

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central white area.

Online Safety Parent Workshop

Tuesday 11th February 2020

What is Safer Internet Day?

- ▶ Safer internet day on Tuesday 11th February 2020
- ▶ Coordinated by the UK Safer Internet Centre
- ▶ Celebrated globally
- ▶ Theme - together for a better internet
- ▶ Inspire national conversation about using technology responsibly, respectfully, critically and creatively
- ▶ Empowers young people to take control of their online lives
- ▶ Use the positive power of the internet for good



Safer Internet Day: understanding consent in a digital world

Research report into children's experience of consent online launched on Safer Internet Day

Teach children:

- How to ask, give and receive consent online
- How they share images and videos
- How they manage their privacy and data

Children will explore:

- How the internet works
- Who owns the information that is shared
- How they can actively take ownership of digital spaces



What are the benefits?

- ▶ Gives children access to a wealth of information to build their knowledge
- ▶ Technology takes away physical barriers to social connections to make children less isolated
- ▶ Exposure to tech has proven to improve children's learning and development
- ▶ Online games and activities enhance teamwork and creativity



What are the negatives?

- ▶ **Effect on behaviour** - constant use of a device can be habit forming
- ▶ **Effect on sleep** - blue light tricks the brain into thinking it's still daylight
- ▶ **Effect on the brain** - increases central nervous system arousal, can make children more anxious, forgetful and distracted, less able to experience empathy



Online Issues



Inappropriate
Content



Cyberbullying



Online Grooming



Sexting



Online Reputation



Self-Harm



Online Pornography



Radicalisation

Popular apps

- ▶ Youtube
- ▶ Facebook
- ▶ Instagram
- ▶ Snapchat (13+) - messaging app to exchange pictures and videos that disappear after they're viewed
- ▶ Minecraft (13+) - build and create a virtual world, online chat feature, some violence, in-app purchases
- ▶ Fortnite (13+) - violent game, online chat feature, offensive language, mature content
- ▶ Tiktok (13+) - watch, create and share videos (originally musical.ly), mature content, send and receive direct messages, uses location information
- ▶ Roblox - online gaming platform to create and share own games, online chat feature

Popular apps

- ▶ **BIGO LIVE** - stream live videos and comment, mature content, focus on status and spending money (e.g send and receive virtual gifts 'Beans' that cost real money)
- ▶ **BitLife** - simulation game and engage in risky behaviour, exposes children to mature ideas
- ▶ **Discord** - gamers connect via text, voice and video, easily viewable adult content, ability to chat privately with stranger
- ▶ **HOLLA: Live random video chat** - connecting via video chat with strangers using a phone number or Facebook account, swipe Tinder-style until you like someone, enable location tracking to connect with people nearby, mature content
- ▶ **IMVU and Zepeto** - interact with users through 3D avatars, earn virtual coins through taking surveys and watching ads or buying with real money
- ▶ **Like** - create short video lip-syncing videos (similar to Tik Tok), mature music and dancing, follow other users, climb a leader board, send and receive direct message and virtual gems that cost real money
- ▶ **Lipsi and Tellonym** - anonymous feedback app, users tell other users what they think of them without revealing their identified, link to other social media platforms, encourages bullying and trolling

Social Media Platforms



Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)

TikTok
Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret



YouTube
Keek
Foursquare
WeChat
Kik
Flickr

Content, Contact and Conduct

	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

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

Content

What to talk about?

- Encourage children to seek support and talk to a trusted adult
- Pornography is an unrealistic image of sex and relationships
- Importance of respect for each other

Top tips:

- Parental controls on home broadband
- Content lock on mobile networks
- Child friendly search engines (e.g. Google, Youtube)

Contact

48%

**of secondary school
children have talked to
strangers on social
media**

48%

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

Contact

What to talk about?

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how to respond to friend requests or messages
- Never meet up with anyone they don't know

Top tips:

- Set up safe social media profiles with strongest privacy settings
- Don't share personal information
- Turn off geo location
- Learn how to report, block and mute

Conduct

25%

**of children will
experience
cyberbullying**

50%

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

Conduct

What to talk about?

- Encourage children to seek support and talk to a trusted adult
- Think carefully about sharing images - the t-shirt test
- Be responsible - digital footprint

Top tips:

- Report inappropriate posts or content
- Monitoring apps identify inappropriate behaviour

How can I speak to my child about Online Safety?

- ▶ **Start with a positive note**
- ▶ Talk about sharing online
- ▶ Talk about your child's online identity
- ▶ Talk about staying safe and supporting each other online



Controlling tech time

Top tips:

- ▶ Set a good example
- ▶ Agree when and length of time they can use a device
- ▶ Turn off notifications and auto-play functions
- ▶ Create screen free zones (e.g. bedroom, dinner table) and times (e.g. week days)
- ▶ Use apps to manage screen time (e.g. iPad guided access, forest app)

More information

<https://www.bbc.com/ownit>

OWN IT




The Basics




Take Control



It's Personal



**Take control with
the brand new
Own It app!**

 **Find Out More**

More information

<https://swiggle.org.uk/>



What are children taught in school?

- ▶ Computing lessons - Autumn 1 e-safety
- ▶ PSHE lessons
- ▶ Assemblies
- ▶ E-safety week and Safer Internet Day
- ▶ Ongoing conversation

Summary

5 tips for parents:



**Understand
the risks**



**Communicate
regularly**



**Keep the risks
in proportion**



**Agree helpful
mediation
strategies**



**Develop coping
strategies that foster
resilience**

**internet
matters.org**

More information

- **Child Exploitation & Online Protection Centre**
 - For concerns about online sexual abuse or the way someone has been communicating online ceop.police.uk/CEOP-Reporting/
- **NSPCC Net Aware**
 - A guide to social networks that children use net-aware.org.uk/#
- **Childline 0800 1111**
 - 24 hour free helpline service for children and young people



NSPCC
Net Aware)))

