

**Lewannick online
safety session
with parents
07/02/23**

My kids know more about the online world than I do! How do I keep up and keep them safe?



There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends

2020 Ofcom

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**
- Children today are **more forgetful** than OAP's
- One study found that the **more distracted** you are, the less able you are to experience empathy
- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.

Media use by age

6 In 10 use any device to go online

2% have their own tablet



27% use a smartphone to go online and **63%** use a tablet to do the same

62% play games for just over **6 hours** a week



66% play games online



25% use a smart speaker in the home



74% who own a smartphone are allowed to take it to bed with them



81% use their phone to go online and **69%** to do the same

36% more likely to watch streams on a mobile device



35% play games online



45% use a smartphone to go online and **72%** use a tablet to do the same



37% own their own smartphone

98% spent over 11 hours of streaming from a device per week

51% use YouTube in 2019 compared to **37%** in 2016



5% have their own smartphone



83% have their own smartphone

What are the risks?

What are you most concerned about?

Seeing things that are not appropriate?

Encouraging self-harm?

Cyberbullying?

Damaging self-image?

Radicalisation?

Excessive screentime?

Sharing private information?

Online grooming?

What are the risks?

Content

Contact

Conduct

The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimize the risks.

Content

What does your child love doing online?
What services and devices do they use?



ROBLOX



Google

FORTNITE

 YouTube



NETFLIX



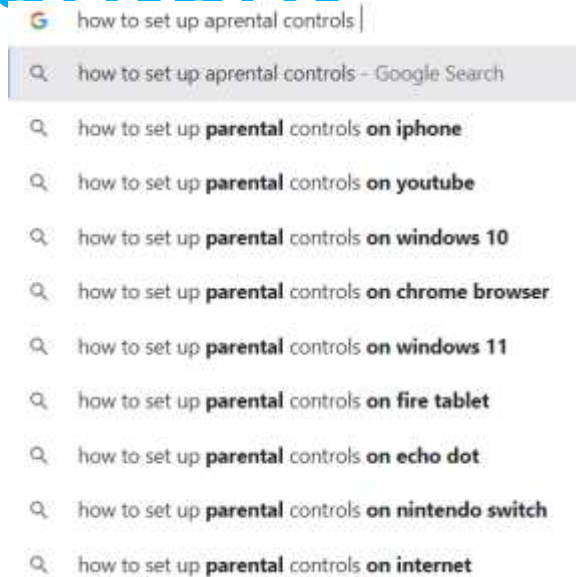
Dealing with Inappropriate Content

What to talk about

- They can come to you if they see anything that upsets them
- Ensure they know that not everything they seen online is true or accurate to real life
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks (your own personal filtering system)
<https://care.ee.co.uk/fc8a440c-6aaa-4f76-a0d7-d46d01dcb284>
- Safe search on Google (& other browsers)
& YouTube <https://safety.google/families/>



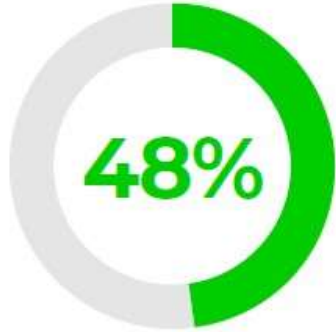
Child-friendly search engines

<http://www.kidrex.org>

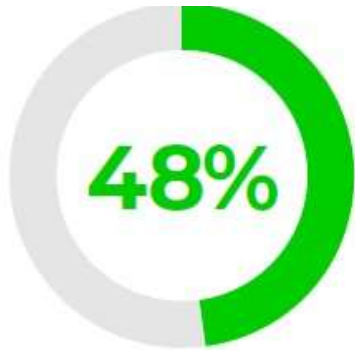
<http://primaryschoolict.com>

<https://www.kidtopia.info/>

Contact



of secondary school children
have talked to strangers
on social media



of 11 year olds have a
social media profile



- UK traffic increased by 61%
- Allows users to audio / video chat with strangers (globally) online at the same time
- All anonymous and untraceable

18



Links with Google Maps
to find the fastest route
to your "friends"



Minimum age limits for Social Media

13 years +



TikTok



Instagram



Facebook



Snapchat



Twitter



YouTube



Houseparty



Kik



Bebo



YouNow



Habbo



Reddit



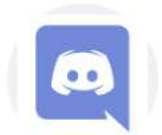
Tumblr



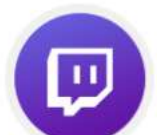
Yubo



Whisper



Discord



Twitch



Omegle



AskFm

16 years +



WhatsApp



LinkedIn



Flickr



MySpace



Periscope



Vimeo

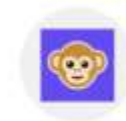
18 years +



Clubhouse



Omegle



Monkey



Meet Me



Live.me



Tagged



YOLO

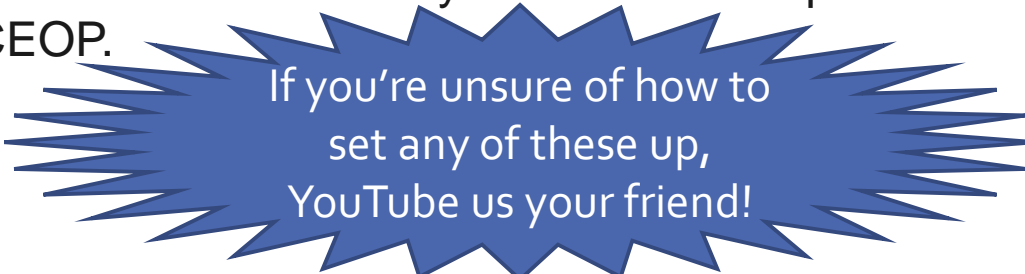
Dealing with Inappropriate Contact

What to talk about

- Talk about online friendship with your child – make sure they understand that a person they've never met face to face is still a stranger
- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

Top tips / tools to use

- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute
- If you have any suspicions about someone who is in contact with your child then report to CEOP.



If you're unsure of how to set any of these up, YouTube us your friend!

Conduct



Children need to be aware of the impact that their online activity can have on both themselves and others, and how other people may perceive them because of what they say and do online.

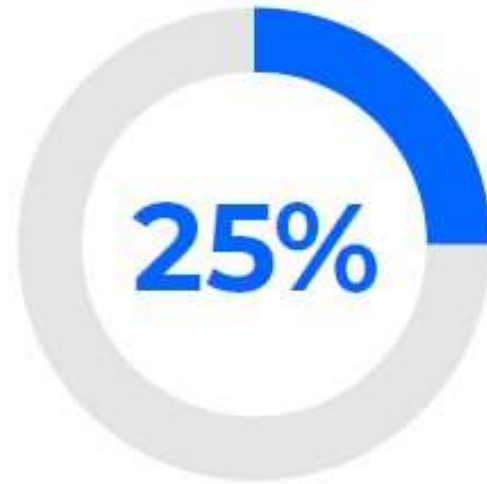


It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information, photos and videos that they may have posted.

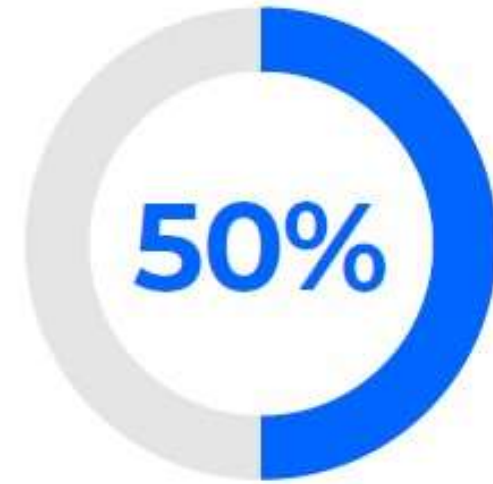


When using the internet, it's important to keep personal information (that could identify who they are) safe and not share it with strangers.

Dealing with Inappropriate Conduct



of children will
experience cyberbullying



of children say someone
has been nasty online

Dealing with Inappropriate Conduct



Advice on online bullying

Discuss online bullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:



Do save the evidence



Do report to your school/ the police



Do use online tools to report and block the perpetrator.



Don't deny your child access to a device or service. They may feel punished when they're already the victim.



Don't retaliate.

Dealing with Inappropriate Conduct

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

What are children taught in school about online safety?



KS1

- Use technology safely and respectfully keeping personal information private
- Identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

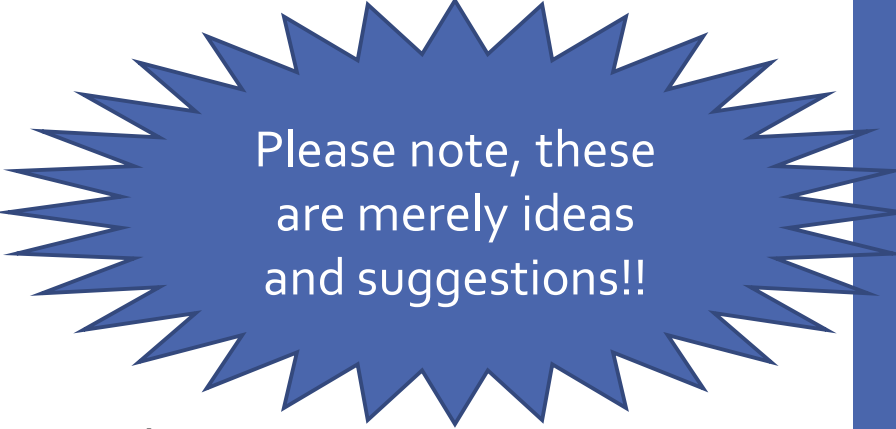
KS2

- Use technology safely, respectfully and responsibly
- Recognise acceptable/unacceptable behavior
- Identify a range of ways to report concerns about content and contact
- To build on previously learnt knowledge from KS1

What are we teaching at home?

Our children will be watching the way we use technology and they will copy; do we **role model** good behaviour?:

1. Turn off notifications on apps to avoid that constant 'ping'
2. 'No phones at the table' rule or 'no phones between 6 and 7' rule
3. Buy an alarm clock so you don't have devices in the bedrooms
4. Family techfree days!
5. Keep phone on silent in your pocket or bag when you pick the kids from school



Please note, these are merely ideas and suggestions!!

Managing screen time....

1. Talk about time spent online
2. Agree on appropriate length of time they can use their device
3. Get the whole family to unplug & create screen-free zones
4. Use technology/apps to help manage screen time e.g. Forest App

Further Resources

- Lots of ideas on how to keep your children safe online: <https://padlet.com/dchapman361/onlinesafety>
- 5 Top tips for mobile use and online safety: <https://www.bbc.co.uk/bitesize/articles/zhqbxyc>
- Keeping safe online for younger children: <https://www.bbc.co.uk/bitesize/topics/zfcvhab/articles/zkcj92p>
- NSPCC: Keeping children safe online, resources for children and parents: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Internet Matters.org: <https://www.internetmatters.org/schools-esafety/parent-online-support-pack-teachers/#parent-presentations>

More information

This leaflet will be available to download from the newsletter as a hyperlink. If you'd like it printed for you, please let me know and I'll happily print it

https://static.purplemash.com/mashcontent/applications/code/docs/Saferinternet_parentinginadigitalworld_2019/parenting%20in%20a%20digital%20worldonline.pdf

Parenting in a
DIGITAL WORLD

2 simple



Further Resources



Child Exploitation & Online Protection Centre

For concerns about online sexual abuse or the way someone has been communicating online

ceop.police.uk/CEOPReporting/

The logo for NSPCC Net Aware, consisting of the letters 'NSPCC' in a bold, green, sans-serif font.

NSPCC Net Aware

A guide to social networks that children use
net-aware.org.uk

The logo for Childline, featuring the word 'childline' in white lowercase letters on a blue rectangular background. Below it, the text 'ONLINE, ON THE PHONE, ANYTIME' is written in smaller white uppercase letters.

Childline 0800 1111

24 hour free helpline service for children and young people