

Online Safety for Parents and Carers

Aims for this session:

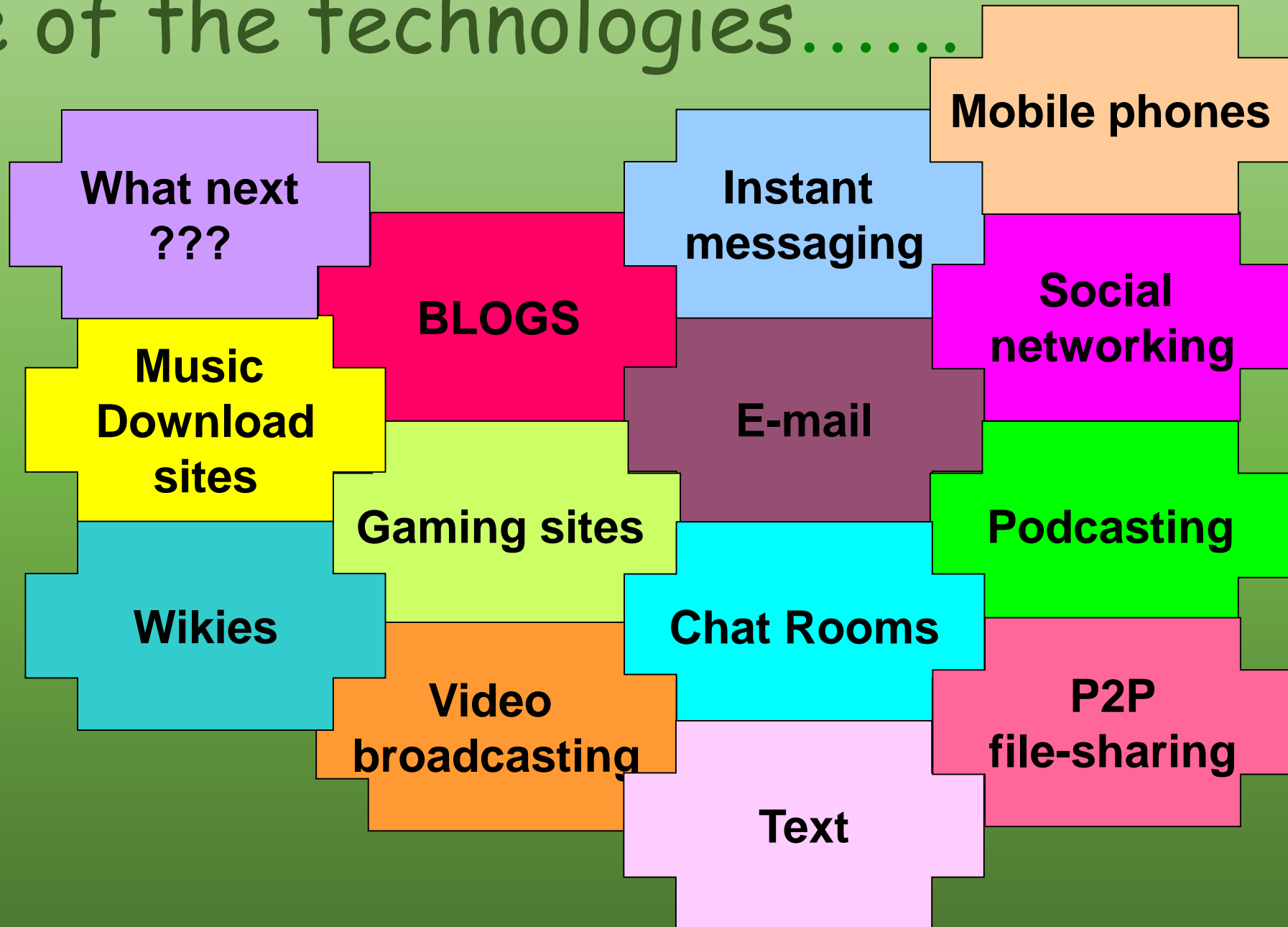
- To consider how children use the internet
- To raise awareness of online risks for children
- To offer guidance on how to keep children safe online

The digital world is an amazing place and in school, we want to promote the use of computing across the curriculum and celebrate good practice.

Children aged 11 and younger are all **digital natives**. They have been born into this vast and fast moving world.

It is our job to **empower** children with the knowledge and skills to **keep safe**, without limiting their learning opportunities and experiences.

Some of the technologies.....



Age rating

PEGI (The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices

3+



Violence - Game contains depictions of violence

7+



Discrimination - Game contains depictions of, or material which may encourage, discrimination

12+



Sex - Game depicts nudity and/or sexual behaviour or sexual references

16+



Drugs - Game refers to or depicts the use of drugs

18+



Fear - Game may be frightening or scary for young children



Bad Language - Game contains bad language

Statistics

- 74% have been on the internet in their bedrooms
- 37% have been on the internet without their adults knowing about it
- 52% say parents don't always know what they do online
- From a Hertfordshire primary school survey 2016

Statistics

- 34% own their own mobile phone
- Of those children, 36% sleep with their mobile phone switched on
 - by their beds
 - under their pillows
 - under their teddies
- From a Hertfordshire primary school survey 2016

Recommended Recreational Screen Time

(Public Health England 2016)

- 3-7 years 0.5 – 1 hour per day
 - 7-12 years 1 hour per day
 - 12 – 15 years 1.5 hours per day
 - 16+ 2 hours per day
-
- Unlike the TV, there is no watershed with the internet.

Areas of risk

- **Content** - being exposed to harmful material
- **Contact** - engaging with people who may not be who they say they are
- **Conduct** - the child is displaying inappropriate sexual or bullying behaviour or is the victim of someone else's behaviour
- **Commercialism** - being exposed to inappropriate commercial advertising or marketing schemes



Messaging Apps and Gaming



- Are they age appropriate?
- Are the settings correct?
- FB, Twitter, WhatsApp, WeChat, YouTube, Instagram - min age requirement is 13 years (WhatsApp now proposing 16 years)
- There are various chat rooms that young people can join, as well as live chat on gaming. This can lead to online bullying.
- The majority of reported e safety incidences are related to Instagram



What are the age restrictions?

- Facebook tops the list of sites children sign up to who are underage
- 52% of eight to 16 year olds admit to ignoring the official age limit
- WhatsApp is used by 40% of eight to 16 year olds
- Blackberry messenger is used by 24%
- Snapchat is used by 11%



Ban or Educate?

Facebook and most other social media sites are for over 13 year olds.

- Build a profile with your child. Discuss what personal information to share.
- Set a strong password.
- Become your child's friend.
- Discuss which photos are appropriate to post and how they can be misused.
- Explain that friends should be people they know.
- Set strong privacy settings to friends only.

- How is cyberbullying different to other forms of bullying?

Anytime

Anywhere

Anonymous

Easier to get drawn in

Wider audience

More permanent

Cyberbullying - bullying using technology
This is a risk on any internet-enabled device

How you would respond to:

- Receiving a hurtful comment online yourself
- Seeing a hurtful comment about someone else
- Realising that when you were angry or upset you sent a hurtful comment about someone else

For older primary pupils and secondary pupils a cautionary tale about Paris Brown, the 17 year old Kent youth PCC who resigned after Twitter row in 2013 www.bbc.co.uk/news/uk-england-22083032

Cyberbullying - bullying using technology

This is a risk on any internet-enabled device

- Don't respond
- Don't retaliate
- Talk to a trusted adult
- Save the evidence
- Block the bully
- Be polite
- Don't be a bully
- Be a friend not a bystander



Stay safe

Do not share personal details.

Meeting people

Do not agree to meet people.

Information

Not all websites tell the truth.

Let grown-ups know ...

if you see anything to make you feel worried.

Emails

Do not open these without a grown up.



and stay safe

- **S**taying safe means keeping your personal details private, such as full name, phone number, home address, photos or school
- **M**eeting up with someone you have met online is dangerous.
- **I**nformation online can be untrue, biased or just inaccurate. Someone online may not be telling the truth about who they are - they may not be a 'friend'
- **L**et a parent, carer, teacher or trusted adult know if you ever feel worried, uncomfortable or frightened about something online or someone who has contacted you online
- **E**mails, downloads, instant messaging, photos and anything from someone you do not know or trust may contain a virus or unpleasant message so do not open

How can you help?

Get involved -

- What devices or apps are they using and do they allow online interaction?
- Be aware of what young people are doing online
- Be 'friends' with your children on Facebook and other networking sites
- Talk to them and ask them what they are doing
- Use parental controls on the operating system
- Speak to your internet provider about how you can filter internet access

Benefits of technology for children

- Fun
- Educational
- Can help raise standards
- Helps build creativity
- Enables communication with friends and family

Useful websites:

- CEOP - www.ceop.police.uk
- Google safe search - www.safesearchkids.org
- Childnet - www.childnet.com/parents-and-carers
- Internet matters - www.internetmatters.org
- NSPCC - www.nspcc.org.uk
- Squirrel - www.squirrelnet.com