

Hampstead Parochial School

**Online Safety**

Parent Presentation



# Content

- An overview
- Risks
- Inappropriate content
- Inappropriate contact
- Inappropriate conduct
- What are children taught at HPS
- Controlling tech time
- Three things to teach your child
- Parent fact sheet with links



# An open dialogue...

<https://www.keepitreasonline.govt.nz/parents/pornography/>

# The internet in a minute...



Google  
**4.1m search queries**



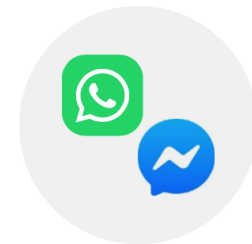
Facebook  
**1.3m logged in**



Instagram  
**698k scrolls**



Twitter  
**194k tweets**



WhatsApp &  
FB Messenger  
**59m messages sent**



TikTok  
**1.4k downloads**



Twitch  
**1.2m views**



**400k apps**  
downloaded



**1.1m**  
spent online



# 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

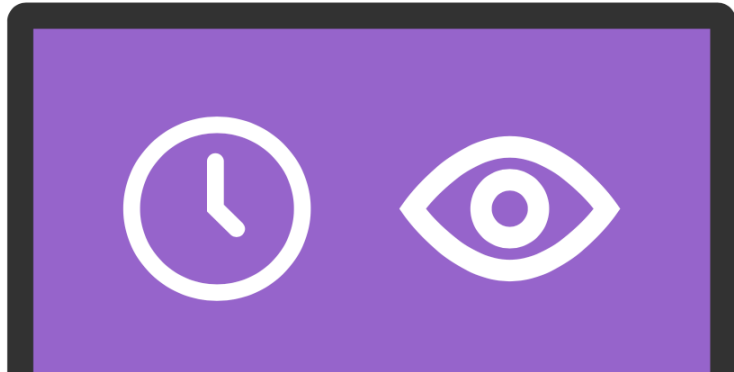


Improve both visual intelligence and hand-eye coordination



# But technology can effect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**

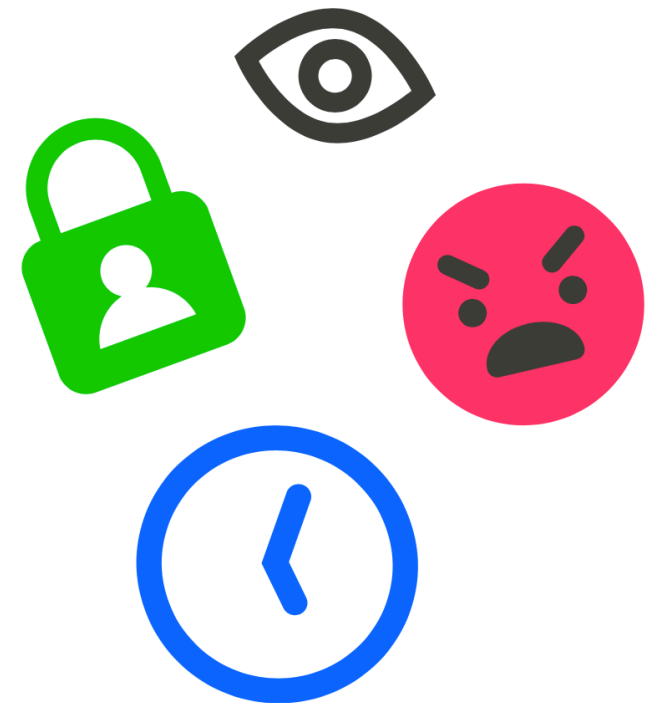


- Children today are **more forgetful** than OAP's
- One study found that the **more distracted** you are, the less able you are to experience empathy
- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.



# Risks that parents are concerned about...

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



# Risk is not harm...

Positive action can limit risks becoming harmful. Here are 5 tips for parents:

- 1 Understand the risks
- 2 Communicate regularly
- 3 Keep the risks in proportion
- 4 Agree on helpful mediation strategies
- 5 Develop coping strategies that foster resilience





# Dealing with inappropriate content...

**4.7**  
million

URL's showing  
pornographic content –  
**more than 12%** of the internet

**11**  
years

Average age to **first**  
**view porn online**

**1/3**

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



# Dealing with inappropriate content...

## What to talk about

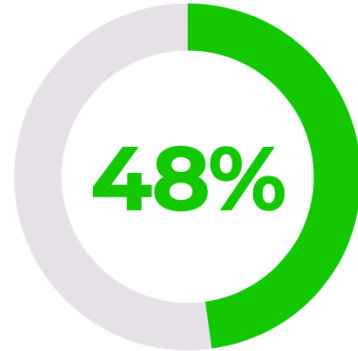
- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

## Top tips / tools to use

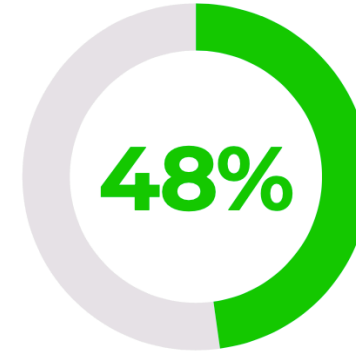
- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines



# 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

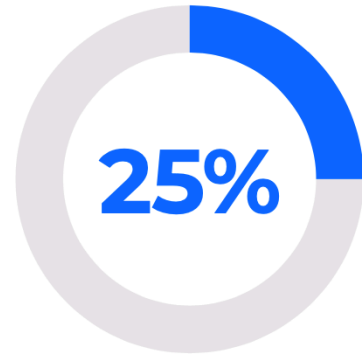
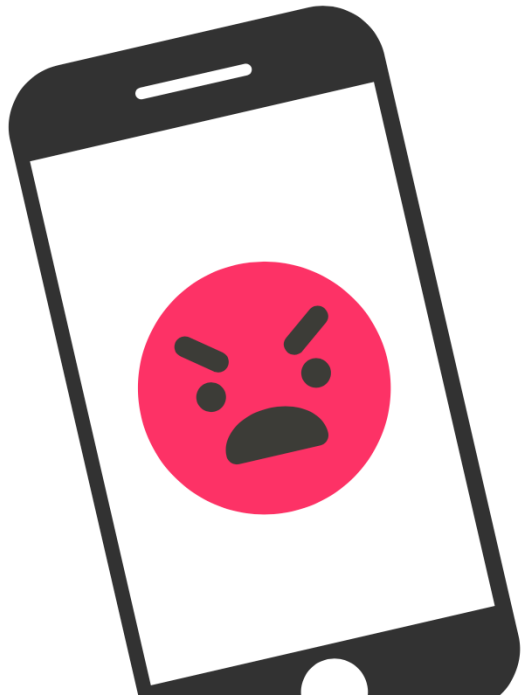
- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

## Top tips / tools to use

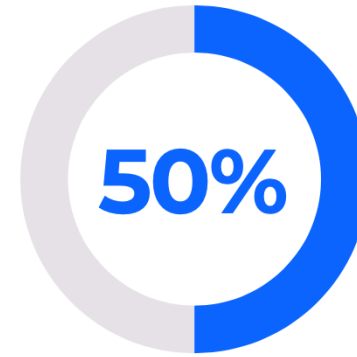
- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute



# 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



# 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

## KS3

Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns

## KS4

Understand how changes in technology affect safety, including new ways to protect their online privacy and identity, and how to report a range of concerns





# In addition, at HPS we embed it across...

- Computing Curriculum
- PSHE Curriculum
- Appropriate filters and monitoring system
- Curriculum and safeguarding assessed as part of Ofsted framework
- Children's 'Acceptable Use Policy' signed by all children.
- Parent 'Acceptable Use Policy' to be sent home to all parents following parent workshops



# Controlling tech time...

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:

1

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

2

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

3

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

4

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

5

Family tech-free days!



# Controlling tech time

And there are tactics you can put in place **to help manage** their screen time...

1

Set a good example

2

Talk together about the time spent online

3

Agree on appropriate length of time they can use their device

4

Get the whole family to unplug & create screen-free zones

5

Use technology/apps to help manage screen time e.g. Forest App



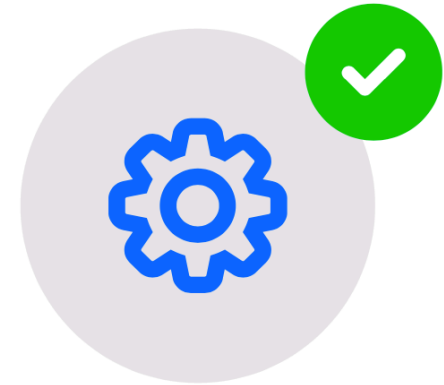
# Three things to teach your child



**Be a confident  
communicator**



**Be a critical  
thinker**



**Be a capable  
tools user**



# Parent fact sheet with links...

## PARENTS & CARERS: INFORMATION & ONLINE RESOURCES

### 1. Where can I get online safety advice?

**Childnet Hot Topics** - a collection of advice covering topics like screen time, parental controls, digital wellbeing and live streaming - [www.childnet.com/parents-hot-topics](http://www.childnet.com/parents-hot-topics)

**UK Safer Internet Centre advice hub** - tailored advice for foster carers, adoptive parents, health care professionals and more - [www.saferinternet.org.uk/advice-centre](http://www.saferinternet.org.uk/advice-centre)

**Tackling difficult conversations** - advice and resources on how to talk to children and young people about online safety issues - [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)

**Keeping under 5s safe** - tailored advice for keeping under 5s safe online - [www.childnet.com/under-5s](http://www.childnet.com/under-5s)

**Digital Parenting** - a free online magazine offering information and advice on online issues - [www.vodafone.com/content/parents](http://www.vodafone.com/content/parents)

**Ask About Games** - specific advice and online guides about gaming and PEGI age ratings - [www.askaboutgames.com](http://www.askaboutgames.com)

**Phone Brain** - information about paid for services such as premium rate numbers and in-app purchases - [www.phonebrain.org.uk](http://www.phonebrain.org.uk)

**Get It Right From A Genuine Site** - get to know which sites are legal for streaming and downloading films, music & games - [www.getitrightfromagenuinesite.org](http://www.getitrightfromagenuinesite.org)

### 2. Where can I go to keep up to date?

Online resources	Socials
<p><b>NetAware</b> - online guide and app with advice on popular online services, games and apps <a href="http://www.net-aware.org.uk">www.net-aware.org.uk</a></p> <p><b>Common Sense Media</b> - online advice and reviews for games, apps, films, books etc <a href="http://www.commonsensemedi.org">www.commonsensemedi.org</a></p>	<p>@childnetinternational</p> <p>@childnet</p> <p>@uk_sic</p> <p>@childnetinternational</p> <p><a href="http://www.childnet.com">www.childnet.com</a></p>

### OUR PARENTS & CARERS HUBS

**Childnet International** The parents and carers pages offer key advice on a range of online safety risks and detailed information on how and where to report online content [www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)

**UK Safer Internet Centre** The parents and carers pages offer an advice centre with detailed support for parents, foster carers and adoptive parents, health care professionals and many more. [www.saferinternet.org.uk/parents](http://www.saferinternet.org.uk/parents)

### 3. Where can I get more support?

**Childnet need help** - find out where to access support and report online concerns & risks [www.childnet.com/parents-help](http://www.childnet.com/parents-help)

**Support for parents & carers**

**NSPCC** NSPCC - providing help and support for adults who are concerned about the safety or wellbeing of a child 0808 800 5000

**O2 NSPCC** O2 & NSPCC - providing help and support with social media, setting up parental controls, privacy settings and much more 0808 800 5002

**Family Lives** Family Lives - providing help and support with all aspects of family life 0808 800 2222  
For advice: [www.familylives.org.uk](http://www.familylives.org.uk)

**YOUNGMINDS** Young Minds - providing help and support with young people's mental health and wellbeing 0808 802 5544  
For advice: [youngminds.org.uk](http://youngminds.org.uk)

**Support for children & young people**

**childline** Childline - providing help and support for under 18s 0800 11 11 or online: [www.childline.org.uk](http://www.childline.org.uk)

**THE MIX** The Mix - providing help and support for 13-25 year olds 0808 808 4994 or online: [www.themix.org.uk](http://www.themix.org.uk)

### 4. Where can I get step by step guides and checklists?

**A Parents' Guide to Technology** [www.saferinternet.org.uk/parent-tech](http://www.saferinternet.org.uk/parent-tech)  
A set of guides highlighting safety tools on popular devices like games consoles, phones, smart TVs and tablets.

**Safety tools on social networks & other online services** [www.saferinternet.org.uk/safety-tools](http://www.saferinternet.org.uk/safety-tools)  
Find out more about the safety features available on popular social networks and apps, like YouTube and WhatsApp.

**Internet Matters** [www.internetmatters.org](http://www.internetmatters.org)  
Step by step guides that will help you put in place parental controls on your broadband, phone networks and entertainment services.

**Social networking checklists** [www.saferinternet.org.uk/checklists](http://www.saferinternet.org.uk/checklists)  
A set of guides to help you use safety and privacy features of popular social networking sites like Facebook, Snapchat, Instagram and Twitter.

**Childnet Family Agreement** [www.childnet.com/family-agreement](http://www.childnet.com/family-agreement)  
The Childnet Family Agreement provides a framework for setting out expectations for online behaviour and usage.

**How to restrict in-app purchases** [www.childnet.com/restrict-in-app-purchases](http://www.childnet.com/restrict-in-app-purchases)  
Find out how to restrict in-app purchases within app stores like the Apple App Store and Google Play.

### 6 Top tips for supporting your child online

- 1 - Have a conversation and get to know what your child likes to do online and how going online makes them feel. Visit our [www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers) for conversation starters.
- 2 - Establish boundaries and routines for the whole family when using technology and going online. This could include where devices are kept, how long they are used and when.
- 3 - Be clear on strategies your child can use if something worries or upsets them online. This could be how to get support, who to talk to or turning over the device and get help.
- 4 - Get to know the safety features on devices in your home. There are features on devices, wifi, phone networks and entertainment services. See the guides on the right for help.
- 5 - Be curious not furious. It can be really worrying if your child sees something unexpected or inappropriate online but try to remain calm whilst supporting your child. This reaction will help them to feel that they can come to you again.
- 6 - Keep the conversation going. It's important to keep talking about online safety. Find quiet moments together or use current news stories as a way of approaching the subject again.

### 5. Where do I go to make a report?

**Child Exploitation and Online Protection Command (CEOP)** - A police agency tackling child abuse online, where you can report any concerns about the behaviour of someone online towards a child. [www.ceop.police.uk](http://www.ceop.police.uk)

**CEOP's Think U Know** website has information and resources for children and parents as well as a link to report any concerns. [www.thinkunkow.co.uk](http://www.thinkunkow.co.uk)

**Internet Watch Foundation** - Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting child abuse imagery found online hosted in the UK and internationally. [www.iwf.org.uk](http://www.iwf.org.uk)

**Childnet's 'How to make a report'** - Reporting advice of where and how to make a report on popular games, social networks and video platforms. [www.childnet.com/how-to-make-a-report](http://www.childnet.com/how-to-make-a-report)

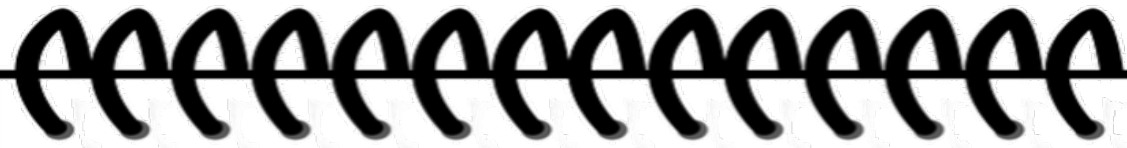
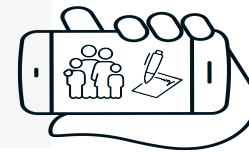
**Report Harmful Content Online** - Part of the UK Safer Internet Centre, this online tool will guide you through the reporting process for harmful content online. It can support you with reporting issues such as bullying or harassment, threats, impersonation, self harm content or pornographic content. [reportharmfulcontent.com](http://reportharmfulcontent.com)



# Digital Family Agreement

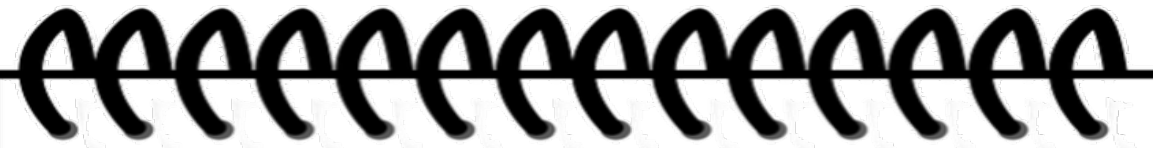


# Digital Family Agreement



*I will:*

*Why?*



*Parent/carer will:*

*Why?*

**If there are any issues:**

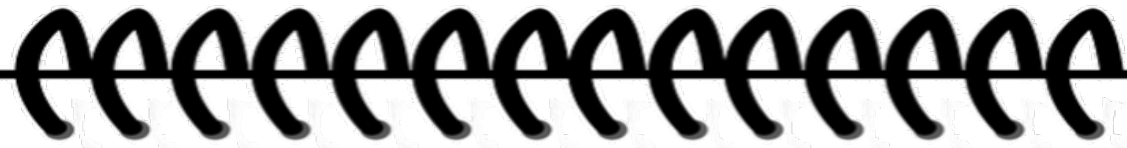
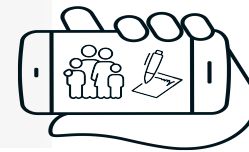
**If I'm worried by anything:**

Signed:

Today's date:

Date we will review this:

# Digital Family Agreement



**I will:**

**Why?**

Check with mum before getting a new app or game or buying an add-on so she can check it's safe

Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry

Check with mum or dad before going live and explain what I can do to avoid any risks

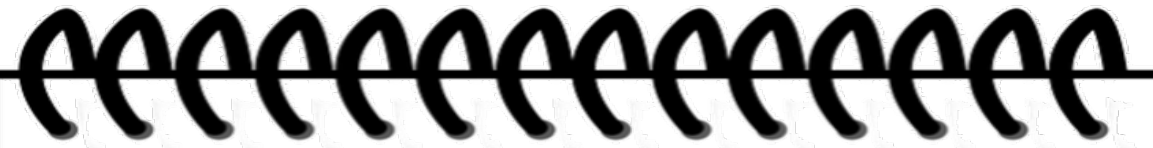
Not post or share any personal information, e.g. mobile, address, to stay private and safe

Put my phone down when we're eating together or mum or dad want to talk, as it's respectful

Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep

Come off my devices an hour before bedtime to unwind and Sleep well

**If there are any issues:**  
We will talk about it calmly and respectfully  
I may have to show you more about what I am doing on devices, or other consequences



**Parent/carer will:**

**Why?**

Put our devices down when you want to talk to me/us so we can model good behaviour

Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk

Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy

Ask permission before sharing any photos of you, to respect your privacy

**If I'm worried by anything:**  
I can tell mum or dad and they won't judge me  
I can talk to Ms Patel at school  
I can contact Childline or The Mix

Signed: *Sophie* Mum Dad

Today's date: *24th March* Date we will review this: *24th May*