Good afternoon

Please sign in and help yourself to drink and biscuits
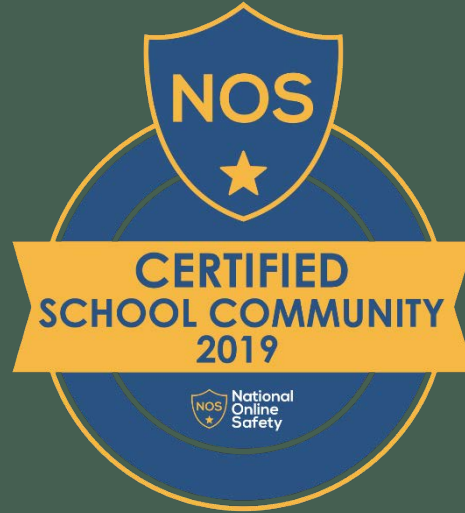
Online Safety

How can we help our children stay safe online?

Mr Genders

Aims of the evening

- To raise awareness about dangers for children on the internet.

- To know how you can help your child to stay safe online.

- To know where to find more information.

UK Safer Internet Centre

NOS
★
CERTIFIED
SCHOOL COMMUNITY
2019
National Online Safety

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There are lots of positives...

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

Research shows the outcomes for children are better if they benefit from connected technology

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But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens

- Screen-based entertainment increases central nervous system arousal

- Millennials are **more forgetful** than OAP's

- One study found that the **more distracted** you are the less able you are to experience empathy

And there are of course risks...

	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

Risks parents are concerned about

	2016	2013	
Viewing sexual content	67%	62%	Up 8%
Contact from strangers	67%	58%	Up 16%
Viewing violent content	64%	57%	Up 12%
Online bullying	60%	52%	Up 15%
Encouraging self-harm	48%	-	
Sharing sexual images	44%	-	
Pro-anorexia content	42%	-	
Radicalisation	41%	32%	Up 28%
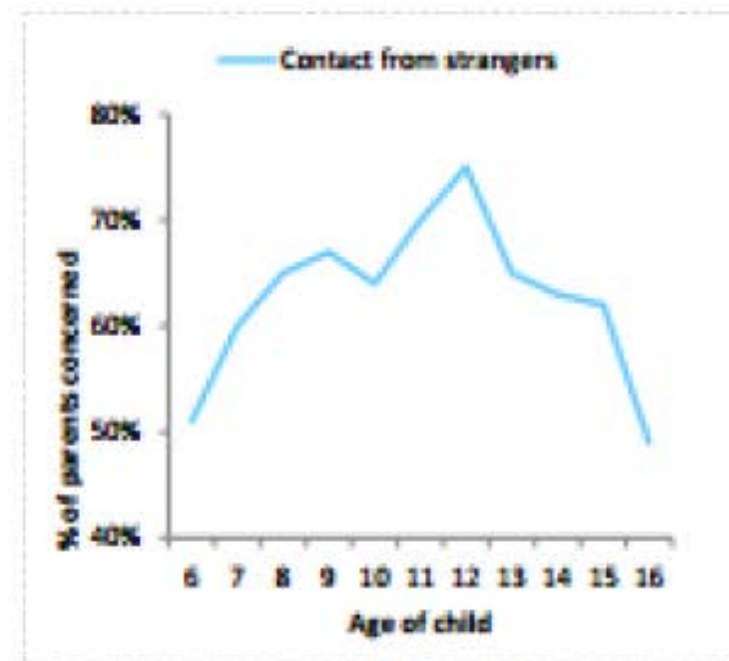
- Parents concern is increasing around online risks, perhaps due to **media coverage** & **pace of change** of technology
- Concern typically peaks at **11-12 years old** which coincides with moving to secondary school

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Unsafe Communications

48%
of secondary school children have talked to strangers on social media

48%
of 11 year olds have a social media profile

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Unsafe Communications

25%

of children will experience cyberbullying

50%

of children say someone has been nasty online
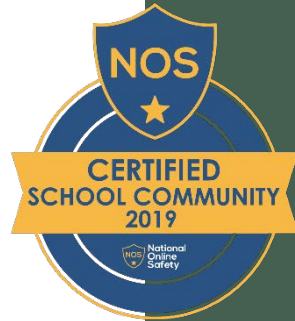
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Unsafe Communications

- Online relationships
- Fake profiles
- Online bullying
- Online grooming
- Child sexual exploitation
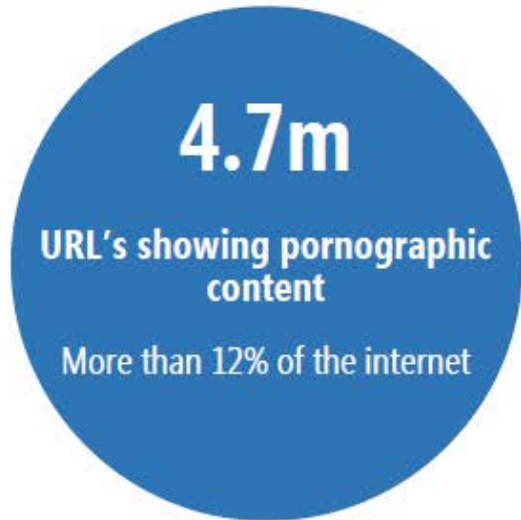- Child harassment and violence
- Sexting
- Live streaming

Effects to mental health, well-being and lifestyle

- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Gambling and Skin Betting
- Radicalisation, Terrorism and Extremism

Managing Online Information

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

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Managing Online Information

- Age appropriate content
- Copyright and ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts and Pop Ups
- The Dark Web

Risk is not harm. Positive action can prevent risks becoming harmful.

So what can we do?

1. Start with a positive conversation

- Discuss what they enjoy and why (apps / Favourite vloggers/ website / social networks).

- Talk about how and who they share their lives with online – make sure to touch on what they would and wouldn't share.

- Have a chat about what their online identity means to them and how they feel it reflects who they really are.

- Discuss the issues they may face such as pressure to conform or encountering negativity and provide guidance and advice.

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2. Get them to think critically about online and offline influences

- Encourage them to think about the intentions behind what people share and be sure to check sources of information if they seem too good to be true.

- Make sure they have a varied digital diet to ensure they are exposed to a range of ideas that will give them a balanced view of the world.

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3. Highlight the importance of being #FreeToBe online

- Discuss safe ways for them to stay authentic to who they are online. This could be only sharing certain content with people who offer positive encouragement and avoiding and reporting toxic environments online.

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4. Encourage them to review their data and privacy

- To ensure they stay in control of the information they share online, get them to regularly check who they are friends with online and what data giving away on the platforms they use.

- Doing regular Google search on their name can be a simple way to manage what content is visible to everyone or remove content that may be incorrect or harmful to their reputation.

5. Stay engaged with what they do online

- Have regular check-ins about what they do online to be better prepared to offer your support.

- Steer them towards apps and platforms that will support their passions and help them express who they are.

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https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-parent-or-carer/film-how-can-parents-talk-children

Parental Controls

Further questions?