Online Safety

For parents and carers

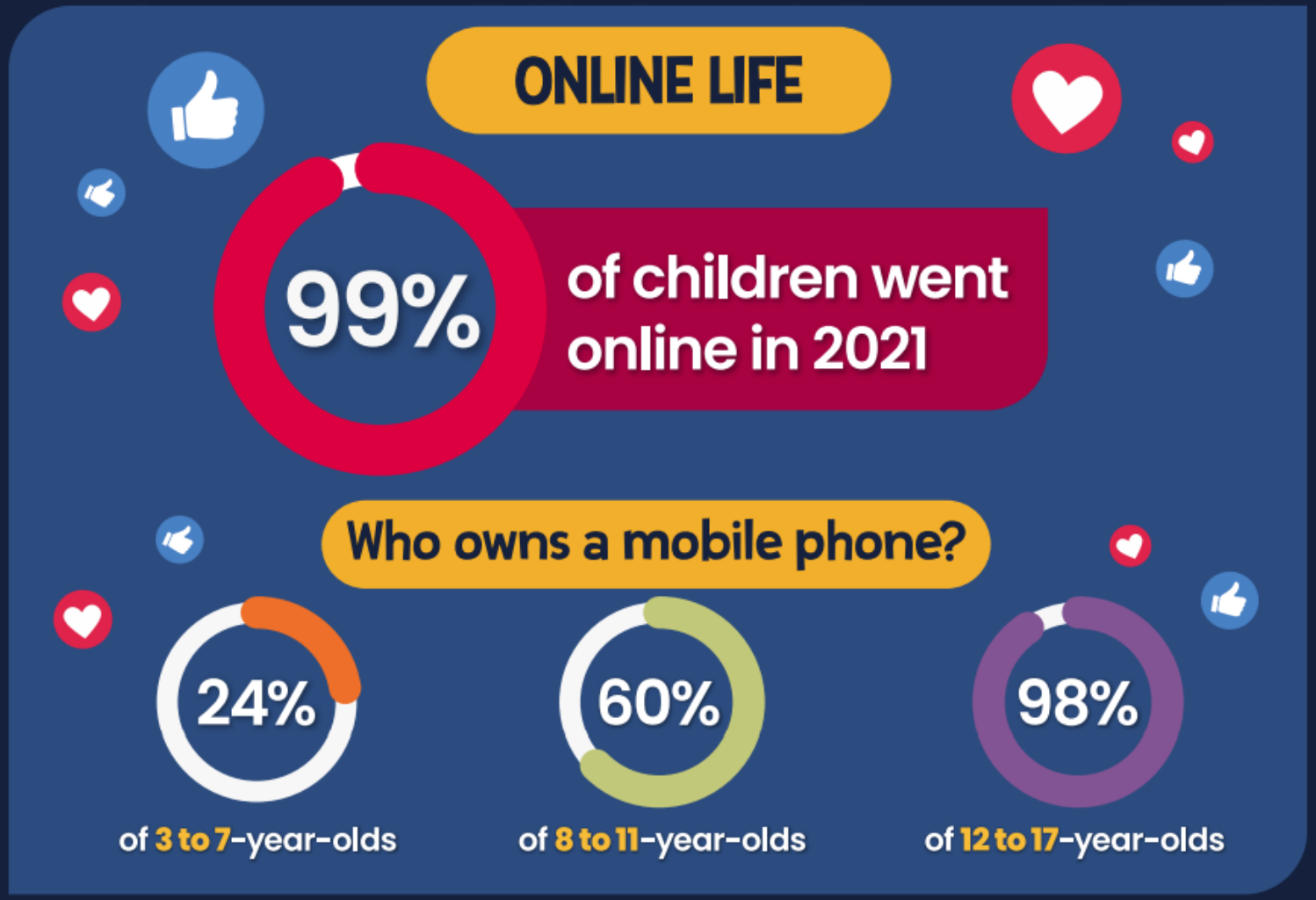
Gillian Bratley
Advisory Teacher

BDSIP | HELPING STUDENTS SHINE

What are children using?

How can we keep them safe?

THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022



THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

GAMING AMONG CHILDREN

18% of 3–4s

38% of 5–7s

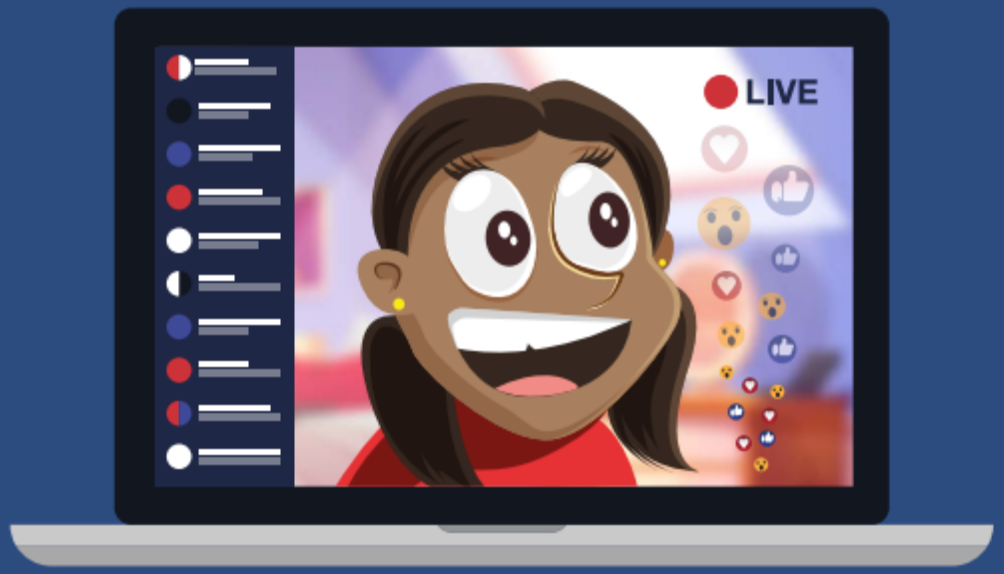
69% of 8–11s

76% of 12–15s

73% of 16–17s

THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

SOCIAL MEDIA AND LIVE STREAMING



Age groups	Children who use live streaming apps	Children who use social media
3 to 4-year-olds	32%	21%
5 to 7-year-olds	39%	33%
8 to 11-year-olds	54%	64%
12 to 15-year-olds	73%	91%
16 to 17-year-olds	79%	97%

https://nationalonlinesafety.com/guides

What does your child love doing online? What services and devices do they use?

EA SPORTS FIFA

MINECRAFT

ROBLOX

LEGO

twitch

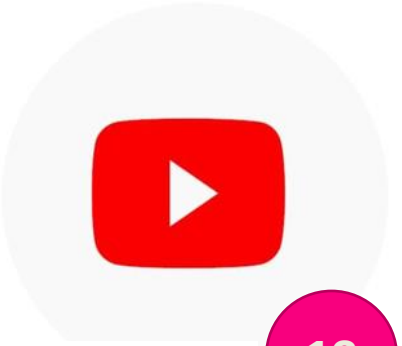
Google

FORTNITE

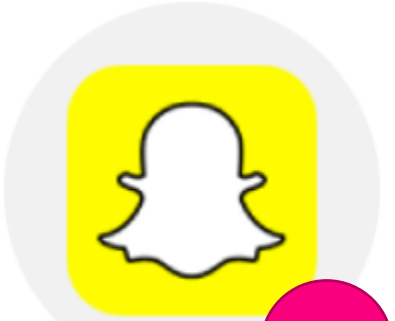
YouTube

NETFLIX

The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.



YouTube 13

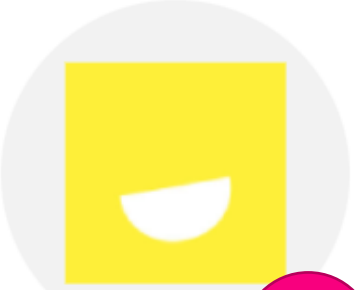


Snapchat 13

Instagram 13

WhatsApp 16

TikTok 13

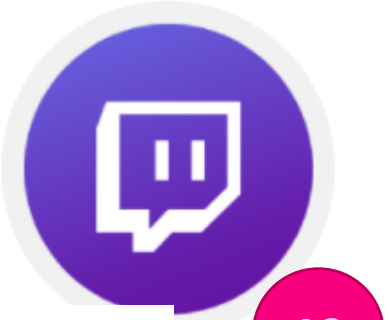


Yubo 13

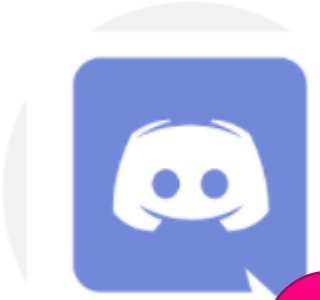
Omegle 13

Minecraft 7

Pokémon Go 7



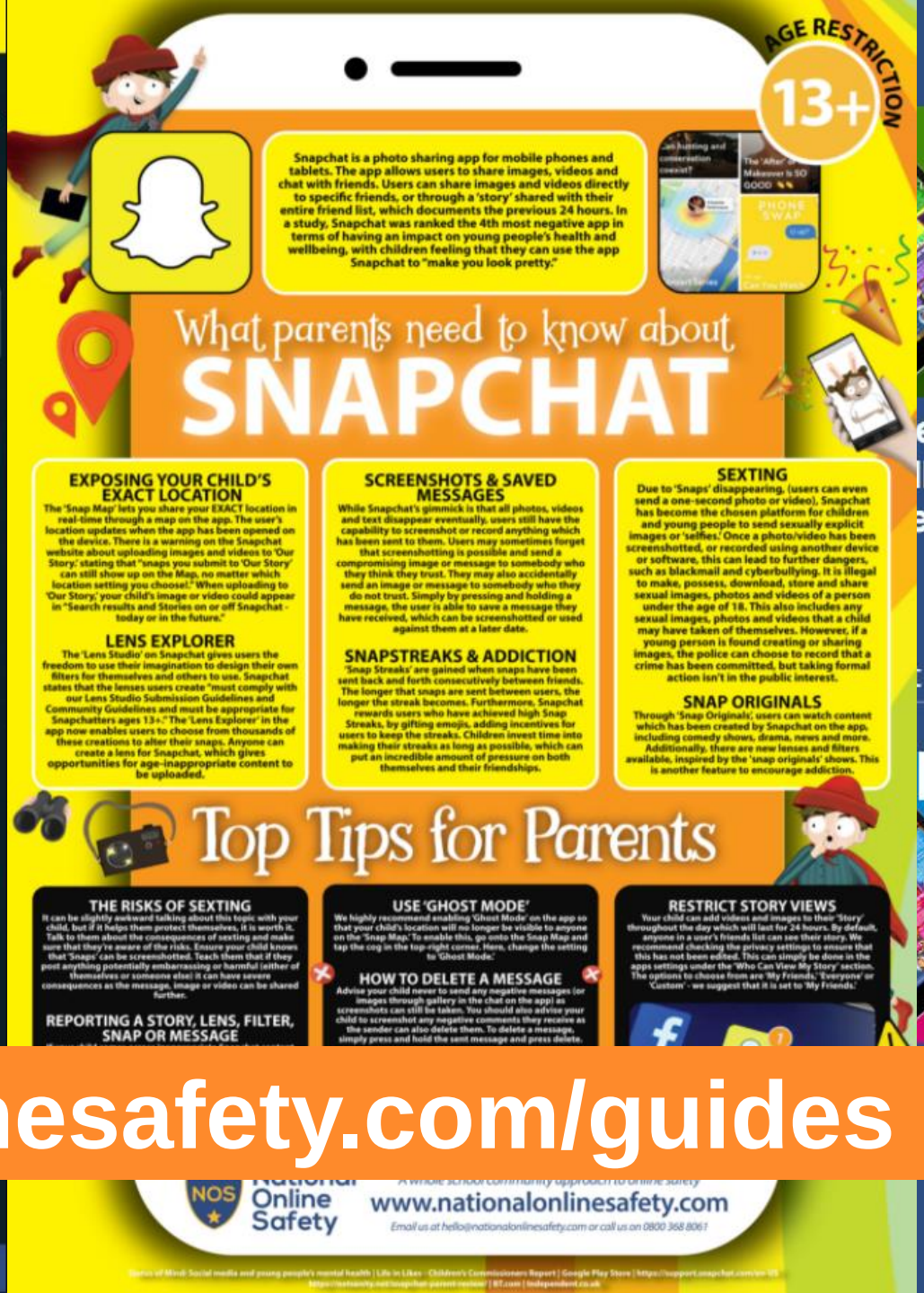
Twitch 13



Discord 13

Roblox 7

Fortnite 12



https://nationalonlinesafety.com/guides

TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS

THE CONTENT DESCRIPTORS

THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

PARENTAL CONCERNS

4 in 10

parents were concerned about their child's screen time

7 in 10

were concerned about age-inappropriate content

6 in 10

were concerned about content promoting self-harm

5 in 10

were concerned about extremist content online

Risks of using apps / sites / games that aren't age appropriate...

Content	Contact
Conduct	Commerce

Content

Children engage with and
potentially harmful content

- Violent, gory, graphic, ra
  extremist
- Pornography (legal and i
  culture, body image norr
- Age-inappropriate conte
- Some online content is r
  and may be hurtful or ha

Content could be via socia
streams and websites.

BBC Your account Home News Sport Weather iPlayer

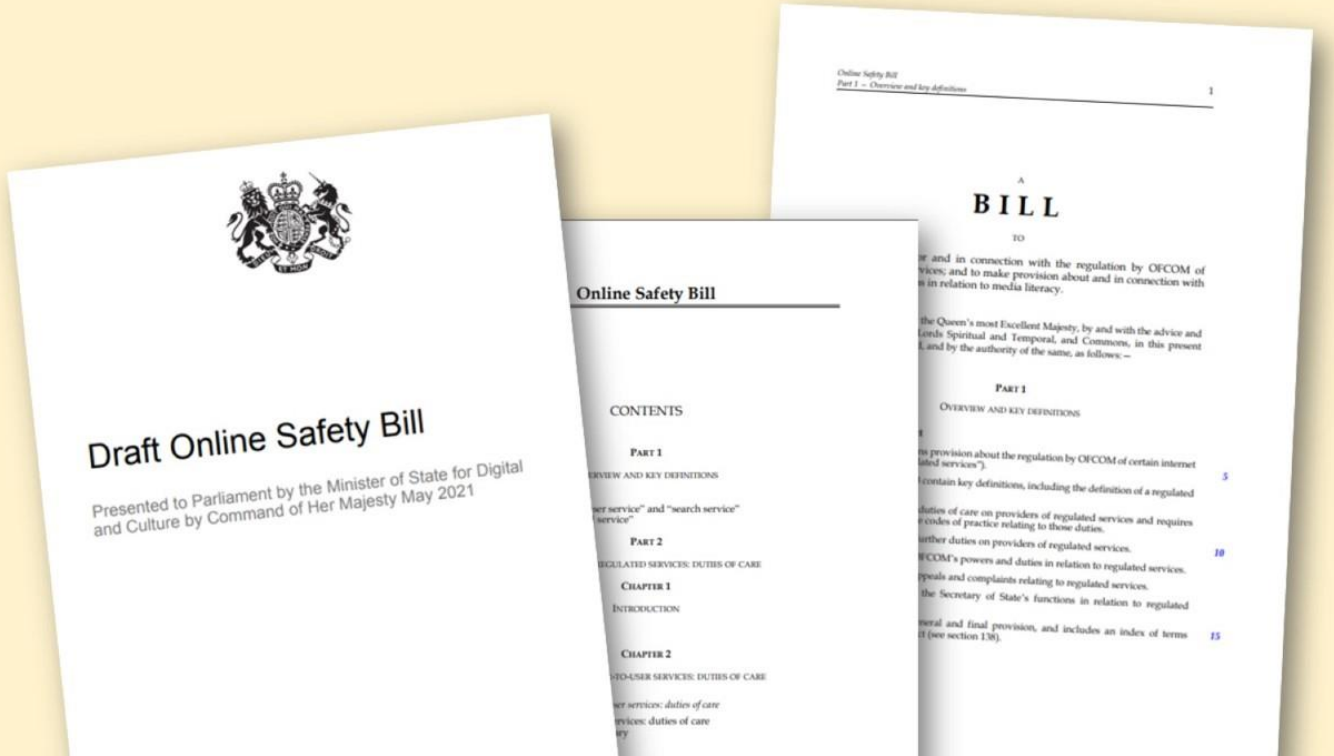
NEWS

Home | Cost of Living | War in Ukraine | Coronavirus | Climate | UK | World | Business | Politics | Tech

Technology

Children as young as nine exposed to pornography

2 days ago


Draft Online Safety Bill
Presented to Parliament by the Minister of State for Digital and Culture by Command of Her Majesty May 2021
Online Safety Bill
CONTENTS
PART 1
PART 2
CHAPTER 1
INTRODUCTION
CHAPTER 2
BILL
PART 1
OVERVIEW AND KEY DEFINITIONS

Contact

Children experience and / or are tar
potentially harmful contact:

- Harassment, stalking, hateful beh
- Sexual harassment, grooming, tak
  sharing child sexual abuse materi
- Radicalisation, extremist recruitme

When children make new friends or
could be sharing personal informati
them

Commerce

Child as the consumer can experience:

- Identity theft, fraud, phishing, financial scams, online gambling
- Inappropriate advertising, sextortion, streaming child sexual abuse

Conduct

Children need to be aware of the impact that their online activity can have on both themselves and others:

- Bullying, hateful or hostile peer activity e.g. trolling, exclusion, shaming
- Making, sending / sharing explicit images

It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information, photos and videos that they may have posted.

Online bullying

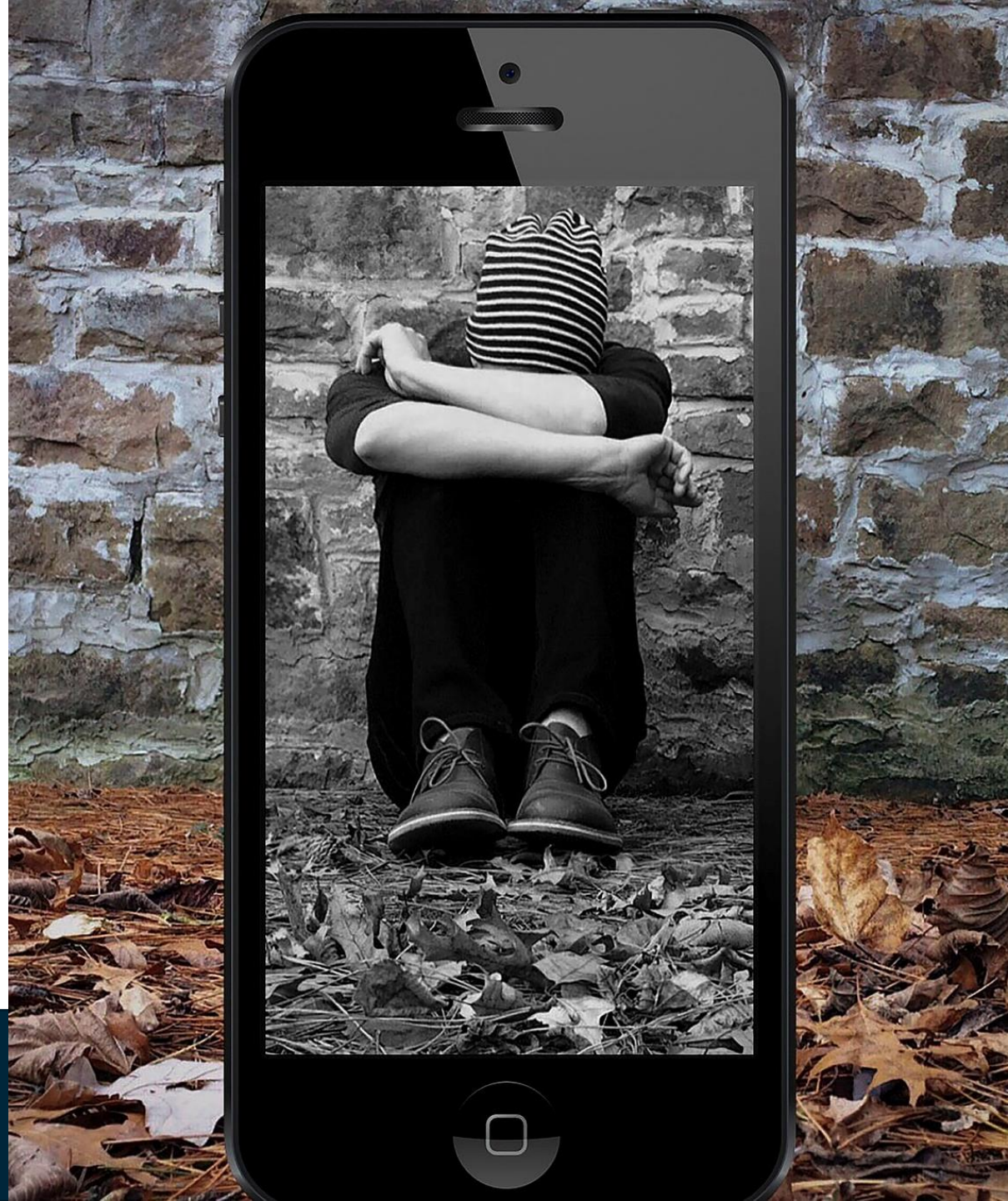
- Online bullying can happen in many different ways including:
  - unkind messages or comments,
  - sharing embarrassing photos,
  - exclusion from group chats

Do save the evidence

Do report and block

Don’t punish your child

Don’t retaliate



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Donate

What is child abuse? | Keeping children safe | Support us | About us | Events | Christmas | Helpline | Search

Home | Keeping children safe | Support for parents | PANTS (The Underwear Rule)

So you got naked online...

A resource provided by SWGfL

Online gaming – risks

- Inappropriate content
- Contact with strangers
- Gaming effect on behaviour / health / addiction
- Gaming costs / scams

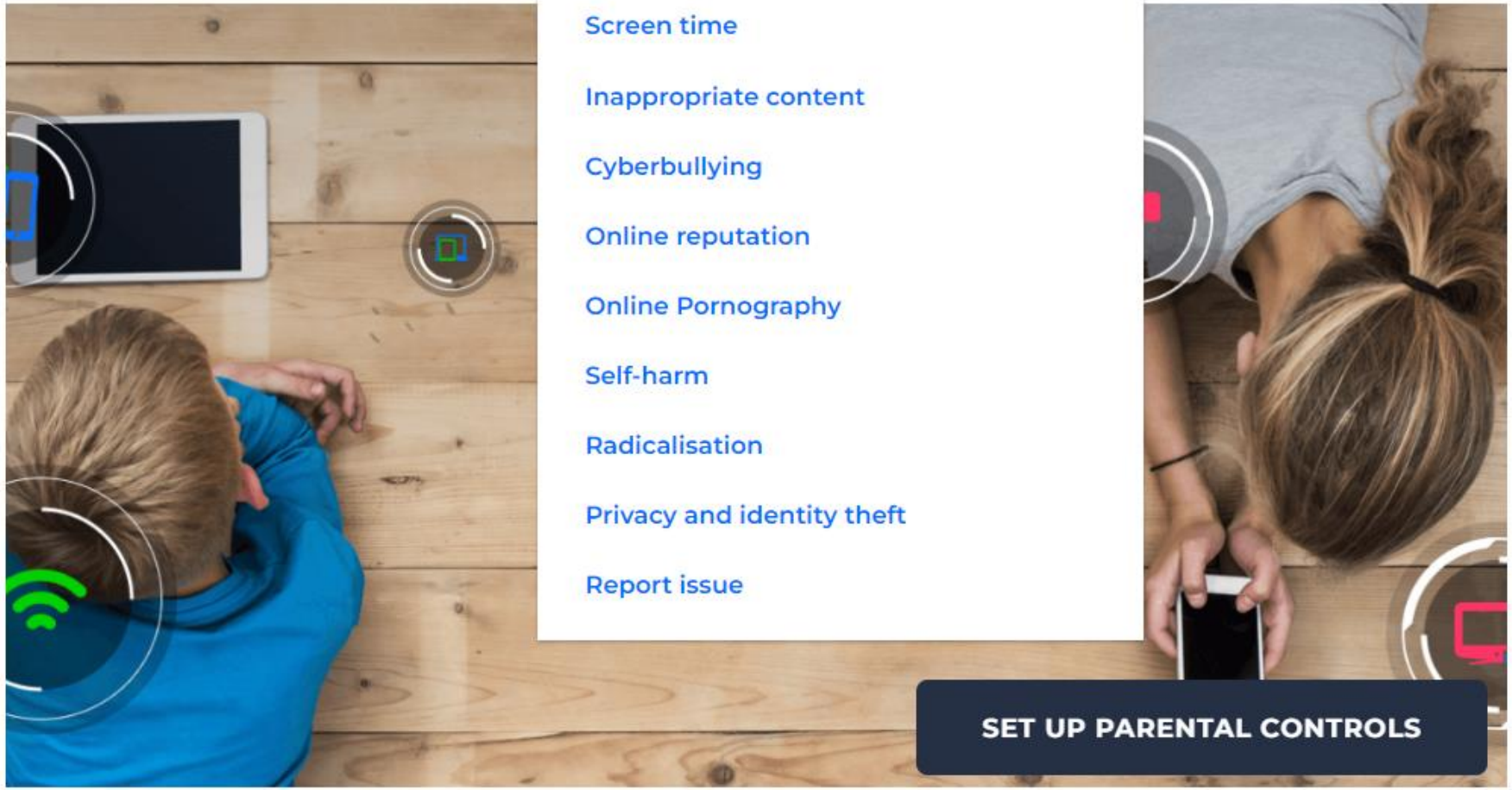
internet matters.org

In partnership with BT

ONLINE ISSUES | ADVICE BY AGE | SETTING CONTROLS | GUID

- Sexting
- Online grooming
- Fake news and misinformation
- Screen time
- Inappropriate content
- Cyberbullying
- Online reputation
- Online Pornography
- Self-harm
- Radicalisation
- Privacy and identity theft
- Report issue

Helping parents kee online

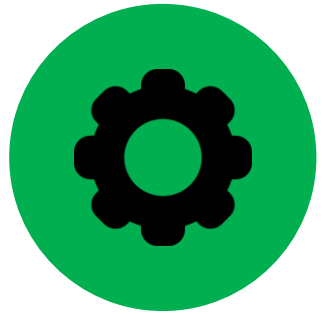


Help your children stay safe online – work as a TEAM...

Talk

Explore

Agree



Manage

Talk about staying safe online

- Talk to your child about their internet use and let them know they can talk to you

What sites do you visit? What do you enjoy doing online?

How do you stay safe online? Any tips for me?!
Do you know where to go for help?

If not you, who your child can talk to, e.g. teacher, Childline

SEND advice for parents - Internet Matters

BDSIP | HELPING STUDENTS SHINE

Safer Internet Day 2023

Want to talk about it?

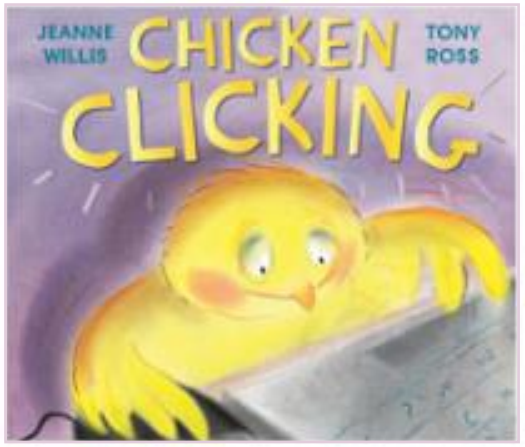
Making space for conversations about life online

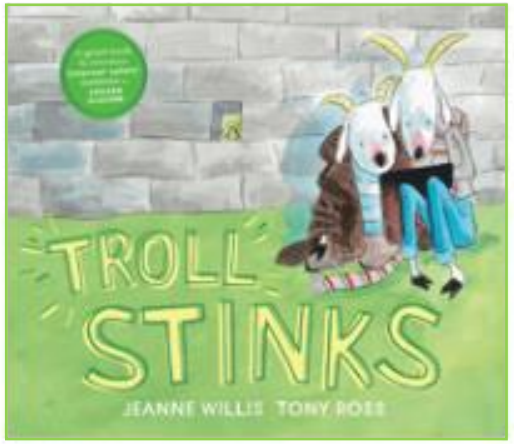
Safer Internet Day
7th February

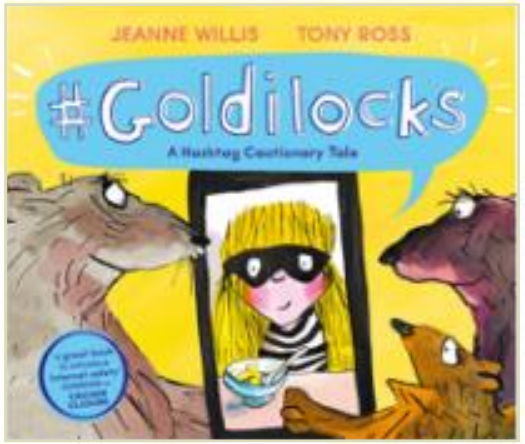
BDSIP | HELPING STUDENTS SHINE

Childnet International

On the internet...





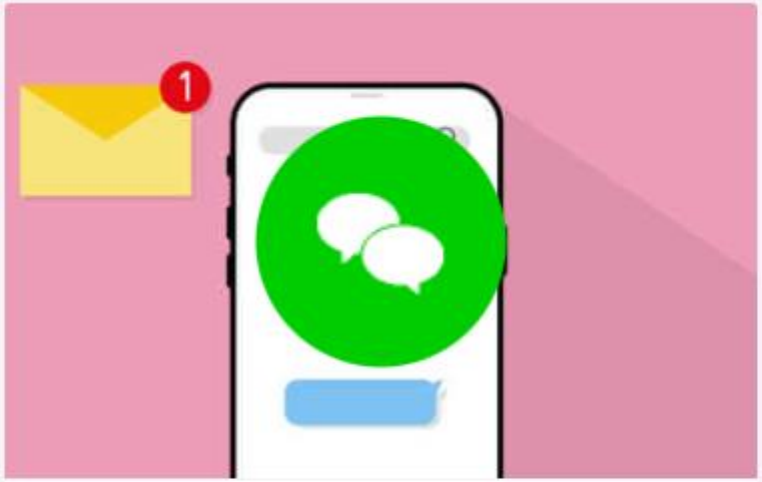


BDSIP | HELPING STUDENTS SHINE

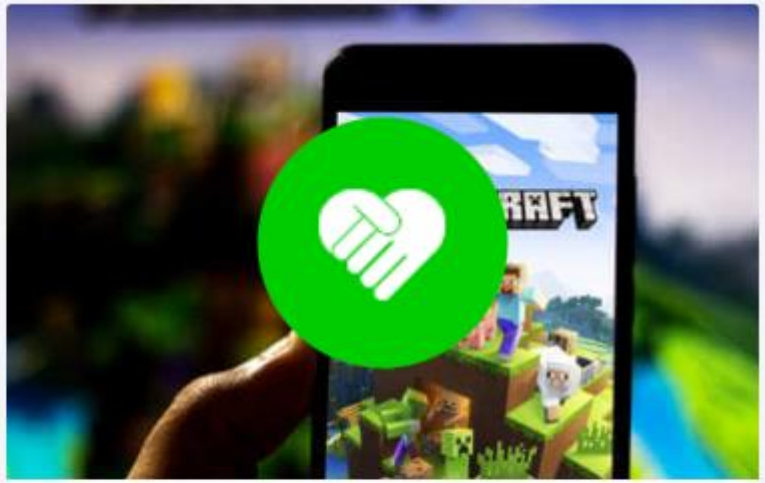
Explore their online world together

- Get involved with your child's life online
- Learn about the apps, games and devices they use
- Play their favourite games with them, try out their favourite apps…
- https://www.internetmatters.org/resources/apps-guide/

Social networking and messaging apps



Social gaming and live streaming apps



Anonymous and decoy apps

Agree rules about what's OK and what's not

- **Clarify** what is allowed… or not
- **Establish** ground rules like no phones at the dinner table or in the bedroom at night-time
- **Agree** shared expectations to reduce arguments and keep everyone safe and healthy
- https://www.childnet.com/resources/family-agreement/

Screen time…

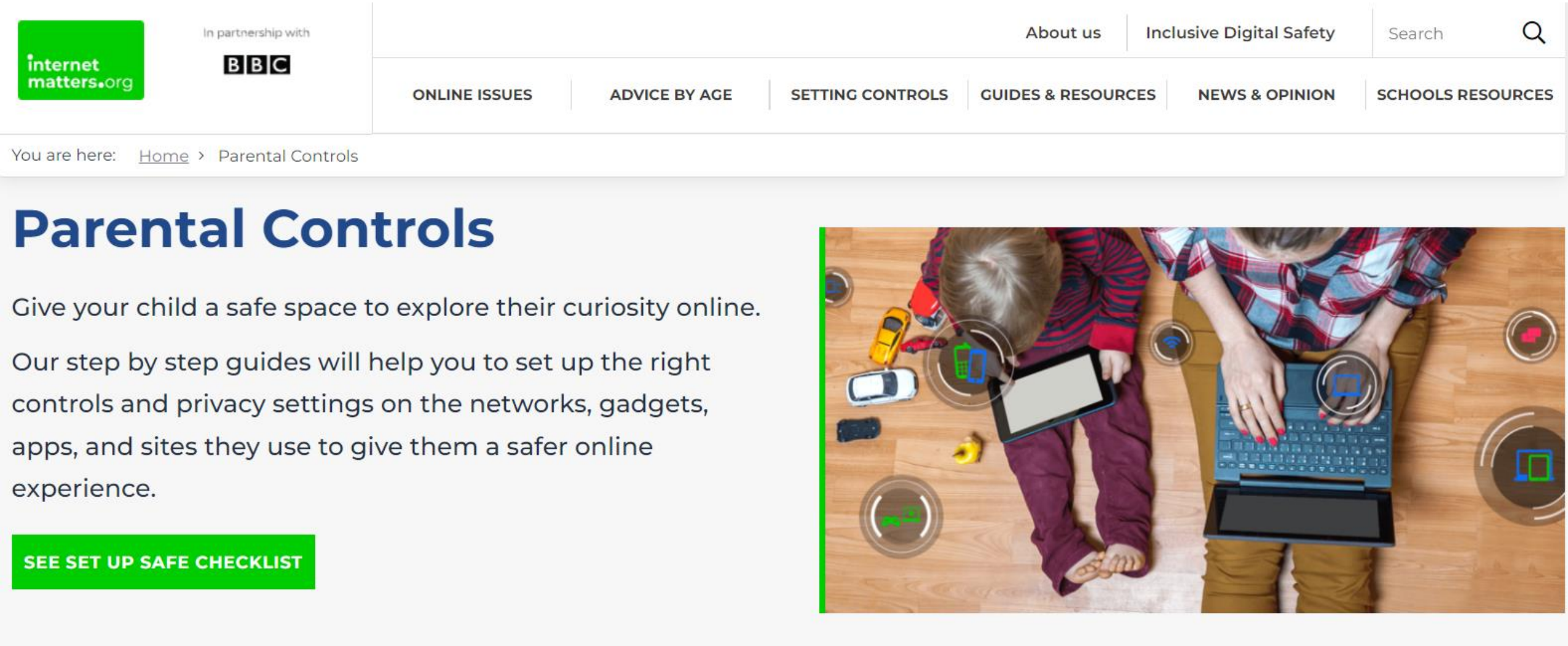
- No ‘recommended’ limits for screen time
- What is device used for?
- Does screen use interfere with what your family want to do?
- Does screen use interfere with sleep?
  - Avoid using devices in hour before bed to promote healthy sleep

Parents should consider their own use of screens…

Photo by Kelly Sikkema on Unsplash

Manage your family's settings and controls

- https://www.internetmatters.org/parental-controls/



How to set parental controls

Many parents are put off using controls and settings as they think they will be difficult to set up, or complicated to use. With our step by steps guides, we can help make it simple and straightforward.

Smartphones and other devices

Select the device from the dropdown list

VIEW ALL

Entertainment & Search engines

Select the device from the dropdown list

VIEW ALL

Broadband & mobile networks

Select the device from the dropdown list

Sky Broadband Shield guide

Social media

Select the device from the dropdown list

Instagram parental controls

Manage your family's settings and controls

Google Family Link

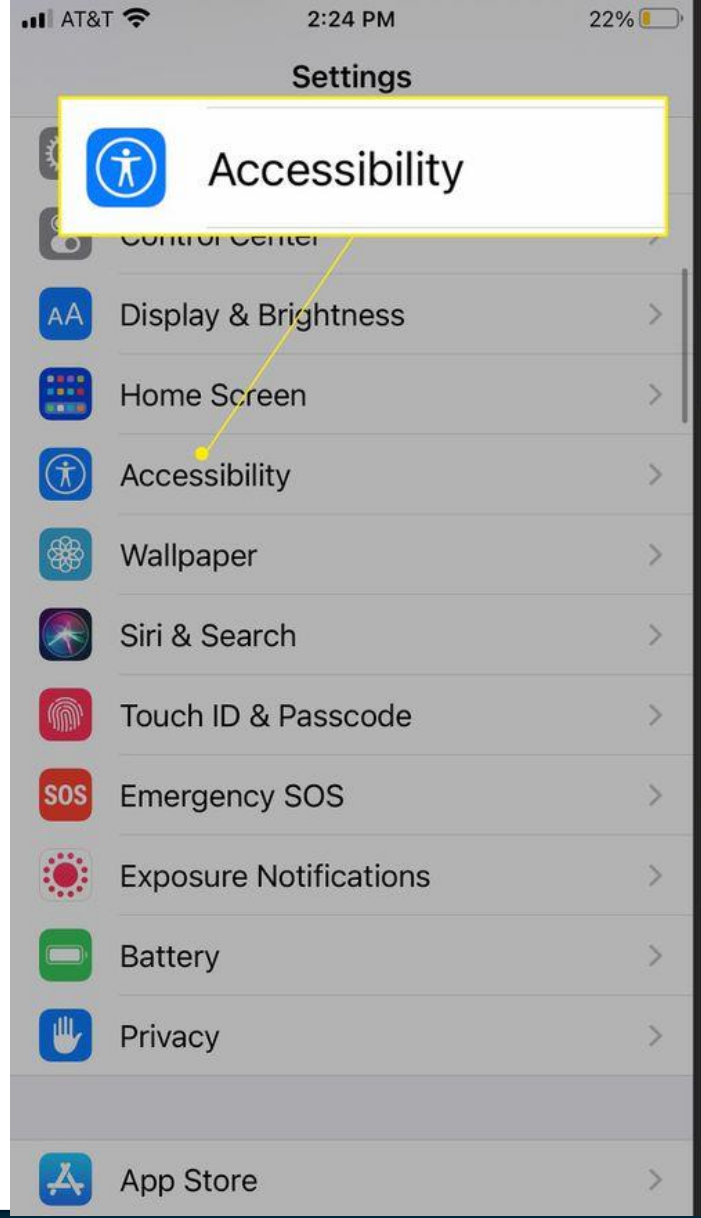
Apple Family Sharing

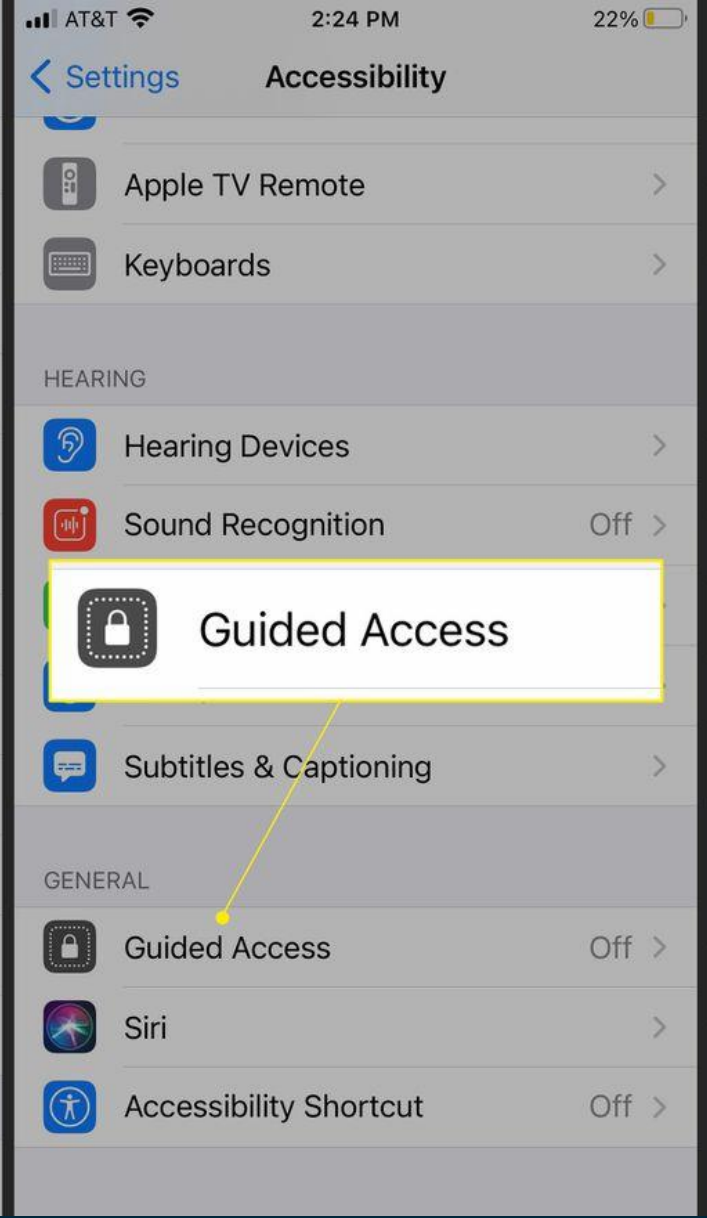
Windows devices

Manage app access, set screen time etc.

iOS

Android screen pinning





Set it up before you wrap it up

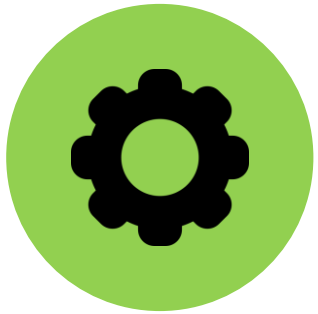
BDSIP | HELPING STUDENTS SHINE

Help your children stay safe online – work as a TEAM...

Talk

Explore

Agree



Manage