What is streaming?

Streaming services are different to traditional television where the nation watched whatever the TV companies decided to put on at that time. Nowadays, which the improvements in internet speeds, people can watch or listen to anything at any time, when they want to. The audio or video is just downloaded from the streaming service but not saved on to the person's device, unless they choose to. This can be useful if you wish to watch a programme where there is no internet signal, such as on a flight.

Popular video streaming services are:

- Sky
- Netflix
- Disney+
- Apple TV
- Prime Video
- YouTube

If you would like to know how to setup parental controls just click on the streaming service you have above or scroll through the pages of this newsletter.

You may have also heard about live streaming on platforms such as Twitch or YouTube. For more information on this, visit:

https://parentzone.org.uk/article/live-streaming

Online Safety Newsletter

In the previous newsletter we highlighted various ways you can keep children safe with the use of appropriate settings on your home broadband/WiFi and game consoles. If you missed it, it can still be found here. With the summer holidays starting in a matter of days, in this edition we are going to look at parental controls for streaming services. We will also look at setting up mobile phones for your children as some children will be getting one as they move up to secondary school.

While it is important to have boundaries for our children, it is important not to exclude too much. The document, 'Keeping Children Safe in Education 2023' that comes into force on 1st September 2023 states, 'be careful that "over blocking" does not lead to unreasonable restrictions as to what children can be taught with regard to online teaching and safeguarding.'

Sky

Sky has two options and both are quick and easy to setup - as long as you can remember your PIN.
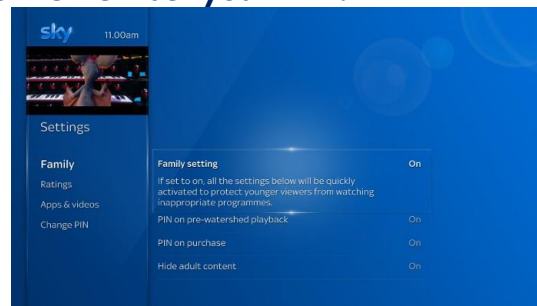
Kids Safe Mode
To turn Kids Safe Mode on or off:
1. Press Home on your Sky Q remote and select Kids, then Safe Mode.
2. Enter your Sky TV PIN.
3. Select Kids Safe Mode to turn it on or off as required

Family Setting
Family setting lets you manage all your parental settings in one go. Switch Family setting on to turn on PIN-protection for any rated shows you watch before the watershed, as well as for any purchases or rentals. It will also hide all adult channels and recordings.
1. Press Home on your Sky Q remote and select Settings, then Parental.
2. Enter your Sky TV PIN.
3. Select Family, then Family setting.
4. Select On to PIN-protect all categories listed under Family, or Off to remove the need for a PIN.

For more information: Managing parental settings | Sky Help | Sky.com

Useful Websites:

Information, Advice and Support to Keep Children Safe Online (internetmatters.org)

Keeping children safe online | NSPCC

Parents and Carers - UK Safer Internet Centre

Childnet — Online safety for young people

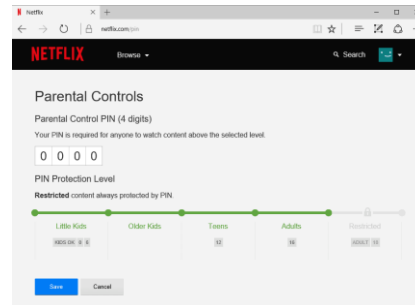**Parent Zone | At the heart of digital family life**

E-safety Guides for Schools | National Online Safety

CEOP Education (thinkuknow.co.uk)

Netflix

Netflix is an extremely popular video streaming service with 22% of their viewers being between 2-17 years-old and increasingly they are watching through their phones and tablets, not with the family in front of the TV.

Create a Profile for Kids
1. Go to your Manage Profiles page.
2. Select Add Profile.
3. Name the profile. To use the Netflix Kids experience, select Kids.
   Kids profiles have a logo on the profile icon so they are easy to identify.
4. Select Continue. The new profile will show on the list of profiles on your account.

How to get the latest parental controls
1. From a web browser, go to your Account page.
2. Open Parental Controls.
   If you don't see a link for Parental Controls, you already have the latest and can apply controls to each profile. Use Parental controls on Netflix to see your options.
3. Once you see the New Parental Controls page with details about parental controls for each profile, you can:
   Choose a maturity level for each profile.
   Require a PIN to access each profile.
   Review the list of Restricted Titles for each profile (which will carry over from your existing parental controls).
4. Click Save.

For more information: Parental controls on Netflix

Disney+

Although from Disney, with their wonderful feature films that feature earworms, Disney+ also contains a lot of adult content, so parental controls are advisable.
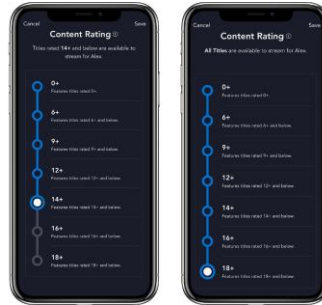

Kid's profile:
1. Open your account
2. Select Add Profile
3. Select a character icon for your profile
4. Enter a profile name
5. Toggle the Kid's profile setting to On
6. Select Save

For more information: Parental Controls on Disney+ | Disney+ (disneyplus.com)

Apple TV

Apple TV isn't known for its children's shows and films, however it does have some family favourites, such as Snoopy and Fraggle Rock.
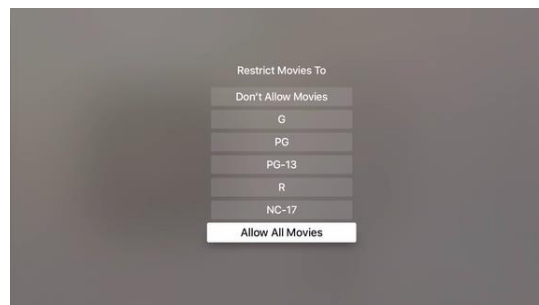
Turning on Restrictions:
1. Open Settings on Apple TV.
2. Go to General > Restrictions, turn on restrictions, and enter a 4-digit passcode.
   Once you enter and verify the passcode, restrictions and other options in the Restrictions menu are enabled.

For more information: Restrict access to content on Apple TV – Apple Support (UK)

Prime Video

Lots of people have a Prime account for the 'free' next day delivery, but it also provides you with Prime Video. Prime Video parental controls work by requiring entry of your Account PIN to bypass purchase or viewing restrictions enabled on your account.
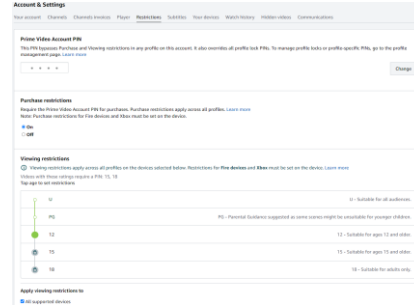
Set up a Prime Video Account PIN on Web:
1. Go to the Your Profiles page.
2. Click Edit profile and then click the account holder's profile.
3. On the Edit profile page, click the Manage button next to Account PIN and locks.
4. If prompted, enter your Amazon account details.
5. On the Account PIN and locks page, click the Create button next to Prime Video Account PIN.
6. On the Create Account PIN screen, enter a PIN and then click Continue.

Note: Once set up, Prime Video Account and Profile PINs apply across all devices. Viewing Restrictions apply only to the device they were set up for.

For more information: Parental Controls on Prime Video - Amazon Customer Service

YouTube

Unless you restrict your child to YouTube Kids to sort out parental controls takes the longest on YouTube.
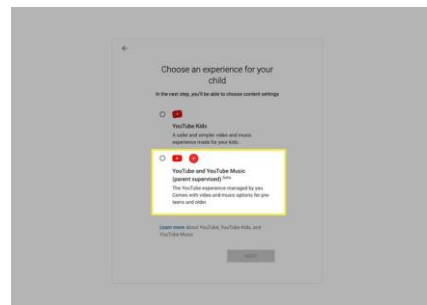
When you set up a Google Account for your child, you can set up parental controls for YouTube Kids and/or supervised YouTube experience through YouTube under Parent Settings in your linked parent account's YouTube settings.

For more information: Parental controls & settings for YouTube Kids profiles & supervised accounts - YouTube For Families Help (google.com)

Tracking APPS

It can feel be a bit like Big Brother or an invasion of privacy to have a tracker on your child's mobile phone, however they can be a useful tool.

Here is how to enable location sharing on the two main mobile platforms:

<u>Android:</u>
1. Open the Family Link app Family Link.
2. Tap Location and then Set up location.
3. Tip: If "Set up location" doesn't display, select the child you want to set up location for and turn on location sharing.
4. If you have multiple children, select which ones you want to turn on location sharing for.
5. Tap Turn on.

<u>Find & manage your child's location - Google For Families Help</u>

<u>Apple:</u>
1. On your iPhone or iPad, go to Settings.
2. Tap Family.
3. Tap Location Sharing.
4. Under Share Your Location With, tap to choose which family members to share your location with.

In iOS 15 or iPadOS 15 or earlier:
1. On your iPhone or iPad, go to Settings.
2. Tap your name, then tap Family Sharing.
3. Tap Location Sharing.
4. Tap Share My Location.

<u>Share your location with your family - Apple Support</u>

Parental Controls on Mobile Phones

Android
When setting up your child's Android phone for the first time, you can set up their device with Google's built-in parental controls called Family Link. If Family Link isn't pre-installed, you can install the app from the Google Play Store. Once installed, follow the steps below to set up Family Link on your child's device.

<u>To view and change parental controls:</u>
1. Go to settings
2. Click on Digital Wellbeing and Parental Controls
3. Then click on Parental Controls

A really handy guide can be found here: <u>Android parental controls: A guide for parents - Android Authority</u>

Apple
With Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your child's device. You can also restrict the settings on your iPhone, iPad or iPod touch for explicit content, purchases and downloads, and privacy.

<u>Set Content & Privacy Restrictions:</u>
1. Go to Settings and tap Screen Time.
2. Tap Turn on Screen Time, then tap it again. Choose "This is My [Device]" or "This is My Child's [Device]".
3. Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy Restrictions.

Apple's support can be found here: <u>Use parental controls on your child's iPhone, iPad and iPod touch – Apple Support (UK)</u>

Sky Mobile

To help keep kids safer online, 18+ rated websites are automatically blocked when you're connected to the Sky Mobile network. If you're using Wi-Fi, parental controls won't apply. Your broadband provider or public Wi-Fi provider might have other settings or filters.

<u>Switch parental controls off or on:</u>
1. Sign into your account – you'll need to be the account holder.
2. Select the SIM plan you want to make changes to.
3. Go to the 'Settings' tab.

If you would like the following instructions as a PDF, you can download them here: <u>parental-control-sky-mobile.pdf (internetmatters.org)</u>

Clare's Law

Clare's Law is a police policy giving people the right to know if their current or ex-partner has any previous history or violence or abuse. Under Clare's Law someone can:

• Apply for information about their current or ex-partner because they're worried they may have a history of abuse and are a risk to them.

• Request information about the current or ex-partner of a friend or relative because they're worried they might be at risk.

Clare's Law enables the police to release information about any previous history of violence or abuse a person might have. To request information under Clare's Law, someone can make a Domestic Violence Disclosure Scheme (DVDS) application. See https://clares-law.com for more information.

Key Messages:

ZIP IT — Keep your personal stuff private and think about what you say and do online.

BLOCK IT — Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT — Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Zip it, Block it, Flag it is our Online Safety message that we share with children alongside SMART rules for being safe online. Please take the time to look at these key messages and go over these with your children at home.