

# Online Safety

## Lumi Nova Resources

### About Lumi Nova

Lumi Nova supports children and young people to build confidence and learn lifelong skills to manage their worries through an intergalactic adventure game! Lumi Nova has been designed for 7-12 year olds with mild to moderate anxiety and can be used on a tablet or smartphone.

Get your Lumi Nova game key by visiting:  
[luminova.app/get-access](https://luminova.app/get-access)



## 8 things every parent should know before downloading Lumi Nova

Deciding which apps are safe for your child to use isn't easy. Here are answers to some of the most commonly asked questions.



### FREE for families!

Lumi Nova is commissioned in your area by the NHS making it completely free to access for families. There are no adverts and no in-game purchases.



### Parents/guardians are co-pilots

Children cannot access Lumi Nova without a parent or trusted adult. Help your child set up the app, complete weekly surveys and unlock and approve real world challenges



### Keep playing offline

After download and set up, Lumi Nova can still be played offline - reducing the need for your child to be connected to the internet.



### Built in play time limits

Challenges are limited to one a day and gameplay is limited to 30 minutes before letting your child know it's time to stop.



### Data security

Your personal data is stored securely and only shared with the organisation who commissioned Lumi Nova in your area; this is often the NHS or local authority.



### Positive screen time

We understand that screen time is a concern for many families. Lumi Nova provides an encouraging digital experience for young minds to thrive.



### Therapeutic Safety

Lumi Nova was co-created with NHS professionals, schools and parents and has been recommended by NICE; so it is safe to use.



### No chat rooms or messaging

Lumi Nova is a single player game and your child won't interact with any other users.

Recommended by

**NICE** National Institute for Health and Care Excellence

In partnership with

**NHS**

