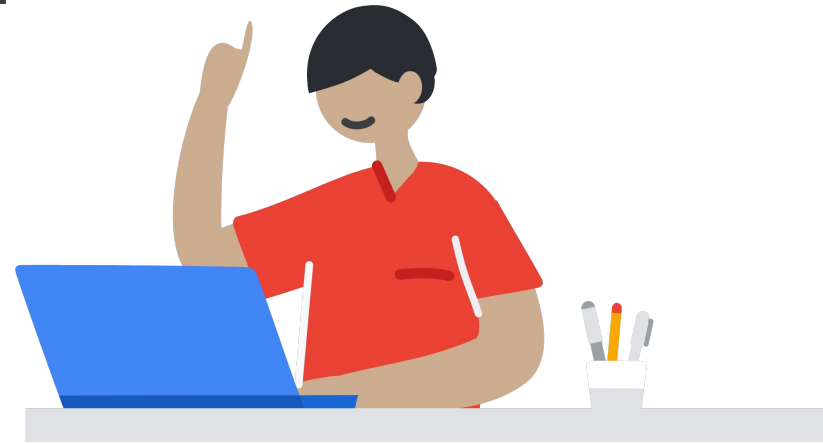# Online Safety Session for Parents & Carers

Burlington Infant & Nursery School

Friday 20th October 2023

Safer Internet Day 2023 | Tuesday 7 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Want to talk about it?

Making space for conversations about life online

UK Safer Internet Centre

Safer Internet Day 2023 | Tuesday 7 February

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# The Digital World

An Ever Changing Digital Landscape

Young people are growing up with greater access to digital technology than any other generation. They understand and adapt quickly to the opportunities. And sometimes face challenges too.

This is why every parent needs to understand online risks and how to support their child to have a better online experience.
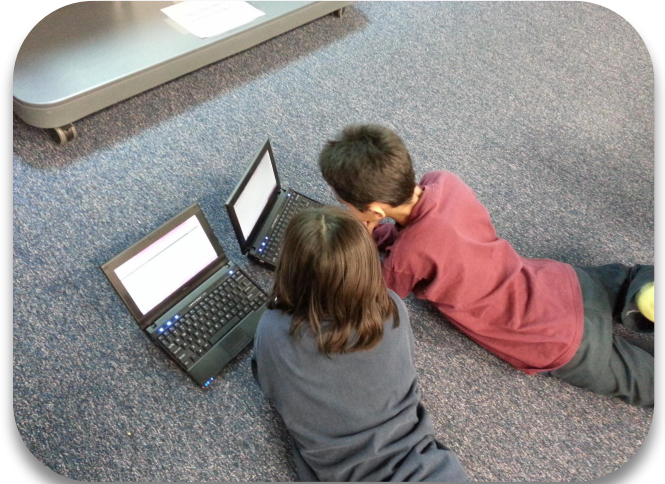
The Knowledge vs Wisdom Divide

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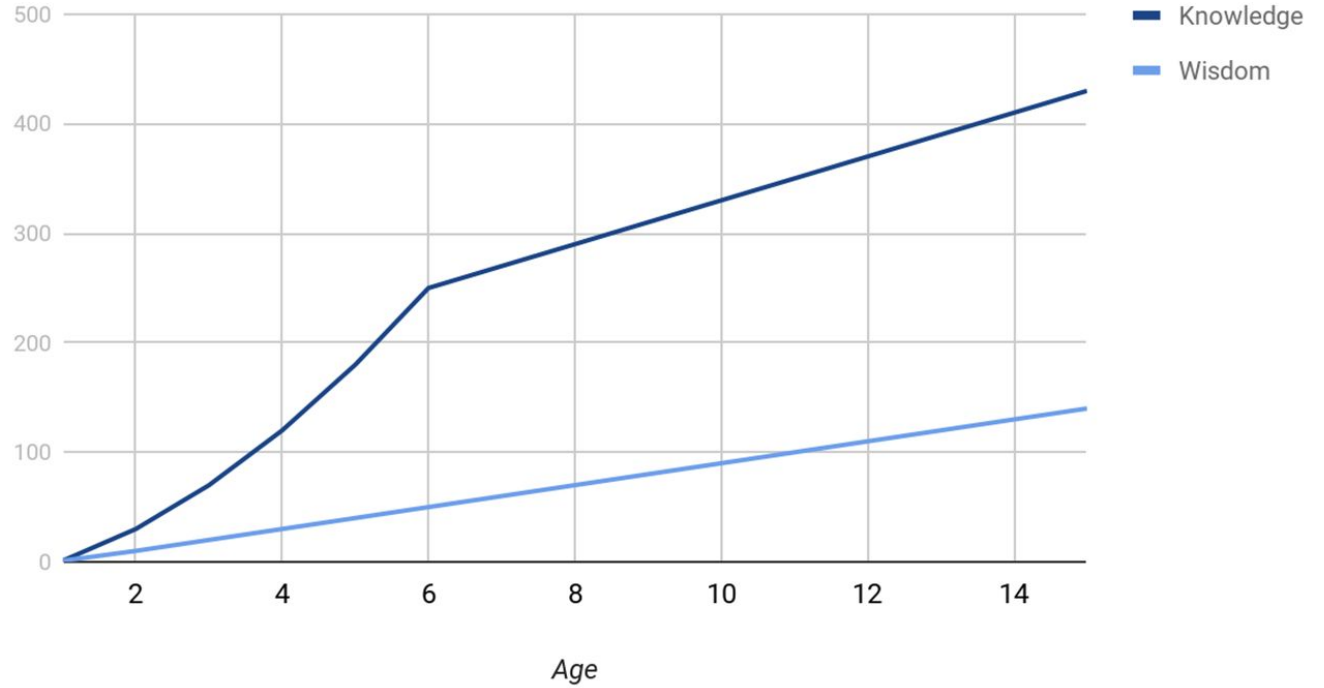
What are our young people doing online?

- Searching for content on search engines like Google - having instant access to any range of information
- Creating, sharing, commenting on or 'liking' images or videos through apps such as Instagram, Snapchat, Tiktok
- Keeping up-to-date with friends and celebrities live-streaming videos
- Communicating with others using voice and video chat, or instant messenger. This can take place on social networks, through messaging apps like Whatsapp and in some games
- Playing games through websites, apps or game consoles. They may also watch others playing games or stream their own game-play through sites such as Twitch and YouTube

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The Online Experiences of 5-11 Year Olds (Natterhub, 2021-22)

Growing number of children going online at a very young age

- Half of 6-7 year olds said they had already set up an online profile
- Three quarters of 6-7 year olds have joined in a chat online

Viewing content that was never designed for them to see

- 57% of 7-8 year olds play games with higher age restrictions
- Over half of 10-11 year olds ignore PEGI ratings

Making errors of judgement that could be costly

- 6 in 10 year six pupils say they'll share anything online
- Three quarters of 8-9 year olds have posted a photo of themselves online

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The Online Experiences of 5-11 Year Olds (Natterhub, 2021-22)

Exposed to online peer pressures that may affect self confidence and wellbeing

- 50% of Year 6 pupils have felt pressured to join in with others online
- 60% of Year 3's have felt anxious when online

Unsure of expectations and boundaries

- 26% of 5-6 year olds don't have any screen-time rules
- Over 70% of 9-10 year olds say they are distracted by technology

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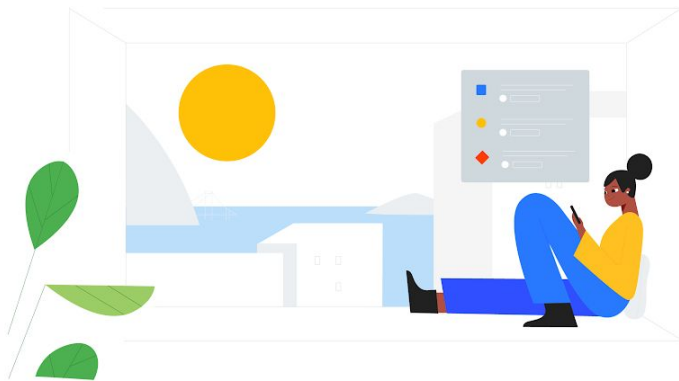
The Online Experiences of 5-11 Year Olds (Natterhub, 2021-22)

Trusted Adults

- Where personal information is in jeopardy, 80% of 7-8 yr olds would turn to a trusted adult
- 60% of 8-9 yr olds believe trusted adults can help with online security
- 39% of 10-11 yr olds would ask a trusted adult to help if they saw someone being abusive to another in a group chat
- 9% of 10-11 yr olds wouldn't tell anyone if they witnessed abuse in a group chat

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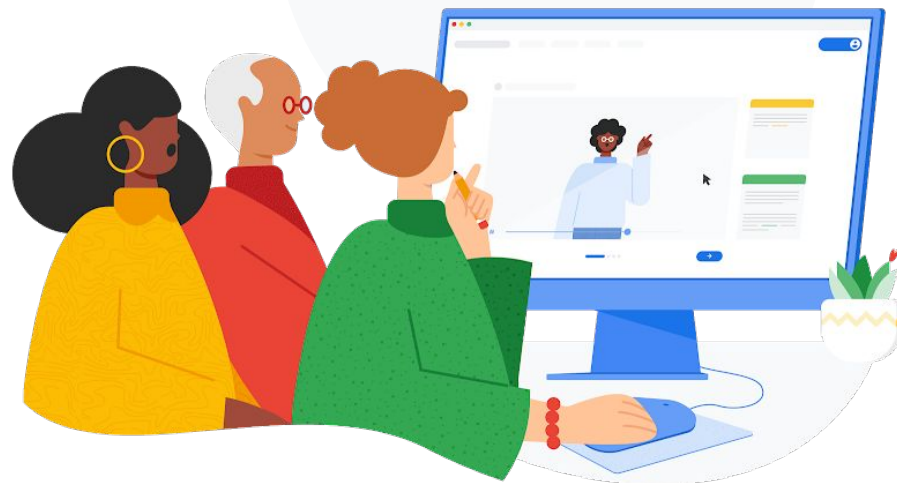
App Age Ratings

16 Years Old

13 Years Old

13 Years Old

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The Annual Internet Watch Foundation Report (2022)

- 375,230 reports assessed, up from 361,026 (4%).
- Every 2 minutes, scanned a URL containing CSA
- 255,571 reports confirmed as child sexual abuse imagery: 1% increase from 2021, 64% increase from 2020.
- 96% of imagery of girls.
- 78% were assessed as containing self-generated imagery (9% increase from 2021, 168% increase from 2020)
- 11 to 13-year-old children were most seen age group: 58% of all actioned content (68% in 2021)
- 7-10 age group of actioned contact is rising: 36% in 2022 vs 23% in 2021 and 24% in 2020.

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The Annual Internet Watch Foundation Report (2021)

Self-generated child sexual abuse

- 168% increase in 'self-generated' child sexual abuse from 2020 to 2021.
- Affects children aged 7 to 17 however a snapshot study completed in November - December 2021 found instances of self-generated material from children **between the ages of 3 and 6**.
- Most instances show 11 to 13 year old girls (81%).
- Bedroom or other home setting.
- Once captured, these images & videos can be recirculated for years after they were originally created.
- Since 2011, a 1420% increase in child sexual abuse material on the internet.

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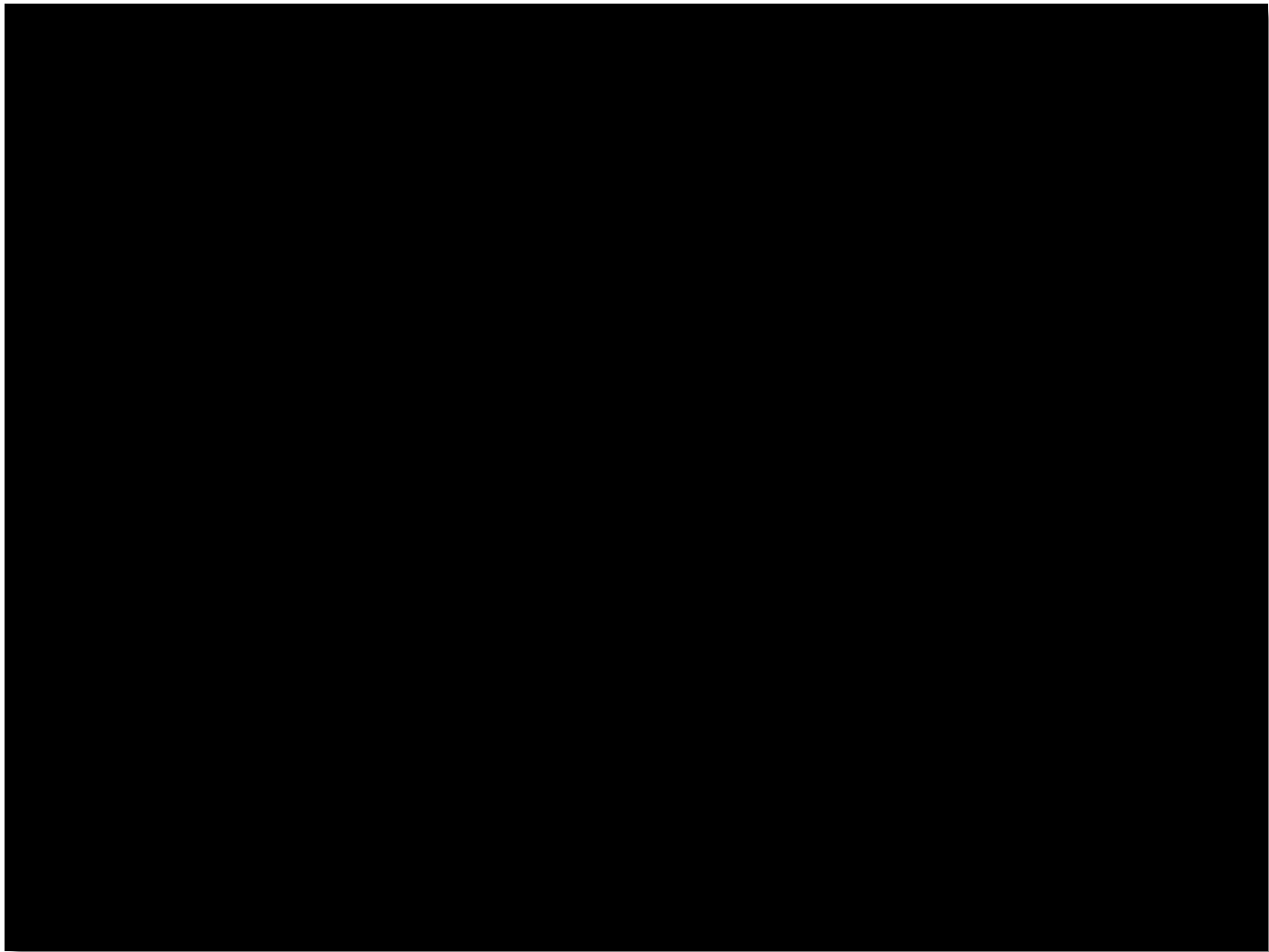
"One quality conversation between adult and child can make all the difference"

Susie Hargreaves
CEO, Internet Watch Foundation

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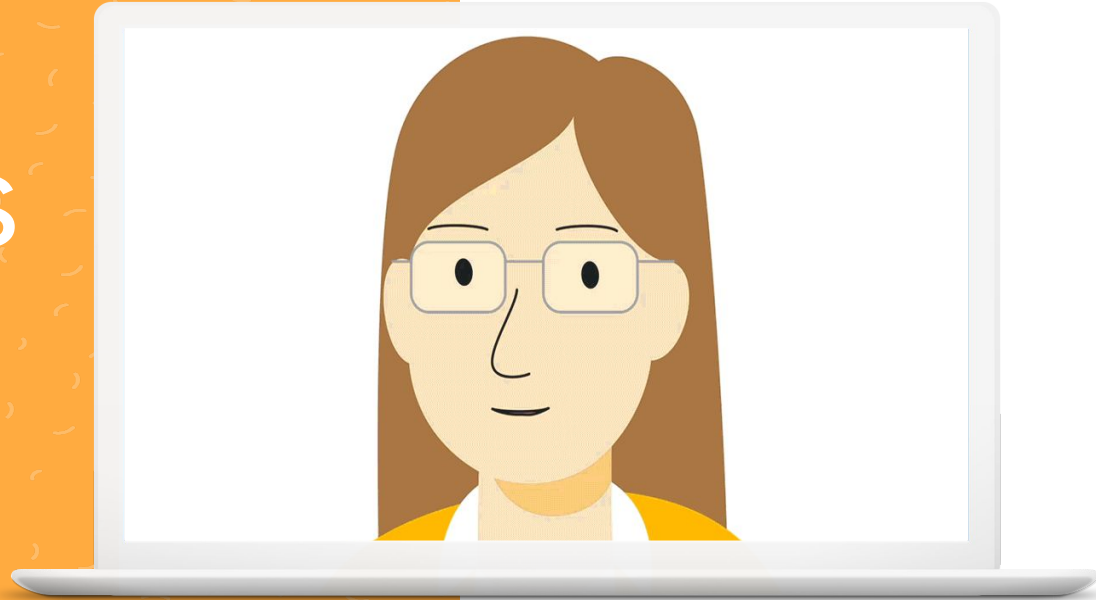
Screen Time

Screen time can offer children opportunities to learn and develop new skills at a touch of a button but like anything, too much of it can have a negative effect on their wellbeing.

As children get older and more independent online, finding the right balance for your family can be challenging but the key is to think about it early on and set some clear boundaries around their online use.
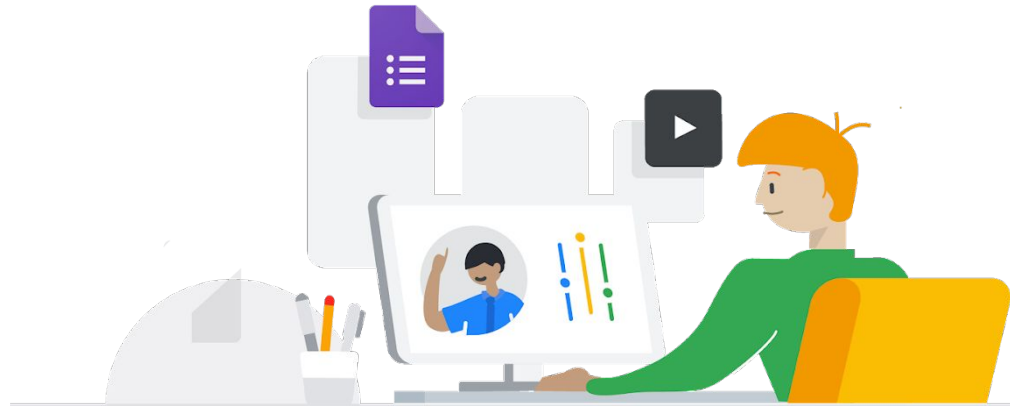
Sexually Explicit
Material

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Self-harm Content

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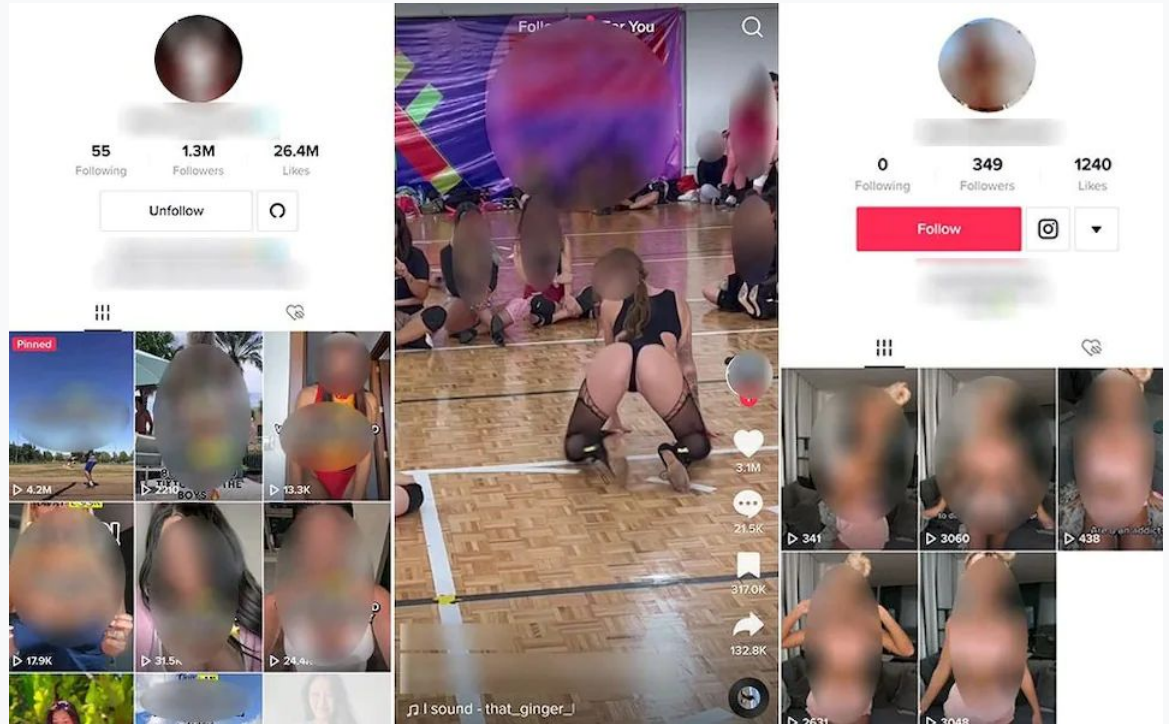
Misleading Health
Advice

PSA: if your a female DO NOT TAKE ASHWGHANDA OR LICORICE ROOT. It makes you super confident, calm relaxed and feeling free. It helps you deal with your emotions and you find a new way of being. So you can see through the people in your life's crap. Watch out. You will finally start seeing the people in your life who don't want you to be happy healthy and successful 😱

can you tell I'm joking? #anxietyrelief #ashwagandha #anxietydisorder

parasite cleanse update after 30 days

Blue Eyes |

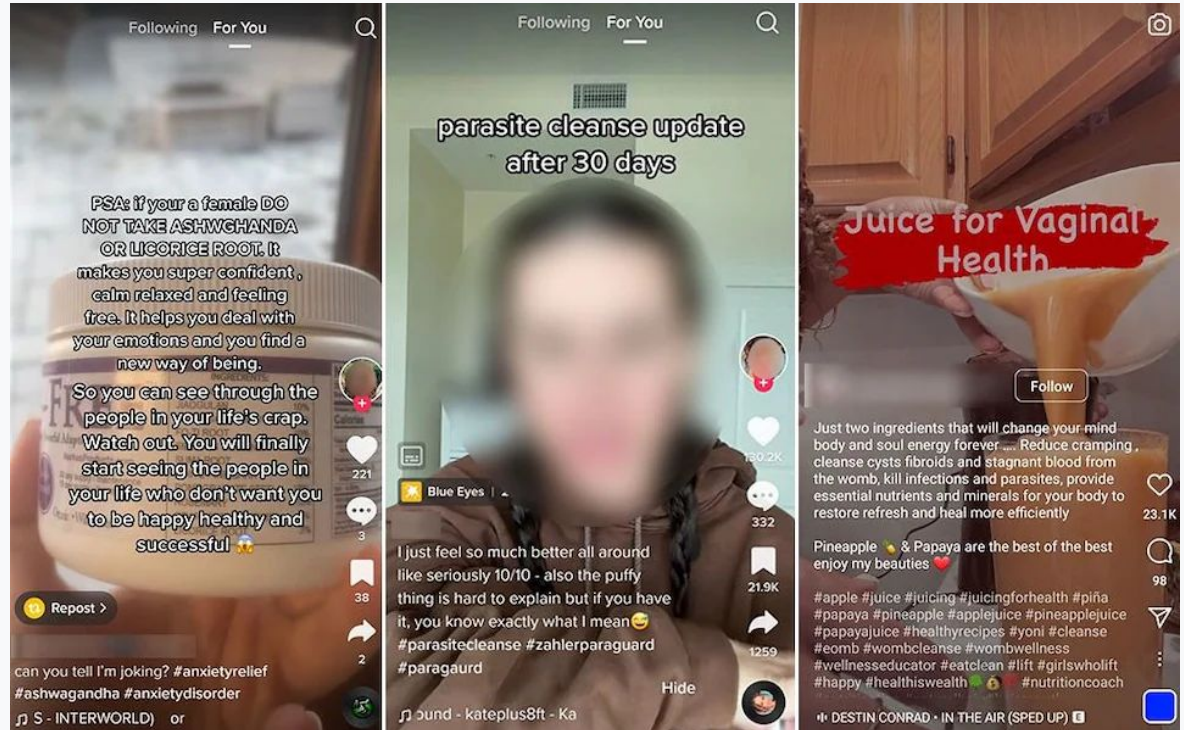I just feel so much better all around like seriously 10/10 - also the puffy thing is hard to explain but if you have it, you know exactly what I mean 😅 #parasitecleanse #zahlerparaguard #paragaurd

Juice for Vaginal Health

Just two ingredients that will change your mind body and soul energy forever .... Reduce cramping, cleanse cysts fibroids and stagnant blood from the womb, kill infections and parasites, provide essential nutrients and minerals for your body to restore refresh and heal more efficiently

Pineapple 🍍 & Papaya are the best of the best enjoy my beauties ❤️

#apple #juice #juicing #juicingforhealth #piña #papaya #pineapple #applejuice #pineapplejuice #papayajuice #healthyrecipes #yoni #cleanse #eomb #wombcleanse #wombwellness #wellnesseducator #eatclean #lift #girlswholift #happy #healthiswealth 🥂🥤 #nutritioncoach

Radicalisation / Extremism

Radicalisation and extremism is a process by which individuals, often young people, move from supporting moderate mainstream views to supporting extreme ideological views.

This process can occur online through exposure to and engagement with violent ideological propaganda, or offline through extremist networks. Radicalisation and extremism makes those at risk more likely to support terrorism and violent acts of extremism, and possibly even commit such criminal acts themselves.

The Metaverse

The metaverse refers to the development of one virtual world that can be accessed through a single-entry point, similar to how we currently access the internet. For example, you'd be able to use the same headset to go supermarket shopping and check your social media accounts.

Unwanted Contact - There's currently no age-assurance in the metaverse. This means that it's easy for children to access digital environments where there might be adults or other people who could put them at risk. They could receive unwanted messages including bullying or grooming.

Access to Inappropriate Content - Because these experiences happen in real-time it is difficult to moderate what is being shared. This means that children could easily come across inappropriate content or conversations happening between other users. They could also have this content directed towards them.

The Metaverse

Location Sharing - Games that use augmented reality allow users to share their live offline location with other people on the platform. They also can encourage users to go to real-life platforms to collect virtual rewards that might help them progress further in a game.

In-app Purchases - Platforms are partnering with brands, celebrities and influencers to sell products. This could encourage children to purchase virtual items and spend in-game or real money.

Top Tips

Make space for regular conversations about life online

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

Make space for enjoying and exploring the online world together!

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

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Make space for working as a family to agree expectations for going online

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

Make space for learning about the apps, games and websites your child is using

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

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Make space for supporting and reassuring your child if things go wrong

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

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Resources to Support
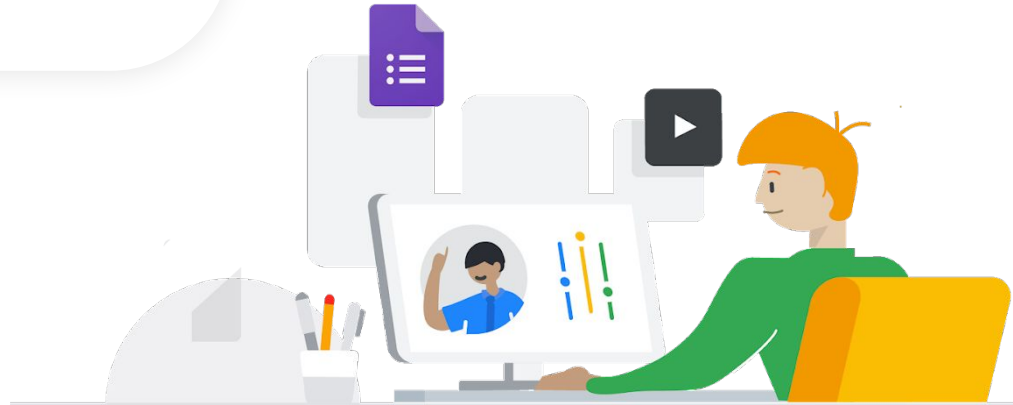
Engaging Younger Children

Childnet - On the Internet (Learning to Read Book)

A story for children aged 4 and above to share with an adult about being 'on the internet'.

'On the internet' has been written for your child to read, with your help when needed. There is no 'right' or 'expected' number of words for your child to read in this book. Their interaction will be based entirely on their ability. There are puzzles after the story. You will need to read the instructions for these to your child.

You can chat!
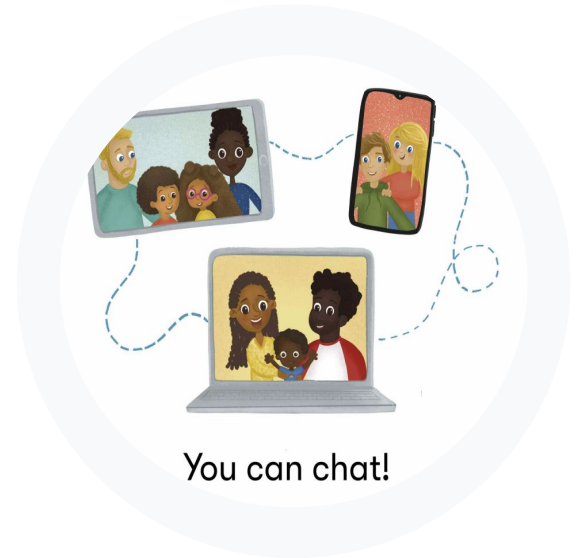
Engaging Younger Children

Digiduck Stories

A collection of five stories created to help parents and teachers educate children aged 3–7 about online safety, with accompanying activities.

- Digiduck's Big Decision
- Digiduck's Famous Friend
- Detective Digiduck
- Digiduck and the Magic Castle
- Digiduck Saves the Day

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Engaging Younger Children

Digital Fairytales - Vodafone

Vodafone are offering 10,000 free digital copies of Chicken Clicking, Troll Stinks and Old Macdonald Had a Phone, written by author Jeanne Willis and illustrated by Tony Ross.

The books explore themes of internet bullying, managing screen time and being mindful of internet predators in fun and engaging stories.

- Old MacDonald Had a Phone
- Troll Stinks
- Chicken Clicking
- #Goldilocks

Engaging Younger Children

CEOP ThinkUKnow Website

This website offers games and resources for 4-7 year olds. Children can earn badges while they learn about staying safe online. Each game encourages children to think about a different aspect of online safety and finishes with a Jessie & Friends video. The themes covered are:

- Watching Videos
- Sharing Pictures
- Online Gaming
- Chatting Online

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LEGO Build and Talk

LEGO® activities to help you talk with your children about digital safety and wellbeing over some LEGO building.

Topics cover:
- Cyberbullying
- Screentime
- False Information Online
- Online Security
- Privacy and Safe Sharing
- Digital Footprints

Easy to start, follow the story and start talking!

LEGO have also published some top tips for parents:
https://www.lego.com/en-gb/sustainability/online-safety-tips-for-parents

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Google Family Link

With Family Link, you decide what's best for your family. Easy to use tools allow you to understand how your child is spending time on their device, share location, manage privacy settings, and more.

- Establish digital ground rules
  - Set Screen Time Limits
  - Guide them to Age-Appropriate Content
- Manage and secure your child's account
  - Protect their Privacy
  - Secure their Accounts
- Stay connected on the go
  - See Where They Are
  - Get Notifications and Alerts

Google Family Link

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Families - Apple

Apple have a similar offer for parents & carers to manage a range of different elements on iPhones and iPads including:

- Keeping track of your family's app usage.
- Set limits and exceptions
- Take time away (lock app usage)
- Choose which apps can be used
- 'Made for Kids' section in the app store
- App limites
- Decide who they can talk to
- Keep them safe on the internet
- Make sure what they see is appropriate
- Manage in-app purchases

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Additional Support for Parents & Carers

- Internet Matters - https://www.internetmatters.org/
- ParentZone - https://www.parents.parentzone.org.uk/legendaryparent
- Childnet - https://www.childnet.com/resources
- NSPCC Report Abuse Online Helpline - https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/report-abuse-online/
- UK Safer Internet Centre - https://www.saferinternet.org.uk/
- National Online Safety - https://nationalonlinesafety.com/guides
- British eSports, PEGI Ratings Explained
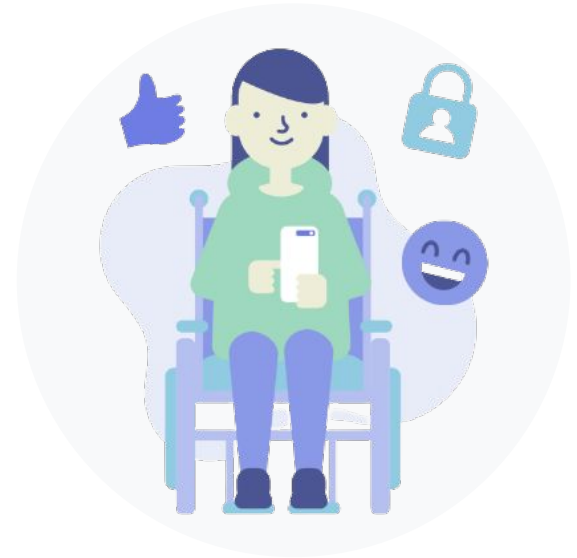
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ONLINE SAFETY RESOURCES
FOR PARENTS & CARERS

Thank you for attending the recent in-person session, or viewing the recorded webinar, focusing on how we can best support our young people when they are immersed in this ever-changing digital world. Below are the links to the range of resources that were discussed within the session.

TALKING ABOUT ONLINE SAFETY

The most impactful way to support our young people with staying safe online is to have regular dialogue around it. Whether this be talking about the types of activities, apps or websites children are using, or open discussions around particular challenges they may be facing.

Here are some great resources to support in beginning these conversations, and opening dialogue around Online Safety, in informal ways.

- **DIGIDUCK STORIES** A collection of five free stories created to help parents and teachers educate children aged 3–7 about online safety, with accompanying teaching activities.
- **DIGITAL FAIRYTALES** Vodafone have produced a set of digital fairytales: Chicken Clicking, Troll Stinks, Old Macdonald Had a Phone and #Goldilocks, written by author Jeanne Willis and illustrated by Tony Ross. The books explore themes of internet bullying, managing screen time and being mindful of internet predators in fun and engaging stories.
- **LEGO BUILD AND TALK** LEGO® activities to help you talk with your children about digital safety and wellbeing over some LEGO building.

PRIVACY AND PARENTAL CONTROLS

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices. Both Apple and Google have a great parental control offering which gives the options to manage a whole range of tablet and phone based options.

- **FAMILIES · APPLE** Tools that let parents know, and feel good about, what kids are doing. Keep track of your family's app usage. Set limits and exceptions. Choose which apps they can use. Create app limits and more.
- **GOOGLE FAMILY LINK** With Family Link, you decide what's best for your family. Easy to use tools allow you to understand how your child is spending time on their device, share location, manage privacy settings, and more.

FURTHER SUPPORT

- **INTERNET MATTERS** Helping parents keep their children safe online.
- **NATIONAL ONLINE SAFETY** National Online Safety provide excellent guides covering a wide range of apps, platforms and games with supportive notes specifically for parents and carers.
- **BRITISH eSPORTS** A useful guide from British eSports to PEGI Ratings with content examples for the age ranges.
- **PARENTZONE** Be Internet Legends by Google, in partnership with Parent Zone, helps families to become safer and more confident explorers of the online world.
- **CHILDNET** Childnet's fantastic resources include toolkits, videos, lesson plans, family activities and much more!

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PRIVACY & SECURITY SETTINGS DEVICE FLOWCHART

Both Apple and Android have fantastic offerings allowing you as a parent or carer to manage their screen time, review apps being used, setup privacy settings and more.

Use this useful flow chart to review how you can support with your child's privacy and security settings, no matter what device you are using and what device they are using!

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My child has said something worrying - what should I do?

- Let them explain in their own words what has happened.
- Remain composed.
- Acknowledge the challenges they have overcome, and let them know that they've done the right thing by telling you.
- Be honest.
- Save the evidence wherever possible.
- Make a report as soon as possible.

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Thank You!