

# E-Safety and Online Safety Information for Parents



Friday 11<sup>th</sup> November 2022

“My kids know more about the internet than I do...”



# What happened in an Internet minute - 2020?



Google

Google  
4.1m search queries



f

Facebook  
1.3m logged in



Instagram

Instagram  
698k scrolls



Twitter

Twitter  
194k tweets



WhatsApp & FB Messenger

WhatsApp &  
FB Messenger  
59m messages sent



TikTok

TikTok  
1.4k downloads



Twitch

Twitch  
1.2m views



Download icon

400k apps  
downloaded



£££

1.1m  
spent online

# 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

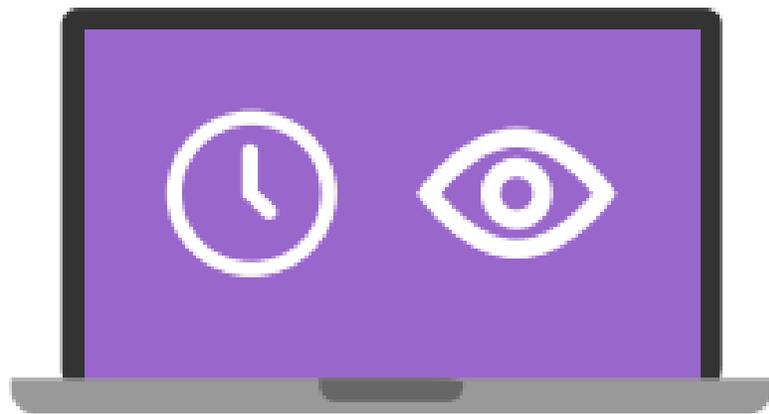
**89%** of 8-11 year olds said that using social media made them feel happy and **82%** said it helped them to feel closer to their friends

2020 Ofcom

internet  
matters.org

## But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**
- Children today are **more forgetful** than OAP's
- One study found that the **more distracted** you are, the less able you are to experience empathy
- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.



# Media usage by age

**6 in 10** use any device to go online

**2%** have their own tablet



**27%** use a smartphone to go online and **63%** use a tablet to do the same



**62%** play games for just over **6 hours a week**

**66%** play games online



**25%** use a smart speaker in the home

**74%** who own a smartphone are allowed to take it to bed with them



**81%** use their phone to go online and **69%** to do the same

3

4

5

6

7

8

9

10

11

12

13

14

15

16

**36%** more likely to watch streams on a mobile device



**35%** play games online



**45%** use a smartphone to go online and **72%** use a tablet to do the same



**37%** own their own smartphone

**98%** spent over 11 hours of streaming from a device per week



**83%** have their own smartphone

**51%** use YouTube in 2019 compared to **37%** in 2016



**5%** have their own smartphone

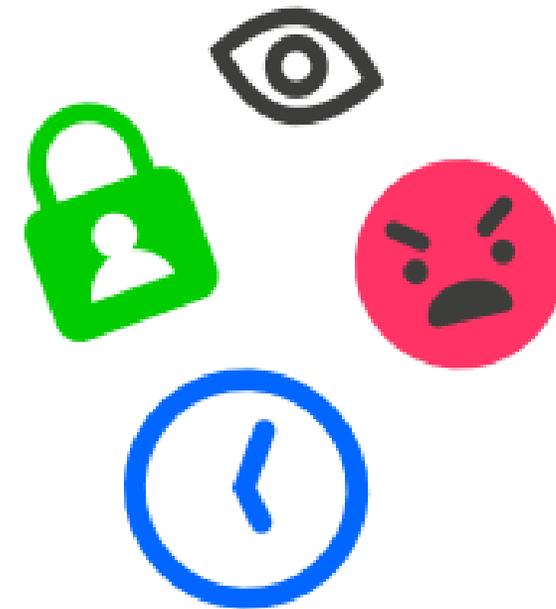
# And there are risks...

## High-Risk Online Scenarios

Risks	Contact	Content	Conduct	Cyber scams	Overall risk – all 4Cs' together
<b>Vulnerabilities</b>					
<b>Special Educational Needs</b>	Predicts contact risks. Includes sexting under pressure, coercion, blackmail, or threats to send more images				Significantly higher score for basket of all high-risk online scenarios
<b>Communication</b>			Predicts conduct risks. More likely to visit gambling sites and chat rooms	May struggle to understand T&Cs - can leave them more susceptible to scams	Significantly vulnerable to the basket of all high-risk online scenarios
<b>Family / Social (care-experienced)</b>		Higher exposure to harmful content		Particularly susceptible to cyber scams. This can link to being a victim of online aggression.	High overall risk for the basket of all high-risk online scenarios
<b>Mental health difficulties</b>					Significantly high risk for the basket of all high-risk online scenarios
<b>Physical disabilities</b>			Predicts conduct risks. More likely to visit sites with adult content.		Significantly more likely to experience a basket of all high-risk online scenarios

# Risks parents are concerned about

Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%



Reference: Ofcom (2021) <https://www.ofcom.gov.uk/consult/condocs/children-and-parents-media-use-and-attitudes-report2020-21.pdf>

# Risk is not harm

Positive action can limit risks becoming harmful. Here are 5 tips for parents:

1

Understand the risks

2

Communicate regularly

3

Keep the risks in proportion

4

Agree on helpful mediation strategies

5

Develop coping strategies that foster resilience



# Dealing with inappropriate CONTENT

4.7  
million

URL's showing  
pornographic content –  
**more than 12%** of the internet

11  
years

Average age to **first**  
**view porn online**

1/3

of children have **seen explicit**  
**images** by age of 10

# Dealing with inappropriate CONTENT

## What to talk about

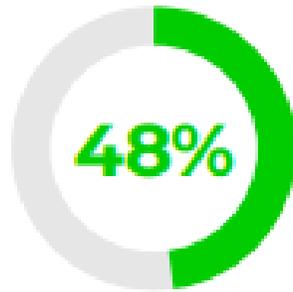
- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

## Top tips / tools to use

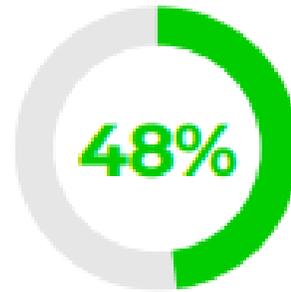
- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines



# Dealing with inappropriate CONTACT



of secondary school children  
have talked to strangers  
on social media



of 11 year olds **have a**  
social media profile

# Dealing with inappropriate CONTACT

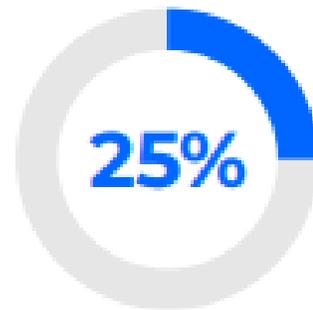
## What to talk about

- 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

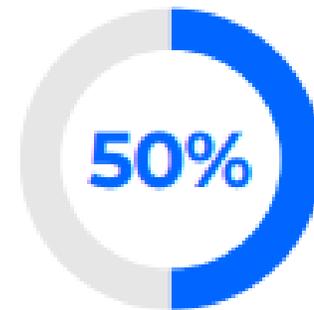
## Top tips / tools to use

- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute

# Dealing with inappropriate CONDUCT



of children will  
experience cyberbullying



of children **say someone**  
has been nasty online

# Dealing with inappropriate CONDUCT

## 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

# Dealing with '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 it online
- If your child is involved in sexting, contact CEOP & Childline who can help to remove images

## What are children taught in school?

### 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

# Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

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!



Internet  
matters.org

# Controlling tech time

And there are tactics you can put in place **to help manage** their screen time...

1

Set a good example

2

Talk together about the time spent online

3

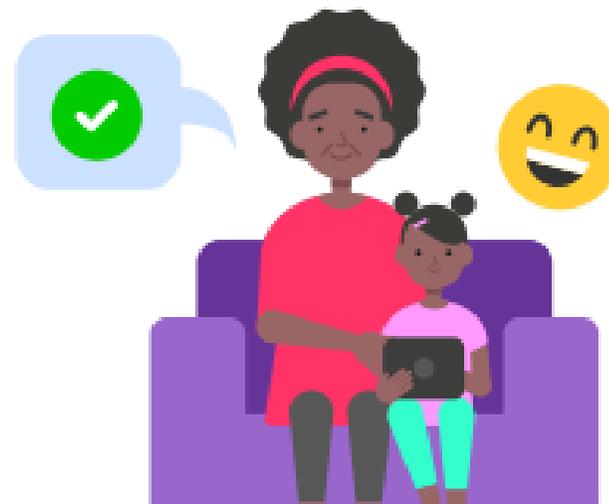
Agree on appropriate length of time they can use their device

4

Get the whole family to unplug & create screen-free zones

5

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



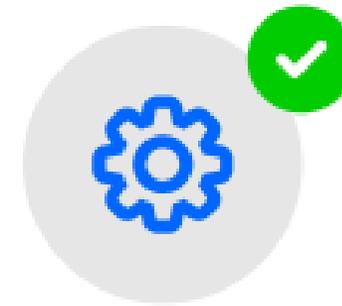
# Three things to teach your child



**Be a confident  
communicator**



**Be a critical  
thinker**



**Be a capable  
tools user**

# What can you find out about Ash using just this information from their Purple Mash folder?

- Pictures of Ash



Girl or boy?  
Anything bad?



I am Pharaoh Ash.  
Queen of the  
Egyptians.  
I lived 4,000 years ago.  
I had many slaves and  
lots of gold.



## Our latest video!



The Purple Mashers



Hi Guys we love all your comments.

Tour dates announced, see the link above, we'd love to see you there!

Edit

Delete



Evelyn  
Magnesium

Hi Guys, I LOVE LOVE LOVE your music and funny videos. I spotted 27 unicorns. My name is Evie Downes. I live in Willmington Way in Sheffield and I'd love you to visit me when you are performing there. You could come and visit my school Oak Tree Primary. My friends and I have been practising all your moves at our dance club on Wednesdays at the Unicorn Sports Centre, we are so good! My brother William who is 4 thinks you are fantastic too.

Today at 11:24



## Security Tips



1. Security settings need to be set to “Friends only”, that includes -  
comments, posts and photos
2. These “Friends” need to be people they know and trust in the real world
3. **Content** -Only post content and photos they wouldn't mind showing you!
  4. Try your very best to be “Friends” with your child on Facebook
5. Learn how to report an issue directly to Facebook –*discussed further later*



## Simple steps to protection: A Checklist



- I have asked my child to show me sites they use
- I have asked my child to set the security settings on all the technologies they use
- I have asked my child to only accept people they know and trust in the real world as online “Friends”
- I have set safe settings on our computer/laptop and set adult content filters on my/my child’s smart phone
- My child has agreed to tell me if they are worried about something online

# Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

## 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

## 18+ or 13 with parent's permission



YouTube



WeChat



Kik



Flickr



Play Store



Spotify  
(12 with parental permission)



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