



Princethorpe
College



Online health – revision, safety, gaming and gambling

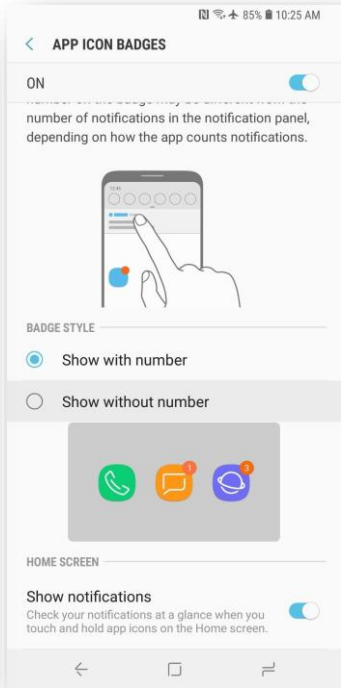
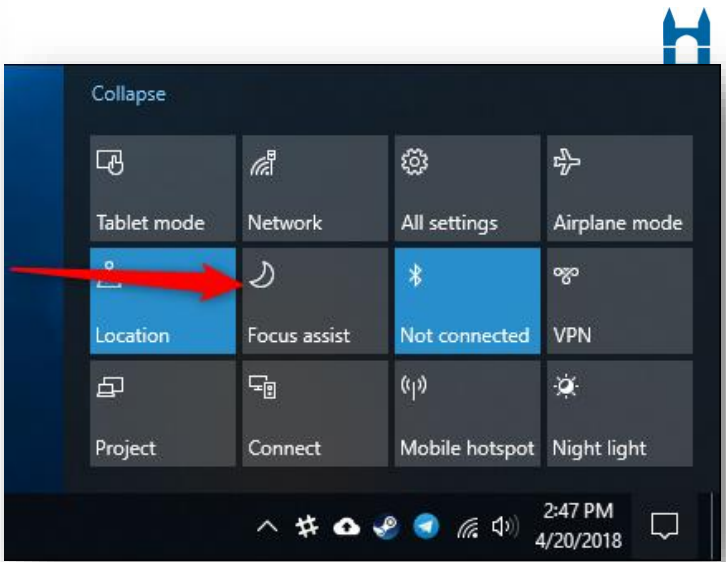
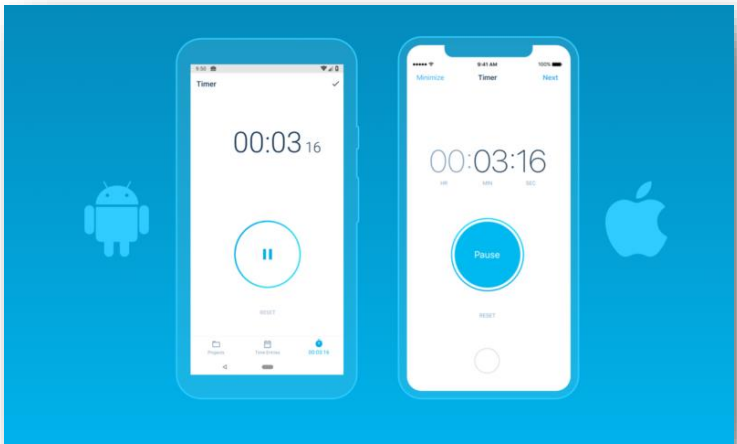
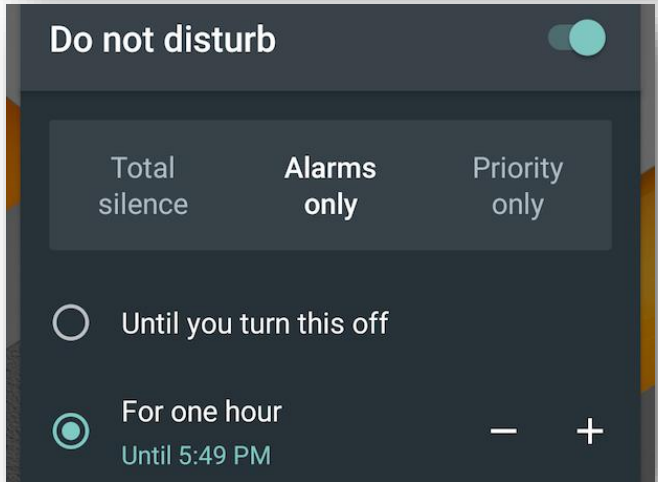
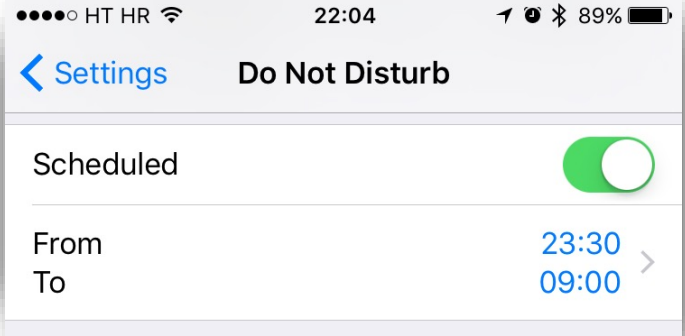
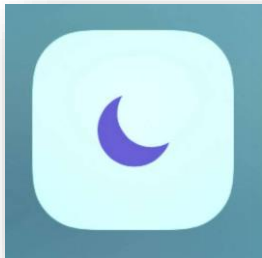
Andy Compton
Assistant Head (Director of Digital Strategy)



Will **you** make the most of technology, or be distracted by it?

Revision

Make the
most of the
device's
built-in
features



Plan time
effectively

App Store Preview

This app is available only on the App Store for iPhone.



Adapt - Revision Timetable 4+

A-level & GCSE Study Planner

Adapt App

#40 in Education

★★★★★ 4.1 • 869 Ratings

Free



Adapt - Revision Timetable

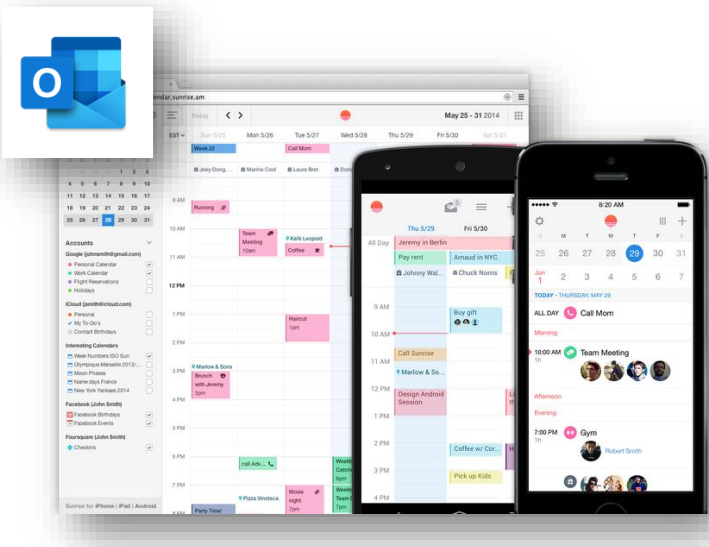
Get Adapt Ltd Education

★★★★★ 373

PEGI 3

Add to Wishlist

Install





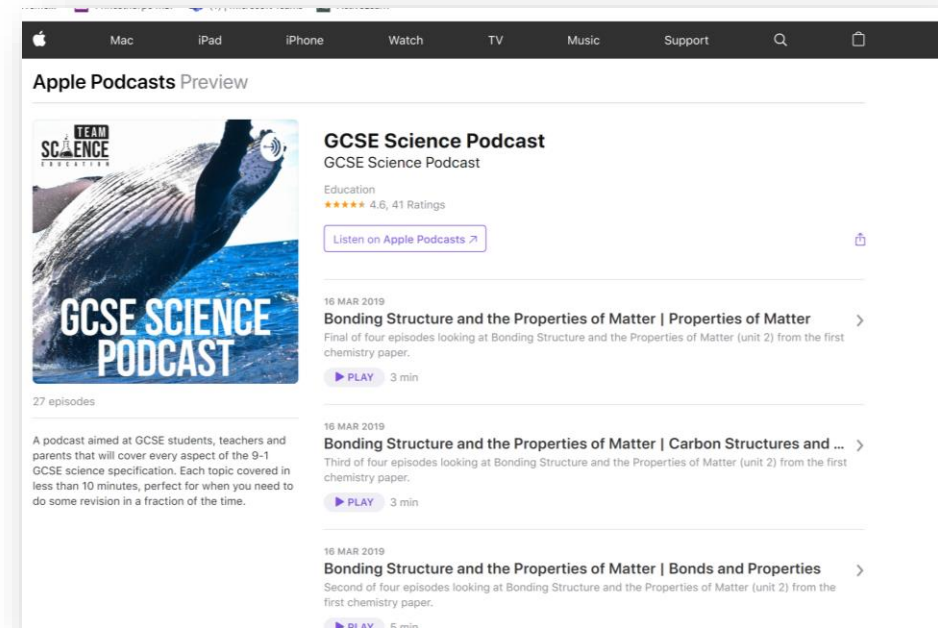
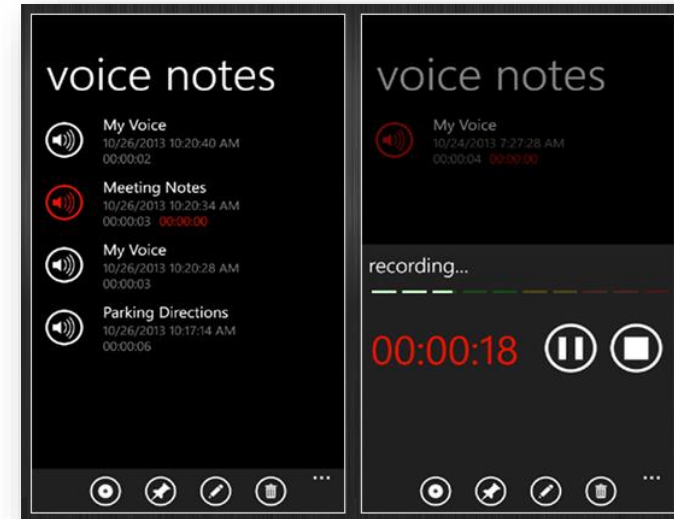
Personalise your resources and use GCSE Pod

<https://members.gcsepod.com/login>

The screenshot shows the GCSE Pod login interface. At the top is the GCSE Pod logo, which includes a pink play button icon and the text 'gcsepod an access company'. The main area has a purple background. On the left, there are three buttons: 'New to GCSEPod? Get started' (purple), 'Need help? Forgotten my login details' (pink), and 'Info for Parents / Carers' (purple). Below these are social media icons for Facebook, Instagram, Twitter, and YouTube. On the right, there are input fields for 'Username or Email' and 'Password', followed by a 'Login' button. At the bottom, there are two buttons: 'Sign in with Google' (blue) and 'Sign in with Office 365' (orange), which is highlighted with a red rectangle. Below these buttons, there is a note: 'Your GCSEPod account and external account must have matching email addresses.'



Make use of audio




Make the
most of dead
time



A blank, lined notebook with a black pen resting on it, set against a wooden background. The notebook is open, showing a single page with horizontal ruling. The pen is black with a gold-colored clip and tip. The background is a light-colored wooden surface.

Centre Number						Candidate Number	
Surname							
Other Names							
Candidate Signature							



General Certificate of Secondary Education
June 2014

Design and Technology: Electronic Products

Unit 1 Written Paper

Friday 23 May 2014 1.30 pm to 3.30 pm

For this paper you must have:

- a black pen, a pencil, a ruler, an eraser and a pencil sharpener.

You may use a calculator.

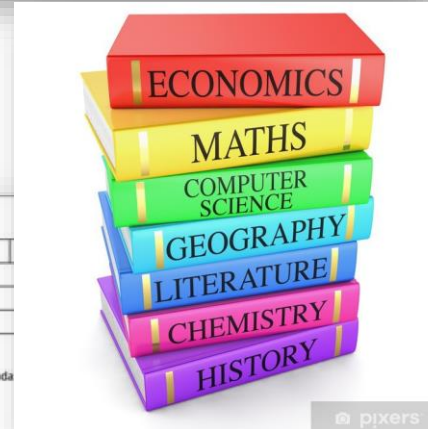
A.

Time allowed

- 2 hours

Instructions

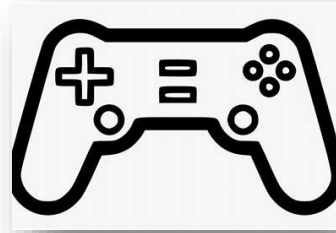
- Use black ink or black ball-point pen. Use pencil only for drawing.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write





Online Safety

- Online safety is a key skill for pupils to learn and understand the importance of.
- Messages regularly shared and re-enforced in school, which you can talk to your children about.
 - Be aware of your digital footprint
 - Consider carefully what you share, both on Social Media and 'private' chats.
 - Think before you post. Once it's 'out there' it can't be removed
 - Be aware of hidden costs and advertising in apps, games and websites.
 - Consider what you access online and remember to consider the reliability of information online.
 - Ask for support and advice, and report any concerns to staff
- There are parental controls and tools you can use to filter and monitor your child's time online.
 - [Parents and Carers | Safer Internet Centre](#)



Gaming

- UK children from 10-16 spend on average 2-4 hours per day gaming (Children's Commissioner, 2019)
- Gaming in and of itself is not a problem, it can be a social and fun experience.
- The problems occur when this leads to gambling or when it becomes a 'gaming disorder'.
- E-Sports is a rapidly growing area of gaming and is becoming increasingly sponsored by betting companies.
- 'Loot boxes' can be a significant issue which lead gamers towards gambling. Players can buy a loot box or buy a key to open one they have found. They won't know what is in the box until they have paid for it. They essentially act as a form of gambling but are not legislated as gambling currently. They can appear in all sorts of games, including in mobile games, and influencers will release videos showing them opening hundreds of pounds worth of loot boxes.





“Gaming disorder is a **mental health condition** which can have a hugely debilitating effect on people’s lives, both for patients and their families who can be left feeling utterly helpless.”






—DR HENRIETTA BOWDEN-JONES

Director of The Centre for
Internet and Gaming Disorders and
Royal College of Psychiatrists.







Spotting The Signs: Gaming Disorder

Emotional Signs

-  Preoccupation with gaming
-  Downplaying time gaming
-  Unable to set time limits
-  Avoiding family/friends
-  Being overly defensive



Physical Signs

-  Headaches or migraines
-  Neglecting hygiene
-  Extreme fatigue
-  Carpal tunnel syndrome

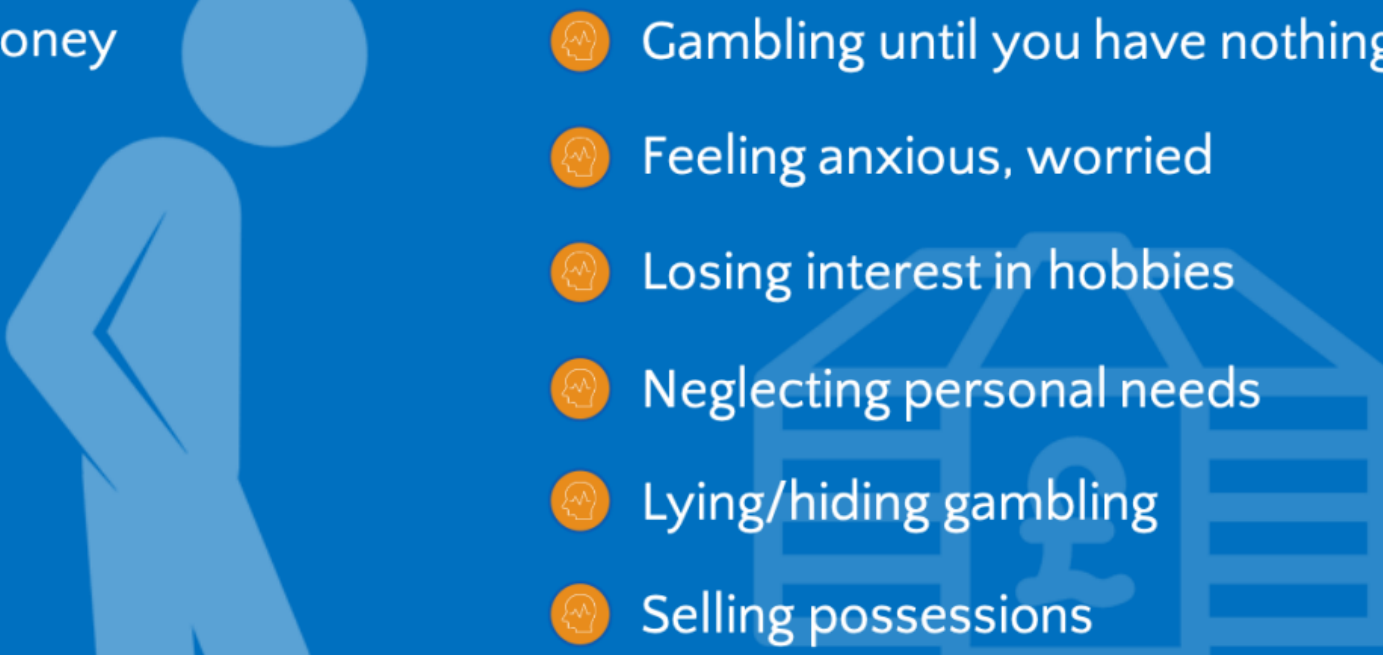


Gambling

- 11% of 11-16 year olds have spent their own money on gambling in the last 7 days. (Gambling Commission, 2019).
- Gamblers are far more likely to engage in other potentially harmful activities, such as drug-taking, smoking and drinking, than non-gamblers.
- Gambling can evolve into problem gambling, which is where one gambles to a degree that disrupts or damages relationships, finances and health.
- 19% of problem gamblers considered suicide in the last year and problem gamblers are 6x more likely to have suicidal thoughts.
- There can be many seemingly harmless ways into gambling. This can include playing mobile games such as candy crush, seeing gambling promoted via social media or through following sport. Nine Premier League teams are sponsored by gambling companies and betting is increasingly seen as a normal part of supporting your team or following a sport.
- Evidence suggests that even simulated gambling, where no money is spent, can make children more likely to become problem gamblers in the future.



Gambling Related Harm: Spotting the Signs

- 
- Spending too much time and/or money
 - Finding it hard to manage or stop
 - Arguing with family or friends
 - Thinking or talking about it all the time
 - Chasing losses or suffering debt issues
 - Gambling until you have nothing left
 - Feeling anxious, worried
 - Losing interest in hobbies
 - Neglecting personal needs
 - Lying/hiding gambling
 - Selling possessions



How You Can Help



**Increase your
knowledge**



**Try to take a
balanced
approach**



**Be mindful of
your tone/any
bias**



Reassure them

Key Resources and Links

- Adapt Revision Planner: <https://getadapt.co.uk/>
- GCSE Pod: <https://members.gcsepod.com/login>
- Safer Internet Centre – Parents and carers:
<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- YGAM Parents Hub: <https://parents.ygam.org/>