



# E-Safety Parent Workshop

*Helping to keep your children safe online*





# Aims of the session

- Reflect on the potential risks of internet use for children.
- Discuss the importance of communication with children about the time they are spending online.
- Understand how to set up parental controls on home and mobile devices.
- Know what to do if your child encounters problems online.
- Q & A



# Statistics

- 1 in 3 children are internet users
- 1 in 4 children have experienced something upsetting online
- 1 in 3 children have been a victim of cyberbullying
- In 2016 the Internet Watch Foundation found 57,000 websites which contained child sexual abuse images
- There were over 12,000 counselling sessions with young people who talked to Childline about online issues last year



# Children Online Potential Risks

- Cyber bullying
- Grooming
- Inappropriate websites
- Losing control over pictures and video
  
- Giving out too much information online
- Viruses, hacking and security



# Risks of Gaming

- Many online games have communication features which allow their users to interact anonymously e.g. Minecraft (all devices) and World of Warcraft (PC)
- Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information e.g. World of Warcraft
- Some game consoles allow internet access as well, so it is important to be aware of their communication features.



# Tips

- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor mobile phones, gaming devices, and laptops.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.
- Check the browser search history on a regular basis



# Communication

- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.
- No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.
- Create a family agreement for internet use, such as on <http://www.childnet.com/resources/know-it-all-for-parents/kiapp-cd>



# Creating a Family Agreement

## Staying Safe Online:

1. I will ALWAYS tell a parent or another adult immediately, if something is confusing or seems scary or threatening.
2. I will NEVER give out my full name, real address, telephone number, school name or location, schedule, password, or other identifying information when I'm online. I will check with an adult for any exceptions.
3. I will NEVER have a face-to-face meeting with someone I've met online. In rare cases, my parents may decide it's OK, but if I do decide to meet a cyberpal, I will make sure we meet in a public place and that a parent or guardian is with me.
4. I will NEVER respond online to any messages that use bad words or words that are scary, threatening, or just feel weird. If I get that kind of message, I'll print it out and tell an adult immediately. The adult can then contact the online service or appropriate agency. If I'm uncomfortable in a live chat room, I will use the "ignore" button.
5. I will NEVER go into a new online area that is going to cost additional money without first asking permission from my parent or teacher.
6. I will NEVER send a picture over the Internet or via regular mail to anyone without my parent's permission.
7. I will NOT give out a credit card number online without a parent present.

Young Person \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_





# Discussion Starters

- What are your favourite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face?
- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?
- Do you use IM or chat rooms to talk to your friends and others?
- How many people do you have on your buddy/contact list(s) and who are they?
- Have you ever chatted with someone you did not know in real life? What kinds of things did you talk about?
- Do you know how to block others in chat rooms and IM? Can you show me how to do this?

Go to <http://www.netsmartz.org/InternetSafety> for further examples.



# Parental Controls - Internet

- The 5 big internet providers in the UK - BT, Sky, TalkTalk, Plusnet and Virgin Media - provide their customers with free parental controls.
- These providers offer filter levels e.g. BT provides 'light', 'moderate' or 'strict' filter levels.
- Parents can :
  - customise their parental controls.
  - allow and block specific sites.
  - set filter times.
  - set limits for time online.



# Parental Controls - devices

- Parental controls can also be set up on games consoles, such as Playstation, Xbox and Nintendo Wii.
- Restrict games based on age rating.
- Restrict time spent e.g. On the Xbox 360 activate the "Family Timer" to limit the total amount.
- Control your child's friend requests so you know who they're playing with online.
- Restrict online user-to-user communication and the exchange of user-generated content.



# Parental Controls - Smartphones

- Capable of a range of internet functions: social networking, listening to music, playing games, browsing the internet, checking emails, taking photos and videos and watching TV.
- Out and about, users access the internet via 3G connection which is provided by the data allowance in their mobile contract.
- All mobile network providers provide parental controls.
- Some will have these on as default, but others you will need to request to be turned on.

E.g. Tesco Mobile and O2 have a parental control option to ensure that only websites they have classified as suitable for children under 12 can be accessed. Contact your service provider to find out about filtering options.



# Parental Controls - Smartphones

- Internet on smartphones can be accessed by Wi-Fi from home, therefore home internet controls apply.
- Some apps can help filter out age-inappropriate content or help restrict some of the smartphone functions, so have a look in the app store.
- Check what parental controls are available for the specific smartphone; some devices may have options for switching off the internet browser.



# Parental Controls - iPads

- Look at age ratings and customer reviews before your child downloads an app.
- There are tools available which can block some communication apps. For example there are parental control settings on the iPad to disable the following functions:
  - FaceTime: a video calling app
  - Ping: an instant messaging app
- Multiplayer gaming: You can choose settings to prevent multiplayer games and adding friends. Find the parental control settings and in the Game Centre section select 'Off' for 'Multiplayer Games' and 'Adding Friends'.



# Facebook and Messenger

[Messaging](#) | [Photo / image sharing](#) | [Video chat](#) | [Voice calls](#) | [Content sharing](#) | [Live streaming](#) | [Location sharing](#)



## Minimum age according to Facebook and Messenger

This is Facebook's minimum age. What do you think is the right age for this network? [Share your thoughts](#)▼

## Children's views

### What do children and young people say to look out for:

48% of the children and young people who reviewed Facebook and Facebook Messenger thought that it can be risky. The key risks they told us about were:

- Talking to strangers, or having strangers view their profile
- Lack of privacy and a feeling that anyone can find and add them
- Adverts and pop-ups which aren't appropriate for young people
- Coming across disturbing or upsetting videos
- Hackers

### Why young people like it:

The main things that young people told us they liked about this site were:

- Talking to their friends and sharing photos and videos
- You can keep up to date with what's happening in the world
- The funny videos and memes



# Instagram

[Photo / image sharing](#) | [Content sharing](#) | [Messaging](#) | [Video chat](#) | [Live streaming](#) | [Location sharing](#)



## Minimum age according to Instagram

This is Instagram's minimum age. What do you think is the right age for this site? [Share your thoughts](#)▼

## Children's views

### What do children and young people say to look out for:

34% of the children and young people who reviewed Instagram thought that it can be risky. The top risks were:

- Strangers following or talking to them, particularly adults
- Bullying, especially people posting mean posts or pictures
- Hacking and fake accounts
- People screenshotting and sharing their pictures and videos without permission

### Why young people like it:

The main things that young people told us they liked about this site were:

- Seeing what your friends are doing and commenting on their pictures
- Following your favourite celebrities
- Seeing and sharing funny pictures and videos





# Snapchat

[Photo / image sharing](#) | [Video chat](#) | [Messaging](#) | [Location sharing](#) | [Content sharing](#)



## Minimum age according to Snapchat

This is Snapchat's minimum age. What do you think is the right age for this app? [Share your thoughts](#)▼

## Children's views

### What do children and young people say to look out for:

32% of the children and young people who reviewed Snapchat thought that it can be risky. The main reasons they gave were:

- Strangers adding you
- You can't control what you see when you open a Snapchat from someone else
- People can screenshot your Snapchats and then share them

### Why young people like it:

The main things that young people told us they liked about this site were:

- It's a fun way to communicate with friends
- The filters you can put on your photos
- Having streaks with friends (Snapstreaks count the number of days in a row that you and your friend have Snapchatted each other)



# Minecraft: Pocket Edition

[Gaming](#) | [Messaging](#)



## Minimum age according to Minecraft: Pocket Edition

This is Minecraft's PEGI age rating. What do you think is the right age for this game? [Share your thoughts](#)▼

## Children's views

### What do children and young people say to look out for:

14% of the children and young people who reviewed Minecraft thought that it can be risky. The main reasons they gave were:

- People can be rude and mean, especially if you play with people you don't know
- Losing
- Having to kill animals in the game

### Why young people like it:

The main things that young people told us they liked about this site were:

- It is fun and creative
- You can choose to play by yourself or play with others in multiplayer mode
- You can play the pocket edition everywhere, rather than having to be at your console

# WhatsApp

[Messaging](#) | [Video chat](#) | [Photo / image sharing](#) | [Voice calls](#) | [Content sharing](#) | [Location sharing](#)



## Minimum age according to WhatsApp

This is WhatsApp's minimum age. What do you think is the right age for this app? [Share your thoughts](#)▼

## Children's views

### What do children and young people say to look out for:

12% of the children and young people who reviewed WhatsApp thought that it can be risky. The main reasons they gave were:

- Being contacted by strangers
- Random people being able to see your profile picture
- There are some scam messages

### Why young people like it:

The main things that young people told us they liked about this site were:

- It's an easy way to message and call your friends and family
- It's free
- Group chats



# YouTube

[Content sharing](#) | [Messaging](#) | [Live streaming](#)



## Minimum age according to YouTube

This is YouTube's minimum age. What do you think is the right age for this site? [Share your thoughts](#)▼

<https://www.net-aware.org.uk/networks/?order=-popularity>

## Children's views

### What do children and young people say to look out for:

26% of the children and young people who reviewed YouTube thought that it can be risky. Key things they mentioned were:

- Some videos don't contain age appropriate content
- Mean comments on videos
- Adverts, these can be annoying and sometimes inappropriate

### Why young people like it:

The main things that young people told us they liked about this site were:

- Interesting and funny videos
- Keeping up with celebrities, vloggers and YouTubers
- The YouTube community
- The privacy settings and reporting options



# What to do if your child sees inappropriate material online

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again.
- Keep records of abusive messaging.
- Report abusive or inappropriate behaviour to the website and if serious, to the police.
- If you come across illegal content, such as images of child abuse, you can report this to the Internet Watch Foundation at [www.iwf.org.uk](http://www.iwf.org.uk).



# Useful Websites

- [www.saferinternet.org.uk/advice-and-resources/a-parents-guide/internet-enabled-devices](http://www.saferinternet.org.uk/advice-and-resources/a-parents-guide/internet-enabled-devices)
- [www.kidsmart.org.uk/beingsmart](http://www.kidsmart.org.uk/beingsmart)
- [www.childnet.com/resources/parental-controls](http://www.childnet.com/resources/parental-controls)
- <https://www.thinkuknow.co.uk/parents/Primary/>
- <http://www.netsmartz.org/Parents>



**Hordle CE Primary School**

ON A LEARNING ADVENTURE

Any Questions?

