

# Online Safety

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# Your child's online world

- ▶ Children are going online earlier, sometimes at a very young age. They love using technology and see the world as creative fun and exciting. To children, online friends are real friends. There's no distinction.
- ▶ <https://www.youtube.com/watch?v=-nMUbHuffO8>
- ▶ Keeping up to date with changing technology can be a challenge and helping your child stay safe online can seem even harder. But be reassured, there is lots of help and advice available.
- ▶ **90%** of children aged 5-15 are online
- ▶ **40%** of 5-15 year olds have their own tablet
- ▶ **23%** of 8-11 year olds have a social networking profile

(Ofcom 2015, Children and Parents: Media Use and Attitudes)

# Activity

Please discuss on your table...

- ▶ What does your child already do using the internet?
  
- ▶ What does your child know about the internet?

# Keep your children safe online

- ▶ You don't need to be an expert on the internet to keep your child safe online.
- ▶ One of the most important things is talking to your child regularly and being part of their online world. This will help you set and develop boundaries from an early age, meaning you can identify risks before they become an issue.

# Understanding their online world

## What children see

**Inappropriate content:** It might be violence; racial hatred; dangerous advice encouraging things like eating disorders or self harm; gambling or pornographic sites.

### What can you do?

- ▶ **Check out the apps and sites they're using are suitable for them.** You can find out more at [net-aware.org.uk](http://net-aware.org.uk)
- ▶ **Talk about age ratings.** Online games, movies and some websites have an age rating or minimum age. So you shouldn't feel pressured into letting your child sign up or use websites that you feel they're too young for. Talk to your children about the purpose of age limits and any concerns you might have. Agree together the websites, apps and games they can use.
- ▶ **Set up parental controls.** These can help you filter or restrict content on your home wi-fi as well as phones, tablets and games consoles. You can also set filters on search engines or use websites privacy settings to prevent children from seeing unsuitable content or advertising. Teach them to use the 'report abuse' tools. Visit [internetmatters.org](http://internetmatters.org) for more information.
- ▶ **Strike the right balance between keeping an eye on your child and giving them the independence and freedom to explore** Simply sheltering them from the online world might not help them in the long term. They need a chance to learn how to behave online and find out what's out there

# Understanding their online world

## Who they meet and interact with

**Online bullying:** Children could receive unpleasant emails or text messages, and people may say mean or offensive things to them or post cruel comments or pictures on social networks. Bullying can also involve being purposefully blocked, ignored or excluded from games or social media sites. Users can often post things anonymously so the online bully could be someone they know or a stranger.

### What can you do?

- ▶ **Be proactive.** Use opportunities such as news events or television storylines to start conversations about what your child would do if they were being bullied or what they think should or shouldn't be said online. Remind them that their online behaviour should reflect their offline behaviour. Encourage them to think before they share information or post things online. If your child is being bullied, talk to their teacher.
- ▶ **Block and report.** Encourage your child not to retaliate or respond to any form of bullying. Instead, help them to block and report the bullies and keep any evidence. Suggest your child talks to you or a trusted adult for help and reassurance.
- ▶ **What if my child is bullying someone?** Find out if other children were involved and what part your child played. They may not have realised what happened was bullying. Tell them that this behaviour is unacceptable. Help them to understand what they have done and encourage them to think about how the other child felt or how they feel when someone is unkind to them.

# Understanding their online world

## Who they meet and interact with

**Inappropriate friendships and grooming:** Grooming is when someone builds up an emotional connection with a child to gain their trust for the purposes of sexual abuse or exploitation. This can be easier online because people hide their age, gender and identity. Children are often unaware they're being groomed, and think they're simply talking to a child of the same age. Parents often fear their children will be encouraged to meet up with online 'friends' and be abused, but children can be exploited or abused by being persuaded or forced to: have sexual conversations by text or online, send or post explicit images; take part in sexual activities via a webcam or smartphone.

Remember, children can be at risk of online abuse from people they know, as well as strangers.

[https://www.youtube.com/watch?v=\\_o8auwnJtqE](https://www.youtube.com/watch?v=_o8auwnJtqE)

### What can you do?

- ▶ **Talk about healthy friendships**, how they choose friends, what information they share and the difference between good and bad secrets
- ▶ **Encourage them to tell a trusted adult** if anything online makes them feel 'sad, scared or worried' ('yukky' feelings)
- ▶ **Report it!** The Child Exploitation and Online Protection Centre (CEOP) helps to keep children safe. Use the 'report abuse button' which can be found on many websites or go to **ceop.police.uk/safety-centre**

# Why they could be at risk

**Children can put themselves at risk through their own behaviour.**

**They can overshare personal information, spend too much time online or even run up large debts by not realising they were spending money.**

- ▶ **Oversharing personal information or pictures.** Privacy settings can control who sees their details on a social networking site but when they connect to a 'friend', that person many have access to their personal information. Children might accidentally reveal personal details like their address or telephone number, and there's a risk their identity could be stolen.

## **What can you do?**

- ▶ **Be Share Aware.** Visit [nspcc.org.uk/shareaware](http://nspcc.org.uk/shareaware), a website to help parents make informed choices about the social networking sites and apps their children use.

# Why they could be at risk

- ▶ **Overuse.** The online world can be good for children's social lives, but it can also stop them from talking to people face to face, make them overly attached to their device and develop unhealthy attachments to the online world. There are concerns about how this affects children's sleep patterns, and the impact the online world has on general health and wellbeing.

## What can you do?

- ▶ **Agree rules and boundaries.** Agree what times your child can go online. Encourage them to do a variety of activities and explain why you think this is important. Use a timer (online or physical) to help you to reinforce online times.
- ▶ **Be a good role model.**

# Why they could be at risk

- ▶ **Running up debts.** Many online games are free but offer the chance to buy new items such as extra lives or new levels. So children may run up big bills without realising.

## What can you do?

- ▶ **Know their limits.** Make sure your child knows the limits on their credit or mobile package and that they understand about extra charges. Make them aware that some apps offer to sell extras, especially apps that were free to download.
- ▶ **Password protect.** You can turn in-app purchases off completely or password protect them. There are tools to help monitor and keep track off in-app purchases.

# If your child is worried

- ▶ Talk to your child about what to do if they see content that worries or upsets them. Let them know they can talk to you, or another trusted adult, without getting into trouble, if they do come across something that worries them.
- ▶ **If your child does see or do something online that worries them, they will be looking to you for support.** Try to stay calm and...
  - Emphasise they have made a good decision by sharing their concerns.
  - Allow them to share that they want with you. Try to listen rather than ask lots of questions to begin with.
  - Offer emotional support and let them know you'll help.
  - Let them know the next steps you'll be taking, such as reporting and accessing help and support.

# Further advice

- ▶ visit [www.o2.co.uk/nspcc](http://www.o2.co.uk/nspcc) or call the online safety advice helpline 0808 800 5002 (free of charge)
- ▶ [www.net-aware.org.uk](http://www.net-aware.org.uk)
- ▶ [www.nspcc.org.uk/shareaware](http://www.nspcc.org.uk/shareaware)
- ▶ [www.nspcc.org.uk/onlinesafety](http://www.nspcc.org.uk/onlinesafety)
- ▶ [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)
- ▶ [www.saferinternet.org](http://www.saferinternet.org)
- ▶ NSPCC helpline 0800 800 5000 (open 24 hours) gives support and advice to any adult who is worried about a child
- ▶ Attend future online safety sessions offered by school. Read our online safety updates in the school newsletter. Don't forget that you can contact us at school if you have concerns.
- ▶ **Luke's Surgery: If you have any technical questions about setting up parental controls etc. on your electronic devices, our IT technician Luke will be in the Hall from 10:10 to 10:30 today to help answer any questions or queries you might have.**