



IN THE

SPOTLIGHT

YOUR WEEKLY NEWSPAPER

The weekly newspaper for children

**WHAT'S IN THE
NEWS THIS WEEK?**

What do you think about this week's news?

picture-news.co.uk/discuss

✉ help@picture-news.co.uk

@HelpPicture

The Deaflympics begin!

The Deaflympics are about to begin in Tokyo, Japan! From 15th – 26th November, deaf and hard of hearing athletes from all around the world will come together to celebrate sport. The Games are organised by deaf people and take place every four years. They give athletes the chance to compete and show their skills on a world stage. To take part, athletes must have hearing loss of at least 55 decibels. Hearing aids and cochlear implants are not worn during events, so everyone takes part in the same way. Races and games use lights and signs instead of sound. A bright flash starts the runners, and referees



Pictured: Swimming is one of the sports at the Deaflympics.
Source: Canva.

wave flags instead of blowing whistles. There will be 21 sports this year, including football, swimming and athletics. Swimmer Charlotte Gower said, 'I feel proud to represent Team GB and can't wait to meet other deaf athletes from around the world.'

The first Deaflympics were held in Paris in 1924.

Nature's Rarest Colour

Blue might fill the sky above us, but it is one of the hardest colours to find in nature. You can spot green grass, red flowers, and yellow on bees, but blue is much rarer. Many colours come from something called pigment. Pigments are what give things their colour, but most plants and animals

don't have a blue pigment. That's why blue is so special! Some animals, like the kingfisher or the blue morpho butterfly, only look blue because of how the light shines on them. Their feathers or wings reflect the light in a clever way. Dr Cerys R Jones, a researcher at University College London, explained, 'The blue feathers down the back of the kingfisher are actually brown.' Purple and violet colours are also rare, but some flowers, like violets and lavender, can make their own purple pigment.

What's your favourite colour to spot in nature?



Pictured: A kingfisher and its bright blue feathers.
Source: Canva.

What makes someone worthy of a Nobel Prize?



Someone who achieved something that helps the world, and not just themselves.
Ashton

Funny Photos

The finalists of the Nikon Comedy Wildlife Awards 2025 have been announced. The shortlist for the 'Funniest Wildlife Photo of the Year' includes an array of different animals in interesting positions! Among the pictures are a flying squirrel, a frog protecting some grapes, a dancing gorilla, an expressive lemur, a lounging yellow-cheeked gibbon, a grey squirrel having a bad hair day, and hugging monitor lizards.



Pictured: Comedy Wildlife Photography Awards finalist, Alison Tuck's 'Now which direction is my nest?' **Source:** Comedy Wildlife Photography Awards on Facebook.

'These images combine wit and wonder to celebrate nature's character, while emphasising the urgency of conservation,' said Stefan Maier from Nikon. 'At Nikon, we're proud to support a competition that sparks joy, while reminding us why our wild world is worth protecting.' All of the finalists' photographs can now be seen on the competition's website, and will be displayed in a free exhibition at OXO Gallery, London, from the 10th-14th December. The winners will be announced at a special ceremony at the gallery on 9th December.

Which of the photographs are your favourites?
Do you like taking photographs?



Pictured: Comedy Wildlife Photography Awards finalist, Stefan Cruysberghs' 'Squirrel airborne surrender mode'. **Source:** Comedy Wildlife Photography Awards on Facebook.

Prize-winning Portugal

Portugal was voted 'best destination in Europe' for 2025! The 32nd World Travel Awards were handed out at a ceremony that took place in Sardinia, Italy. Portugal took the title (that it has won six times already since 2017) back from Greece. Other countries in the competition included Austria, France, Germany, Ireland, Italy, Norway, Spain, Sweden, Switzerland, and Turkey. Pedro Machado, Portugal's Secretary of State for Tourism, Trade and Services, said that winning the award, 'reflects the work, dedication and quality of all the professionals who, on a daily basis, make tourism



Pictured: Saint George castle in Lisbon in Portugal. **Source:** Canva.

one of the main pillars of our economy.' Portugal is about the same size as the United Kingdom in land area. The country has a population of about 10 million, with about one third of these people living in the capital city, Lisbon. Lisbon was designated as 'the place to consider for city breaks' at the awards. More national regions were also winners, with Madeira named 'best island destination in Europe' and Porto 'best urban destination on the continent'.

Do you know any facts about Portugal?
Where in Europe would you like to visit?

What makes someone worthy of a Nobel Prize?



I think it's someone who listens to people, understands what they want, and has lots of patience.

Gemma

Let us know what you think about this week's news



picture-news.co.uk/discuss



help@picture-news.co.uk



[@HelpPicture](https://twitter.com/HelpPicture)



Online Safety Newsletter

December 2025

AI Chatbots and companions

A simple search of "AI Chat" within the App store highlights the number of AI apps already available, many are rated as 18+ so it is important to speak to our children about them and the risks associated with them. Examples of AI chatbots that your child may have heard of are Character.AI (18+) and My AI from Snapchat (13+).

What are the risks?

- Over reliance on AI companions, for example they may replace 'real life' friendships or over reliance on using them for homework or problem solving.
- Exposure to inappropriate content.
- Privacy/data risks.
- Misinformation as not all information shared is correct and can be biased.

How can I protect my child?

- Check age ratings of any apps or websites that your child accesses.
- Discuss the risks of AI chatbots with them and have open conversations about why they may be using them.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

<https://www.esafety.gov.au/newsroom/blogs/ai-chatbots-and-companions-risks-to-children-and-young-people>

New Technology

As some children may be receiving new technology or related games at Christmas, here is a quick reminder of the importance of setting up appropriate parental controls.



Games/Consoles

- Check age ratings: look at the PEGI rating of any new games. *Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.*
- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits. Follow the links below to find out how to set up Parental Controls for popular devices here:

Xbox: <https://www.xbox.com/en-GB/family-hub>

PS5: <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

Nintendo Switch: <https://www.nintendo.com/en-gb/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-2-Nintendo-Switch-Parental-Controls-2873385.html>

Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings. Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:

iPhones/iPad: <https://support.apple.com/en-gb/105121>

Android Device: <https://support.google.com/googleplay/answer/1075738>

Further information

<https://www.internetmatters.org/parental-controls/>

The Safety-First Smartphone

The Other phone is a new smartphone, which includes "SafetyMode" software. The software automatically blocks nudity, profanity, and bullying language in real time. You can find out more here: <https://otherphone.co.uk/>.

Smart Phone Free Childhood also list some alternatives that you could consider here: <https://www.smartphonefreechildhood.org/alternatives>.

Please note, that the inclusion of these models does not constitute an endorsement or recommendation. While these devices may provide a 'safer' alternative to traditional smartphones, there are still potential risks associated with children using any type of phone.

Roblox

Following a recent ITV investigation*, which found extremist content on Roblox, we thought we would provide a reminder of what you need to be aware of. Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices. **A lot of the content is user generated, which means not all games will be suitable for your child to view/play.** If your child is playing Roblox, it is important to monitor what your child is accessing and set up appropriate parental controls. **PEGI rate Roblox with a Parental Guidance label, this is because it is considered a platform with a huge level of user generated content.**

What should I be aware of?

Game content – as mentioned, users create games so the content/themes may not be appropriate for your child. Roblox label content based on the type of content rather than by age. The labels are Minimal, Mild, Moderate and Restricted.

Chat Facility - Players can chat with each other (users under the age of 13 need parent permission to access certain chat features though). You can turn communication off completely or add restrictions, such as only able to communicate with friends.

Virtual Currency - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories.

How do I report abuse and block users?

This article outlines the different reporting facilities:

<https://en.help.roblox.com/hc/en-us/articles/203312410-How-to-Report-Rule-Violations>

What else can I do?

Chat to your child regularly about what they are doing online and remind your child that if anything is worrying them, then they should talk to you or another trusted adult.

Further information

<https://parentzone.org.uk/article/roblox>

[*Source: <https://www.itv.com/news/2025-11-14/mosque-attacks-and-far-right-skins-roblox-teens-exposed-to-extremist-content>]

Signal Private Messenger

Signal is rated as 13+ on the App store. It is a messaging app, where users can text, send voice messages and photos plus participate in group chats and calls. There are no parental controls currently available. As with all messaging apps, the risks can include bullying and viewing inappropriate content. Find out more here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.12.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Discord

Discord is a social networking app originally designed for gamers but is now used by lots of different people to **chat to each other online**. The minimum age to access Discord is 13. The App store rates it as 17+.

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server, and they can either be public or private. Users can video call and send direct messages to other individuals or groups. Children who play online games such as Fortnite may use Discord to chat whilst playing the game (**rather than using the game's own chat facility**). In-app purchases are available through Discord's subscription service called Nitro.

How can I make it safer?

Discord have created a Family Centre, which provides further information about what Discord is, as well as information about different safety settings available:

<https://discord.com/safety-family-center>

As always, we would encourage you to chat to your child to see why they use Discord and ensure that they know how to block users and what to do if they see any inappropriate content. It is important to be aware that Discord does include video/voice calling which cannot be filtered. **Discord is used by an array of users and therefore adult content can be found on Discord as well as inappropriate language.** Discord have produced this article, which answers frequent questions: <https://discord.com/safety/360044149591-answering-parents-and-educators-top-questions>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleyclcs.org.uk/deceember-2025-primary/>