Online Safety Parent Workshop

Tuesday 11th February 2020

What is Safer Internet Day?

SAVE the DATE

Safer Internet Day

2020 | Tuesday

11 February

Together for a better internet

www.saferinternetday.org

- 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

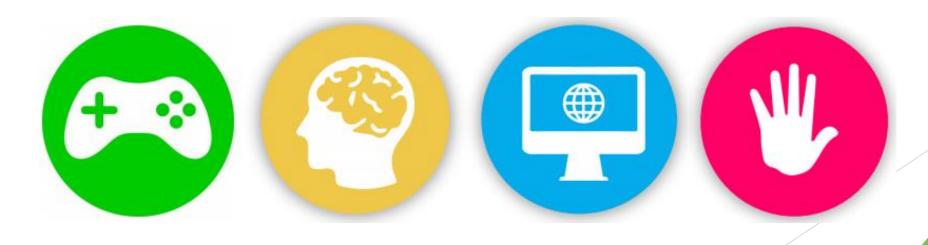
Children will explore:

- 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 muiscal.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

TikTok Twitter Facebook Instagram **Pinterest**

Google+

Age Restrictions for Social Media Platforms (Ages specified in terms as of 2014)



YouTube Keek Foursquare WeChat Kik Flickr

Tumblr Path Tinder Reddit WhatsApp Snapchat LinkedIn Secret (13 with parents' permission

Vine

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

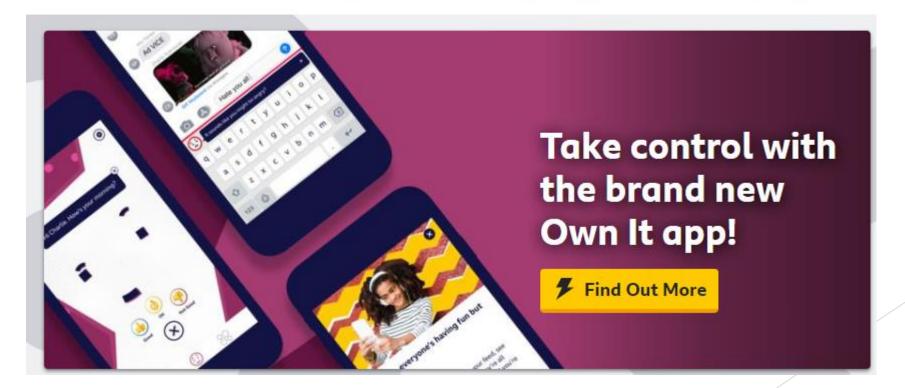
https://www.bbc.com/ownit











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:

1 Understand the risks

2 Communicate regularly

3 Keep the risks in proportion

Agree helpful mediation strategies

5 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 <u>ceop.police.uk/CEOP-Reporting/</u>



NSPCC Net Aware

A guide to social networks that children use <u>net-aware.org.uk/#</u>



Childline 0800 1111

24 hour free helpline service for children and young people

