Struggling to Sleep?

Do you struggle to fall asleep at night? Do you find that your mind is racing or that you are too 'wired' to drop off?

You might find that it's one of your digital screens that's to blame.

All tablet ipad and TV screens emit a type of light that is called blue light. This kind of light is similar to the light during the day. As a result, your brain thinks it's still daylight and releases chemicals called hormones to help to keep you awake!

There are a few things that you can do to help.

One easy step is to stop looking at screens around an hour before you want to go to sleep. This will also help prevent you being too excited if you've been playing an exciting game.

Also, there may be apps that you can use to stop your screen showing as much blue light by using either the settings on the device or by downloading an app such as twilight for Android.

Sweet Dreams
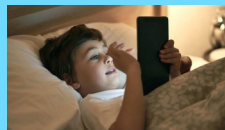
How can you trust what you read?

Fake news is when someone online writes news that is untrue. This fake news will mainly come from people that want you to believe their views and opinions like propaganda for instance: Donald Trump is banning Childline in America or Immigrates are making house prices bigger etc.

Fake news is normally meant to change your mind and this can effect readers in different ways. Some will see through it or some might take it seriously and this is why fake news is bad. Some fake news's might be a laugh and a joke but they can really hurt someone's feelings.

HOW TO SPOT FAKE NEWS

Spotting fake news can be hard depending on what it is like. One way to check if news if fake is to google it and check another website. Another easy way to spot fake news is going on websites such as https://fullfacts.org These websites allow you to search news that you hear and it will detect whether it is fake or not. How? Well, these websites check with other websites and the police so you'll know it's true. They are more aimed at adults, but you can get an adult to check for you.

By Emen and Amina (Heymann Primary school)

Equals Trust -Digital Leaders-

EQ

Issue 4 April 2018

Welcome

Hello there! We are the Digital Leaders from all across the Equals Trust! If you are wanting to learn how to be safe, then you have come to the right place! You may not have known but you have a Digital Leader in your school! You can recognise your Digital Leader by their badges. The Digital Leaders are here to help you to be safe on the internet. You can ask your Digital Leader if you are worried about anything. All the Digital Leaders have been working together from different schools to put together a magazine informing you about internet safety. We have researched and figured out the latest problems and apps and have put together mini articles on how to stay safe on these apps! We hope this helps you, if you are still confused about anything you can ask your Digital Leader. Remember to keep safe!

Dylan & Freya
(Robert Miles Junior)

Passwords

Passwords are used as a lock to safeguard important and private information such as bank details, laptops and safes. When you make a password, it is important to make sure it is secure and difficult to figure out. To do this, it is good to make it random but memorable, so you won't forget. Some people base it on personal information. However, that makes it easier to crack.

To make a password secure and safe, inserting numbers, capital letters, lower-case letters and incomplete words will prevent a breach in your private details.

For example;
5UpER74
This is easy to remember as 'super74 with a 5'. Although this may be easy for you to remember, it will be hard for hackers to figure out.

By Kamali (Heymann Primary)

FORTNITE SAFETY

Have you heard of Fortnite? It is a free game that can be played on a number of devices including Xbox One and PS4. It is also available on the IOS 11+ iPhone and PC. It is a battle royale/ PVE (Player vs Environment) game.

There is an age limit for Fortnite, it is a Pegi 12. The reason it is a 12, according to Pegi, is because there are scenes of mild violence and the whole game is about trying to kill your opponents.

One of the biggest problems in the game is the voice chat. If you don't turn it off, you could hear very nasty things said or people might try to get personal details from you or ask you to do things that are dangerous. There is a way to stop this from happening, just follow our simple steps . . .

In the lobby, go into the options menu and before you press on to settings, scroll down and click on the privacy settings.

Then you find two options and one is public, the other is private. Just click on private.

You can also turn off the voice chat in the options menu in some versions.

Also, we recommend playing with the sound through your TV, rather than headphones. This means your parents can hear if people are saying nasty or inappropriate things.

When playing Fortnite you may come across something that says you can get free V-Bucks. Do not click on it as it will almost certainly be a scam. On save the world you will find random people asking you to trade some offers. These may be legitimate but others are a scam. As PVE players know it takes a very long time to find and gain resources to make other weapons. Due to this people tend to try to scam you but don't fall for it.

Remember, it is rated a 12+ so it may not be appropriate if you are younger than this.

By Leo (Heymann Primary) and Inigo (Cropwell Bishop Primary)
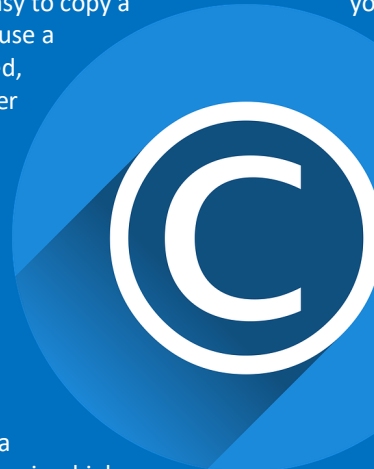
COPYRIGHT

Copyright is designed to help stop other people copying someone's work- especially online where it can be easy to copy a picture and use it. If you use a picture that is copyrighted, you could even get a letter or email saying that you need to pay them a certain amount of money for using their picture. Also, it seems unfair to use someone else's hard work for free (we wouldn't do it in school!)

If a photo has a name of a company or app on it there is a high chance it is copyright so you should not use it. Finding non-copyright pictures is not that much of an effort and is very simple to do.

We suggest looking for non-copyright photos before putting a photo that is not owned by you if you are using a picture for your social media. There are a few ways to avoid copyright photos. If you are looking on google images, you can look at the 'Tools' and click on 'Usage Rights'. You will see a list of icons telling you what type of usage photos you can get. There are also several websites you can use that show you non copyright photos. These websites are very easy to find, just search for copyright free pictures.

Dylan & Freya
(Robert Miles Junior School)

Digital footprints

A Digital Footprint is what you leave behind when you go online. Everything you do is recorded either in the history category or on the app.

TIPS
1. Treat your password like your toothbrush: don't share it with anyone and change it often.
2. Always remember to logoff when you have finished with an online service. This will make sure other people don't post things as you.
3. Remember that most of the websites you visit will make a note of your visit and may also track the websites you visit before and after.

Think before you post:
Even if you are just posting a picture of you and your friends once you press "POST" that's it! It is stuck on the internet even if you delete it the company will still have it in its storage, someone might have taken a screenshot of it or sent it to someone else.

Even if none of that happened, people have still seen it and it will stay in their head! Just think, would you like your parents to see it? If not, think again and don't post it!

Take care of your digital footprint. It will be around for a long time.

By Nitha and Amelia
(Heymann Primary)

STALKING ONLINE

Are you worried you are being stalked online? If so read this article about how to avoid it

How to spot stalking:
- Someone is following you everywhere on games
- They keep trying to friend you
- They keep inviting you to their chat/party
- They keep sending you messages asking for your details
- They comment on everything you do
- They ask you creepy questions

How to avoid it:
If someone IS stalking you, then you should block them. This will give the person stalking a clear message. If someone is messaging you and they are strangers and they do it many times, you should report them. If you cant report them, you could change your account on the app and tell an adult. If they keep doing, it then report them by clicking 'report abuse', or the 'CEOP' button, then fill it in with their name and also what they have done and click enter.

Remember: if in doubt then tell someone

By Toby & Tom (Crossdale Drive Primary) and Adam (Cropwell Bishop)