

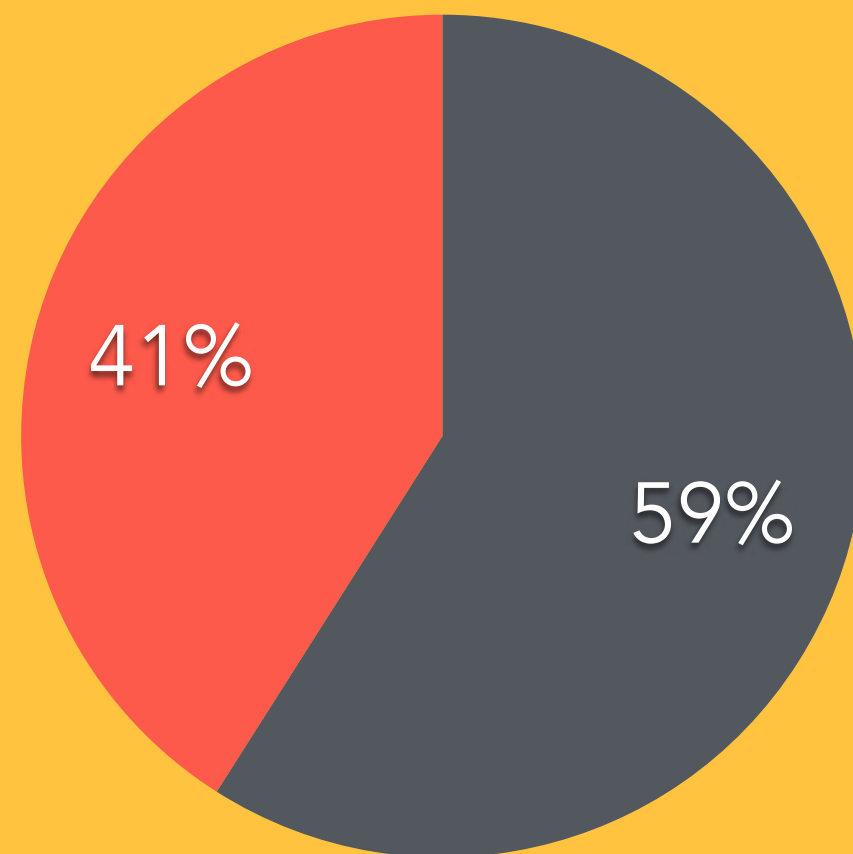
Online safeguarding

for primary school parents

Peter Cowley
ICT and Online Safety Adviser

A worrying statistic

41% of young people, who met up with someone they had *only* encountered online, went alone.



A case study



A case study

13 year old Jamie has been talking to Tom, an online friend, for some time. They've never met but they've Skyped a lot and play games online.

Tom seems really nice and they have loads in common. He's sent Jamie a photo of himself.

It's the summer holiday and Tom texts Jamie to meet up in the park.



Online safeguarding



Online safeguarding

Protecting their kit

Protecting themselves



Protecting their kit

Apps, smartphones and tablets

Games consoles

Home broadband



Protecting themselves

Online contact and streaming

What they're (and you're) sharing

Knowing when and who to tell



Protecting their kit



Set the parental restrictions *before* they unwrap the gift.

Setting parental restrictions on your child's kit

If you're viewing this on a screen, tap (or click) the appropriate icon below.

If you're looking at this on paper, point your phone's camera at the appropriate QR code and tap the link that appears.

Follow the instructions on the website exactly, in particular setting the age of the child.

We recommend you set the device not to allow *any* apps or games to be installed without your permission.

Protect your settings with a strong password that is not known to the child.



achieving
for children

Protecting their kit

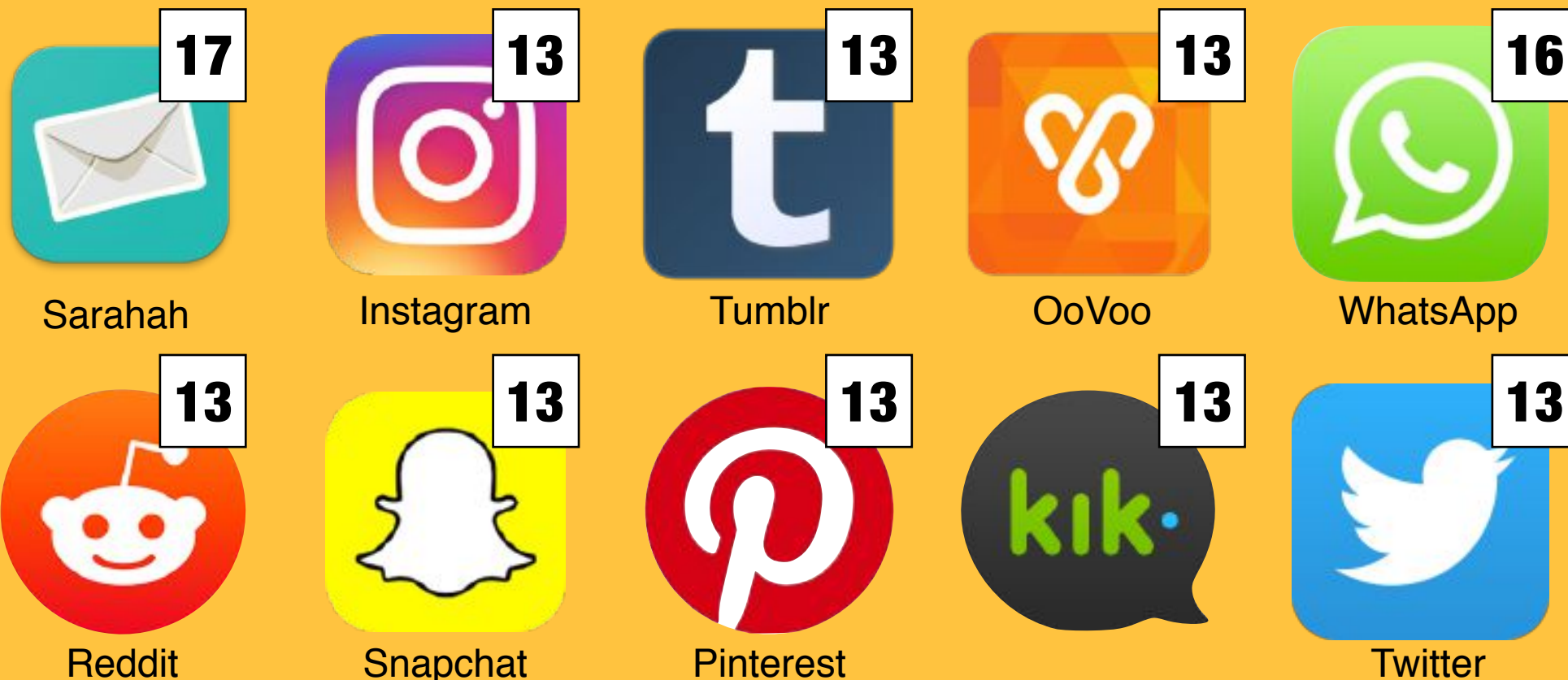
Set the parental restrictions before they unwrap the gift.

Heed the minimum age ratings on video games and apps.



Protecting their kit

Set the parental restrictions before they unwrap the gift.
Heed the minimum age ratings on video games and apps.
Be guided by the age ratings for other apps and games.





Tumblr

Tumblr is a social network that lets you share photos, videos, live broadcasts and other content.



Twitch

Twitch is a live video game site to watch playbacks of games, live stream your own and chat to others.



Twitter

Twitter lets you post public messages, or 'tweets', send private messages and post pictures/videos.



Viber

Viber lets you text, call, share photos and send video messages to people worldwide.



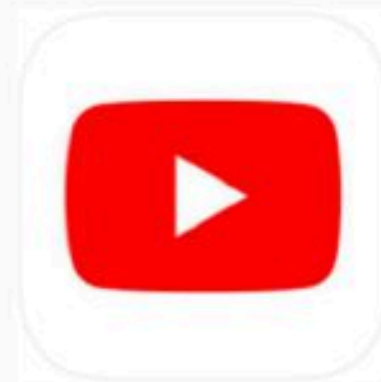
Wattpad

Wattpad is a storytelling app where you can create, read, learn to write and share stories.



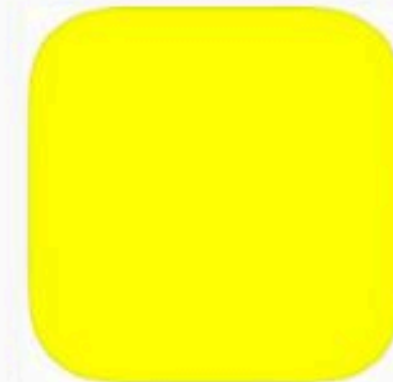
WhatsApp

WhatsApp is an instant messaging app. You can send messages/images/videos/location in one to one and groups.



YouTube

YouTube allows you to watch, create and comment on videos on a public profile.



Yubo

Yubo is an app where you can connect and chat to people. You can video chat and watch live videos.

Protecting their kit

- Set the parental restrictions before they unwrap the gift.
- Heed the minimum age ratings on video games and apps.
- Be guided by the age ratings for other apps and games.
- Install web filtering but don't rely on the network provider.



Protecting their kit

- Set the parental restrictions before they unwrap the gift.
- Heed the minimum age ratings on video games and apps.
- Be guided by the age ratings for other apps and games.
- Install web filtering but don't rely on the network provider.



Summary: protecting their kit

Set the parental restrictions before they unwrap the gift.

Heed the minimum age ratings on video games and apps.

Be guided by the age ratings for other apps and games.

Install web filtering but don't rely on the network provider alone.



Protecting themselves

Do you **always** know who they're talking to?



Twitch



Protecting themselves

Do you **always** know who they're talking to?



Tik Tok



Protecting themselves

Try not to demonise a particular game or app.

Most people mean Fortnite Battle Royale (free)

100 players; aim is to be the last one standing

No blood or gore; “killed” players disappear

Considerable pressure to make in-app purchases

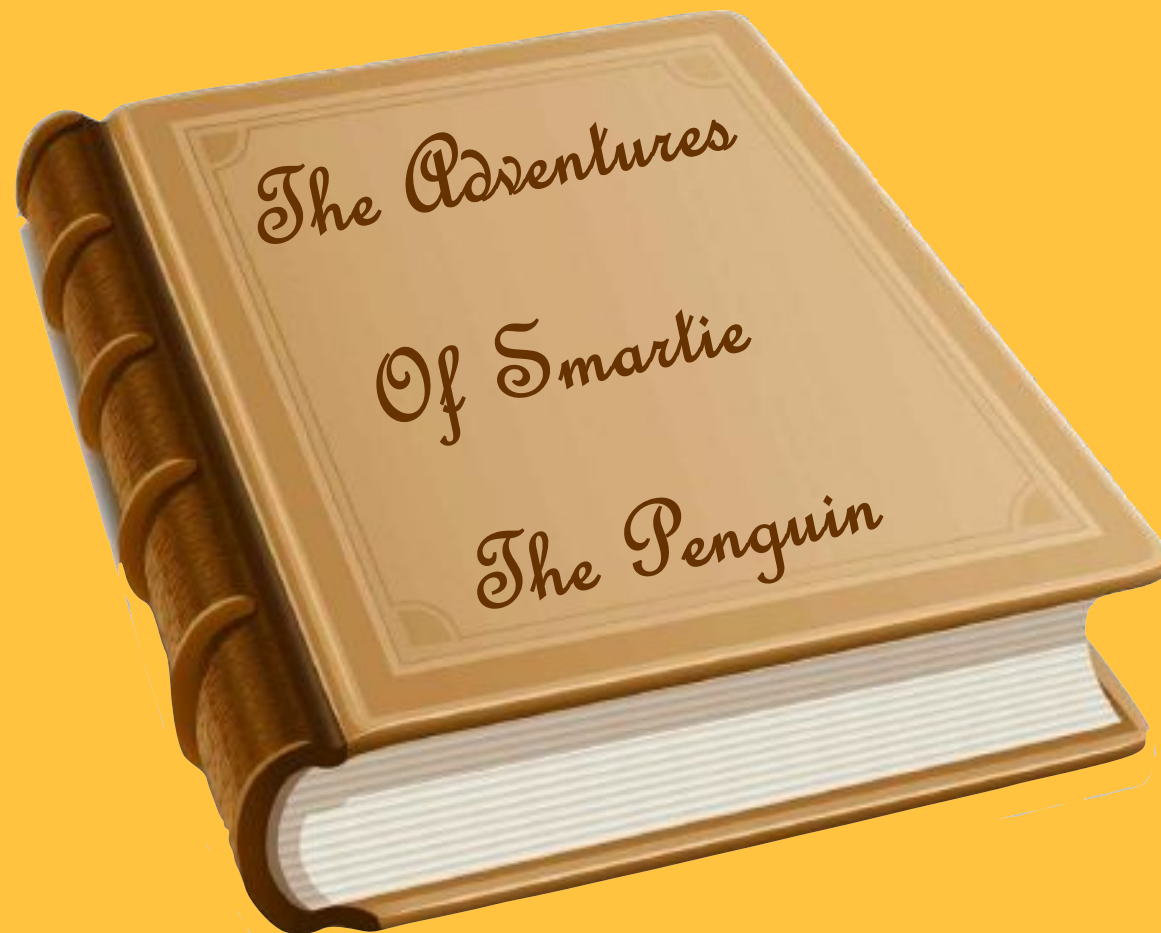
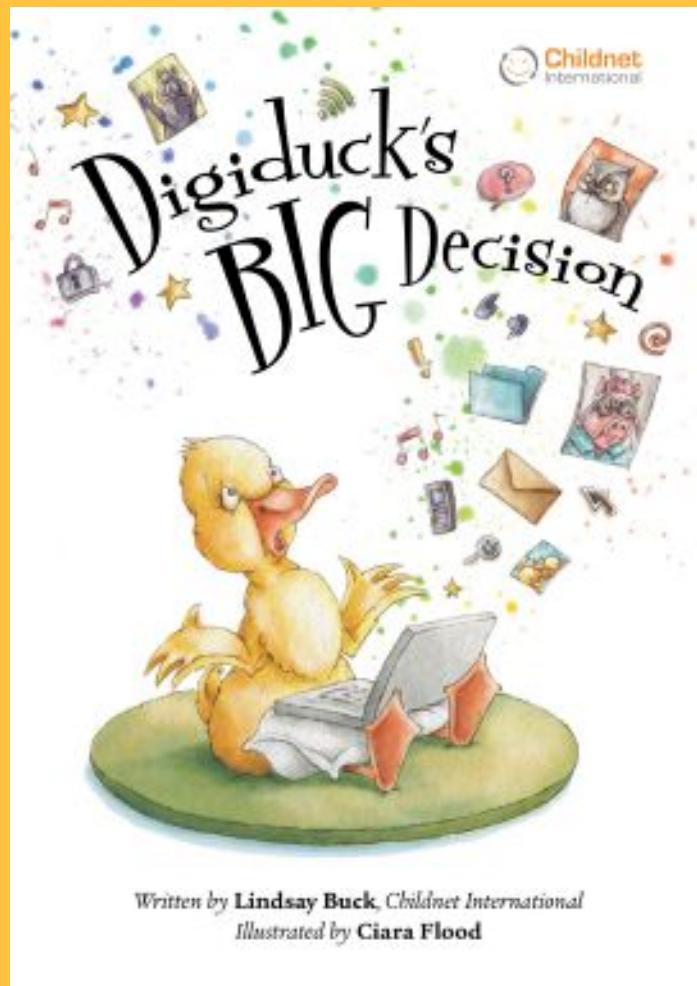
If you have concerns about bad language, don't let them use a headset

Check settings (who they can play against etc.)



Protecting themselves

Stories to encourage safer behaviour



childnet.com

Protecting themselves

Do **they** always know who they're talking to?



thinkuknow.co.uk

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Protecting themselves

Do you (and they) always know what's being shared?

For many children, you can discover online

Their full name

Their date of birth

Look in relatives' social media and you may well find

The name of their first school Their favourite teacher

Their first pet's name Their mother's maiden name

Sharenting



Instagram

[Read Instagram's rules](#)

[Report to Instagram](#)

[Instagram Safety Centre](#)

Tumblr

[Read Tumblr's rules](#)

[Report to Tumblr](#)

Twitter

[Read Twitter's rules](#)

[Report to Twitter](#)

[Twitter Safety Centre](#)

Ask.fm

[Read Ask.fm's 'terms of service'](#)

[Report to Ask.fm](#)

[Read Ask.fm's safety tips](#)

Kik Messenger

[Read Kik's rules](#)

[Report to Kik](#)

[Kik Help Centre](#)

In summary

Try not to demonise a particular game or app.

Emphasise behaviour for staying safer.

Set the parental controls on their devices.

Make sure they're adequately supervised when online.

Try not to go over the top if a mishap occurs. If they think you will, they won't tell you if something is worrying them.

Model good behaviour – build their digital resilience.

Make sure they know what to do if they get that "uh-oh" feeling.



Thanks for listening.

Peter Cowley

ICT and Online Safety Adviser

Achieving for Children

peter.cowley@achievingforchildren.org.uk



achieving
for children

