



There's a very good chance you've heard of Fortnite, but what exactly is it? And why is it so popular amongst young people? Fortnite is an online multiplayer "battle royale" game developed by Epic Games, and is playable on Playstation 4, Xbox One, Nintendo Switch, PC and mobiles. It gained popularity in late 2017 and has since become the biggest game in the world, thanks to its rapid and engaging gameplay. As with most games, Fortnite itself is a highly enjoyable and safe experience, but it pays to be vigilant, as the safety is not water tight.



What parents need to know about FORTNITE BATTLE ROYALE



BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.



IS FORTNITE ADDICTIVE?

Fortnite is at the forefront of gaming addiction discussions because it is so popular with young people. But whether it actually contributes to gaming addiction is up for debate. WHO (World Health Organisation) have classified gaming as a legitimate addiction, but this is not solely a concern with Fortnite. Signs of addiction can include irritability when not playing, lying about the amount of time played and a preoccupation with thoughts of the next gaming session. Realistically, it must be down to parents and carers to recognise these symptoms and act accordingly if they think they are developing.



FREE TO PLAY... OR IS IT?

While Fortnite is technically free to play (in that you can download and play it without paying) it does come with the caveat that spending money on things like skins and emotes in-game is heavily pushed to players. The currency used in game is called V-Bucks and can be bought with real money through the game's online store. It's worth remembering that these purchases are absolutely not necessary, are cosmetic only and that V-Bucks can be earned in-game with enough play time.



SEASONAL UPDATES

Every 10 weeks or so Fortnite is updated with a new season. This essentially adds new things like skins and emotes to the game, while also sometimes changing up the game map in interesting ways. These seasons are free to everybody and don't require additional money to play, though battle passes for each season can be bought with V-Bucks. A battle pass will typically allow a player to earn experience faster and gain fun in-game items by completing a host of daily challenges.



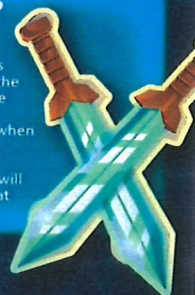
CROSSPLAY IS AVAILABLE

One of the wonderful things about Fortnite is that it can be played cross platform. This means that no matter what platform a person plays on (PC, PlayStation 4, Xbox One etc) they can play with friends who own the game on a different platform. To do this, an Epic Games account must first be created online (which is free) and then linked with your platform account. Doing this removes the age-old boundary of not being able to play together because you don't have the same console and opens up a whole new world of playing online with friends.



IS FORTNITE VIOLENT?

Fortnite has been rated by the ESRB (Entertainment Software Ratings Board) as teen, as it contains cartoon violence and the weapons and acts depicted in the game are some way removed from their real life inspirations. Characters don't draw blood when shot and instead of dying, they are simply beamed up off the map. Naturally, players younger than the recommended age limit will want to play the game and that should be at the discretion of parents and carers.



Top Tips For Parents



BUYING V-BUCKS

As mentioned, Fortnite does contain in-game purchases and microtransactions in the form of V-Bucks which can be bought with real money. If you do decide to let your young one spend money in the game, be sure to delete your card information afterwards as it can be very easy to purchase more items at the press of a few buttons. It's important to set a limit on any purchases (as mentioned they are absolutely not necessary to play the game) and a suggestion would be capping the spending at around £50 - this is the normal retail price of a game.



GAMING WITH STRANGERS

Fortnite Battle Royale is an online game, and as such, there is a chance that young children could come into contact with strangers who are randomly placed into their groups in a game. It's difficult to predict what another person might say or do in a game, so it's a good idea for friends playing together, to be grouped together. The only real countermeasure to interacting with strangers offered by Fortnite is to turn off all mic communications, which can be done in the game's settings. Using outside chat apps, like Skype or Discord while playing, is a great way to make sure you know who you're talking to and that nobody else is listening in.



LIMIT TIME, BUT BE FLEXIBLE

A game of Fortnite can last up to 20 minutes, so be flexible when it's time to put it away. The approach of 'one more game' as opposed to '10 more minutes' will stop any complaints that a match is still ongoing. Better still, play with your child and take it in turns; that way you're helping control the time played and can keep an eye on what they're experiencing.



TALK TO OTHER PARENTS / CARERS

If you're concerned about play time or spending money in the game, talk to other parents and carers of your child's friends. If you approach as a collective, it will be easier to know when their friends are online and you don't have to worry about who they're playing with. It can also help curb expectations on spending money on battle passes and skins if you stick together.



CAN DEVELOP SOME IMPORTANT SKILLS

It's often overlooked just how good gaming can be for young people. Fortnite encourages team play, quick and complex problem solving and communication; that's not to mention the lightning fast reflexes gamers can develop. While taking breaks to do other activities is of course important, there are benefits to screen time which might not be immediately obvious.



PLAY THE GAME YOURSELF

There's no substitute for sitting down and playing the game yourself to learn all about it. Fortnite is available for free on almost anything you can imagine, even your smartphone, so there's never been a better time to get involved and see what all the fuss is about. You never know, you might even be able to impress your children when you show them your impressive Victory Royale tally!

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



VICTORY ROYALE

<https://www.theguardian.com/games/2018/mar/07/fortnite-battle-royale-parents-guide-video-game-multiplayer-shooter>, <https://www.psychguides.com/behavioral-disorders/video-game-addiction/>, <https://www.polygon.com/2018/3/23/17146848/cross-platform-crossplay-ps4-xbox-pc-switch-ios-mobile-enable-friends-compatible-matchmaking-701E7d>, <https://www.esrb.org/ratings/34948/Fortnite/>

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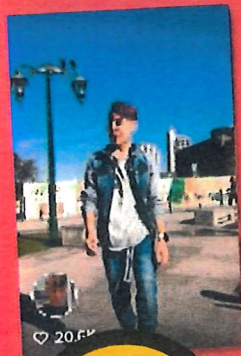
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TikTok

Parent / Carer Advice



13

What is TikTok?

TikTok is a social media app where users share short video clips of 15 seconds duration. It started out as an app named 'Musically' and was used to share videos of dancing and lip-syncing to music. Much of the content on TikTok still reflects these origins, but popular videos now also include pets, makeup, magic tricks, fashion, art, people reacting to situations, etc. According to OSA research, TikTok is now as widely used by 11-14 year olds as SnapChat and Instagram.

Safety Tips

- ! As with all Internet activity, talk to your child about how they use TikTok and any issues they have encountered.
- ! Discuss whether it would be best to change your child's account to private to avoid interactions with non-friends. If you agree to keep the account public you should discuss strategies for coping with negative feedback and for blocking users.
- ! Help your child to spring clean their account from time to time by removing videos you agree to be inappropriate.
- ! Ensure your child knows not to post videos in their school uniform. Also discuss how recording videos at school might break school rules and what the consequences could be.
- ! The TikTok settings allow you to set a time limit for how long each day you want your child to be able to use the app. This can be password protected to ensure they stick to the limit.



Reasons for concern

- ! TikTok has a minimum age rating of 13 and anybody under 18 should have parental permission to use the app. However, new users simply enter a date of birth to indicate their age and there are no verification steps. As such, children of any age can create an account by using a false date of birth.
- ! New users will be shown a range of video clips the app feels may be of interest. Many of these will quickly expose users to offensive language which will be inappropriate for children.
- ! The clothing worn and the type of dancing in some videos could be deemed sexualised and therefore something that might be inappropriate for younger users to be exposed to.
- ! The default privacy settings in the app are concerning. Although only friends can send users direct messages, the videos posted by users can be seen by anybody and anybody can like / comment on the videos. New users are also available for anybody to perform a musical duet with. Such default settings can leave children vulnerable to unwanted communication from others.
- ! Many children in the UK are posting videos to TikTok where they are wearing their school uniform, making it possible for strangers to identify their location.
- ! The nature of videos children are posting to TikTok (singing, dancing, etc) can leave them vulnerable to receiving negative comments which can have an impact on mental health.
- ! The company that owns TikTok is facing legal issues and stands accused of illegally collecting data on children (when it was Musically) and the app has been deemed a 'potential security risk by the FBI'.

What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients; not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



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Instagram

Parent / Carer Advice



What is Instagram?

Instagram is a social media platform which focuses on the creation and sharing of images, providing users with a range of filters and special effects popular among younger users.

Despite requiring users to be 13 or older, a study in January 2017 indicated that 43% of 8-11 year olds in Britain are using Instagram.

13

Safety Tips

As with all Internet activity, talk to your child about how they use Instagram, the importance of not 'oversharing', and any issues they have faced.

It is safest to change the default privacy settings in your child's account from public to private. If your child is older and you agree for them to have a public account, you should discuss strategies for coping with negative feedback and for blocking users. You should also monitor messages they receive.

Given Instagram's reported impact on young people's mental health, keep an eye out for early warning signs of such issues with your child. Seek professional support or consult online services

shout
for support in a crisis

such as Shout at the earliest point of concern.

Regularly spring-clean your child's Instagram account with them by removing any posts and images you agree are inappropriate and blocking any concerning contacts. If you have any concerns that somebody might be trying to groom your

child you should immediately contact CEOP.



Reasons for concern



Privacy settings

A key concern regarding children's use of Instagram is the fact that the default privacy setting for accounts is 'public'. As such, unless a child actively alters their privacy settings, all of the pictures they post to Instagram will be available to anybody. This could result in their images being seen by inappropriate individuals and might lead to receiving unwanted communication.



Follower lists

In a world where celebrity success is measured by numbers of social media followers, it is understandable that children might want to grow their own list of followers. A child's non-private account can quickly grow with followers, some of whom might not have entirely innocent motives.



Terms and conditions

Instagram's 5,000-word terms and conditions states that users agree that Instagram can use and sell their sell images for others to use (without paying or further consent). Instagram also retains the right to store, use and share the personal information and direct messages of their users.



Grooming

In 2019 the NSPCC reported that Instagram was involved in more online grooming cases than any other online platform. Where the police recorded the method of communication, Instagram was used in 32% of cases, in contrast to Facebook at 23% and Snapchat at 14%.



Mental health issues

A report by the Royal Society for Public Health found that Instagram rated as the worst social media platform when it comes to its impact on young people's mental health. Being image-centred the RSPH claimed that Instagram (along with Snapchat) appears to be driving feelings of inadequacy and anxiety in young people.

What Parents & Carers Need to Know about OVERWATCH 2

A long-awaited sequel to 2016's massively successful Overwatch, this is a futuristic shooting game with a focus on teamwork and strategy which gives it an extra dimension to the majority of titles in the genre. Its cast of characters is diverse and memorable, while there's a definite (and rewarding) learning curve to players improving their skill. Created by established developers Blizzard Entertainment, Overwatch 2 is free to play, with an emphasis on competitive multiplayer action – meaning that children may want to play the game even more simply because their friends have it.

AGE RATING
PEGI 12

WHAT ARE THE RISKS?

MULTIPLE PASSWORDS

Overwatch 2 supports convenient cross-play across consoles and PC – as long as users link all their devices under a unifying account on the Blizzard battle.net platform. This has other benefits (preserving a player's original skins for use in the new game), but if your child does want to link their accounts, be warned: the process can be extremely tricky and requires multiple passwords.

VOICE CHAT

As a shooting game which focuses on fast-paced, competitive play, teamwork is central to getting the most out of the Overwatch 2 experience. Many players use voice chat to coordinate with other users – often with friends, but sometimes also with strangers. In either case, this means your child is in contact with others, who may – for example – use offensive language in the heat of the moment.

IN-GAME PURCHASING

Like many free-to-play games, Overwatch 2 offers in-game purchases for unlocking its colourful skins. While new characters arrive as part of a free 'battle pass' each season (normally lasting around three months), players can unlock them much earlier by buying a premium version of the pass. There are also in-game bundles (with varying costs) themed around certain characters or events.

VIOLENT GAMEPLAY

Overwatch 2 heavily features combat, although the on-screen shootouts are relatively sanitised. Most of its characters are of a fantastical nature (there's a gorilla scientist with a laser weapon, for instance, and a DJ on roller-blades who fires sound energy), but some – such as Reaper, an assassin in a wraith-like metal mask – are a little on the darker side and could unnerve younger players.

Advice for Parents & Carers

ASSIST WITH ACCOUNT LINKING

If your child is trying to link their accounts from different devices together, it might be wise for you to help them set it up. Not only should it enable the process to run more smoothly (and save you being asked for the passwords for each account), but you'll also be able to make sure that the website for linking is correct. We've put the right web address under the expert's bio at the bottom of this guide.

MONITOR COMMUNICATIONS

Playing Overwatch 2 with friends is almost universally the most popular way to enjoy the game. If your child is playing with a new friend they only know online – or a stranger – you may want to monitor the chat to make sure they aren't being exposed to anything unsavoury. You might also decide to adjust the in-game voice chat settings so only confirmed friends can speak to your child.

USE IT AS INSPIRATION

Overwatch characters represent many races, nationalities, gender identities and sexual orientations. This eclectic roster of heroes offers a superb jumping-off point for discussing racial, sexual or gender diversity with your child. Whether it's finding Nepal on a globe together or talking about non-traditional relationships, the game could be an excellent conversation starter.

LIMIT IN-GAME SPENDING

The loot boxes featured in the first Overwatch have been replaced by a rotating storefront – so users only have a set time to purchase a skin or item before it becomes unavailable. Your child can still earn plenty of items, however, through the free battle pass. In any case, we'd advise removing any payment methods – or at least setting limits in advance – if you're worried about in-game spending.

WATCH SOME GAMEPLAY

Overwatch players fight with an array of weapons and explosives, but the battles are presented in a way that forgoes blood, gore or dismemberment, regardless of the mode or characters selected. The game also usually avoids the word "kill" – referring to "eliminations" instead. Watching footage of Overwatch 2 on YouTube could help you decide whether it's suitable for your child before they play.

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time fan of gaming, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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WhatsApp

Parent / Carer Advice



What is WhatsApp?

WhatsApp is a free messaging app. It allows you to send text and multimedia messages (video, images and voice recordings) to people in the contact list on your phone. It also allows users to set up group chats where the administrators can invite up to 256 people to share messages and images publicly within the group. Although the age limit for WhatsApp was recently raised to 16 it is popular with primary age children and above. So what are the risks?

Safety Tips

-  **As with all Internet activity, talk to your child about how they use WhatsApp and any issues they have encountered.**
-  **With your child, look through the groups they are members of and discuss any areas of concern you have. You may agree that it would be best to leave the group.**
-  **Go to the settings (by pressing the three dots in the top right of the screen) and ensure your child's profile is set to 'contacts only'.**
-  **To leave a group: Open the group in WhatsApp. Press the three dots in the top right of the screen and select 'Group Info'. Scroll down to 'Exit group'.**
-  **If an admin adds your child back into a group they have left, your child can ask them not to do this. If they keep adding them then you can prevent it by blocking the admin. To do this, WhatsApp provide the following guidance:**

1. Go to the group in WhatsApp, then tap or click the subject of the group.
2. Tap or click the phone number of the admin you wish to block.
3. If prompted, tap or click **Message (phone number)** or **Send Message**.
4. A blank chat with the admin will open up. Tap or click the phone number at the top.
5. Tap or click **Block** > **Block**.

Reasons for concern

-  Group administrators can invite people your child does not know into group chats. Some of these people may not have innocent intentions or may be older and post age-inappropriate messages.
-  Some WhatsApp groups can contain images and messages which can cause distress to children. These might include violent images or videos, abusive messages and sexual content.
-  Chain messages are often shared through WhatsApp. These pressure children to post them on to their contacts, e.g. by claiming that failure to do so can result in the child or a family member dying. Many children find such messages distressing but also feel they must share them with others due to fear of the threat.
-  WhatsApp does not allow users to decide whether to join a group. Your child will be automatically added to any groups that their contacts add them to. If your child leaves the group the administrator can add them straight back in.
-  Your child may be in WhatsApp groups in which huge numbers of posts are made. The alerts this generates can be an unnecessary distraction and can disrupt sleep.
-  WhatsApp's default privacy settings are that anybody can see your child's profile photo and when they were last online.
-  WhatsApp 'dare games' have become popular with children. These involve the child making a quiz about themselves to share with others and this can lead to oversharing of personal information which can be publicly available.
-  Children can add and then remove other children from groups as a form of exclusion and bullying.

and killed him. A girl named Loran got this message. She laughed and deleted it. I later came to her house and killed her and buried her in a desert. A boy named

FORTNITE

CHAPTER 3

AGE RATING

PEGI

12

IN-APP PURCHASES

REPEAT SUBSCRIPTIONS

COMPETITIVE COMMUNITY

POSSIBILITY OF SCAMS

USER-CONTROLLED CONTENT

Advice for Parents & Carers

STAY AWARE OF SPENDING

TALK ABOUT TALKING

ENCOURAGE BREAKS

DISCUSS OTHER APPS

Meet Our Expert



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Fortnite: Chapter 2 has finally landed! With a whole host of new in-game features including a brand-new map, more water-based activities, upgraded character skins and a more streamlined arsenal of weapons, this Fortnite is promising to be the best yet. Almost all of the changes are cosmetic which means the concept of the game remains the same, with players still aiming to be the last man standing. Players will no doubt find the game much more enjoyable with so much more to explore. For parents and carers however, it pays to remain vigilant.



What parents need to know about

FORTNITE

CHAPTER

2

BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.



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Top Tips For Parents

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It's often overlooked just how good gaming can be for young people. Fortnite encourages team play, quick and complex problem solving and communication; that's not to mention the lightning fast reflexes gamers can develop. While taking breaks to do other activities is of course important, there are benefits to screen time which might not be immediately obvious.



PLAY THE GAME YOURSELF

There's no substitute for sitting down and playing the game yourself to learn all about it. Fortnite is available for free on almost anything you can imagine, even your smartphone, so there's never been a better time to get involved and see what all the fuss is about. You never know, you might even be able to impress your children when you show them your impressive Victory Royale tally!



Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



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What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent – but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age. It is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used, although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and online behaviour of young people in the UK, USA and Australia.



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What Parents & Carers Need to Know about CALL OF DUTY: MODERN WARFARE II

AGE RATING

PEGI
18

WHAT ARE THE RISKS?

VIRTUAL VIOLENCE

Like most of its predecessors in the franchise, Modern Warfare II carries an 18 age rating from PEGI (the Pan-European Gaming Information system, which assesses games' content for suitability). This means players will encounter – according to PEGI's wording – depictions of "gross violence, apparently motiveless killing, or violence towards defenceless characters".

OFFENSIVE CHAT & MESSAGING

Most CoD players are likely to spend the majority of their time on Modern Warfare II in online multiplayer mode. This entails competing against – or cooperating with – strangers on the online battlefield. The fast-paced, cut-throat world of CoD means that communication through the game's voice chat and direct messages often turns heated and aggressive, which may upset younger players.

IN-GAME PURCHASES

Modern Warfare II follows the 'battle pass' model of games like Fortnite. For a fee – usually around £10 – each 'season' (every three months or so), players will be invited to complete extra challenges to earn new weapons and equipment. Different tiers of battle pass (costing more money) enable them to achieve this more quickly, while items can also be purchased from the in-game store.

POLITICAL SENSITIVITY

Previous CoD games have been accused of attempting to "rewrite history": failing to correctly attribute alleged war crimes to the US military, for example. The semi-fictional version of history presented on screen can cause players to misunderstand past conflicts and the real reasons they took place. This could lead to young people developing a distorted, inaccurate view of world politics.

AN ADDICTIVE EXPERIENCE

Multiplayer mode in Call of Duty titles revolves around levelling up your character to unlock new weapons, abilities and equipment. The process is designed so that it doesn't take too long to see an improvement, and the feeling of making meaningful progress can keep players hooked for hours. It's easy for gamers of any age to lose track of time, but younger ones are especially susceptible.

Advice for Parents & Carers

RESPECT THE AGE RATING

Based on accurately recreating combat situations, Call of Duty games are unflinching in their portrayal of war. Limbs are shot off and explosions send gore flying, while the previous Modern Warfare featured a lengthy interrogation and torture sequence. With Modern Warfare II offering the same style of brutal realism, it's worth reiterating that the PEGI 18 age rating is there for a reason.

SET SPENDING LIMITS

If your child is likely to be tempted by buying that 'must-have' weapon or item, consider removing your bank details from the console or computer to prevent indiscriminate spending – and an unwelcome bill. Pre-paid cards could be an option for in-game purchases, allowing you to control how much your child can spend in advance – and helping them learn the basics of budgeting.

CLOSE OFF COMMUNICATION

Unless they're playing with their real-life friends, it may be worth closing communication channels if your child plays Modern Warfare II. There's less of a team focus than in many other online combat games and therefore no real need to interact with strangers. Call of Duty fans can be intensely competitive, so even a single action by your child could provoke a barrage of abuse from strangers.

TRY OTHER MODES

If it seems that your child only ever plays Modern Warfare II in multiplayer, you could try out the Spec Ops mode with them – formulating strategies while enjoying each other's company. You could also play multiplayer together, taking it in turns to ensure regular breaks. Another alternative is the game's campaign mode, featuring bespoke missions and scenarios which follow an overarching plot.

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Sources: <https://pegi.eu/what-do-the-ratings-mean/> (<https://www.usgamingnews.com/call-of-duty-modern-warfare-ii-accused-of-rewriting-history-to-benefit-us-military-industry-relationships>)



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What Parents & Carers Need to Know about

ROBLOX

PEGI
7+

WHAT ARE THE RISKS?

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODers. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

IN-APP PURCHASES

Roblox is generally free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has some genuine friends to play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Setting parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with other people online safely.

Meet Our Expert

Joe Godwin (a.k.a. LunaWolf) has worked as an editor and journalist in the gaming industry since 2015, providing sites with event coverage, reviews and gaming guides. He is the owner of LunaWolf Gaming and is currently working on various gaming-related projects including development and writing non-fiction books.



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