

**Hollie Guard App**

This app allows you to keep an eye on your child while they are traveling using journey feature. Whenever they use this feature, their emergency contacts are informed when they have arrived at their destination.

With the free version, users can also use this app to get help quickly if they are in danger. If a user is in danger, they hold down the button for 5 seconds to raise an alert, which activates Hollie Guard and automatically sends their location to their designated contacts. Visit their website for further information:

<https://hollieguard.com/>

**Internet Safety Tips**

1. Make sure your internet connection is secure.
2. Choose strong passwords.
3. Enable multi-factor authentication where you can.
4. Keep software and operating systems up-to-date.
5. Check that websites look and feel reliable.

Need advice about online safety?



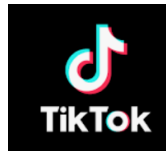
If you're stuck, not sure what to do, or if you're worried about your child, you can also contact our trained helpline counsellors on 0808 800 5000.

**Online Scams**

Internet Matters have published an article detailing common online scams targeting young children. Are you aware of scams involving social media spoofing, webcam and remote access scams and health and beauty scams? Internet Matters highlights a list of different scams, how they work and actions you can take to protect your children online. You can read the full article here: <https://www.internetmatters.org/hub/expert-opinion/common-online-scams-targeting-teenagers/>

**TikTok**

You must be over 13 years of age to use TikTok. Recent studies have shown an increase in Key Stage 2 children that are accessing this app. Some of the videos on TikTok may not be appropriate for your child to view and there is also the risk of strangers contacting your children. If your child is using TikTok then make sure the appropriate security/privacy setting are on. <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings>



**Can gaming support positive outcomes in children?**

Gaming, of course, is phenomenally popular with children and young people. In 2022, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on) gaming can actually benefit a person's mental health. As long as we stay alert for potential risk gaming online can sometimes work to your child's advantage...

**THE FEEL-GOOD FACTOR**  
Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

**PROBLEM-SOLVING PRACTICE**  
It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

**ENCOURAGING CREATIVITY**  
Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

**REAL-WORLD RELATABILITY**  
Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

**A DIGITAL COMFORT**  
Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

**Six Tips to Improve Your Family's Online Wellbeing**



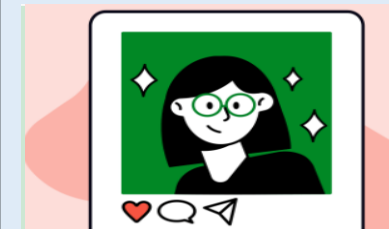
**1. Screen-time savvy**

Spending less time on screens is a great way to improve wellbeing both online and offline. Try setting some limits and boundaries surrounding screens.



**2. Navigate the negative**

Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this.



**3. Seeing isn't believing**

Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they're viewing.



**4. Mistakes happen**

If your child makes a mistake online, such as getting into an argument or sharing personal information, be understanding. You could use this mistake as a learning opportunity.



**5. Take the lead**

Your children look to you as an example. Make sure you're acting on your own online wellbeing advice – doing things like taking breaks and not engaging with negative content. what they're viewing.



**6. Get chatting**

Have regular chats with your child about what they like doing online and how it makes them feel. Don't forget to talk about the positives of being online as much as the negatives.