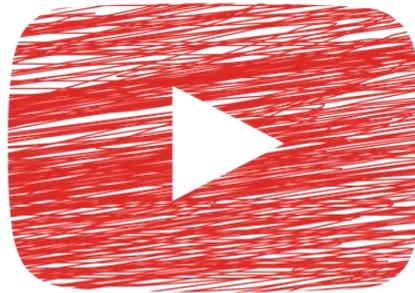


## YouTube – new supervised experience (beta version)

YouTube have created a new for children who perhaps are than what is offered by Kids is still recommended for are not old enough to use be over 13 years of age). This managed by you by creating Account linking to your



‘supervised experience’ ready to explore more YouTube Kids (YouTube younger children) but YouTube (you should new experience is a supervised Google child’s account.

The supervised experience is offers three content settings which are as follows:

still in beta version. It

- **Explore:** For children ready to explore content on YouTube, this setting will include content generally suitable for ages 9+.
- **Explore More:** Content generally suitable for viewers ages 13+, this setting will include more content as well as live streams.
- **Most of YouTube:** This setting will contain almost all YouTube content (except age-restricted content) so it *will* include sensitive topics that may only be appropriate for older teens.

Whilst YouTube have systems in place to block inappropriate content, no system is perfect so your child may still see something unsuitable. Talk to your child about how to stay safe online and what to do if they do come across anything unsuitable (they should talk to a trusted adult). There are reporting mechanisms within YouTube so make sure you and your child know how to report anything inappropriate.

YouTube, along with several partners have created this family guide to supervised experiences:

<https://tinyurl.com/4k8hdasj>



# Your Digital footprint

## What is a Digital Footprint?

A Digital Footprint is any information that is available online about you (even information shared by others), for example, photos, posts, and comments that you have made. We need to support children in developing a positive footprint by encouraging them to think about what they share and that they have appropriate privacy settings in place.

## Further reading:



Childline provide further information as well as tips on how to protect your privacy and how to delete things online:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/taking-care-your-digital-footprint/>

# Screen time

## What is screen time?

It is the amount of time that we spend on a phone, computer, watching television or on a games console. Often, we worry about how much screen time our children are having and unfortunately, there is a lack of research to determine how much screen time our children should have. Following guidance released in 2019 by the Royal College of Paediatrics and Child Health (RCPCH), Professor Russell Viner, President of RCPCH suggests:

*“that parents make decisions about screen time based on their child’s development and health, and whether they are getting enough exercise and sleep. It remains a question of balance, as it is when screen use gets in the way or restricts other activities that a child’s well-being can be negatively impacted.”*

*[<https://www.rcpch.ac.uk/news-events/news/rcpch-responds-social-media-screen-time-guidance-chief-medical-officers> Accessed 20.5.21]*

## Further information:

- <https://parentinfo.org/article/screen-time-should-i-be-worried>

- <https://swgfl.org.uk/resources/young-people-and-screentime-a-good-start/>
- <https://www.childrenscommissioner.gov.uk/digital/5-a-day/>



## The Reverse Selfie by Dove

The Dove Self-Esteem Project have created this powerful video highlighting retouching apps and the pressure to post the perfect selfie. It's worth a watch!

<https://www.youtube.com/watch?v=z2T-Rh838GA>

