E- Safety Parental Workshop

06.02.24





Aims of the session

- E-safety in the Computing Curriculum.
- Reflect on the potential risks of internet use for children.
- Be aware of the importance of communication with children about the time they spend online.
- Understand how to find out about setting up parental controls on home and mobile devices.
- Know what to do if your child encounters problems online.

What is online safety?



We are living in a world where technology is available at our fingertips. As technology advances, children are becoming more savvy with the internet, to the degree that they often know more than the adults around them.

The aim of this afternoon's meeting is to provide you with information which will help you to ensure that your children are staying safe online.

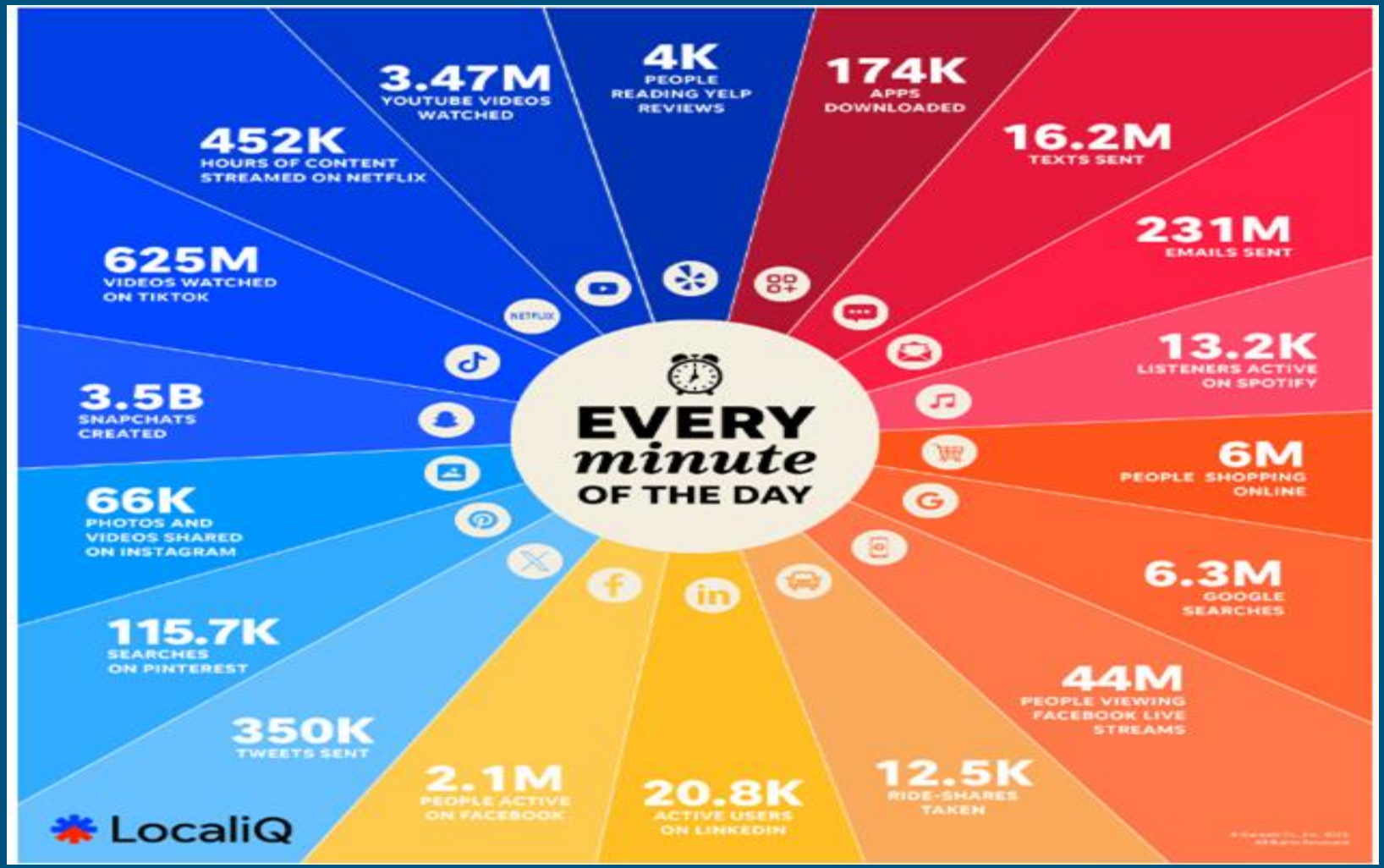
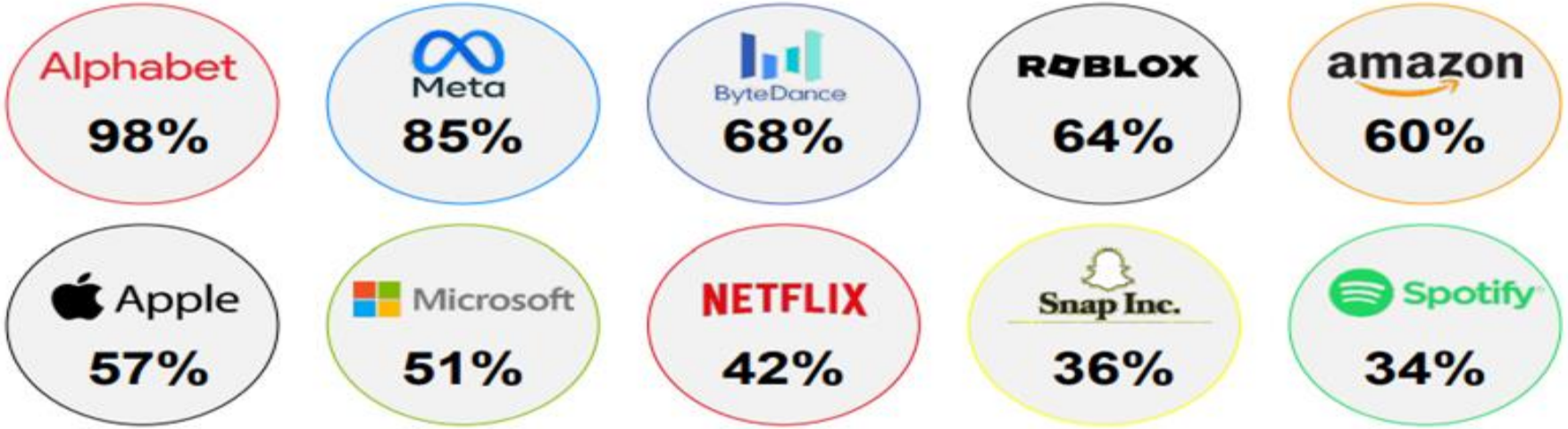

3.47M
YOUTUBE VIDEOS WATCHED
4K
PEOPLE READING YELP REVIEWS
174K
APPS DOWNLOADED
452K
HOURS OF CONTENT STREAMED ON NETFLIX
16.2M
TEXTS SENT
625M
VIDEOS WATCHED ON TIKTOK
231M
EMAILS SENT
13.2K
LISTENERS ACTIVE ON SPOTIFY
3.5B
SNAPCHATS CREATED
EVERY minute OF THE DAY
6M
PEOPLE SHOPPING ONLINE
66K
PHOTOS AND VIDEOS SHARED ON INSTAGRAM
6.3M
GOOGLE SEARCHES
115.7K
SEARCHES ON PINTEREST
44M
PEOPLE VIEWING FACEBOOK LIVE STREAMS
350K
TWEETS SENT
2.1M
PEOPLE ACTIVE ON FACEBOOK
20.8K
ACTIVE USERS ON LINKEDIN
12.5K
RIDE-SHARES TAKEN
LocaliQ

Figure 8: Top ten organisations visited by UK online children aged 8-12 on smartphones, tablets or computers



Source: Ofcom Ipsos Children's Online Passive Measurement 2023, age: 8-12, UK. Base: 162. Reach based on seventeen children visiting organisation at least once over three-week measurement period in January-February 2023 combined with results from 145 children who were measured for four weeks during April-July 2023. Data is not weighted. Due to low base size data should be treated as indicative only and not representative. See Methodology for further details. Netflix is understated as it does not cover TV set use. Spotify is understated as it only covers foreground use and smart devices are not included.

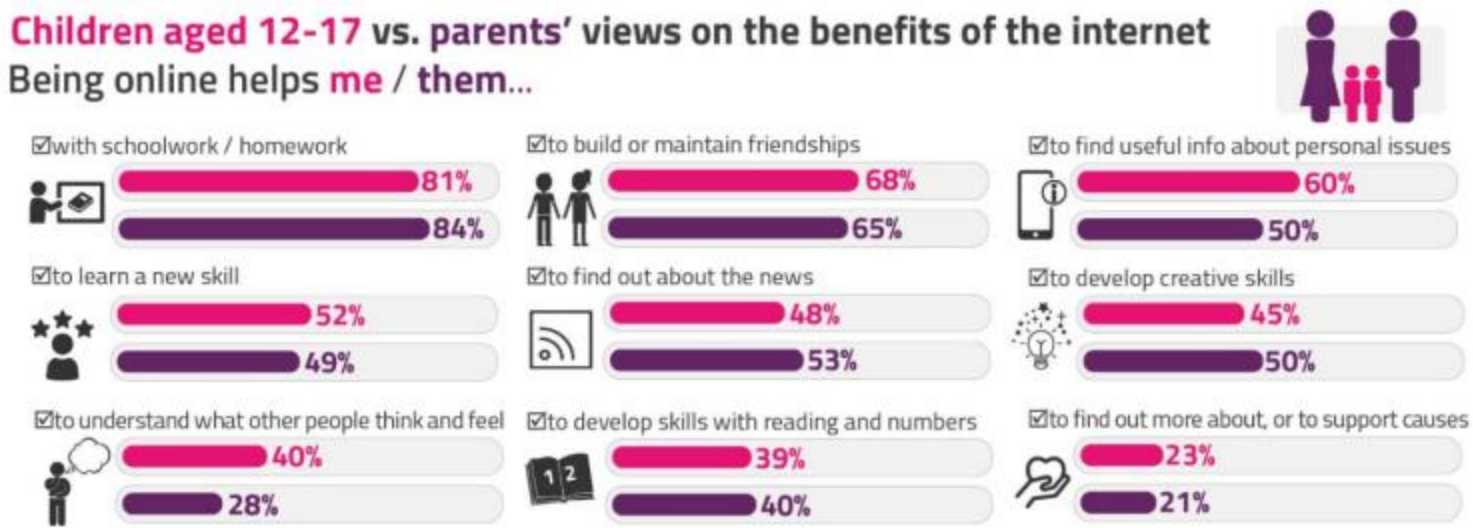
Ofcom, 2023

There are lots of positives….

We know that young people and parents and carers feel the online space holds many positive opportunities; 65% of parents and carers and 69% of young people think being online helps young people develop important skills such as independence, relationship-building and problem-solving.

Safer Internet Day 2023
https://d1xsi6mgo67kia.cloudfront.net/uploads/2023/02/Safer-Internet-Day-2023-Full-Research-Report.pdf

Figure 48: Children's and parents' views on the benefits of the internet.



For children, the internet is felt to bring specific benefits that help them as they grow up and learn to navigate the world. Ofcom research found that 81% of children aged 8-15 agree that being online allows them to be creative. A similar proportion (80%) agree that they 'can find help in general from being online such as life hacks and fashion trends.' (Ofcom, 2023)

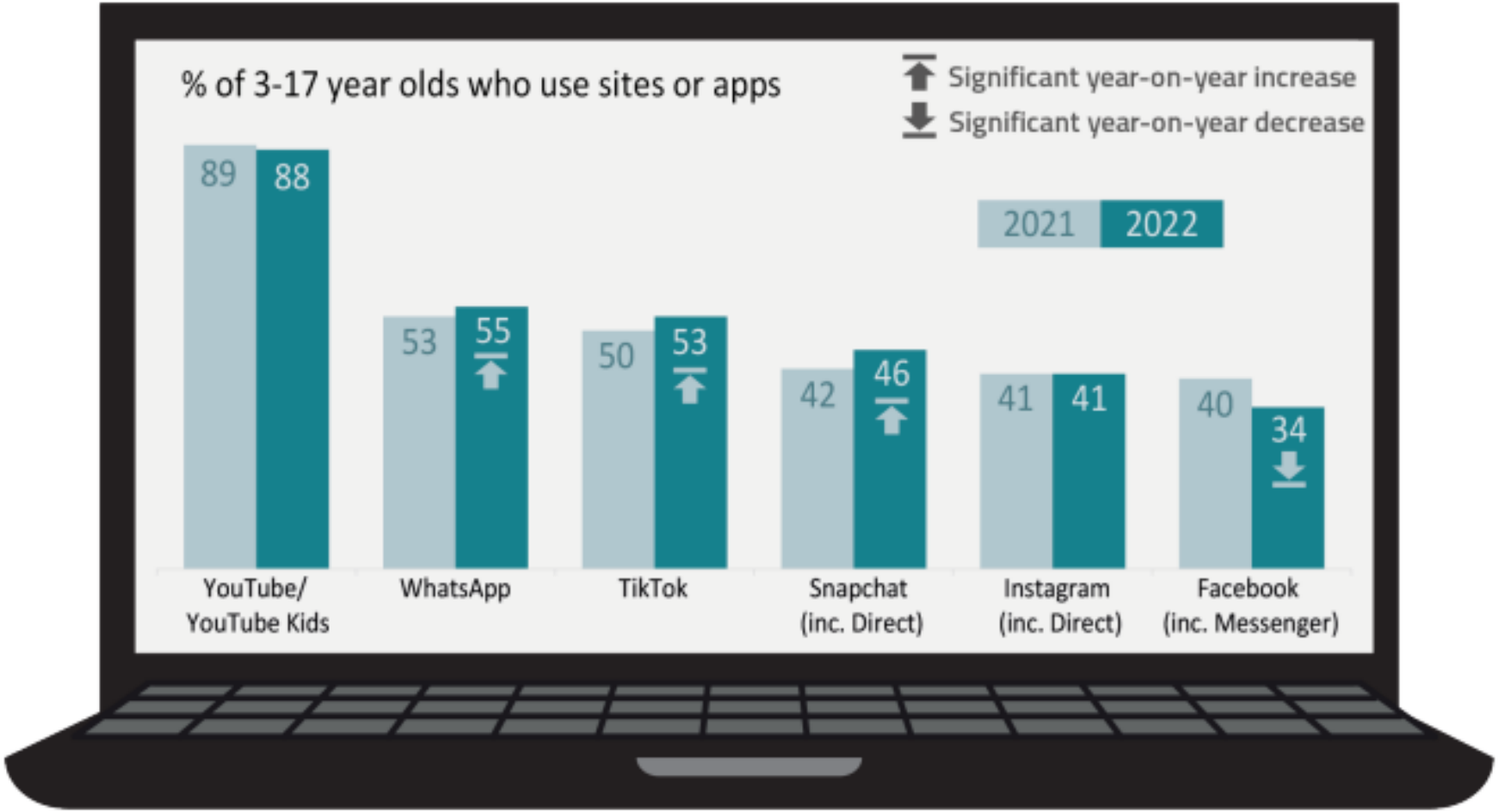
Downsides of being online

While going online can be of great benefit to children and enrich their lives, there can also be risks to children's wellbeing and safety.

Children aged 8-17 identified the negative aspects of using social media or messaging apps or sites: two fifths of 8-17-year-olds thought that people were mean or unkind to each other on social media and messaging apps or sites *all or most* of the time, while 26% believed there was pressure to be popular on these types of platforms *all or most* of the time.

In Children's Media Lives, concern about how they came across had stopped some children from posting publicly.

Ofcom 2023


% of 3-17 year olds who use sites or apps
Significant year-on-year increase
Significant year-on-year decrease
2021
2022
89
88
53
55
50
53
42
46
41
41
40
34
YouTube/
YouTube Kids
WhatsApp
TikTok
Snapchat
(inc. Direct)
Instagram
(inc. Direct)
Facebook
(inc. Messenger)

But technology can affect children's 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






E-Safety in the National Curriculum

The Computing Curriculum is divided into 3 strands:

- **Computer Science**
- **Information Technology**
- **Digital Literacy**

E-Safety in the National Curriculum

Within the **Digital Literacy** strand, pupils will be taught to:

"use technology safely and respectfully, keeping personal information private and identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies".



Why Is it Important?

- According to the Ofcom Children and Parents: Media and Attitudes Report 2023:
- YouTube was the most used online platform 6 among 3-17-year-olds (88%), followed by WhatsApp (55%), TikTok (53%), Snapchat (46%), Instagram (41%) and Facebook (34%).
- Seven in ten parents of children aged 3-17 said they had some form of technical control in place to manage their child's access to content online. Overall, the most-used technical controls were those that are built into the device by the manufacturer (34%).
- Parents were far less likely to use controls that required them to download specific software or apps. For example, only 13% of parents said they used security apps that can be installed on their child's device to monitor the apps they use and for how

Children Online - Potential Risks

- **Contact:** children can be contacted by bullies or people who groom or seek to abuse them
- **Content:** age-inappropriate or unreliable content can be available to children
- **Conduct:** children may be at risk because of their own behaviour, for example, by sharing too much information
- **Commercialism:** Young people can be unaware of hidden costs and advertising in apps, games and websites.

[redacted]

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 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 .

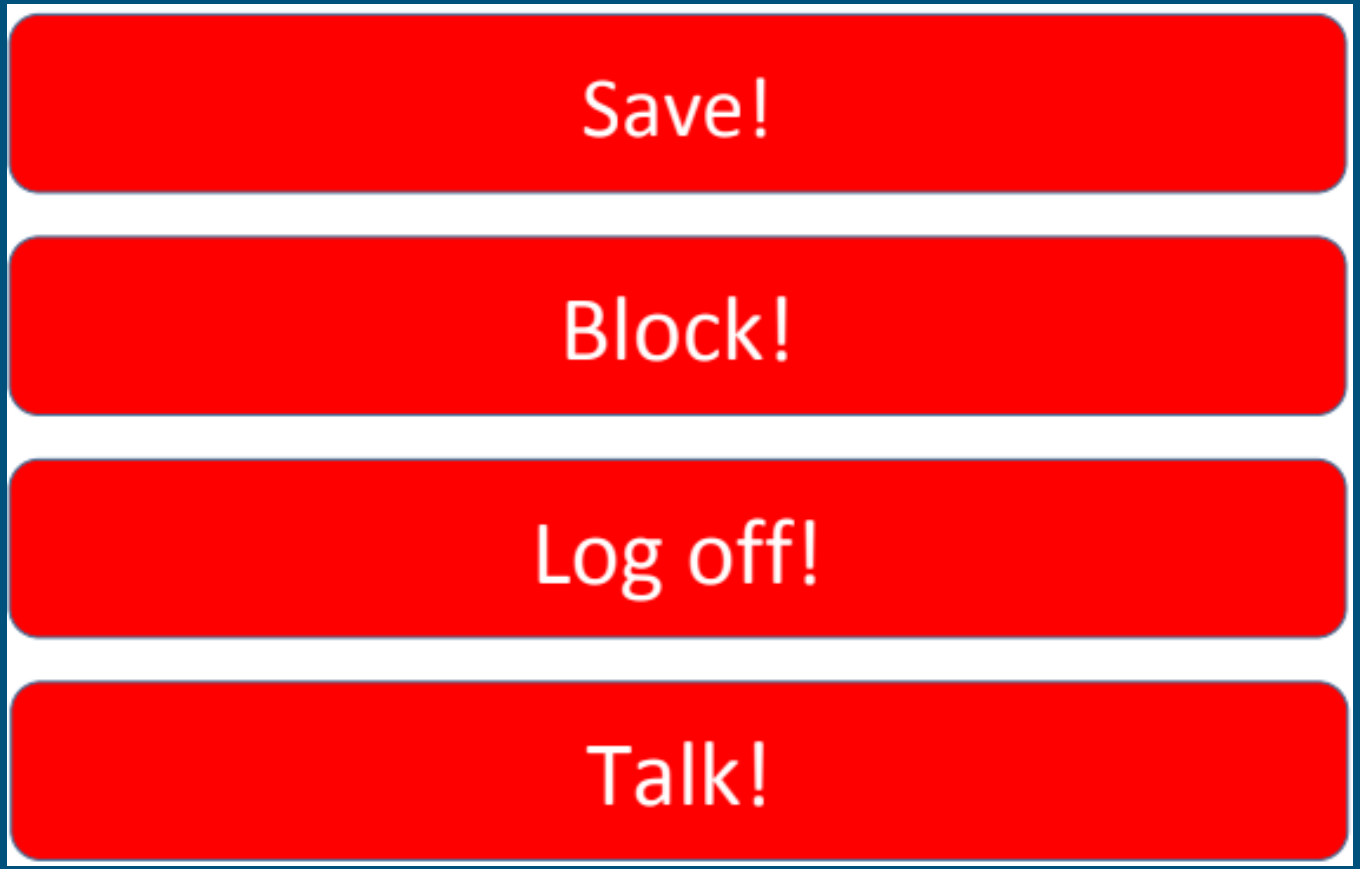
Dealing with Inappropriate Conduct

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.


Save!
Block!
Log off!
Talk!



Hidden Risks of Gaming



- Many online games have communication features which allow their users to interact anonymously e.g. Minecraft and Fortnite (all devices).
- Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information.
- Some game consoles allow internet access as well, so it is important to be aware of their communication features.

[redacted]

UK Safer Internet Centre

https://saferinternet.org.uk/online-issue/parental-controls

Parental controls are designed to help protect children from inappropriate content online, such as pornography, age restricted apps, or other adult content. These controls can be used in various ways, for example to help ensure that children access only age-appropriate content, to set usage times, to monitor activity, or to help prevent in-app purchases.

- https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/- Useful website for parental controls
- https://screentimelabs.com/parental-controls/ - Screen times

Tips for Parents

- 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.

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

What to do if your child sees inappropriate material online

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again.
- ALWAYS keep records of abusive messaging.
- Report abusive or inappropriate behaviour to the website and if serious, to the police. **Keep the school informed too.**
- If you come across illegal content, such as images of child abuse, you can report this to the **Internet Watch Foundation** at www.iwf.org.uk.

[redacted]

Discussion Starter Ideas

- What are your favourite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- Do you know how to block others in chat rooms and Instant Messenger? Can you show me how to do this?