



ST. ANNE'S CATHOLIC
HIGH SCHOOL

"Act Justly, Love Tenderly, Walk Humbly With Your God"

Cyber Safe

**ONLINE SAFETY
NEWSLETTER**

JUNE 2026



WELCOME TO THE LATEST EDITION OF CYBERSAFE!

Dear Students, Families and Colleagues,

I am delighted to welcome you to our latest **CyberSafe Online Safety Newsletter**, which includes guidance and information on a range of current online safety topics:



- **Online Gaming (Page 2)...**

Understanding the games children are playing, the benefits and risks of online gaming and how to support safe gaming habits at home.

- **Roblox Updates (Page 3)...**

Important information about Roblox changes, including safety settings, communication features, age-appropriate experiences and advice for helping children stay safe while using the platform.

- **Online Gaming Addiction (Page 4)...**

Recognising signs of unhealthy gaming behaviours, the impact excessive screen time can have on wellbeing, and practical strategies to help children maintain a healthy balance.

We hope you find the information helpful and informative.

Enjoy!

Mrs Claudia Duarte
Head of Online Safety

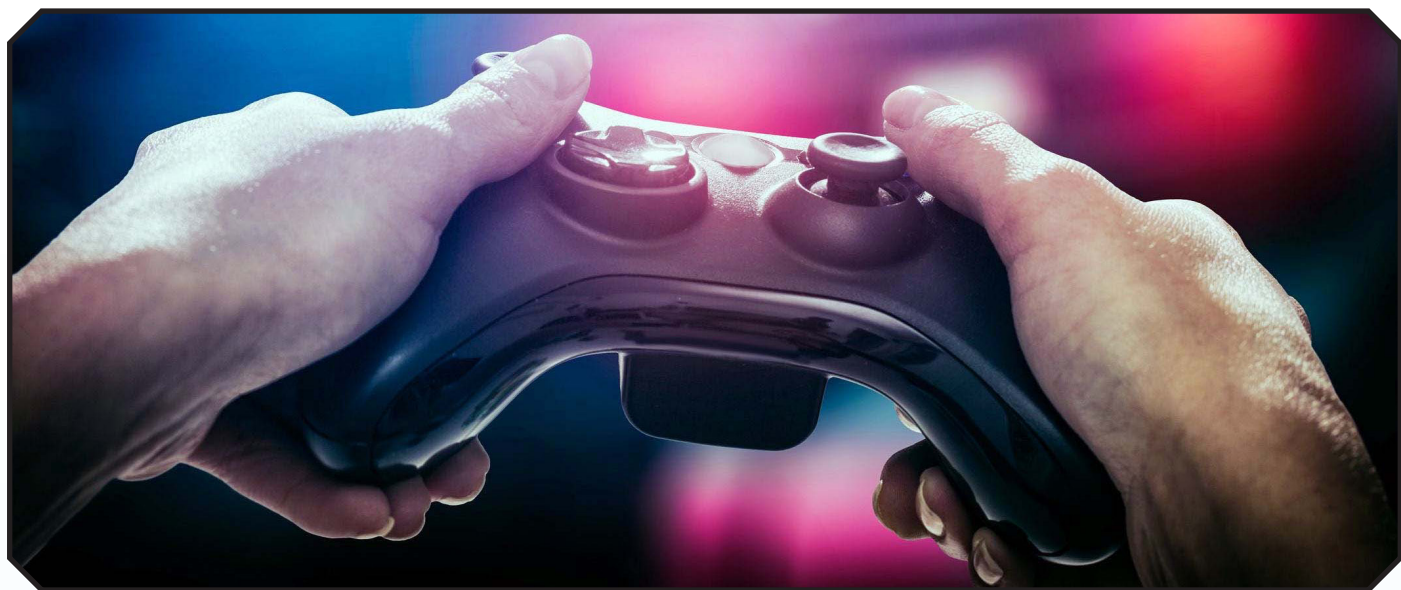
Are **YOU**
Worried?

If you have a concern about your daughter or another student's online activity or safety you can reach out to your child's **Learning Support Coordinator** or contact **Kaylea Vevers**, the **Designated Safeguarding Lead**, by emailing dsl@st-annes.enfield.sch.uk



ONLINE GAMING

Online gaming refers to video games that allow players to connect and interact with others through the internet. In the past, games were clearly labelled as online games, but today most games include online features that let players communicate and play together.



Gaming is a great way for children to have fun, connect with others and build valuable skills. At the same time, as with any online activity, it's important to be aware of potential risks to help keep their gaming experience safe, positive, and enjoyable.

What are the potential risks of online gaming?

- Online bullying.
- Online gaming addiction.
- Inappropriate content.
- Contact with strangers.
- Excessive screen time.
- Spending real money.
- Privacy and data sharing.
- Exposure to cheating or scams.
- Offering gifts or trades.

How to protect your child:

- Get to know the online games your child plays.
- Use family controls and in-game settings to manage, limit or turn off in-game chat.
- Keep devices in a shared space for younger children.

Find out more here:

[Online Gaming Safety Advice | Internet Matters](#)

[Gaming Guide for Teens | Internet Matters](#)

[Video Games, Consoles and Platforms | Internet Matters](#)

[Let's Talk About: Gaming | CEOP Education](#)

[PEGI Age Rating Criteria with Interactive Risk Criteria | Pan European Game Information](#)

PEGI, the Pan-European system for the age classification of video games, expands age rating criteria with interactive risk categories. From June 2026, PEGI will introduce broader game classification criteria to better address online interaction risks. The updated system will assess features such as in-game purchases, paid random items, communication tools and mechanics that encourage prolonged play, helping determine whether games require higher age ratings and improving online safety for children.



ROBLOX UPDATE



Roblox is a popular online gaming platform with young people, where most of the content is created by its users. Using Roblox Studio, users can design and publish their own games for others to play. The platform provides simple development tools that allow creators to experiment with ideas that might never receive funding for a traditional commercial release. Children around the world can play these games together online using devices such as smartphones, gaming consoles, tablets or personal computers like laptops.

In April 2026, Roblox announced a significant set of updates centred on age-based accounts, child safety and developer monetisation. The changes include the introduction of restricted '**Roblox Kids**' accounts for children under nine years of age, updated developer publishing fees, higher **Robux** transfer limits and enhanced parental control features.

Roblox Age-Based Accounts and Safety Changes:

- **Roblox Kids (Ages 5–8):** Restricted to games with 'Minimal' or 'Mild' content labels. Chat functions are entirely disabled by default unless specifically approved by a linked parent account.
- **Roblox Select (Ages 9–15):** Grants access to a broader catalogue of content appropriate for pre-teens and younger teens.
- **Expanded Parental Controls:** Parents can now lock in-app purchases, set screen-time limits and approve specific games for their children's accounts, directly from their own linked dashboard.

Find out more here:

[Safety by Age | Roblox Corporation](#)

[What is Roblox? | Internet Matters](#)

[Roblox Parental Control: A Step-by-Step Guide | Internet Matters](#)

[The Role of Roblox in the Metaverse | Internet Matters](#)



ONLINE GAMING ADDICTION



Concerns around gaming addiction are becoming more common. Gaming can encourage children to play for longer periods, especially as many games are designed to keep players engaged and coming back.

The World Health Organization (WHO) recognises '**gaming disorder**' as an addictive behaviour, alongside conditions such as alcohol and gambling addiction. This diagnosis is reserved for severe cases where gaming significantly affects important areas of a person's life, including education, relationships and daily functioning, over a period of at least one year.

How to protect your child:

- Set clear and healthy **screen time limits** for gaming.
- Encourage a **balanced routine** that includes schoolwork, physical activity, hobbies and family time.
- Stay involved in your child's gaming by **understanding the games they play** and **who they interact with online**.
- Create **open conversations** about online safety and responsible gaming habits.
- Encourage **regular breaks** and ensure gaming **does not interfere with sleep or daily responsibilities**.
- **Seek professional support** if necessary. If you are concerned that gaming may be having a negative impact on your child's health or wellbeing, **speak to your GP or a healthcare professional** for guidance and support.

Find out more here:

[Expert Advice on Gaming Addiction in Young People and Children](#) | [Internet Matters](#)

[The National Centre for Gaming Disorders](#) | [NHS Central and North West London](#)

Young Gamblers Education Trust (YGAM) provides information to help parents understand children's online gaming and gambling, along with practical advice on features like loot boxes and tips for creating safer gaming environments.

