



# E-Safety Bulletin

## E-Safety Alphabet

- **E - Emoticon**

Representation of a facial expression using a combination of punctuation marks, numbers and letters :-)

- **F - Fapchat**

A term used to describe sexting via Snapchat. Images can always be captured and therefore could be permanent.

## Did you know?

**56% of teenagers do not make their social media profiles private.**

## In the news this month

### Gaming addiction to be recognised as mental health condition by World Health Organisation

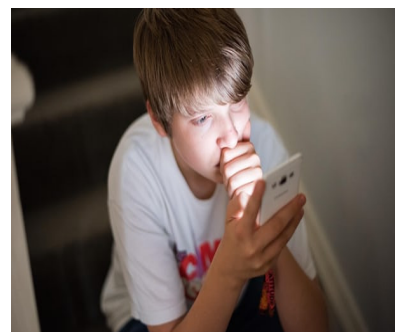
Evening Standard 02 January 2018

Gaming addiction is to be listed as a mental health condition by the World Health Organisation. "Gaming disorder" is set to appear in the 11th edition of the International Classification of Diseases (ICD-11) in 2018.

The ICD is the foundation for the identification of health trends and statistics globally, and the international standard for reporting diseases and health conditions. It will say the disorder is "characterised by a pattern of persistent or recurrent gaming behaviour - including digital gaming or video-gaming - which may be online or offline". Symptoms could include "increasing priority given to gaming" so that it takes over "other life interests and daily activities", according to the draft. Sufferers of the condition may also present a "continuation or escalation of gaming despite the occurrence of negative consequences".

Gaming disorder can lead to "significant impairment in personal, family, social, educational, occupational or other important areas of functioning", the draft said. Abnormal gaming behaviour should be apparent in a period of at least 12 months.

Dr Richard Graham, technology addiction specialist at the Nightingale Hospital in London, told the BBC the decision was "significant". He said: "It is significant because it creates the opportunity for more specialised services. It puts it on the map as something to take seriously." But he added that "it could lead to confused parents whose children are just enthusiastic gamers".



Some countries have already recognised the disorder as a health issue, with many taking action. In South Korea the government has banned access for children under 16 to online games between midnight and 6am.

While in China internet giant Tencent has limited the hours children can play on some of its games.

## Tip of the Month

### Avoiding 'Frapping' (someone using your Facebook account without your permission).

- Ensure your social media account is always logged off after use on computers and laptops.
- Set up a 'standby' password for phones and tablets where a password is needed if device not used for a few minutes.
- If your profile has been 'fraped' visit: [www.facebook.com/hacked](http://www.facebook.com/hacked) for help.

