

Online Safety

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Thursday 9th February 2023

**Safer
Internet
Day 2023** | **Tuesday**
7 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

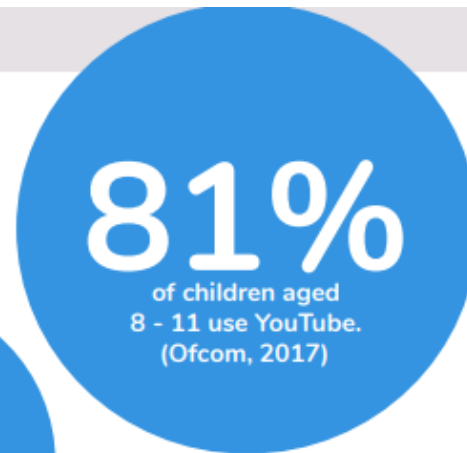
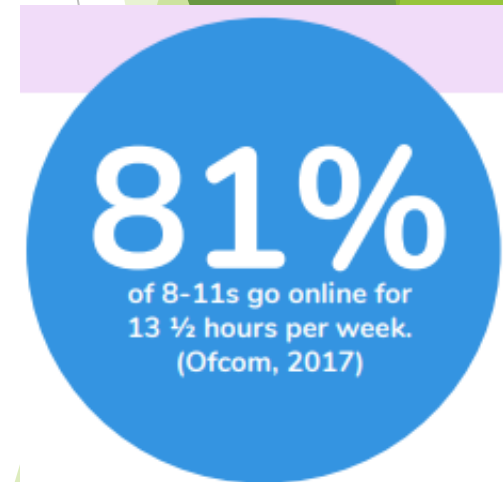
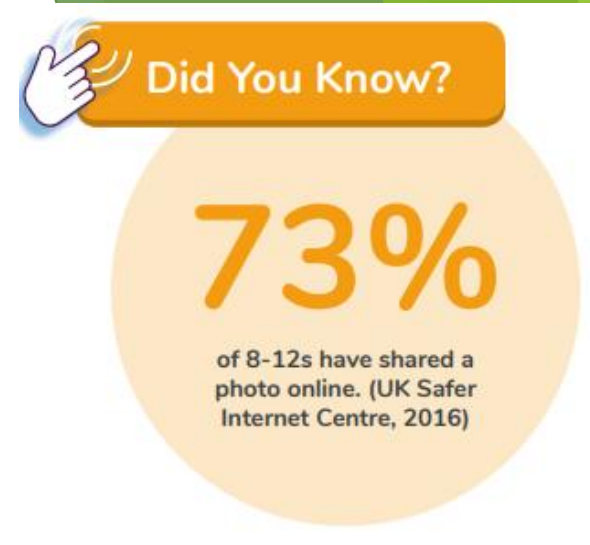
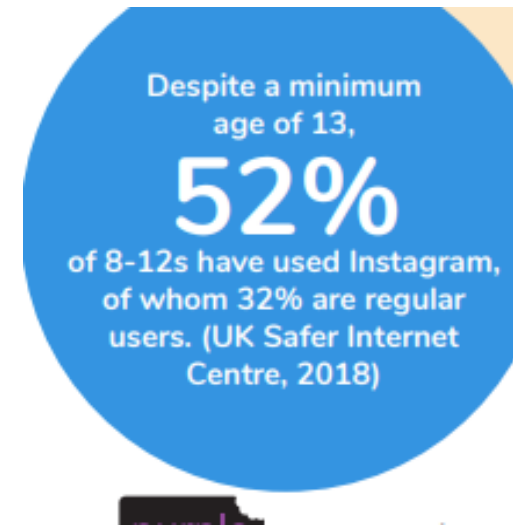
Welcome and Aims

- ▶ Understand the positive use of the internet and how to safeguard children from harm.
- ▶ Recognise how children at this age are interacting with the online world
- ▶ Identify the common risks to be aware of.
- ▶ Understand online safety at home and help build children's digital resilience.
- ▶ Recognise the importance of communicating with children and providing them with the tools they need to keep themselves safe.

Rationale

Most of the well-known Social Media apps and websites have a minimum age rating of 13 years!

TikTok, Snapchat, Instagram, Wink, Facebook, Twitter



This statistic supports the idea that they are independently accessing the internet often away from adult supervision.

What are the positives of online technology?

89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends (2020 Ofcom)

- ▶ Visual intelligence and Hand-eye coordination
- ▶ Access to a wealth of information
- ▶ Language Skills
- ▶ Teamwork and creativity
- ▶ Problem Solving

Digital Landscape - How are our children using devices?

Nearly all children went online in 2021 (99%); the majority used a mobile phone (72%) or tablet (69%) (Ofcom 2022)

- ▶ Children are highly connected
 - ▶ Video games
 - ▶ Instant messaging
 - ▶ Creating content

Media usage by age

6 in 10 use any device to go online

2% have their own tablet



27% use a smartphone to go online and 63% use a tablet to do the same

62% play games for just over 6 hours a week



66% play games online



25% use a smart speaker in the home

74% who own a smartphone are allowed to take it to bed with them



81% use their phone to go online and 69% to do the same

36% more likely to watch streams on a mobile device



35% play games online



45% use a smartphone to go online and 72% use a tablet to do the same



37% own their own smartphone

98% spent over 11 hours of streaming from a device per week



83% have their own smartphone

51% use YouTube in 2019 compared to 37% in 2016



5% have their own smartphone

Reference: Ofcom (2019) https://www.ofcom.org.uk/_data/assets/pdf_file/0023/190616/children-media-use-attitudes-2019-report.pdf

internet
matters.org

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

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

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

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

Logging in and out safely
Introduction to communicating online and our digital footprint

How to get help if faced with inappropriate content or contact
Risks and benefits of software and apps
Balancing game and screen time

Why do apps access your location?
What makes a website secure?
Protecting yourself from online bullying, dangers and inappropriate behaviour
Blogging

Year 3/4

Year 5/6

Year 1/2

Year 3/4 continued

Year 5/6 continued

purple
mash



Password security
Accuracy of information on websites
Age restrictions

Sharing digital content
Responsible online behaviour
Appropriate and inappropriate text, photographs and videos and the impact of sharing these online.

How do we 'teach' Online Safety at Round Hill?

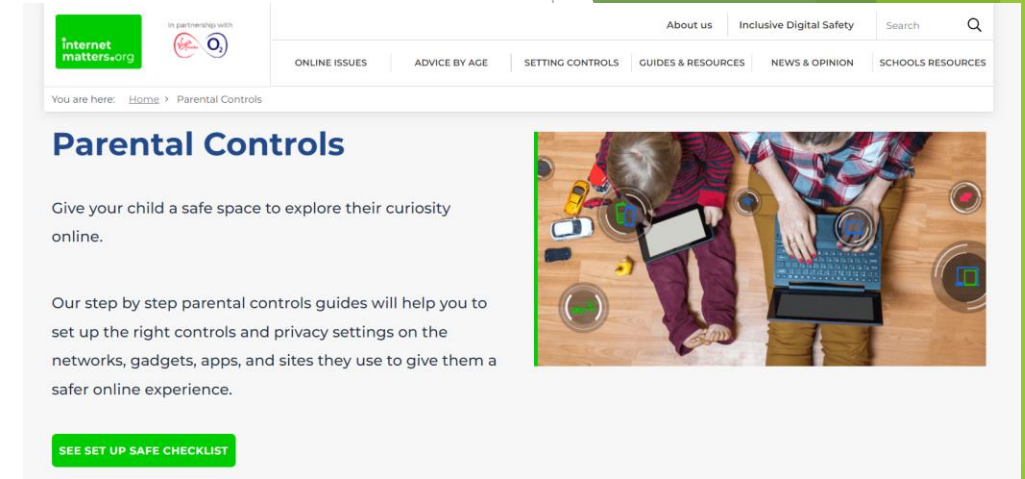
How do we protect children in school?

- ▶ Policy
- ▶ Procedures
- ▶ Safer internet day
- ▶ Curriculum- not just in Computing lessons!
- ▶ SMART rules
- ▶ Hardware safety- firewalls



Help with setting up parental controls

- ▶ We highly recommend this website as it provides step-by-step guides for setting up parent controls for:
 - ▶ Smartphones and devices
 - ▶ Online Media and Entertainment (Youtube, iPlayer, Netflix etc)
 - ▶ Mobile phone networks
 - ▶ Social Media
 - ▶ Gaming consoles
- ▶ www.internetmatters.org/parental-controls/



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



Useful websites

- ▶ Child Exploitation and Online Protection (CEOP) centre: For advice, guidance and reporting concerns

<https://www.thinkuknow.co.uk/parents>

- ▶ Internet Matters: Setting up parental controls (as demonstrated on slide 13)

www.internetmatters.org/parental-controls/

- ▶ UK Safer Internet Centre: Parents' guide to starting conversations with your child about using devices/ apps/ the internet safely

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

- ▶ NSPCC Online Safety guides for parents- Gaming, Social Media and Devices. Regularly Updated.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>

- ▶ Childnet: Supporting Young People Online . A concise (2 sided) document which includes a checklist to remind you of good practice for home.

<https://www.childnet.com/resources/supporting-young-people-online/>

- ▶ And last but not least... Purple Mash: Parenting in a Digital World. A fantastic document made for parents. It contains tips and advice about all aspects of being Online. Organised into age ranges too.

https://static.purplemash.com/mashcontent/applications/code/docs/Saferinternet_parentinginadigitalworld_2019/parenting%20in%20a%20digital%20worldonline.pdf

Thank you very much for listening.

Do you have any questions?

1:1 question opportunity