strangers
- Livestreams are all recorded and then are available for users to watch at a later date (unless deleted by the user). It's important to talk to your child about what they do share online.

Activities to develop digital resilience

Parent Zone have highlighted six activities that you could do with your child online to develop their digital resilience:

<https://parentinfo.org/article/six-fun-online-activities-to-boost-your-child-s-digital-resilience>

Short videos for delivering online safety at home

Further information

Further information about livestreaming is available here:

- <https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-livestreaming>

Dove Self Esteem Project

Dove have a whole host of articles, videos and activities on their website as part of their self-esteem project, the aim of which is to boost the self-esteem of young people. The free resources are designed to help parents communicate with their children on a whole host of subjects including media ideals, the effects of cyberbullying and social media.

<https://www.dove.com/uk/dove-self-esteem-project.html>