



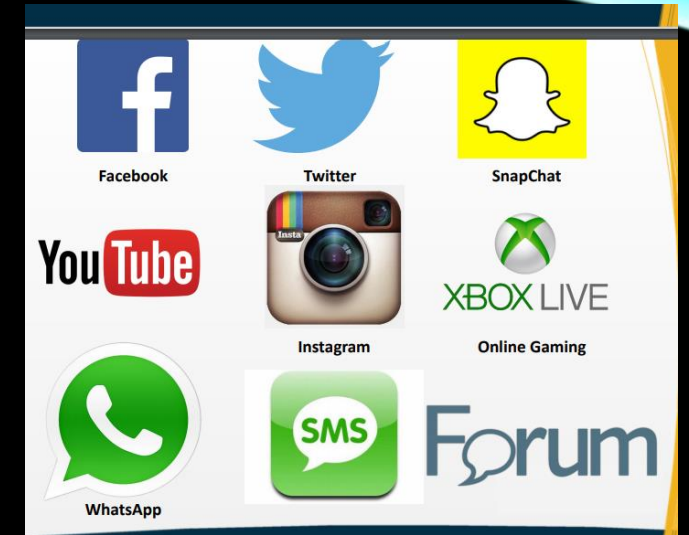
WELCOME

Online safety for parents February 2020

FREE TO BE ME ???

Social networking is hugely popular.

Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences and accessing them from a range of devices including smart phones, tablets, and games consoles.



But, social media - like all forms of public communication - comes with some risks. Not all of these risks turn into actual problems and if children never face any risks, they never learn how to deal with them.

By helping your child develop their **digital resilience** and understand what the risks are, you can play a big part in preventing issues turning into problems

Key Life Moments

Children

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

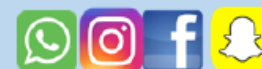
Age 5-7
67% of children are online.
Average time spent per week: 8 hours 42 minutes
3% have a social media profile
Children start to browse internet for school work and general browsing

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%



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

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

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



Start Secondary school

Learn to read & write



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



Parents

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

Research shows the outcomes for children are better if they benefit from connected technology

internet
matters.org

But it will come as no surprise that there are lots of negatives too...



WHAT THEY COULD SEE OR DO

- See aggressive, violent, sexual or pornographic content
- Be persuaded by inaccurate or false information and extreme views
- Be exposed to the promotion of harmful behaviours including self-harm, anorexia and suicide
- Over-share personal information
- Actively or unintentionally become involved in bullying or hurtful behaviour – peer pressure in the modern world

WHO THEY MIGHT MEET ?

- Friends and family!
- People who might bully, intimidate or frighten them
- People posing behind fake profiles for:
 - Mischief-making
 - Sexual grooming and stalking
 - Blackmail and extortion
 - Identity theft and hacking

HOW THIS COULD AFFECT THEM?

- Deepen friendships and family ties
- FOMO (Fear of missing out) leading to excessive use or exaggeration
- Getting upset by things they have seen and being uncertain about what to do
- Engaging, or being pressured into, risky behaviour either by accident or by design
- Developing unrealistic, and perhaps depressing ideals of body image and gender
- Becoming subject to peer pressure or interactions that are intense or too difficult to handle
- Creating an online reputation that may create problems for them in the future

HOW DO I GET THEM PREPARED TO DEAL WITH THESE CHALLENGES?

- Keep talking and stay involved In a mobile age, children can't be completely protected even by the best privacy controls;
- <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-parent-or-carer/film-how-can-parents-talk-children>
- Talk about the fact that people may not always be who they say they are online
- Remind them of stranger danger and why is it unwise to meet anyone in the real world that you've only ever met online?
- Know that even if they think their messages are private, remember that words and images can always be captured and broadcast.
- Be aware that screens, and especially being anonymous, can lead people to say things they wouldn't say to someone's face.

Practical tips to help minimise the risks your child might face (1)

- only allow wireless devices to be used in living rooms (not bedrooms)
- turn the wireless off at a set time
- limit online times
- collect mobile devices before bed time – ICT sundown
- Download the game yourself and turn off in-app purchases (this is normally prompted)
- **be involved in your child's online activity**

Ask them to show you which social media apps they use and what they like about them.

Talk about how they use them and what makes them so engaging.

- Show them how to report offensive comments or block people who upset them.
- Check 'tagging' settings so that when others are posting or sharing photos online, your child's identity is not revealed.

Minimise screen time and spend time in the real, not virtual world

<https://www.internetmatters.org/wp-content/uploads/2017/04/IM-Screen-Time-pdf.pdf>

Practical tips to help minimise the risks your child might face (2)

- Work through safety and privacy features on the apps that your child is using, or might use – do it with them when you can. Make sure they understand the point of these and how to use them.
- Explain how you can use privacy settings to make sure only approved friends can see posts & images.
- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally.
- Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.
- Encourage your child to come and talk to you if they see anything that upsets them. Follow the 'Who? What? Where? Approach'
<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-parent-or-carer/film-how-can-parents-talk-children>

What are we doing to keep our children safe online at St Mary and St Andrew's Catholic Primary School?

Diocesan guidelines within our HRSE scheme of work:

KS1: know who to go to if children are worried; know that teasing and nullying is wrong and what to do about it; understand how to keep themselves safe including being safe online

KS2: To manage their personal safety. That they are responsible for managing the risks they are exposed to; understand what is pressure to behave in an unacceptable, unhealthy or risky way and that such pressure can come from many sources such as people they know, ICT use and media (inc. social media).

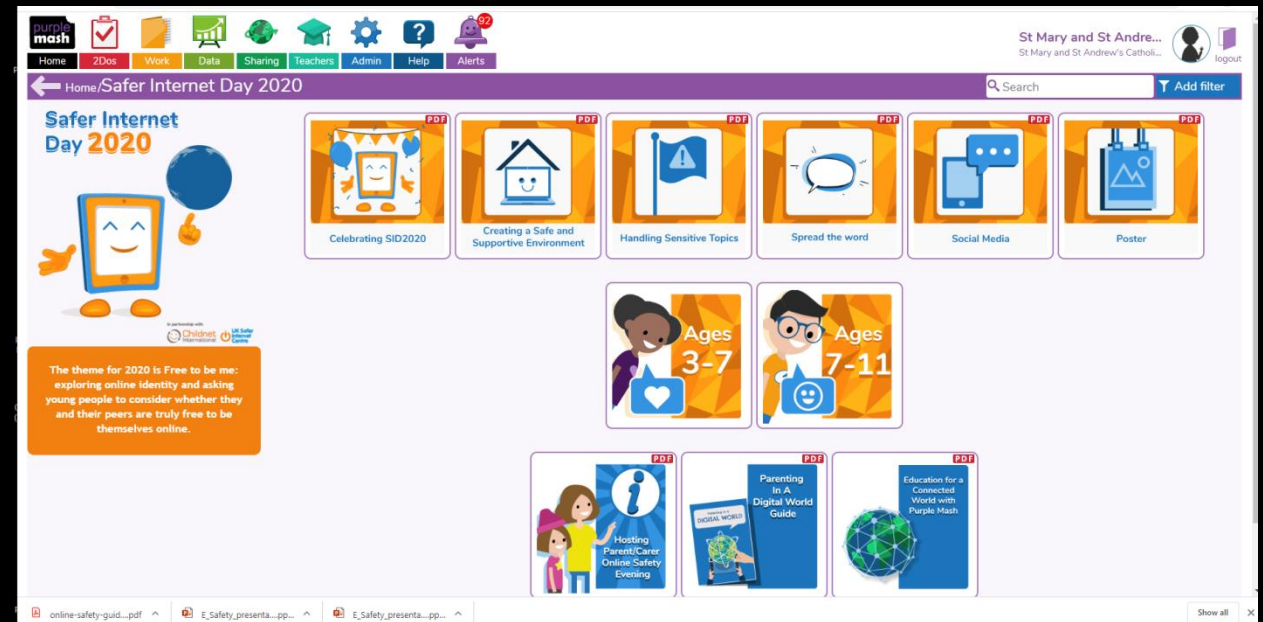
The national curriculum for e-safety states:

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 behaviour; identify a range of ways to report concerns about content and contact

Education for a connected world

1. Self-image and Identity
2. Online relationships
3. Online reputation
4. Online bullying
5. Managing online information
6. Health, wellbeing and lifestyle
7. Privacy and security
8. Copyright and ownership



REWARD

For Today's Wifi
Password:

1. Empty Dishwasher
2. Fold Laundry
3. Vacuum Downstairs
4. Take Out Trash

21ST CENTURY PARENTING

Help is out there!

UKSIC:

saferinternet.org.uk/advice-centre/social-media-guides

ceop.police.uk/safety-centre

internetmatters.org/advice/apps-guide

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

<https://www.internetmatters.org/resources/digital-resilience-toolkit/>

<https://savvycyberkids.org/>

<https://www.childnet.com/parents-and-carers>