



'SWELL'

Newsletter

Safeguarding & Wellbeing

Spring Edition 2021

Gaming

As dark nights and lockdown continues, many children will be spending more time gaming, which, despite having lots of bad press, does have benefits such as: entertainment, socialization, developing memory skill and motor coordination etc. Whilst we all understand many of the risks associated online gaming, there are some risks, which if not managed carefully can be costly!!

'Loot Boxes'

Loot boxes are virtual items that gamers can buy, with real money to enhance their gaming experience by giving them new, or upgraded weapons, players, the ability to further customize their character, plus other boosts or rewards. However, like buying a foiled pack of football cards from the shop, you never know what is inside until the purchase has happened and the pack is opened, which more often than not leaves the buyer disappointed.

These 'in-app' purchases are designed to be exciting, as they are usually brightly coloured, dramatic, and have sound and visual effects to grab the user's attention and entice players to keep on buying. The randomness, the possibility of winning big and the opportunity to upgrade or altering the gaming experience makes loot boxes extremely appealing to children and young people.

The global loot box market is estimated to be worth £20 billion, with the UK market alone worth £1.5 billion.

Dear Parent/Carer,

Welcome to the spring edition of 'Swell'.

If you have any topics you would like to be covered, please let your school know any we will happily oblige.

#keepingchildrensafe #workingtogether #wellbeing #mentalhealth #HCAT

Research into 'Loot Box' behaviour has shown:

- Young people have taken money from their parents without their permission to buy loot boxes,
- Have used their parents' credit or debit card to fund their loot box purchases
- Have borrowed money they couldn't repay to spend on loot boxes.

Links to gambling

There are links between loot boxes and gambling, which has so far led to Belgium and China to ban loot boxes that have to be purchased with real money. In the UK calls have been made for loot boxes to be classified as 'games of chance' under the 2005 Gambling Act.

Helping your child use loot boxes safely and responsibly

Ask your children about the games they play, if these have loot boxes and discuss whether they have bought these themselves.

Make sure your child clearly understands that:

- loot boxes cost real money, even if they are purchased with an in-game currency
- they may be designed to encourage repeat-purchases
- you expect them to respect any rules you set about money and responsibility

Both PlayStation and Microsoft have set spending limits on accounts, so you can be sure that your child cannot spend large amounts in a single purchase or over a

certain period of time.

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

<https://www.saferinternet.org.uk/>

Looking after your mental well-being

Recognising our own mental health is

important; like physical health it can vary.

We all feel anxious, stressed or low at times in our lives. When these feelings go on for a long time, get worse or affect our day-to-day lives, they may be considered a problem.

There may be times you feel it's hard to cope & would like to talk to someone who would listen without judgment. If you feel you need some support below are services that can help.



<https://www.letstalkhull.co.uk/pages/make-a-referral>

You can make an on-line referral so they can make recommendations of the most appropriate talking therapy. There are also resources, guides & information for self-help. Telephone 01482 247111



info@andysmanclub.co.uk

Andy's Man Club is a group where men can go and talk. The service offers informal support. Andy's Man Club aims to encourage men to talk and attend forums, in Hull, to go and have a conversation with other men.



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

If you are experiencing a personal crisis, are unable to cope and need support.

Text Shout to 85258. Lines open 24/7



<https://www.nhs.uk/oneyou/every-mind-matters/>

NHS Every Mind Matters provides practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting your mood or sleeping better. It will help you spot the signs, plus get personalised practical self-care tips, as well as further support and guidance.



<https://www.heywind.org.uk/>

Mind offers confidential talking therapies services designed to meet your individual needs. The aims of the service are to support you to develop coping strategies through therapy and address emotional issues that negatively impact on your lives. Tel 01482 301701

“You need to take care of yourself so that you can have the physical & emotional energy to take care of your family”

Michelle Obama