



Ark Tindal Primary Academy

Dear Parents / Carers,

When talking with some pupils in school over the past couple of weeks, it has become apparent that some of our children may have been watching TV programmes and films which are not suitable for their age. It is natural for children to be curious about programmes which older children are watching, especially if they have older brothers and sisters or other relatives who are talking about popular programmes.

Films and programmes on streaming services like Netflix or Sky TV are carefully checked before being made available to watch, to ensure that they do not include violence or other more adult content, which would be upsetting, scary or emotionally damaging to certain age groups. Children may try to recreate scenes they have seen in television programmes and films or may experience bad dreams, fear of the dark or trouble sleeping as a result of what they have been watching.

Please take a moment to check programmes which your children are watching to see that they are suitable for their age group, especially if they watch programmes without an adult present. Most streaming platforms and digital boxes can be set up to have a password in place to stop children from watching programmes which are not good for their age, so please consider setting this up at home.

More information on age ratings is available on the BBC Newsround website at <https://www.bbc.co.uk/newsround/46902382> and a list of the ratings for films is below to help you decide on appropriate viewing for your family – these are also often used by paid for TV services. You can also use the checker at <https://www.bbfc.co.uk/> to type in the name of a programme or film to check its age rating if you are not sure.

Thank you for helping us to keep your children safe.

With best wishes,

Miss H Francis
Head of School

Ratings at a glance

| | | |
|--|-----------------------------------------------------|---|
| | Suitable for all | > |
| | Parental guidance | > |
| | Cinema release suitable for 12 years and over | > |
| | Video release suitable for 12 years and over | > |
| | Suitable only for 15 years and over | > |
| | Suitable only for adults | > |

Ark Tindal Primary Academy
Tindal Street Birmingham B12 9QS
T 0121 464 3049
info@arktindalprimary.org
arktindalprimary.org