2022

Online Safety

For parents and carers

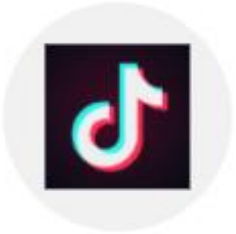
www.childnet.com
www.saferinternet.org.uk
www.internetmatters.org

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

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

At what age can my child start social networking?

13 year olds and upwards


TikTok

Instagram

Facebook

Snapchat

Twitter

YouTube

Houseparty

KiK

Bebo

YouNow

Habbo

Reddit

Tumblr

Yubo

Whisper

Discord

Twitch

Omegle

AskFm

At what age can my child start social networking?

16 year olds and upwards

WhatsApp

LinkedIn

Flickr

Vimeo

MySpace

Periscope

Conduct

Balancing Screen Time

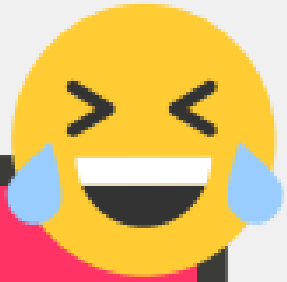
Typically at this age children will start to be more active online so it's important to equip them with the tools to strike a healthy balance between the time they spend on and offline, especially as they start to get their own devices.

How are children using screens?

35%
own a
smartphone

93%
are online almost
13.5 hours a week

74%
play games online for
nearly **10 hours a week**



Nearly
8 out of 10
of 8- 11s use YouTube to watch cartoons, funny videos and music videos

Source: Ofcom Children and Parents Media use and attitudes report 2018

Conduct

Screen time benefits

- **Screen use provides a range of opportunities for creativity and learning – 70% of parents strongly agree that using devices is essential for their child's development**

Source: Internet Matters Look both ways report.

- **Screens can be a great tool to allow children to maintain relationships with family and friends.**
- **Screens can provide much needed down-time at the end of the school day.**

Conduct

Screen time challenges

- Peer pressure from friends to stay online and the way certain platforms are developed to keep users engaged can make it harder for children to switch off.
- As children get more active online there is an increased risk that they might stumble across inappropriate content that can have a negative impact on their digital wellbeing.
- Long periods of passive screen time (i.e bingeing on box sets) could have a physical effect on their development (i.e. eyes, brain), sleep cycle and behaviour

Conduct

Online behaviour & sharing

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.

Content

What children see online

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social media, online games, streams and websites.

Live comments and chats alongside other content including videos, streams and games can be hurtful, harmful or unreliable.

It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Photos and videos can also be edited or inaccurate.

Contact

Online communication

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.

If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person (including, but not limited to, a request to meet up or a request for images/videos), it's vital that you report it to the police via:
Child Exploitation and Online Protection Centre (www.ceop.police.uk).

Online bullying

Also known as 'cyberbullying' - takes place online or using technology.

Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarassing photos or exclusion from group chats.

Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.

Nudes and sexting

Sexting is taking and sharing a nude, partially nude or sexually explicit image or video.

If the person in the image is under-18 then it **breaks the law**. The Protection of Children Act states that it is illegal to create, distribute or possess an indecent image of a child, including images or videos taken by the child themselves (e.g. selfies).

The police take a common sense approach and are not seeking to criminalise young people, but do have a duty of care if asked to investigate.

In the online world, content can get very far, very quickly and young people may lose control of who else sees their image. Knowing an image has been seen by others can be very difficult and traumatic for a young person to experience.

Sexting is a risk even for younger children. A child with access to a device, who can take a photo and send it on, may not understand the possible consequences and just think they're being funny.

Advice on online contact and grooming

Discuss online friendship with your child - make sure they understand that a person they've never met face-to-face is still a stranger. Discuss what kinds of information they should avoid sharing with strangers.

Ensure they know they can come to you if they have any worries or concerns.

If you have an suspicions whatsoever about someone who is in contact with your child online then report it to CEOP.

You will be shown how to report to CEOP later in this presentation.

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.

Advice on nudes and sexting

Discuss sexting with your child - ensure they know that once this kind of content gets out there, it's very difficult to get it back and the consequences of this can be very upsetting.

Make sure they know they can talk to you if they have any concerns or worries.
Try to remain reassuring and non-judgemental.

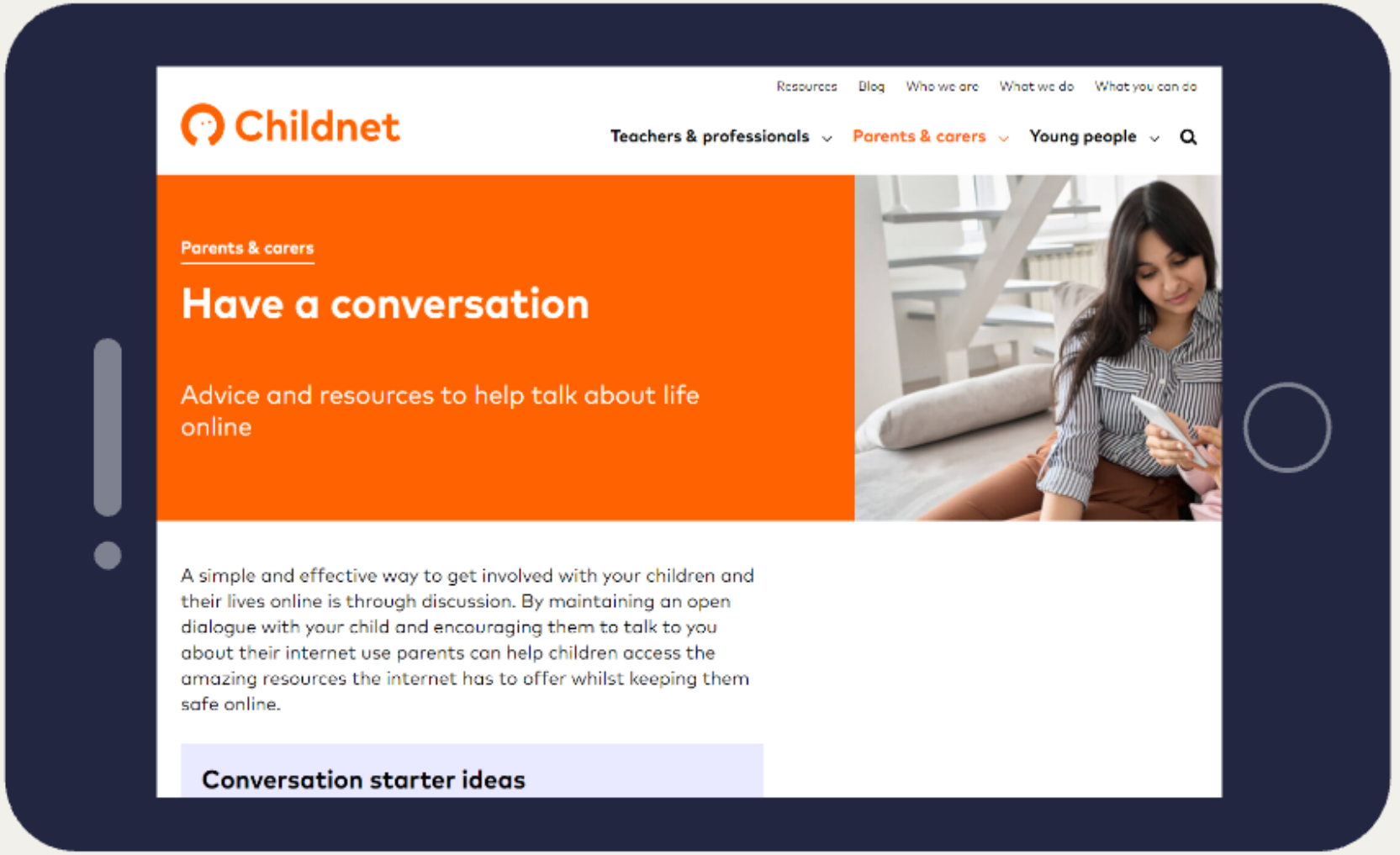
With younger children, discuss which parts of their body should be kept private.

Do seek advice from your child's school if you need further support.

Do report to the Police or CEOP if you have any suspicions about the involvement of an adult or think you child has been coerced.

An open and honest dialogue with your child is absolutely key.

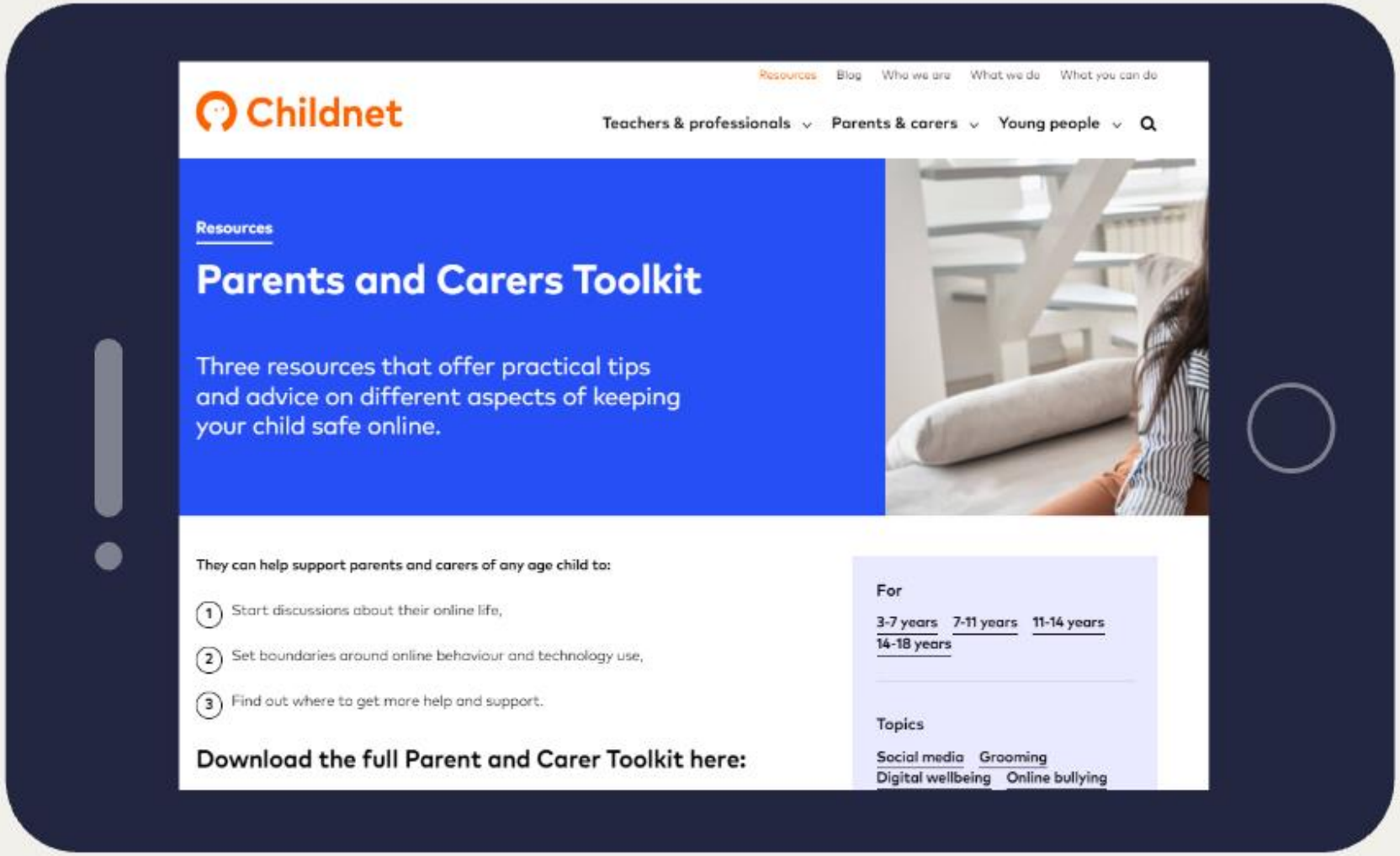
Talk to them about their internet use and let them know they can talk to you.



childnet.com/parents-and-carers/have-a-conversation

Consider setting a family agreement to open discussion.

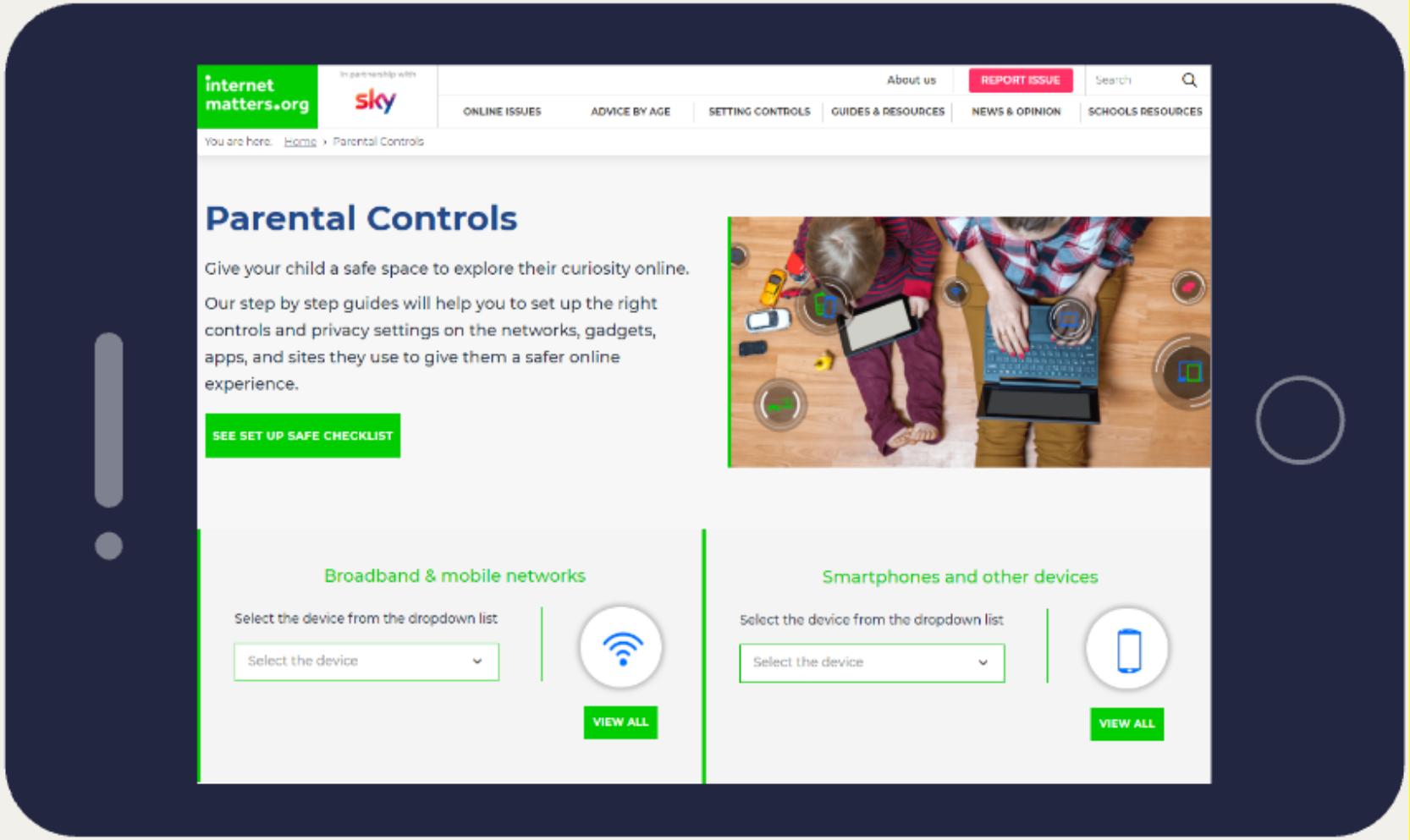
Establish boundaries and your expectations as a family.



childnet.com/toolkit

Filtering software and settings can help block unwanted content.

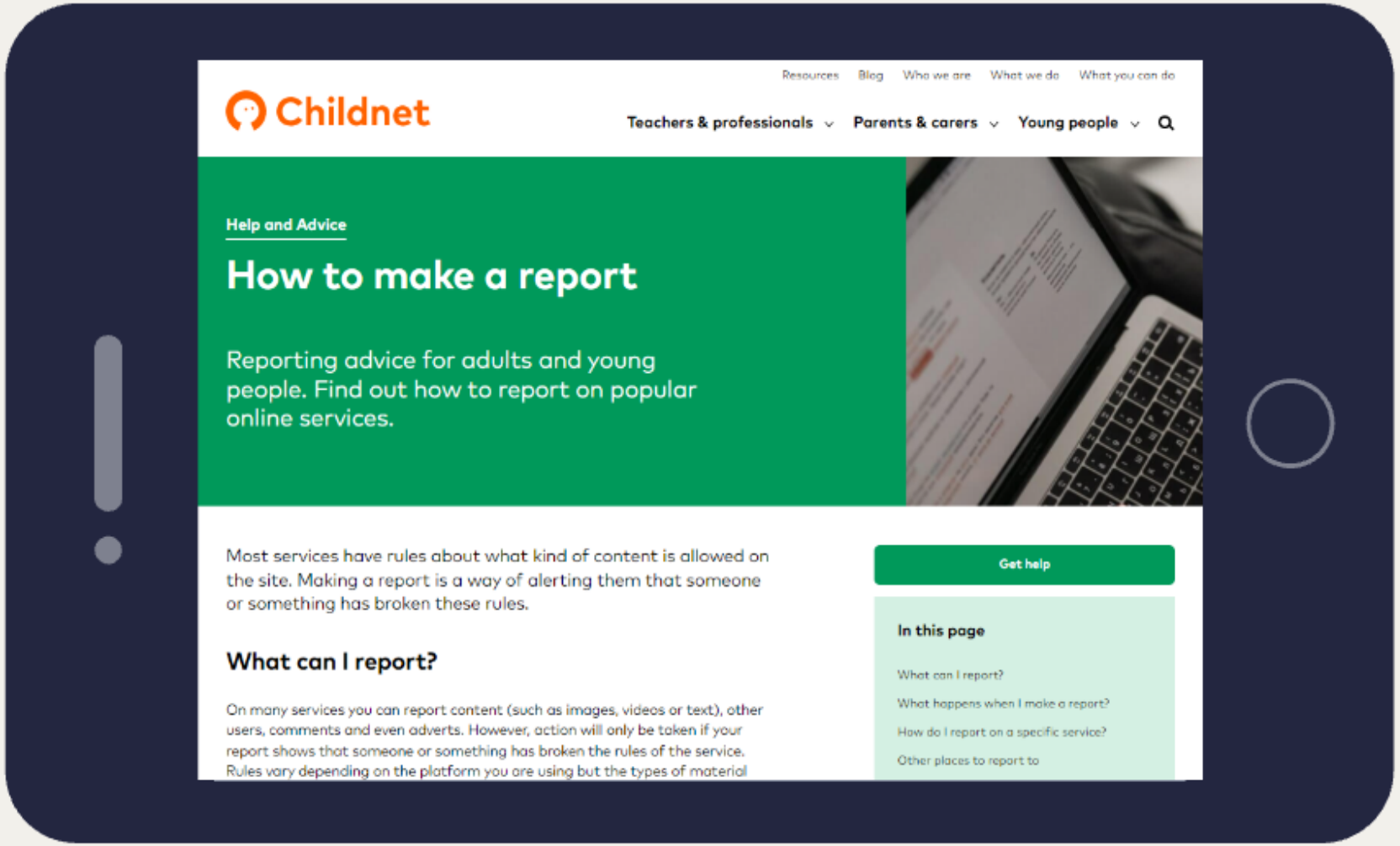
Look at filters on individual devices and from mobile & internet providers



internetmatters.org/parental-controls/

Familiarise yourself with safety and privacy settings on the services your family uses.

Learn how to report, block and mute other users on games and social media.

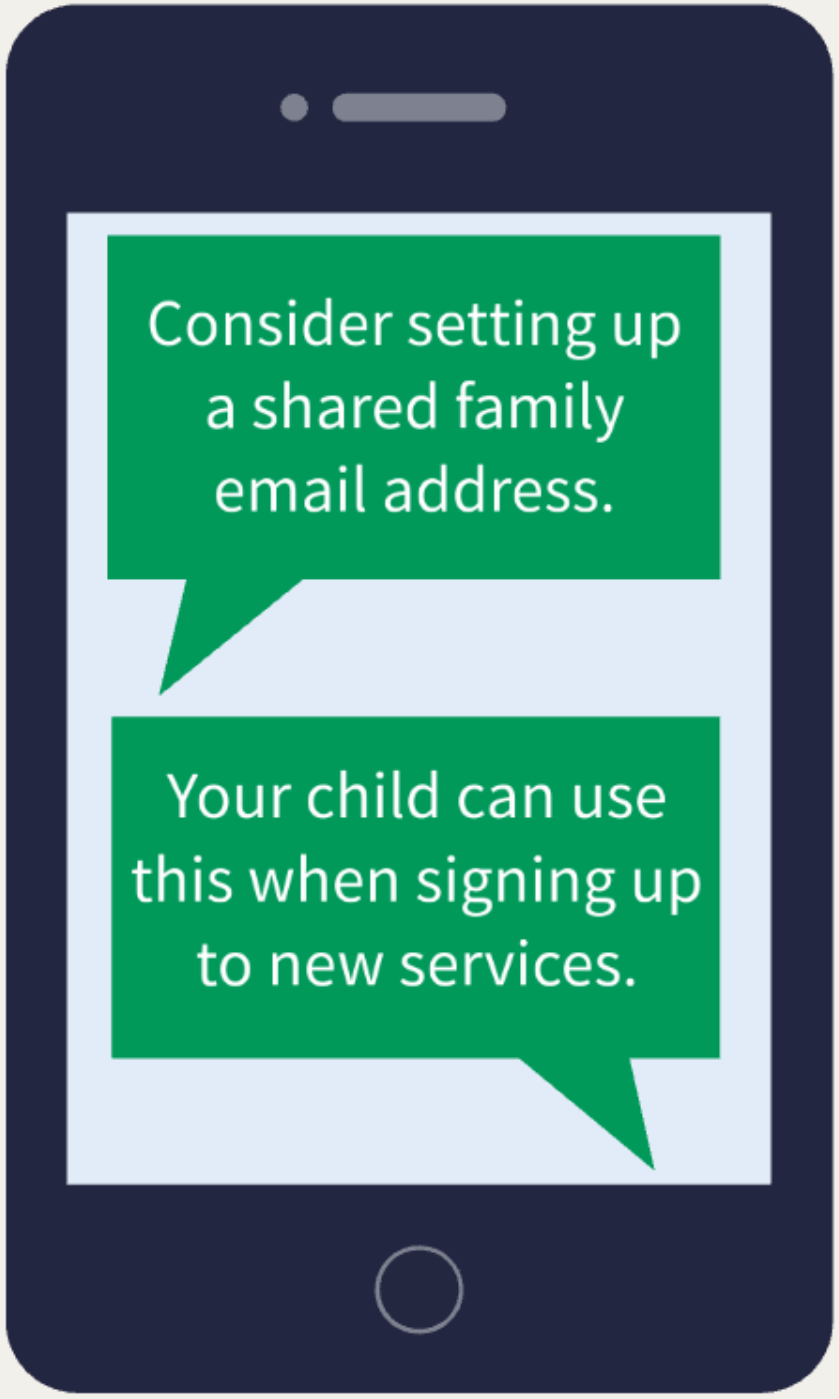


childnet.com/how-to-report

Get involved with your child's life online. Learn about the apps, games and devices they use.

Play their favourite games with them, try out their favourite apps...

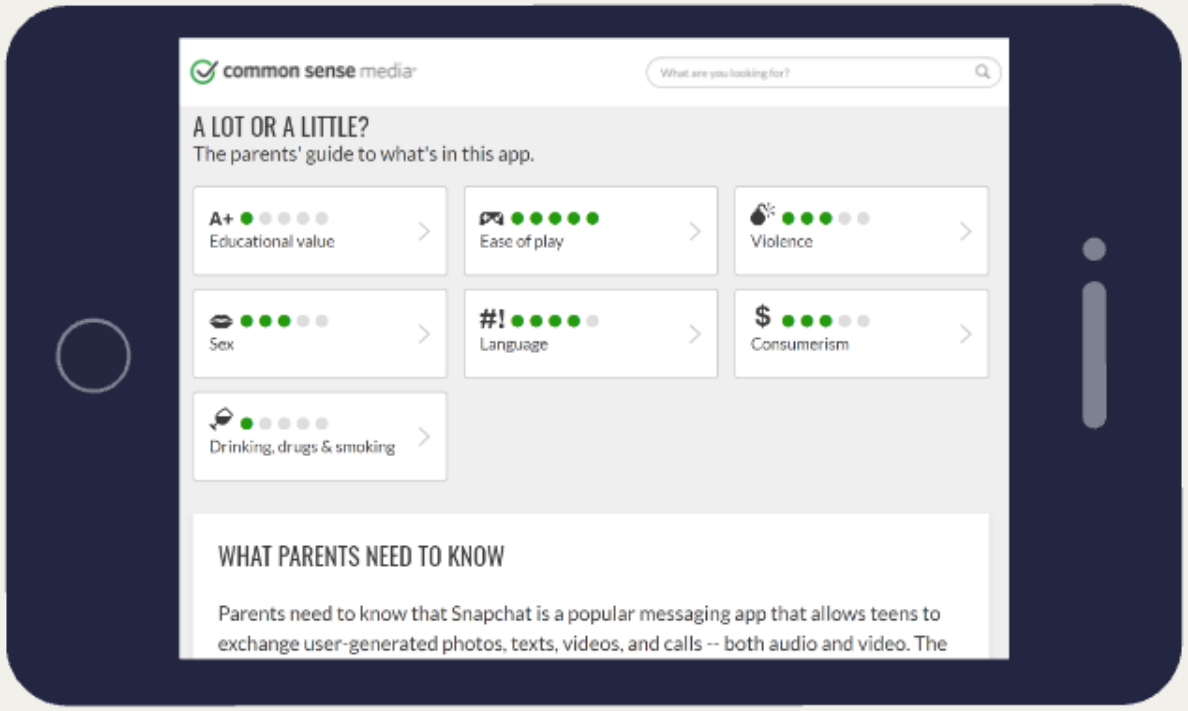
taminggaming.com


Consider setting up a shared family email address.
Your child can use this when signing up to new services.

Encourage your child to always **'think before you post'**
Lead by example and discuss the content you share on social media too

Give your child strategies to deal with content they don't want to see
For example, speaking to you or turning off the device

Other useful resources...

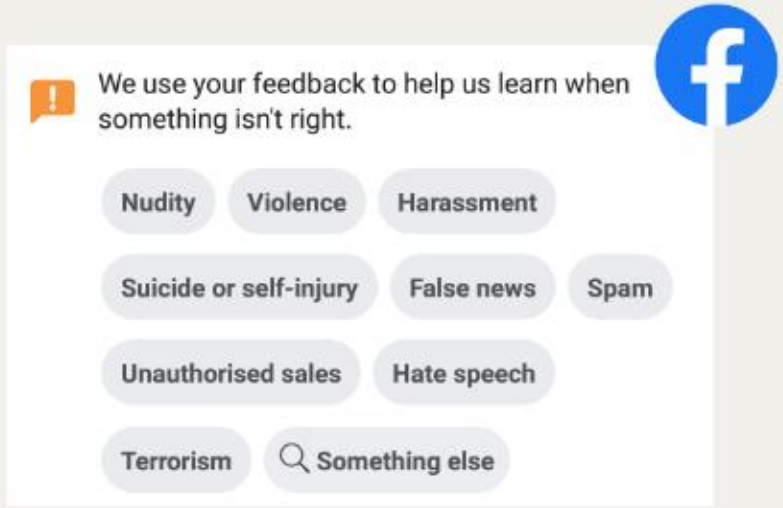


commonsensemedia.org

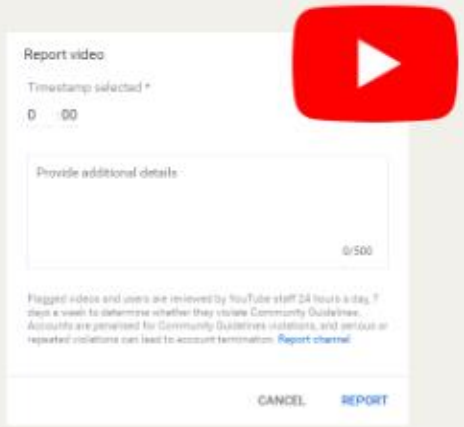
askaboutgames.com

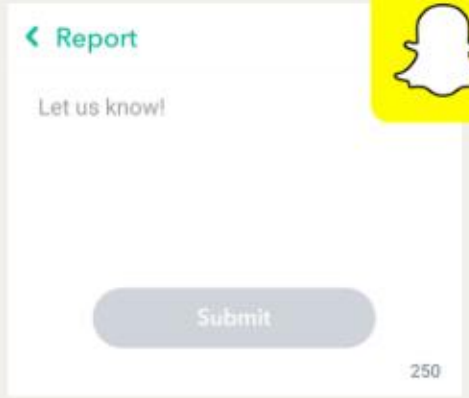
Making a report

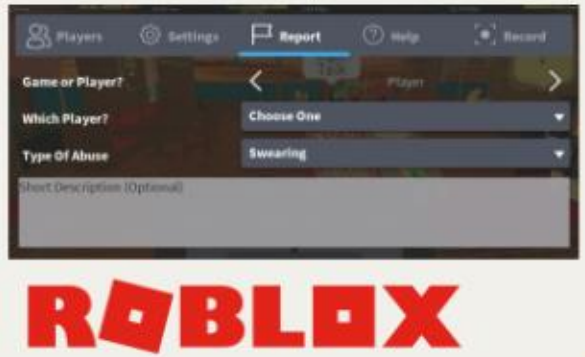
Look out for these symbols on the post, comment or user profile you want to report

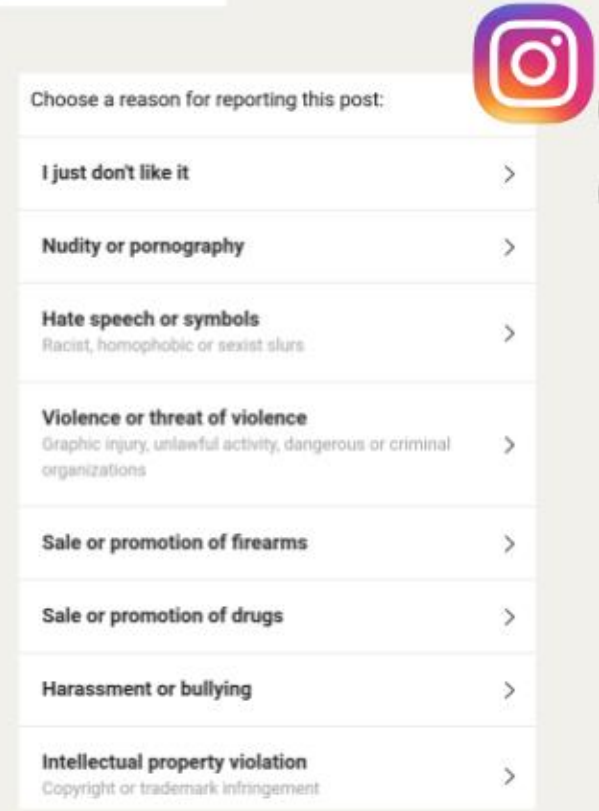


Choose a reason for reporting







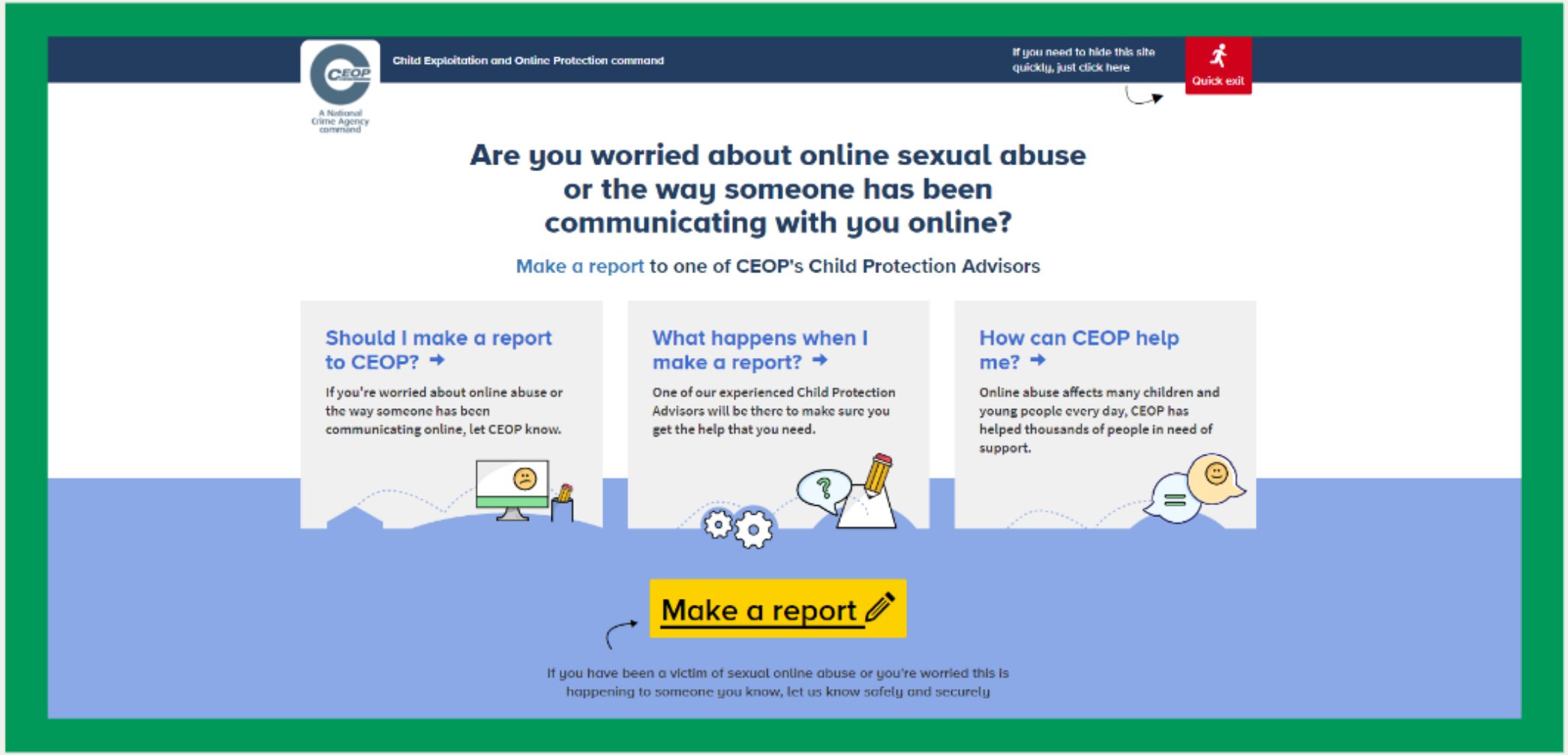


Fill out the form with as much detail as possible and press send to inform the platform's safety team.

Follow up inadequate responses to reports on other services here:

reportharmfulcontent.com

Report any suspected grooming to CEOP:



ceop.police.uk

Start on a positive note...

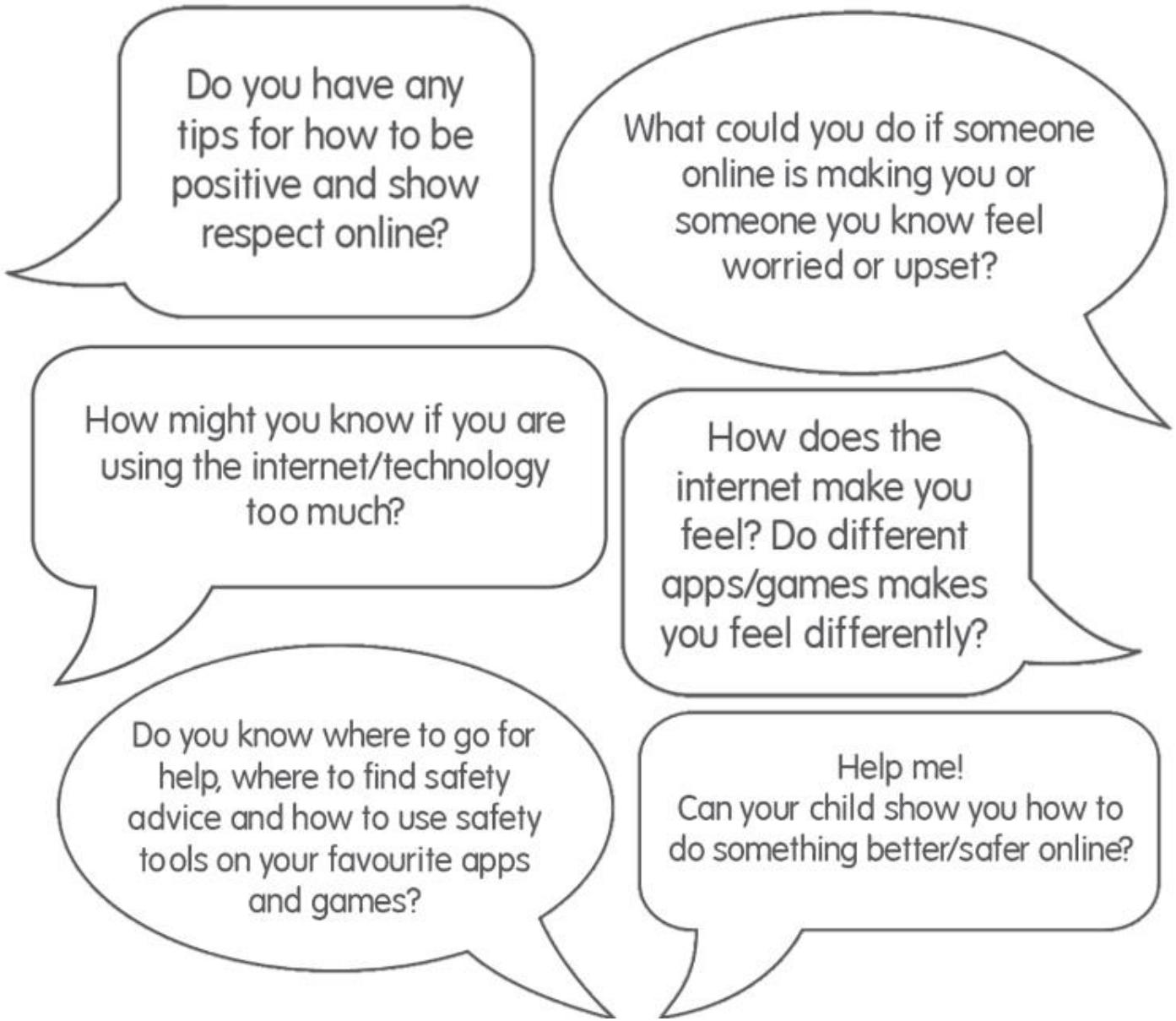
What do you like most about the internet and why? What's your favourite game/app/site?

Do you like to be creative online? What have you created?

(It could be anything from a picture or video to creating their own games, sites or apps.)

The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/-services do you use?

Keep the conversation going...



What we're doing in school to tackle online safety issues...

E-Safety lessons in Computing lesson
Celebrate internet safety day
Assemblies
PSHE curriculum
RSE curriculum
Staff Safeguarding training