

How can you help to protect
your children online?



Objectives of this session


- ▶ Raise awareness of potential risks online



- ▶ Provide you with tips for online safety at home

Three Main Points

- ▶ Young people can be very tech savvy
- ▶ Young people do not have experience to judge risk
- ▶ The digital world can seem as important as the real world

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- ▶ As parents, you have a key role to play in keeping your child safe online.
 - ▶ The school wants to work with parents to ensure pupils are as safe as they can be online, especially now more pupils are engaging in home learning.
 - ▶ Part of keeping your child safe online involves increasing your own awareness of the online world, its risks and how the internet can be used safely.

Positives about using technology



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

But technology can affect children's development...




- ▶ **Sleep cycles** are affected by blue light from screens
- ▶ Screen-based entertainment increases central nervous system arousal
- ▶ One study found that the **more distracted** you are the less able you are to experience empathy



And there are of course risks...

Classifying the risks to children online

Original 3 Cs Classification by
'EU Kids' online project

	Commercial	Aggressive	Sexual	Values
CONTENT Child as Recipient 	Adverts Spam Sponsorship Personal info	Violent and hateful content	Pornographic unwelcome sexual content	Bias Racist Misleading info or advice
CONTACT Child as Participant 	Tracking Harvesting Personal info	Being bullied harassed or stalked	Meeting strangers Being groomed	Self harm Unwelcome persuasions
CONDUCT Child as Actor 	Illegal downloading Hacking Gambling Financial scams Terrorism	Bullying or harassing another	Creating and uploading inappropriate material	Providing misleading info/advice

Dealing with inappropriate CONTENT

What to talk about with your child

- ▶ 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.
- ▶ Set **expectations** and **rules** for what is **appropriate** for your child to look at or play online. Look for the **PEGI rating** on games and apps to ensure it is age appropriate. This is dependant on your child's age as well as their ability.

Top tips/tools to use

- ▶ **Parental controls** and **content locks** on broadband and devices
- ▶ **Safe search on browsers**, e.g. YouTube kids, child friendly search engines.

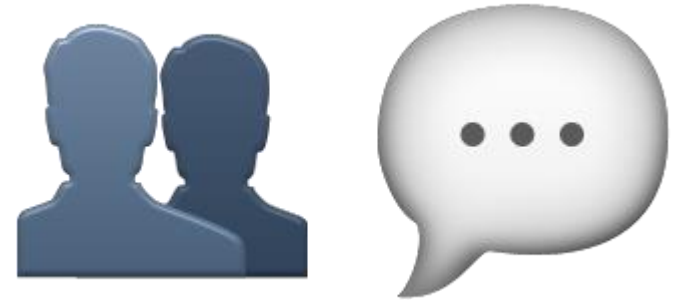


<https://www.youtube.com/watch?v=Twael58dL1s&safe=active>

Dealing with inappropriate CONTACT

What to talk about with your child

- ▶ 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- only allow your child an account if they are the correct age according to the site and that it is suitable for their developmental stage.
- ▶ **Turn off geo location** settings on devices
- ▶ Use the **strongest privacy settings** on social media
- ▶ Learn how to report/block/mute users

<https://www.youtube.com/watch?v=i4GKXsAOYZE&safe=active>

Dealing with inappropriate CONDUCT

What to talk about with your child

- ▶ Talk to a trusted adult if they are experiencing anything upsetting online
- ▶ Think carefully about sharing images of others
- ▶ Be responsible online and ask permission before using devices
- ▶ Raise your child's awareness of keeping personal information safe (full names, DOB, address etc.)

Top tips/tools to use

- ▶ Report inappropriate posts/content to the social media providers
- ▶ Think carefully about using monitoring apps that identify inappropriate behaviour
- ▶ Monitor what your child is doing online



<https://www.bbc.co.uk/cbeebies/grownups/seven-safer-ways-to-share-photos-of-your-child>



7 ways



to share photos
of your child
more safely



Making your home internet safe

- ▶ Keep computers and tablets in **family rooms**
- ▶ Establish **ground rules** with your child about how they can use the internet, when and for how long
- ▶ Install **internet filters**
- ▶ Install **child-friendly browsers**, e.g. kiddie (kids google)



- ▶ **Protect against viruses** using antivirus software
- ▶ Install **parental guidance locks** on popular sites, e.g. YouTube, BBC etc
- ▶ **Log out of apps** or disable in-app purchases to avoid your child buying things online
- ▶ **Monitor** your child's internet usage

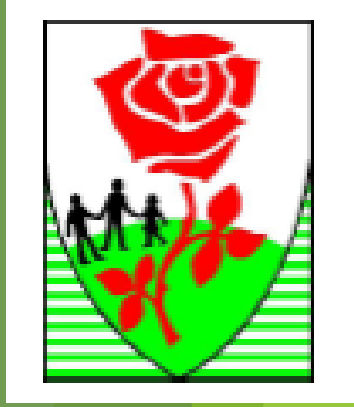


Lock it

What should I do if I'm concerned about my child?

- ▶ Reassure them that they can always come to you for help.
- ▶ Save any evidence relating to a concern or incident, where possible – this could include screen shots relating to the incident.
- ▶ A lot of online platforms have their own reporting processes. Ensure you know about these processes and any external agencies incidents can be reported to.

How does Rosehill School help?



- ▶ Our school adopts a whole school approach to online safety- this means we involve all staff, governors, parents and pupils in the process of keeping our pupils safe online.
- ▶ Pupils are taught about online safety across the curriculum- they are taught about a number of different issues, such as the importance of e-safety and how to report concerns.
- ▶ The school also provides pupils with different posters and leaflets on displays around the school, informing them about online safety, social media and more.
- ▶ The school implements an E-safety Policy. A copy of this policy can be found on the school website.

E-Safety on the Rosehill School website

<https://www.therosehillschool.com/e-safety/>

Any questions?

