



Do you want to be able to keep up with your kids online?

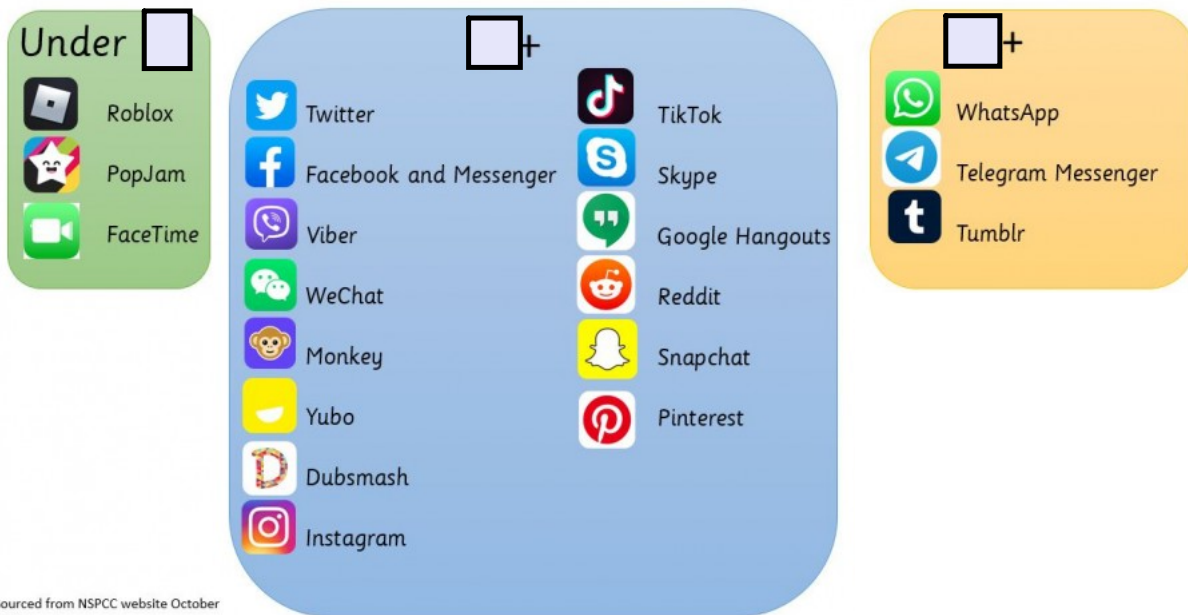
What does your child love doing online?
What services and devices do they use?

The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.

What do you think the age restrictions are on these apps?

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?



Sourced from NSPCC website October 2019

How do we teach Online Safety to children at Chapel Allerton?

Computing at



Six assemblies each year and a half term of explicit Online Safety lessons in every year group.



Understanding risks and keeping ourselves safe.



Looking after our mental health when online.

Chapel Allerton Primary School
Online Safety Newsletter
Autumn 1



Six Online Safety newsletters each year.

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



Education



Social



Express individuality



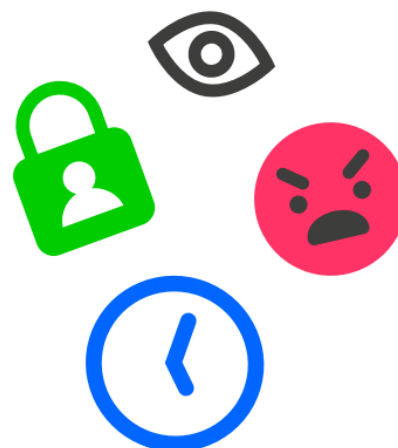
New skills

Positive action can limit risks becoming harmful.

What are the risks?

Risks parents are concerned about

Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%



Dealing with inappropriate CONTENT



URLs showing pornographic content – **more than 12%** of the internet



Average age to **first view porn online**



of children have **seen explicit images** by age of 10

Dealing with inappropriate CONTENT

What to talk about


- 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

Top tips / tools to use

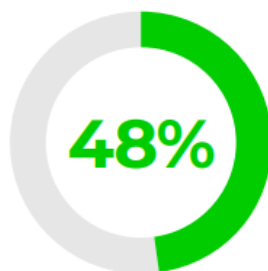
- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines



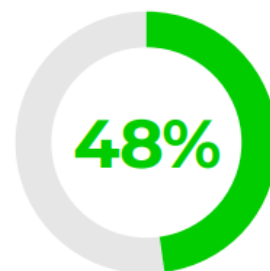
1. On your iPhone or iPad, go to [SafeSearch settings](#) .
2. Turn **Explicit results filter** on or off.
 - To turn off SafeSearch, turn off **Explicit results filter**.
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1. On your iPhone or iPad, open the Google app .
2. At the top right, tap your **Profile picture or initial** > **Settings** > **Hide explicit results**.
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Dealing with inappropriate CONTACT



of secondary school children
have talked to strangers
on social media



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

Dealing with inappropriate CONTACT

What to talk about

- 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 to 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
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute

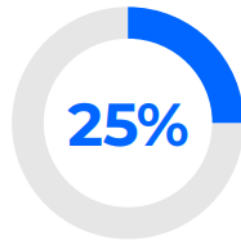
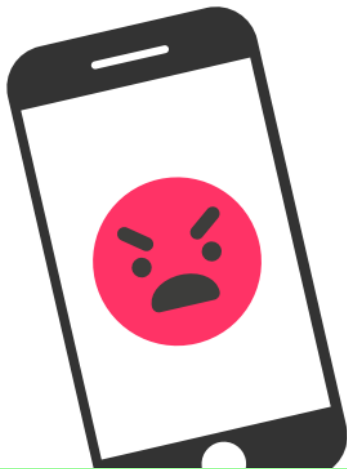
How to block TikTok

Go to the person's profile. 2. Tap the 3-dot icon in the top right. 3. Tap **Block** and follow the steps in the app.

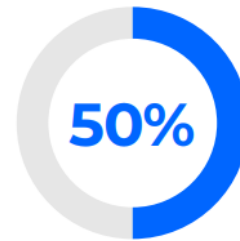
PSS™ console: block a player

- 01 Press the PS button to go to the control center and then select **Game Base**.
- 02 From the **Friends** tab, select a friend from the list.
You can also select players from the **Parties** tab by selecting the party and then the player from the members list.
- 03 On the player's profile select **...(More) > Block**.

Dealing with inappropriate CONDUCT



of children **will**
experience cyberbullying



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

Dealing with inappropriate CONDUCT

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour



Dealing with 'SEXTING'

15-40%

of young people are involved in sexting
Threat comes **mostly from peers** and is often coercive

What to talk about

- It's hard to control where images might be shared
- It's illegal to create or share a sexual image of a child under 18



Top tips / tools to use

- **The T-shirt test** – if you wouldn't wear the picture on your T-shirt, don't share it online
- If your child is involved in sexting, contact CEOP & Childline who can help to remove images



[Should I make a report to CEOP? →](#)

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What are children taught in school?

KS1

Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

KS2

Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact



password

a secret and private word
or number needed to access
something

personal information

details, photographs and other
private information

online-Safety



appropriate

safe, sensible and useful

consequence

the unpleasant and
bad result or effect

concerns

being anxious or worried



-
- | Protect my password and other personal information.
 - Explain the consequences of sharing too much about myself online.
 - Support my friends to protect themselves and make good choices online, including reporting concerns to an adult.
 - Explain the consequences of spending too much time online or playing an online game.
 - Explain the consequences to myself and others of not communicating kindly and respectfully.
 - Protect my computer or device from harm on the internet.
-

In our next session, we will explore ways of keeping your children safe at home to support the learning that takes place at school.

What can I do at home?

“My kids know more about the internet than I do...”



Have great internet manners



1. Treat others as you would like to be treated



2. If you wouldn't say it to someone in person don't say it online



3. People can't see your body language, facial expressions or hear the tone of your voice online – so don't over-use icons and punctuation to convey meaning



4. Don't make a situation worse by provoking people even more



5. Don't start rumours or spread gossip about someone online



6. Don't make fun of someone in an online chat

Have great internet manners



7. Post things that will inspire and motivate people in a positive way



8. Make sure you don't create a negative environment in an online world or game through name calling



9. Include people in online games and social forums, and don't intentionally leave people out



10. You can't retrieve material once it's sent or posted online so if it might embarrass you or someone, don't put it online



11. Respect other people's privacy



12. Respect other people's time and bandwidth by avoiding posting too much information

How to block inappropriate contact online:



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How to block TikTok

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PS5™ console: block a player

- 01 Press the PS button to go to the control center and then select **Game Base**.
- 02 From the **Friends** tab, select a friend from the list. You can also select players from the **Parties** tab by selecting the party and then the player from the members list.
- 03 On the player's profile select **...(More) > Block**.



Block another player

Blocking another player prevents you from receiving that player's messages, game invites, and party invites. It also prevents the player from seeing your online activity and removes them from your friends list, if they were on it.

1. Press the **Xbox** button  on your controller to open the guide.
2. Select **People**, and then select the gamertag of the player whom you want to block.

Note If the player isn't on your friends list, select **Recent players** or **Find someone** and enter the player's gamertag to search.

3. From the player's profile, select **Report or Block**, and then select **Block**.

Understand and follow the legal age limits:

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Age Group	Platforms
Under 13	Roblox, PopJam, FaceTime
13+	Twitter, Facebook and Messenger, Viber, WeChat, Monkey, Yubo, Dubsplash, Instagram, TikTok, Skype, Google Hangouts, Reddit, Snapchat, Pinterest
16+	WhatsApp, Telegram Messenger, Tumblr
17+	Line, Sarahah, Tellonym

Sourced from NSPCC website October 2019

Create a plan:

Controlling tech time

How to switch off...

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:



Turn off notifications on apps to avoid that constant 'ping'



'No phones at the table' rule or 'no phones between 6 and 7' rule



Buy an alarm clock so you don't have devices in the bedrooms

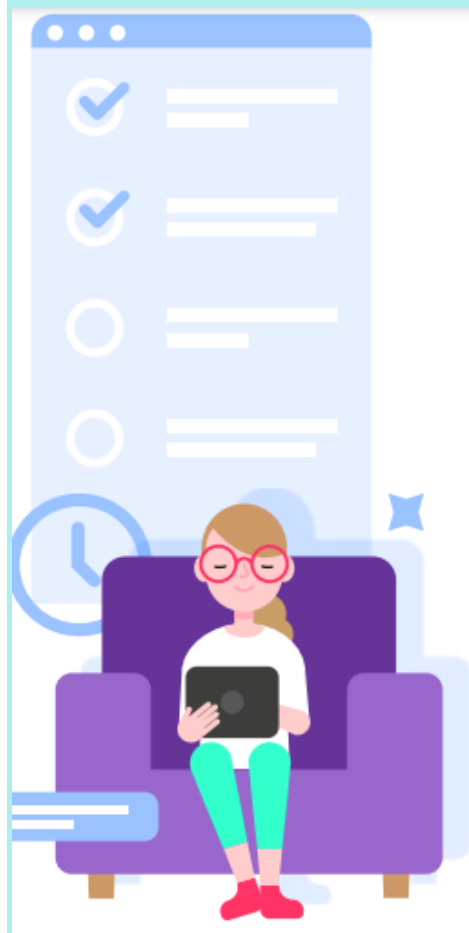


Family tech-free days!



Keep phone on silent in your pocket or bag when you pick the kids from school





Agree on boundaries

Be clear about what your child can and can't do online – where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

When you do give them their first device make sure that it is set up appropriately for them with the right parental controls in place. It's a good idea to **introduce tech-free meal times** and encourage them to **keep phones out of the bedroom at night** to help them build a healthy screen time balance.

Put yourself in control

Set parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Explore together

The best way to support your child online is to **talk to them about what they do online** and what sites and apps they like to use. Be inquisitive and ask them to show you their favourites to check they're suitable.

Search safely

If you let your child search independently, **make sure safe search is activated on Google and other search engines**, as well as restricted mode on YouTube. You can set your default search to one designed specifically for children, such as Swiggle, and can save time by adding these to your Favourites.

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. **For example, the minimum age limit is 13 for several social networking sites**, including Facebook, Instagram, Snapchat and TikTok.

Make use of platforms and services designed with children in mind like CBBC, YouTube Kids, Sky Kids, BBC iPlayerKids. Although sites aimed at under-10s like Spotlite (Formerly Kudos) also have social networking elements. See other similar social networking sites built for kids in our ['Social networks made for kids' guide](#).

Stay involved

Encourage them to use their tech devices in a shared space like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Talk to siblings

It's a good idea to talk to any older children about what they're doing online and what they show to younger children. **Encourage them to be responsible and help keep their younger siblings safe.**



Talk about it: Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school. **Try to de-personalise it by asking their opinion on a current news story** that relates to an online issue.
- **Be proactive - don't wait until something has already gone wrong** - discuss issues ahead of time - knowing what children of a similar age are doing will help you know more about the environment that your child is living in.
- **Ask them for advice on how to do something online** and use this as a conversation starter.
- Make sure they know they can come to you if they're upset by something they've seen online - **listen to them when they do and try not to overreact** - the important thing is that they have come and told you!
- **Be sensitive and praise them** when they share their online experiences with you.
- If your child comes to you with an issue, **stay calm and listen without judging them.**
- **Talk about online grooming as you would stranger danger** and explain that people they meet online might not be who they say they are.
- Ask them about things online which **might make them (or others) uncomfortable.**

If you need more support. Talk to us at school or:

Other useful support services



Child Exploitation & Online Protection Centre

For concerns about online sexual abuse or the way someone has been communicating online
ceop.police.uk/CEOP-Reporting/

The logo for the National Society for the Prevention of Child Abuse (NSPCC), consisting of the letters 'NSPCC' in a bold, green, sans-serif font.

NSPCC Net Aware

A guide to social networks that children use
net-aware.org.uk

The logo for Childline, featuring the word 'childline' in white lowercase letters on a blue rectangular background, with the tagline 'ONLINE, ON THE PHONE, ANYTIME' in smaller white text below it.

Childline 0800 1111

24 hour free helpline service for children and young people