

Sixth Sense

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### Which Week?

This Week: Monday 13th Feb (Week 2) Next week: Half term! The week after: Monday 27th Feb (Week 1)



# Half-full or half-empty?

We are officially (almost) half of the way through the academic year. I invite you all to reflect upon how well you are progressing to the point of destination that you would like to reach, be it university, apprenticeship or employment?

The ingredients to academic success are not as elusive as you think: Attend well, work hard, organise your time and be prepared to work independently.

Time is precious and is finite! Now that we are already half way through the year, we need to remain positive, refresh ourselves over the half term and come back stronger in order to make the most of the second half of the year, regardless of if you are in Yr12 or Yr13. Let's focus on the glass 'always being full'. You get out what you put-in, so don't regret not giving it your best effort now!



As the National Apprenticeship Week comes to a close, please remember the ability you all have at your fingertips to perform powerful apprenticeship searches using our careers system-of-choice: Unifrog.

EVERY ONE OF YOU have access to this system that can be used on-demand, for a massive range of functions, one of which is an apprenticeship search tool! Follow the next steps to get on to Unifrog and perform a search of your own:

- Go to <u>www.unifrog.org/sign-in</u> and sign-in (using your TGAK email address.
  - If you do not know your password, click 'reset password' (underneath the box),
  - enter your TGAK email and one will be sent instantly.
- Once on the home page, scroll down and select the Apprenticeships box in the "Searching for opportunities" section.
- 3. Skim-read the "What do you need to know about Apprenticeships?" section and click 'NEXT'.
- 4. Search by "Keyword" using any words you would like or from the list already provided. When you type a key word the system will present further options to you if they exist. Select up to five different area to search by clicking on them to select or clicking on them to deselect them. Then click 'NEXT'.
- 5. Narrow down the search using the distance filters. Then click 'NEXT'.
- 6. Where apprenticeships exist, a number of different options will be presented as Intermediate, Advanced or Higher/Degree. Again select/deselect up to ten apprenticeships that are of interest. Then click 'NEXT' and then 'NEXT' again to confirm your choices.
- 7. This will take you to the overview page where more information will be presented (salary, duration of apprenticeship etc). Click 'SAVE' here.
- 8. Your SHORTLIST of apprenticeship will (a) now have been emailed to you and (b) will have been saved as a shortlist in the Apprenticeships box (step 2, above).

### Half Term Arrangements

Just to keep you all up to speed, next week is February half term. Friday 17th February will be a normal school day as ever, finishing at 3.05pm. We then have half term for one full week, and will then return as normal on MONDAY 27th FEBRUARY, at 8.30am (which is NOT a staff training day!).



Our series of information from National Online Safety, continues on this week with a focus on a streaming platform I'm confident a large proportion of you use and will no doubt use a little more than usual next week - Netflix! Just like any other IT-based system, it is open to misuse and abuse that can have a direct impact on your wellbeing.

For any feedback, please email: (Yr12) Mr Curran: ccurran@kingshurst.tgacademy.org.uk, (Yr13) Miss Foster: jfoster@kingshurst.tgacademy.org.uk;

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel is a needed. This guide focuses on one platform of many which we believe trusted adults should be aware of Please visit www.nationalonline.gafety.com for further guides, blats and tins for adults

# What Parents & Carers Need to Know about

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any Internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic sawa surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

#### INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an aduit, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

### BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

### SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

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### HACKING ATTEMPTS

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With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

### CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different hauseholds (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite: the link, however, can also be distributed to people you don't know. A text chat teature enables interaction with the other users in real-time: this represents a risk to children if a stranger gains access to the Teleparty. 99

# **Advice for Parents & Carers**

### KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

#### SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing intermet use and sexting behaviour of young people in the UK, USA and Australia.

### CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow. CENSORED

### SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabiling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

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### CREATE A KIDS' PROFILE

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Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile settings. help to prevent your child from viewing age-inappropriate content.

### CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.



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