Parent's Online Safety Presentation
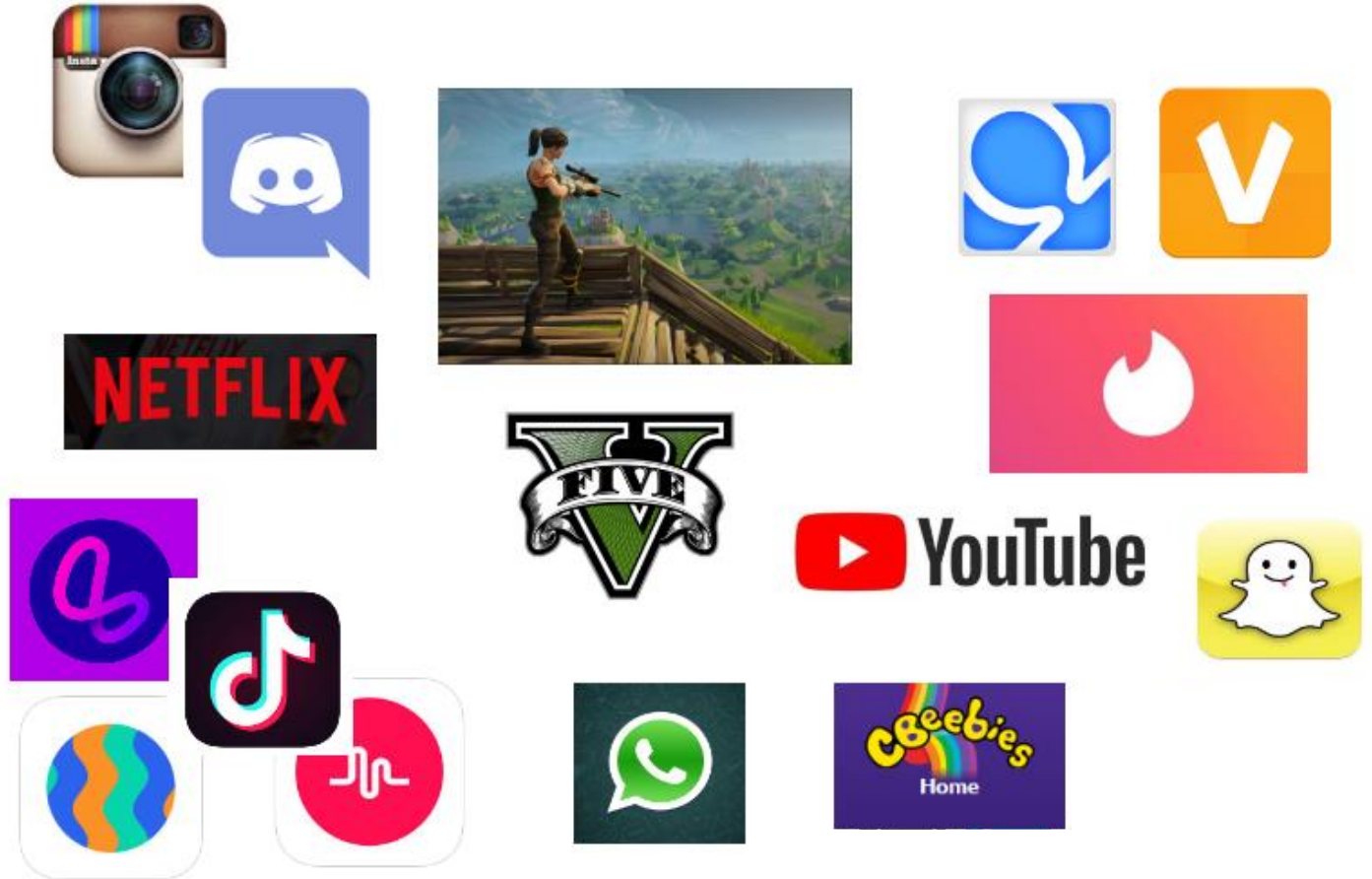
February 2020

St. Mary's CE Academy

'Excellence through faith & learning'

Do you feel left behind when it comes to the latest Apps and games your children are using?

There are lots of positives of using the internet

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

But technology can affect child development

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy

Key Life Moments

Children

Age 3-4
1% own a mobile phone, 16% own a tablet, 0% have a social media profile

Age 5 – 7
67% of children are online.
Average time spent per week: 8 hours 42 minutes
3% have a social media profile
Children start to browse internet for school work and general browsing

Under 10
Internet use limited to gaming, streaming video and TV and video calling

Age 8 – 11
90% of children are online, 49% own a tablet
Average time spent per week: 12 hours and 54 minutes
56% play games online, 12% against people who they've never met

Age 10 - 11
Phone ownership rises from 21% to 43%,

Age 12 - 13
Phone ownership rises from 50% to 74%
74% of 13 year olds have a social media profile

43% of 11 year olds have a social media profile and are messaging, sharing and liking throughout the day

12-15
98% of children are online
Average time spent per week: 20 hours and 6 minutes
27% play games against people they've never met

Secondary school children use an average of 5 social networks

Learn to read & write

Start Secondary school

4   5   6   7   8   9   10   11   12   13   14   15   16

Parents

Age 3-4
55% of parents think the benefits of the internet outweigh the risks
10% think their child knows more about the internet than they do

Age 5-7
35% of parents have never spoken to their children about managing risks online
4% never supervise online access and use

Under 10
Parental concern is limited to sexual content, inappropriate content, violent content and strangers/grooming

Age 8-11
68% of parents think the benefits of the internet outweigh the risks
41% think their child knows more about the internet than they do
34% are concerned about their child being bullied through their mobile phone

Age 10-13
Parental concerns around online bullying increase

Age 5-15
42% of parents have no awareness of content filters

Age 5 – 15
16% of parents have never spoken to their child about managing risks online

Age 12-15
8% of parents do nothing to regulate or monitor their child's activity online

'Life in Likes'- Children's commissioner for England

My friends and family

'Following' my family:

Younger children were particularly influenced by their family's views and usage of social media, and parents may be unaware of how their use of social media affects their child.

Going on my mum's phone

Parents sometimes gave children contradictory safety messages when they let children use their social media accounts, and unknowingly exposed them to unsuitable content.

Sharenting

Many children felt uncomfortable and bothered by their parents posting pictures of them on social media, yet felt they could do little to stop it.

My sister showed me Snapstreaks

Children learned how to do new things on social media from their older siblings, but were also put off by things that their siblings had experienced. In some cases, children worried about their siblings' behaviour online, such as excessive use and ignoring safety messages.

	A few times a month	Once a week	Most days of the week	Daily	Multiple times a day
Year 4 Boys 8-9 year olds		Instagram, Twitter, WhatsApp	Facebook, Snapchat	Roblox	
Year 4 Girls 8-9 year olds		Instagram	WhatsApp	Musical.ly, Roblox	Snapchat
Year 5 Boys 9-10 year olds	Instagram	Twitter	Facebook	Snapchat, Musical.ly	WhatsApp
Year 5 Girls 9-10 year olds		Instagram, Musical.ly	WhatsApp, Facebook, Roblox	Snapchat	

	A few times a month	Once a week	Most days of the week	Daily	Multiple times a day
Year 6 Boys 10-11 year olds			Snapchat, Musical.ly	Instagram	WhatsApp
Year 6 Girls 10-11 year olds			Roblox		Snapchat, Musical.ly, WhatsApp, Instagram
Year 7 Boys 11-12 year olds					Snapchat, Instagram, WhatsApp
Year 7 Girls 11-12 year olds				Instagram, Musical.ly	Snapchat, WhatsApp

Other risks

Aggressive	Violent	Harassment	Cyberbullying
Sexual	Pornographic	Grooming, sexual abuse	Sexual harassment, 'sexting'
Values	Racist / hateful	Ideological persuasion	Harmful user generated content
Commercial	Marketing	Personal data misuse	Gambling, copyright infringement

Concerns from Parents in England

	2016	2013	
Viewing sexual content	67%	62%	Up 8%
Contact from strangers	67%	58%	Up 16%
Viewing violent content	64%	57%	Up 12%
Online bullying	60%	52%	Up 15%
Encouraging self-harm	48%	-	
Sharing sexual images	44%	-	
Pro-anorexia content	42%	-	
Radicalisation	41%	32%	Up 28%

Age Restrictions

Under 13
- Roblox
- PopJam
- FaceTime

13+
- Twitter
- Facebook and Messenger
- Viber
- WeChat
- Monkey
- Yubo
- Dubsmash
- Instagram
- TikTok
- Skype
- Google Hangouts
- Reddit
- Snapchat
- Pinterest

16+
- WhatsApp
- Telegram Messenger
- Tumblr

17+
- Line
- Sarahah
- Tellonym

Sourced from NSPCC website October

Tips for Parents

TIPS

1 Understand the risks

2 Communicate regularly

3 Keep the risks in proportion

4 Agree helpful mediation strategies

5 Develop coping strategies that foster resilience

Inappropriate content

4.7m
URL's showing pornographic content
More than 12% of the internet

11yrs
Average age to first view porn online

1/3
of children have seen explicit images by age of 10

What to talk about
- They can come to you if they see anything that upsets them
- If they have seen pornography…that it presents an unrealistic image of sex and relationships
- 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
- Safe search on Google (& other browsers) & YouTube; child –friendly search engines

A guide to Parental Controls

Produced by Knowsley CLCs
www.knowsleyclcs.org.uk

Sky
Sky Broadband Shield is included within your Sky Broadband package and helps to protect against phishing and malware-infected sites. It also includes Safe Search which is designed to block explicit content when you search online. Your Sky Broadband Shield will automatically be set as suitable for teenagers during the day and adults in the evening. You can change this to suit your family:
1. **Choose a rating:** You can choose between PG, 13, 18 or customise your protection.
2. **Watershed:** This feature allows you to set age rating restrictions depending on the time of day.
3. **Block content:** You can block specific websites and explicit images from search engine using Safe Search.

Find out more here: https://www.sky.com/shop/broadband-talk/broadband-shield/

Virgin Media
Web Safe is included within your Virgin Media broadband package to help protect any device that is connected to your WiFi. You are able to customise your settings, for example block access to known fraudulent websites or those that aren't suitable for children.

Virgin Media also offers an additional security tool called F-Secure SAFE which can be installed on up to five devices such as mobile phones, tablets, PCs and Macs. This offers anti-virus protection to these devices as well as parental controls both in and out of the home.

Find out more here: https://www.virginmedia.com/shop/broadband/parental-control.html

Inappropriate contact

48%
of secondary school children have talked to strangers on social media

48%
of 11 year olds have a social media profile

- **What to talk about**
  - 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 geo location settings on devices
  - Use the strongest privacy settings on social media
  - Learn how to report / block/ mute
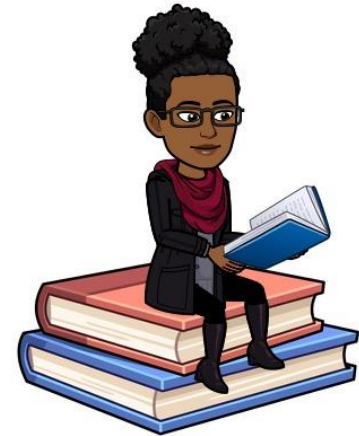
Inappropriate conduct

25% of children will experience cyberbullying

50% of children say someone has been nasty online

- **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

'Sexting'

15-40% of young people are involved in sexting

Threat comes mostly from **peers** and is often coercive

- **What to talk about**
  - It's hard to control where images might be shared
  - It's illegal to create or share a sexual image of a child under 18

- **Top tips / tools to use**
  - The T-shirt test – if you wouldn't wear the picture on your T-shirt, don't share online
  - If you child is involved in sexting contact CEOP & Childline who can help to remove images

What are children taught in school?

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

KS1

Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

KS2

Sheffield Online Safety Curriculum 2019 - Overview

PSHE Theme (From the PSHE Association Programme of Study)	Health and Wellbeing	Relationships		Living in the Wider World	
Online Safety Strand	Lifestyle & Health — Well-Being, Mental Health, Identity, Stereotypes, Medical Information	The Social Web — Social Media, Gaming, Friendships, Bullying, Reputation	Protecting Ourselves — Sexual Content, Consent, Control, Meeting Strangers Online and in Real Life, Images	Commercial Risks — Money, Privacy, Personal Information, Copyright, Online Security	News & Information — The Media, Digital Literacy, Verifying Content
Foundation Stage (Click here for link to lesson plans)	L1 - Sleep L2 - Choosing what to do online	S1 - Communicating Online S2 - Feeling Safe Online S3 - Personal Information	P1 - Online Friends	N/A	N/A

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Lower Key Stage 2 (Click here for link to lesson plans)	L1 - Screen Time L2 - Sleep L3 - Deciding what is appropriate	S1 - Friendship Online	P1 - Online Strangers P2 - Sharing Online	C1 - Advertising C2 - Personal Information C3 - Copyright C4 - Suspicious Messages C5 - Passwords	N1 - Digital Media N2 - Media Bias N3 - Verifying content and echo chambers

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Key Stage 1 (Click here for link to lesson plans)	L1 - Screen Time L2 - Choosing what to do online	S1 - Personal Information S2 - Being Kind Online S3 - Communicating Online	P1 - Online Strangers P2 - Feeling uncomfortable online P3 - Searching Safely	C1 - Passwords C2 - What is the internet? C3 - Accepting Messages	N1 - Content Creators N2 - Scary News

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Upper Key Stage 2 (Click here for link to lesson plans)	L1 - Social Media Anxiety L2 - Self Esteem L3 - Inaccurate Health Information L4 - Digital 5-a-Day L5 - Online Stereotypes L6 - Game ratings	S1 - Control and Consent S2 - Behaviour Online	P1 - Protecting our identity P2 - Protecting images of us online P3 - Unhealthy Attention P4 - Meeting online strangers	C1 - Internet advertisements and money on the internet C2 - Personal Information, Terms and Conditions C3 - Passwords C4 - Copyright (revision) C5 - In-app purchases and credit card information	N1 - Digital Media (UKS2) N2 - Fake News N3 - Verifying information online N4 - Echo Chambers

Be SMART

St Mary's Church of England Academy

Online Safety Newsletter: October 2019

Nintendo Switch

Nintendo Switch (and the newer Switch Lite which launched last month) offers lots of fun and age appropriate games to play and by setting up appropriate controls, it can offer a safe and fun environment to play games.

What is Nintendo Switch Online?

This is a paid service that allows the user to play online by linking to other Switch consoles. Nintendo's guidance states *'this service should not be used by account users who are under 13 years old'*. Due to its online nature, children could be playing games with people they don't know which has risks such as being exposed to inappropriate language. If you do choose to purchase this service for your child then set up the appropriate controls detailed below.

Parental Controls App

There is a Nintendo Switch Parental Controls app available which is free to download to your phone (or other smart device) which you can then link to your child's Nintendo Switch in order to monitor what they are playing. You can also set some restrictions on the Nintendo Switch. You can use the app to:

- see what video games your child has been playing
- how long your child has been playing for and set time limits
- set which games can be played based on their PEGI age rating
- turn off voice chat
- restrict spending in the Nintendo eShop

Further information

For further information and guidance, visit the following links:

Netflix

Does your child watch Netflix? You can add a PIN to your account so a 4-digit PIN must be entered to either play any TV show or movie above a selected maturity level (on all profiles) or to play a specific TV series or movie (on all profiles).

Alternatively, you can create up to 5 personalised profiles in your Netflix account for each member of the household. You can then choose a maturity level for each profile to control the TV shows and movies they can view.

For younger children, you could create a child profile which only includes content appropriate for children.

Find out more here:
https://help.netflix.com/en/node/264

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stay safe online

Remember the 5 SMART rules when using the Internet and mobile phones.

S — SAFE: Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

m — MEET: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

a — ACCEPTING: Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

r — RELIABLE: Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.

t — TELL: Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Be a good role model

1 Turn off notifications on apps to avoid that constant 'ping'

2 Buy an alarm clock so you don't have devices in the bedrooms

3 Keep phone on silent in your pocket or bag when you pick the kids from school

4 No phones at the table rule or no phones between 6 and 7 rule

5 Family tech free days!

Managing screen time

1. **Set a good example**

2. **Talk together about the time spent online**

3. **Agree on appropriate length of time they can use their device**

4. **Get the whole family to unplug & create screen free zones**

5. **Use technology / apps to help manage screen time e.g. Forest App**

View your report and set limits

Screen Time gives you a detailed report about how your device is used, apps you've opened and websites you've visited, any time that you want to see it. Just go to Settings > Screen Time and tap See All Activity under the graph. From there, you can see your usage, set limits for your most used apps and see how many times a device was picked up or received a notification.

If you turned on Share Across Devices, you can view overall usage across devices that are signed in with your Apple ID and password.
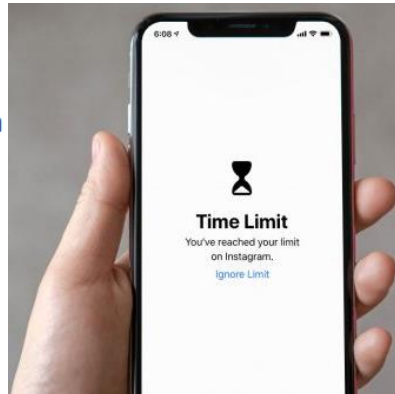
Downtime

Think of this as a nap for your screen time. When you schedule downtime in Settings, only phone calls and apps that you choose to allow are available. Downtime applies to all of your Screen Time-enabled devices, and you get a reminder five minutes before it starts.

Communication Limits

Control who your children can communicate with – throughout the day and during downtime. These limits apply to Phone, FaceTime, Messages and iCloud contacts. Communication to known emergency numbers identified by your carrier is always allowed. You need to have your iCloud contacts enabled to use this feature.

App Limits

You can set daily limits for app categories with App Limits. For example, you might want to see productivity apps while you're at work, but not social networking or games. App Limits refresh every day at midnight, and you can delete them any time.

Content & Privacy Restrictions

You decide the type of content that appears on your device. Block inappropriate content, purchases, and downloads, and set your privacy settings with Content & Privacy Restrictions.

Where to report

REPORT HARMFUL CONTENT.ONLINE

Reporting centre designed to assist everyone in reporting harmful content online.

Find out more here: https://reportharmfulcontent.online/

IWF Internet Watch Foundation

You can report sexual images of under 18s online directly to the Internet Watch Foundation.

Find out more here: https://www.iwf.org.uk/

CEOP — A National Crime Agency command

If you are worried about online sexual abuse or the way someone has been communicating online.
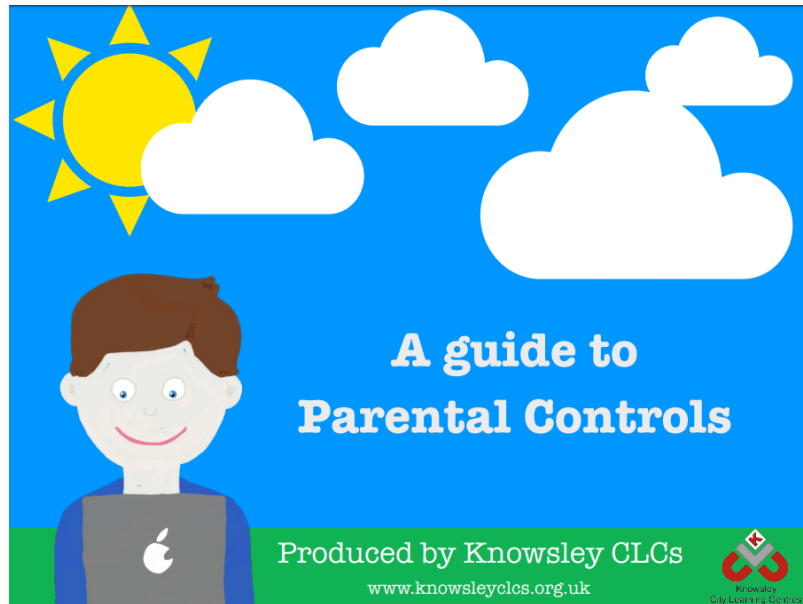
Find out more here: https://www.ceop.police.uk/safety-centre

Useful Websites

- **BBC Ownit:** https://www.bbc.com/ownit

- **CEOP:** https://www.ceop.police.uk/safety-centre

- **ChildLine:** https://www.childline.org.uk/

- **Childnet:** https://www.childnet.com/

- **Internet Matters:** https://www.internetmatters.org

- **Internet Watch Foundation:** https://www.iwf.org.uk/

- **National Online Safety:** https://nationalonlinesafety.com/

- **NSPCC/O2 Online Safety:** https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

- **Thinkuknow:** https://www.thinkuknow.co.uk/

- **UK Safer Internet Centre:** https://www.saferinternet.org.uk/

- **Vodafone Digital Parenting:** http://vodafonedigitalparenting.co.uk/

Best way to keep your children safe online

Parental Controls

A guide to
Parental Controls

Produced by Knowsley CLCs
www.knowsleyclcs.org.uk

Open Dialogue