

# Welcome to the May 2019 Scomis Online Safety Newsletter for Parents

## More Screen Time News!

Latest guidelines from the World Health Organisation (WHO) advises babies and toddlers should not be left to passively watch TV or other screens. The guidelines recommend:

- more physical activity, better sleep and less screen time for under 5s
- sedentary screen time, including computer games should **not happen** for under 2s
- limit screen time for 2-4s to an hour a day – **less is better**

The UK has no plans to update its own advice on screen use, although it says children should avoid screens before bedtime.

Read more from WHO [here](#)



Access and download the screen time guide and screen time parent fact sheet from the Royal College of Paediatrics and Child Health [here](#)

## Do you know the difference between Instas, Rinstas and Finstas?

### Does your child use Instagram?

### Did you know the recommended age for users is 13+

Review CommonSense Media's parent's guide to Instagram and watch the video [here](#):

6 Things Parents May Not Know About Instagram



Access Common Sense Media's resources to:

- Improve your family's well-being
- learn how you can help support solutions that make the digital world work better for all kids [here](#)

## Apex Legends

### Have you heard about Apex Legends?

#### Pegi Age Range is rated at 16

Apex Legends is an online game, free to play and becoming increasingly popular with children and young people. It is known as a 'Battle Royale' game – players join small 'squads' of 3 players and fight other players to be the last squad standing.

#### Parents/carers need to know!

- An account has to be created requiring email address, user name and age
- Can be played on Xbox One, PS4 and PC
- Play is against other players (all ages across the world)
- You can team up with people you know (and don't know)
- First person shooter game with realistic graphics
- You can make in-game purchases (Apex coins range from £7.99 to over £79.99)

Find out more from [Parentzone](#)

## NSPCC Issues Warning about Yolo!

Yolo – has risen to the top of the free download charts on the App Store in the UK and US barely a week after release!

The app was developed using Snap Kit, a piece of software by Snapchat that enables app developers to integrate their own products with the popular social network. Read more [here](#)



Tools and tips and guides on:

**Facebook, Instagram and WhatsApp**  
Available from [InternetMatters](#)

## Worried about Online Challenges?

Find out what you need to know [here](#)

**Remember you can talk to a professional at the NSPCC's helpline on 0808 800 5002 and Childline (0800 1111)**