

E-Safety Information for Parents/Carers (March 2020)

InternetMatters.org share the following infographics regarding possible online 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

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Why is cyberbullying different?



Hard to escape



Instantly reach audience



Repetitive



24 hour



Anonymity



Hard to police

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New pressures for the digital age



Lauren Soagar-Smith
CEO of Kidscape

FOMO- Fear of missing out

"The pull to be part of the 'in' crowd is strong and as a parent it can be easy to forget how that felt at 13 or 14 and some of the associated risks. In the online world that can include pressures to share personal images that a child might think will improve their social status."



Dr. Linda Papadopoulos
Psychologist & Internet Matters Ambassador

Selfies and Mental health

"The selfie phenomenon is like having a mirror following you around 24 hours a day. And not just following you, but giving you a minute-by-minute account of friends, peers and celebrities."



Katie Collett
The Diana Award

Social media and Self-Esteem

"Many young people revealed that they would delete a selfie they've posted if it didn't get enough 'likes' and some told me that getting fewer than even 50 'likes' would make them feel upset and even 'ashamed of myself'."

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Here is some advice from Internet Matters, which we share with the children.

Have great internet manners



Three things to teach your child



Be a confident communicator



Be a critical thinker



Be a capable tools user

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Let's work together

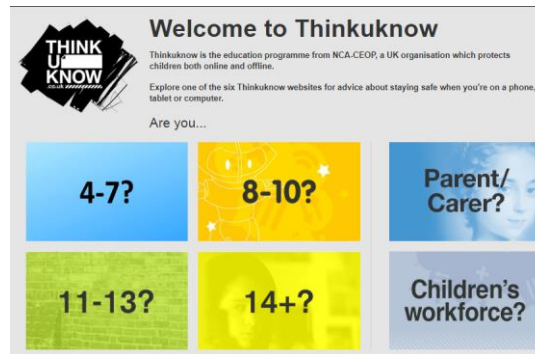
There is a wealth of advice for parents/carers which can be found at:

<https://www.youtube.com/watch?v=4rAYIQEtOy0> and <https://www.internetmatters.org/>

Guide your child to be safe online

The infographic features several key messages in colored circles: 'Think before you post' (blue), 'Be share aware' (light blue), 'Be a good role model' (purple), 'Time online' (pink), 'Get involved' (red), and 'Top tip - have a family agreement Like this example by Childnet' (green). A yellow 'Share Aware' card with a cartoon character and 'NSPCC' logo is also shown. To the right is a 'Family agreement' form with sections for 'Top tips', 'Starting questions', and 'Who is this agreement for?'. The form includes a table for 'What do we use the internet for?' with columns for 'Mum's use' and 'Young people's use'. The 'internet matters.org' logo is in the bottom right corner.

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



Broadband Parental Controls

Your broadband provider has built in controls. See the Internet Matters website for step by step instructions <https://www.internetmatters.org/parental-controls/networks-wifi/>

Network controls

Some mobile networks provide content blocking

Device settings

- Restrict downloads to age appropriate apps and games, that you are happy for them to use
- Password control in app purchases



National Online Safety

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18

1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.



Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



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PLAY AGAIN?
YES NO

How does this game/app work? Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



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Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



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Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

These are some of the ways some pupils say they use the internet.

Do you recognise these? Are you aware of the suggested age recommendations for them?

Survey of Dussindale Pupil Use



Information from NSPCC NetAware site <https://www.net-aware.org.uk/> :

- WhatsApp - official rating 16+
- Youtube 13+
- TikTok 13+
- Fortnite 12+
- Instagram 13+
- Grand theft auto 18+ *contains adults themes, including violence, sex and drug use. For these reasons, NSPCC would not recommend it for any under the age of 18.*

When exploring the following, which were also named in the pupil survey:

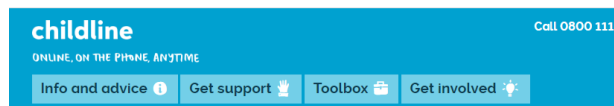
- Signal 1 - *the first pop up was a gambling ad and then news content aimed at adults*
- 5 nights at Freddie's *is said to have some violent/frightening images, strong thematic material, threat and horror.*
- Coin Dozer: Casino *Small Print from the site: These games are intended for adult audiences and do not offer real money gambling or any opportunities to win real money or prizes. Success within this game does not imply future success at real money gambling.*
- Miami Simulator - *a child told us that you drive a tank and see how long it takes to kill 100 people*

We teach the children that if anything worries them online they should talk to a trusted adult. Additionally, concerns can also be reported by:

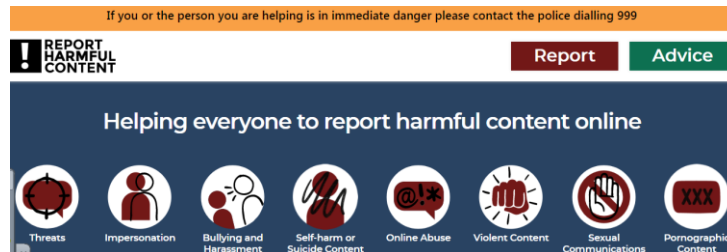
- Clicking the CEOP button which can be found at the bottom of the school website page <http://www.dussindaleprimary.co.uk/>



- Contacting Childline <https://www.childline.org.uk/>



- <https://reportharmfulcontent.com/child/>



What is digital wellbeing?

Our overall wellbeing is determined by the physical and emotional experiences we have on a daily basis. As technology continues to be such a huge part of our lives, from the way we represent who we are to the interactions we have with others, it too has an impact on our wellbeing. This is often referred to as your 'digital wellbeing' or 'online wellness.'



It is essentially about having an awareness of how being online can make us feel, and looking after ourselves and others when we are online. This can include recognising the impact being online can have on our emotions, mental wellbeing and even on our physical health and knowing what to do if something goes wrong.

A screen-time family agreement may be useful at this time to support digital wellbeing:

<https://www.childnet.com/ufiles/Family-Agreement.pdf>

Online Safety Agreement template:

<https://www.childnet.com/ufiles/Online-safety-agreement.pdf>

To help lead healthier digital lives the Children's Commissioner of England launched a guide for families to promote a positive relationship with technology - Digital 5 A Day Guide:

<https://www.internetmatters.org/blog/2017/08/10/find-digital-5-day-can-help-child-balanced-digital-diet/>

Calm Zone: There are lots of way to feel calmer. It's about finding what works for you. Try some of the breathing exercises, activities, games and videos at

<https://www.childline.org.uk/toolbox/calm-zone/> to help let go of stress.