

E-SAFETY: Online gaming edition

Fortnite



Fortnite is an online video game which is currently one of the most popular games amongst teenagers at the moment. This game has attracted a lot of media attention since its release due to its popularity with over 125 million users worldwide.

Fortnite is currently age rated at 12 years but this age limit is for guidelines only and permission should be gained from parents before use.

Fortnite has a chat feature where users can communicate with other users who they are playing against online. There is no way of knowing who the person is they are speaking with, how old they are or what part of the world they are in.

Never engage in conversation with strangers or hand over any details about yourself such as your real name, address or telephone number. If anyone tries to contact you, report it immediately.



Call of Duty: Black Ops 4



Call of Duty is a newly released video game which has an age rating of 18 due to its content of bad language and extreme violence.

Despite the age rating this is a popular game amongst teenagers. Nationally, Schools have seen an increase in violence and use of weapons and police have had to increase their frequency of stop and searches on the streets.

Any student carrying a weapon onto the school grounds will be permanently excluded.

There is also a rapidly increasing number of users who have been found to be playing video games excessively and showing signs of suffering from video game addiction.

If you are unsure if your game playing habits are within a normal limits, take a look through our signs and symptoms checker in the following column.

~~no limits!~~

KNOW
your limits.

Extreme gaming can have a serious effect on your health. National news articles have reported perfectly healthy adults have suffered cardiac arrest and have collapsed from playing video games excessively without a break.



Video game addiction:



Signs and symptoms



- Lowered interest in school achievement
- Feelings of anger and frustration when not allowed access video games
- Feeling depressed or anxious when not playing video games
- Thinking about the next gaming session when not online
- Loss of interest in previously enjoyed activities
- Distorted perception of time (e.g., suddenly realising that several hours have passed in what seemed like just one hour)
- Difficulty abstaining from video games for more than a few days
- Experiencing a loss of personal control while playing

Tips to overcome gaming addiction:



- Track your video game use. Is most of your evening spent playing games?
- Plan your evening in advance
- Set realistic time allowances for game playing
- Set a time to go to sleep and stick to it
- Ensure all homework is completed before turning on the game
- Listen to your body: If your tired, take a break or a nap.
- Join an extra curricular activity at school
- If you are worried, speak to someone



Ms Kane,
Designated Safeguarding Officer
Opposite 06

The Safeguarding Team



Mr Adams,
Designated Safeguarding Lead &
Assistant Headteacher
Next to N21