A Parent's Guide to Online Safety

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BISHOP CREIGHTON ACADEMY

Welcome

Aims of the session;

- Parenting in the digital age
- Begin to explore popular apps used by children and how to check their content and appropriateness
- Understand the importance of privacy settings and parental controls and how to use them
- Creating a family agreement for safer internet use
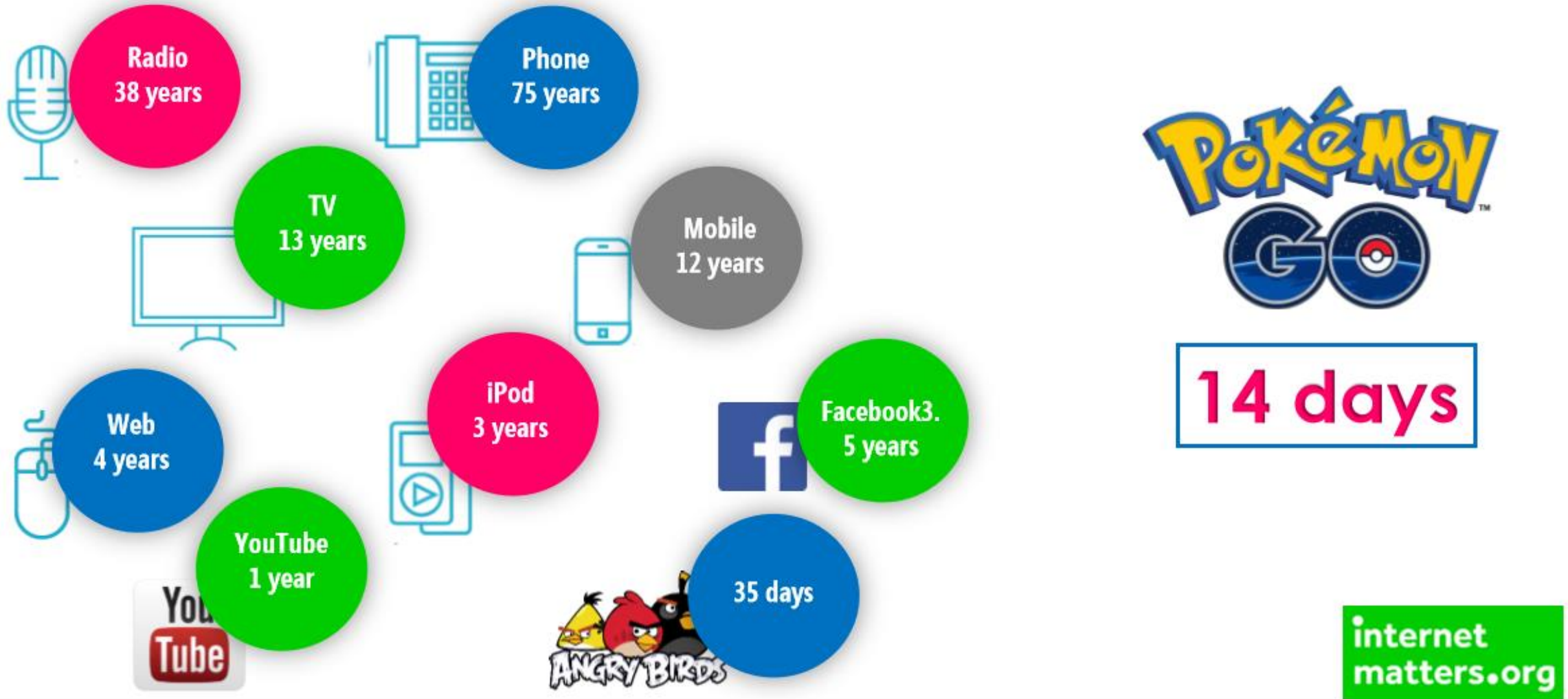
- What would you like to know?

Parenting in the Digital Age

"But my kids know more about the internet than I do..."

Click to watch

Penetration rate: Years to reach c.50m users

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 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

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%.

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

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

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

Learn to read & write

Start Secondary school

4   5   6   7   8   9   10   11   12   13   14   15   16

Parents

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

And there are of course risks…

	Content (child as receiver of mass productions)	Contact (child as participant in adult led activity)	Conduct (Child participation, perpetrator or victim)
Aggressive	Violent	Harassment	Cyberbullying
Sexual	Pornographic	Grooming, sexual abuse	Sexual harassment, 'sexting'
Values	Racist/hateful	Ideological persuasion	Harmful user generated content
Commercial	Marketing	Personal data misuse	Gambling, copyright infringement

Dealing with inappropriate CONTENT

4.7m

URL's showing pornographic content

More than 12% of the internet

11yrs

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 (and other browsers) and YouTube; child-friendly search engines

Dealing with inappropriate CONTACT

48% of secondary school children have talked to strangers on social media

48% 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 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 geo location settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute

Dealing with inappropriate CONDUCT

25% of children will experience cyberbullying

50% 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 these 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 a t-shirt, don't share it online!
- If your child is involved in sexting contact CEOP and/or Childline who can help remove images

What are children taught in school?

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	**KS1**
Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact	**KS2**
Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns	**KS3**
Understand how changes in technology affect safety, including new ways to protect their online privacy and identity, and how to report a range of concerns	**KS4**

How well do you know your apps?

- How many of the apps on the sheet can you name?
- How many are installed on a device your child uses/has access to?
- Do you understand what the app does?

Click to watch

O₂ 😊 NSPCC Net Aware)))

common sense media

Online Gaming

- Multi-player games
- Chat functions – instant messenger, voice over
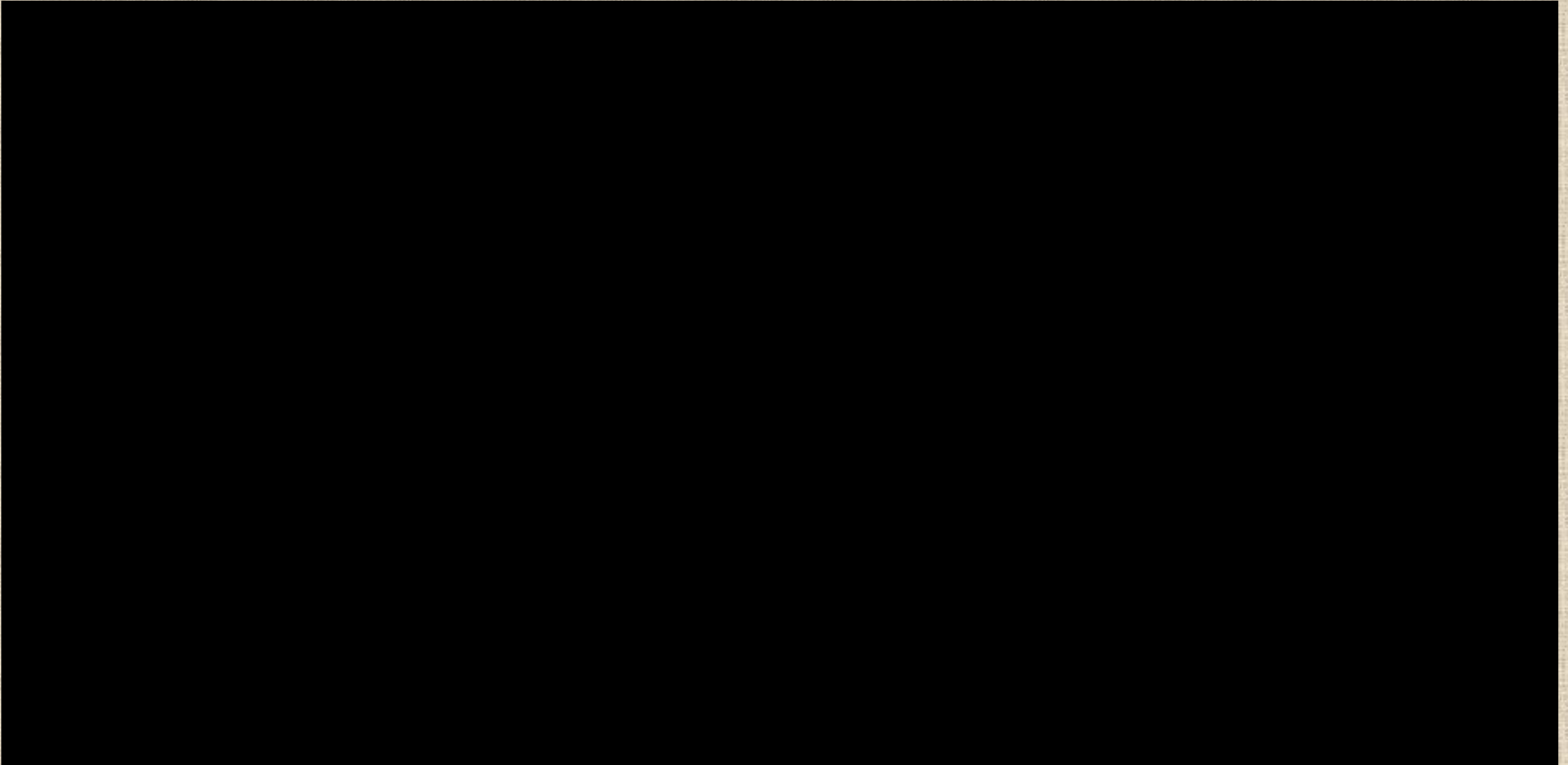- Risk from inappropriate content & contact

Risk factors;
- Offenders can build relationships over online games
- Offenders use gifts in gaming to encourage children to trust them
- Moving from gaming to private platforms

What's your child doing online?

Privacy settings – Why?

Parental Controls

Click to watch

Screen time – Family Rules/Agreement

Thinking ahead…the teenage years