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Gaming Online.

There is no doubt we are relying more and more on the internet during these times of lockdown. It's a fantastic distraction as we browse or surf the net and socialise with friends.

It's also a welcome distraction for our children and young people who undeniably use it a lot more now than before the lock down restrictions on socialising out with our homes. They are spending so much more time in the virtual world chatting, viewing, sharing and gaming.

As we go online, we have to consider that behind the screen of every device we use to communicate is normally a human being and unless we actually know that person we have to ask ourselves "are we sure they are who they say they say they are"? – As we know, there are those who use the online world to do harmful things and quite often our children and young people can be their targets.



As parents and carers, we have to remain vigilant and be aware of the dangers online as cybercriminals are upping their game, and their methods to attack and disrupt our lives online will not stop.

Remember, unless you know who you are communicating with people can pretend who they want to be online! You cannot see them and you don't know them, so don't just trust anyone you meet online make sure you know who they are and if not just stop communicating with them. And if there is any harmful suggestions or sharing of indecent images report the incident.

<https://www.internetmatters.org/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

<https://www.ncsc.gov.uk/guidance/online-gaming-for-families-and-individuals>

<https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/>

*This alert was sent out for your information by Police Scotland Safer Communities
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