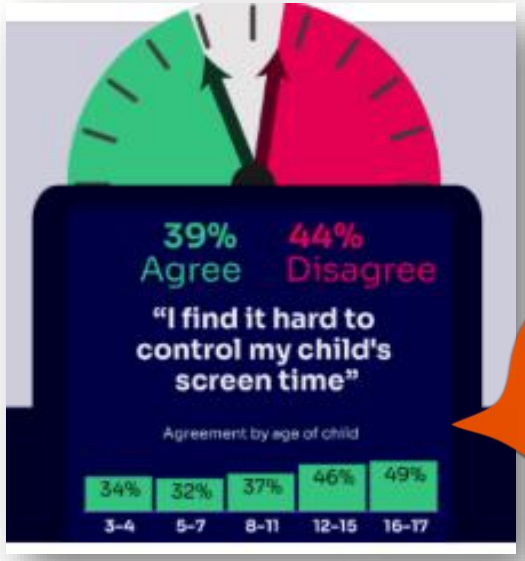
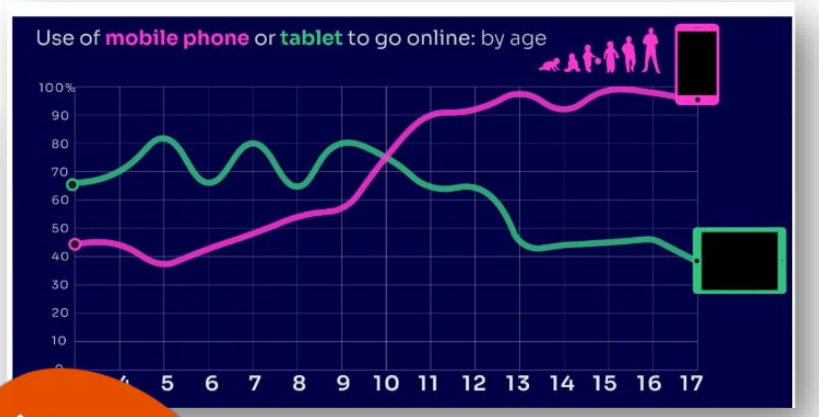
PARENT ONLINE SAFETY

St Helen's Primary School – Tuesday 19th November 2024









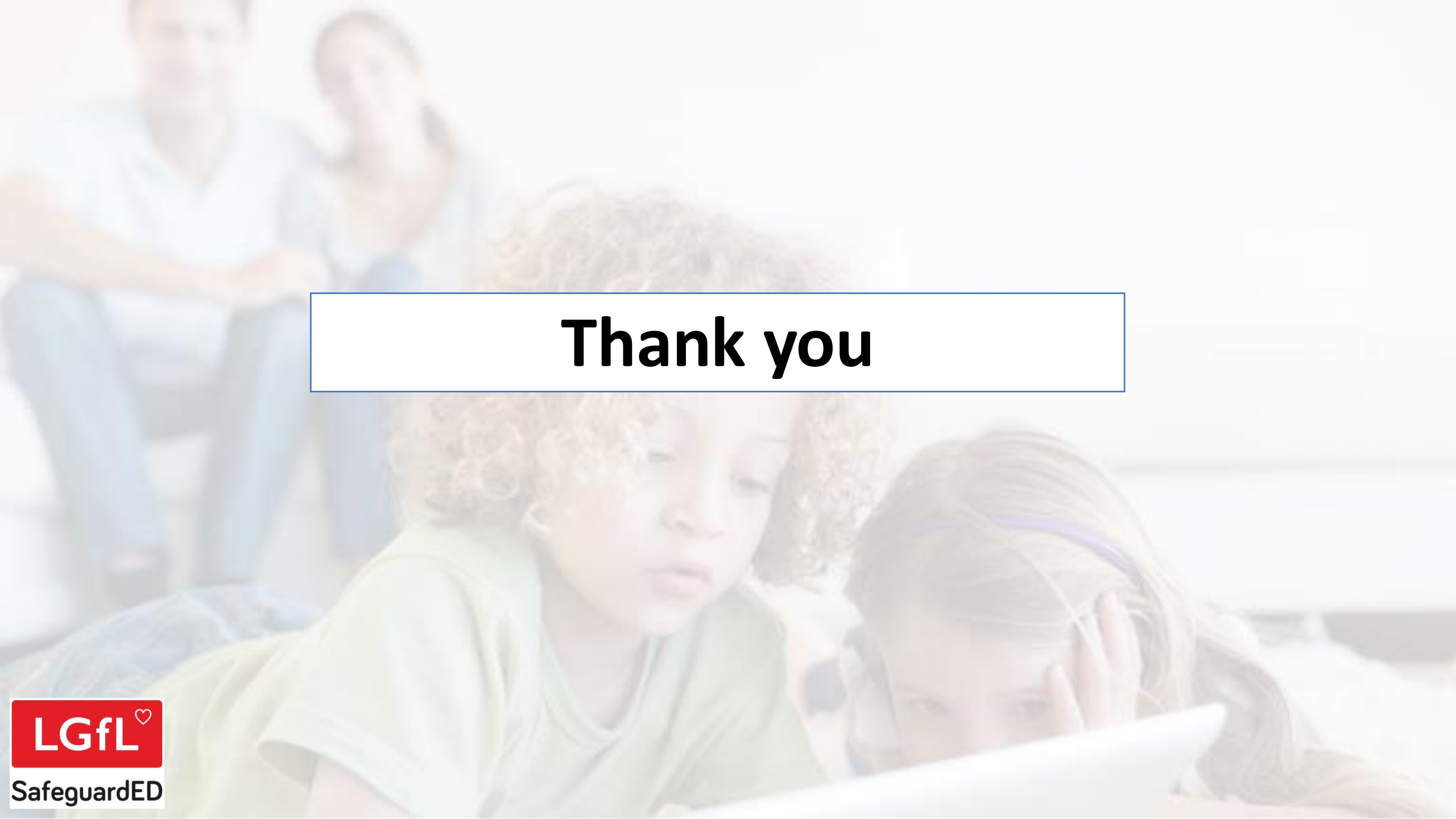








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Thank you

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What internet connected technology can your child access?



















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What are you most WORRIED about when your child is ONLINE?



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Summary of parental concerns at St Helen's Primary School

1. Explaining online safety to my child
2. Cyber bullying
3. Protecting child's privacy and data
4. Screen time and boundaries
5. Understanding social media
6. Parental control
7. Getting other parents to understand the risks

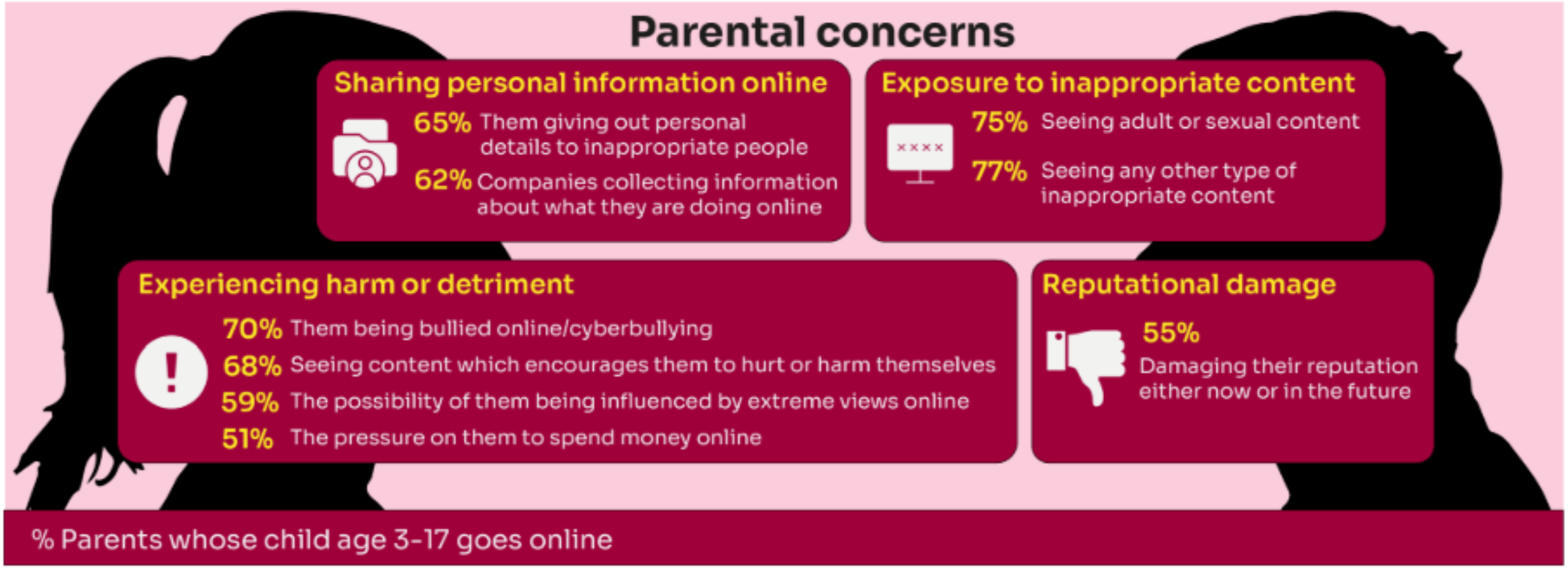
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Summary of children concerns at St Helen's Primary School

- Something popping up – unsure what to do
- Something will scare me
- In case I click something I shouldn't
- Someone I don't know starts talking to me
- Finding things not appropriate
- Being bullied/hate messages/people talking about me/people being mean/rude/disrespectful
- Accounts being hacked / being scammed
- People asking for private information
- Being made to feel uncomfortable by what others say
- Game glitching
- Seeing something scary

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Summary of parental concerns (3 – 17 yr-olds)



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Source: Children and parents: media use and attitudes report 2024

How do we teach online safety?

PROJECT EVOLVE®

Self-image and identity

This strand explores the differences between online and offline identity beginning with self-awareness, shaping online identities and media influence in propagating stereotypes. It identifies effective routes for reporting and support and explores the impact of online technologies on self-image and behaviour.

Online relationships

This strand explores how technology shapes communication styles and identifies strategies for positive relationships in online communities. It offers opportunities to discuss relationships, respecting, giving and denying consent and behaviours that may lead to harm and how positive online interaction can empower and amplify voice.

Online reputation

This strand explores the concept of reputation and how others may use online information to make judgements. It offers opportunities to develop strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles.

Online bullying

This strand explores bullying and other online aggression and how technology impacts those issues. It offers strategies for effective reporting and intervention and considers how bullying and other aggressive behaviour relates to legislation.

Managing online information

This strand explores how online information is found, viewed and interpreted. It offers strategies for effective searching, critical evaluation of data, the recognition of risks and the management of online threats and challenges. It explores how online threats can pose risks to our physical safety as well as online safety. It also covers learning relevant to ethical publishing.

Health, well-being and lifestyle

This strand explores the impact that technology has on health, well-being and lifestyle e.g. mood, sleep, body health and relationships. It also includes understanding negative behaviours and issues amplified and sustained by online technologies and the strategies for dealing with them.

Privacy and security

This strand explores how personal online information can be used, stored, processed and shared. It offers both behavioural and technical strategies to limit impact on privacy and protect data and systems against compromise.

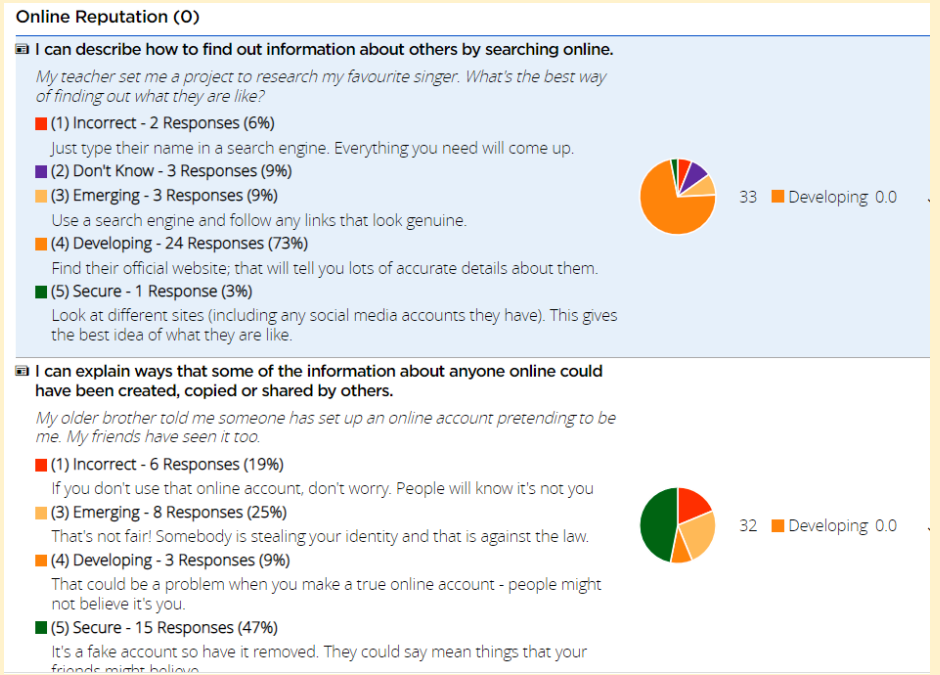
Copyright and ownership

This strand explores the concept of ownership of online content. It explores strategies for protecting personal content and crediting the rights of others as well as addressing potential consequences of illegal access, download and distribution.

[Education for a Connected World](https://assets.publishing.service.gov.uk/media/5efa05b4e90e075c5492d58c/UKCIS_Education_for_a_Connected_World_.pdf)

https://assets.publishing.service.gov.uk/media/5efa05b4e90e075c5492d58c/UKCIS_Education_for_a_Connected_World_.pdf

https://projectevolve.co.uk/



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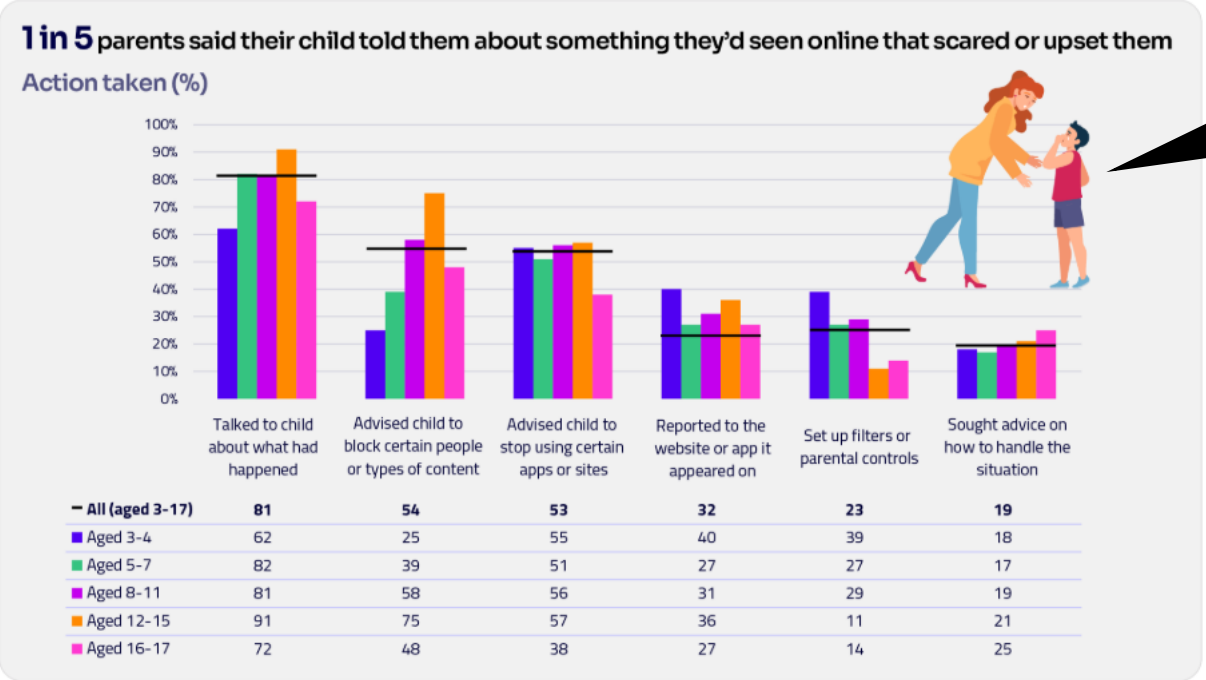


TALKING TO YOUR CHILD ABOUT LIFE ONLINE

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Are you CONFIDENT to TALK TO YOUR CHILD?
Is your child confident to TALK TO YOU?

WHAT WOULD YOU DO?
Are there any areas you would not feel confident or comfortable to discuss?



	Talked to child about what had happened	Advised child to block certain people or types of content	Advised child to stop using certain apps or sites	Reported to the website or app it appeared on	Set up filters or parental controls	Sought advice on how to handle the situation
All (aged 3-17)	**81**	**54**	**53**	**32**	**23**	**19**
Aged 3-4	62	25	55	40	39	18
Aged 5-7	82	39	51	27	27	17
Aged 8-11	81	58	56	31	29	19
Aged 12-15	91	75	57	36	11	21
Aged 16-17	72	48	38	27	14	25

Younger children are more likely to tell someone if they see something worrying or nasty online:

- Two-thirds of 8-11-year-olds say that they would always tell someone (66%)
- Almost half of 12-15s and 16- 17s (49% and 45% respectively).

Source: Children and parents: media use and attitudes report 2024

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What do **YOU** do that works well?
Share good practice!

YOU don't need to be an EXPERT … be a PARENT



- **It's your choice -** Don't let others dictate when the right time is to use tech.
- **Stay involved** – make time to communicate, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular conversations. What's their favourite app? What is the best site to learn new things from?
- **Join in** - watch them play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how…'** – ask their advice to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** - children learn as much from watching as they do from being told not to do something, so model good behaviour
- **Reassure them -** tell them that they won't get in trouble and that you are always there to help.



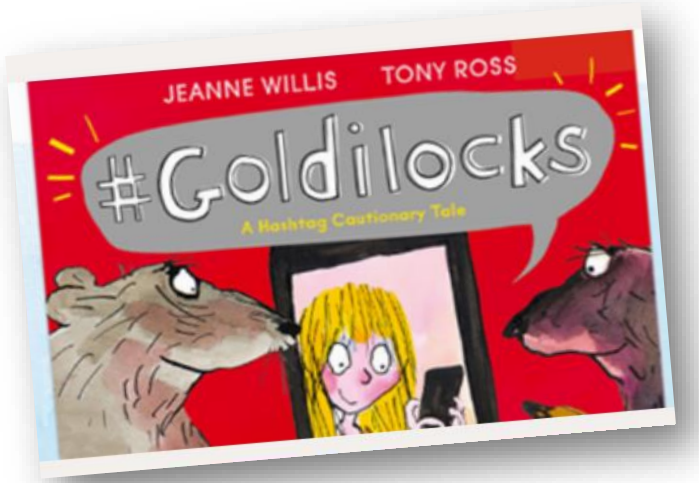
parentsafe.lgfl.net

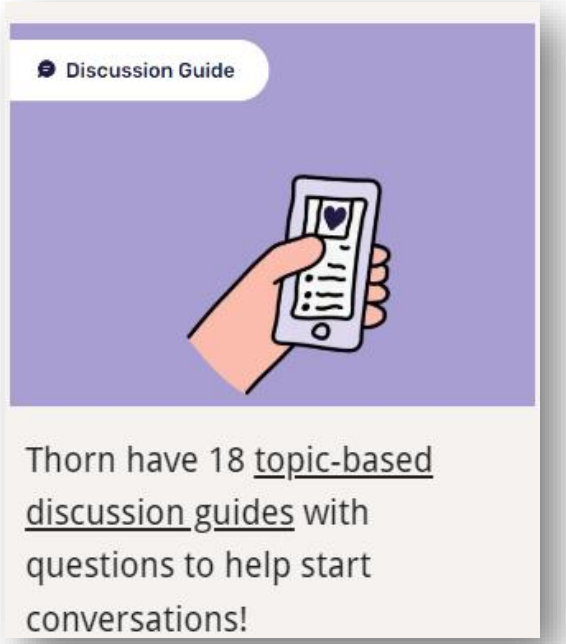
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TALKING TO CHILDREN ABOUT LIFE ONLINE

Find conversation starters, story time ideas and top tips to reinforce key safety messages at parentsafe.lgfl.net







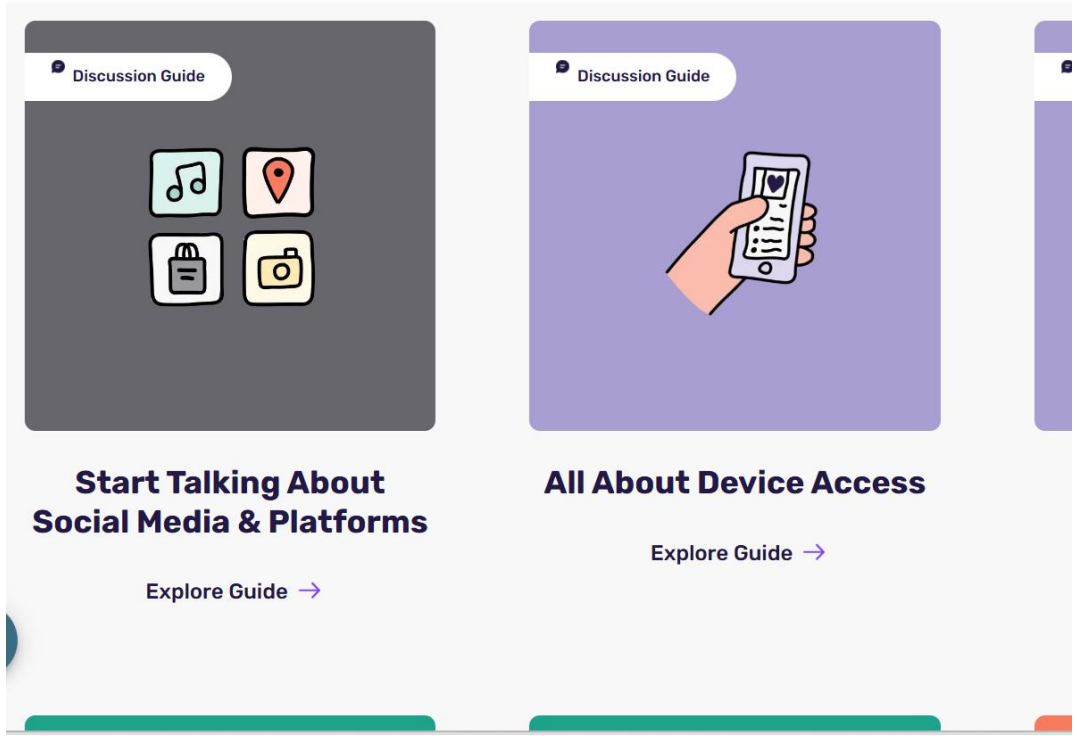


PARENTSAFE

eeping your children safe: online & beyond



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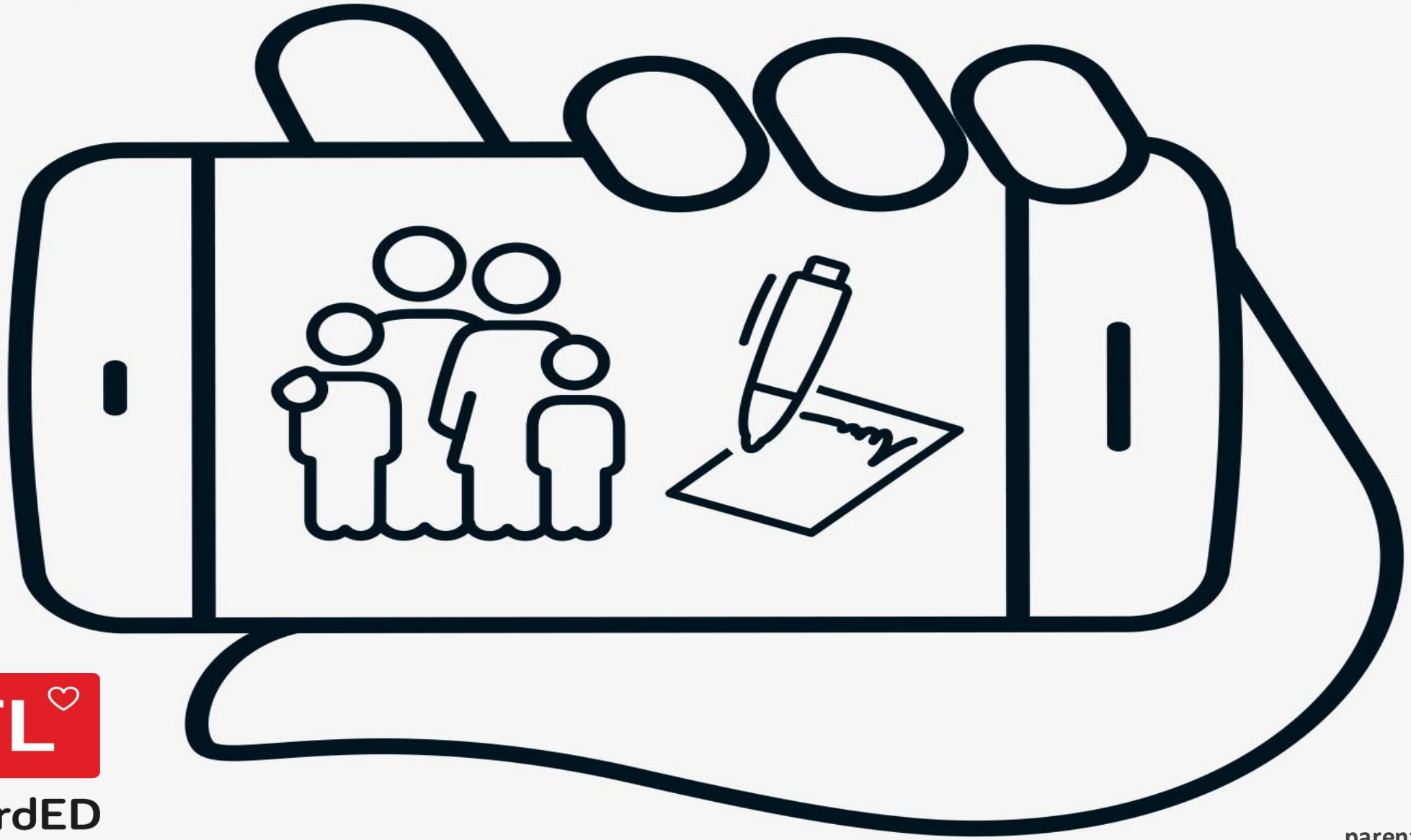
https://parents.thorn.org/discussion-guides/

https://www.commonsensemedia.org/videos/devicefreedinner-attention-funny-or-die



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Digital Family Agreement



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parentsafe.lgfl.net

Why not have a family agreement to:

- **clarify** what is allowed...or not
- **establish** ground rules like no phones at the table or in the bedroom at night-time
- **agree** shared expectations to reduce arguments and keep everyone safe & healthy



Download it at parentsafe.lgfl.net/digital-family-agreement

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Digital Family Agreement



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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:

Download me again and find more support for parents at parentsafe.lgfl.net

Digital Family Agreement



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EXAMPLE

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.	

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 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 my devices.

If I'm worried by anything:

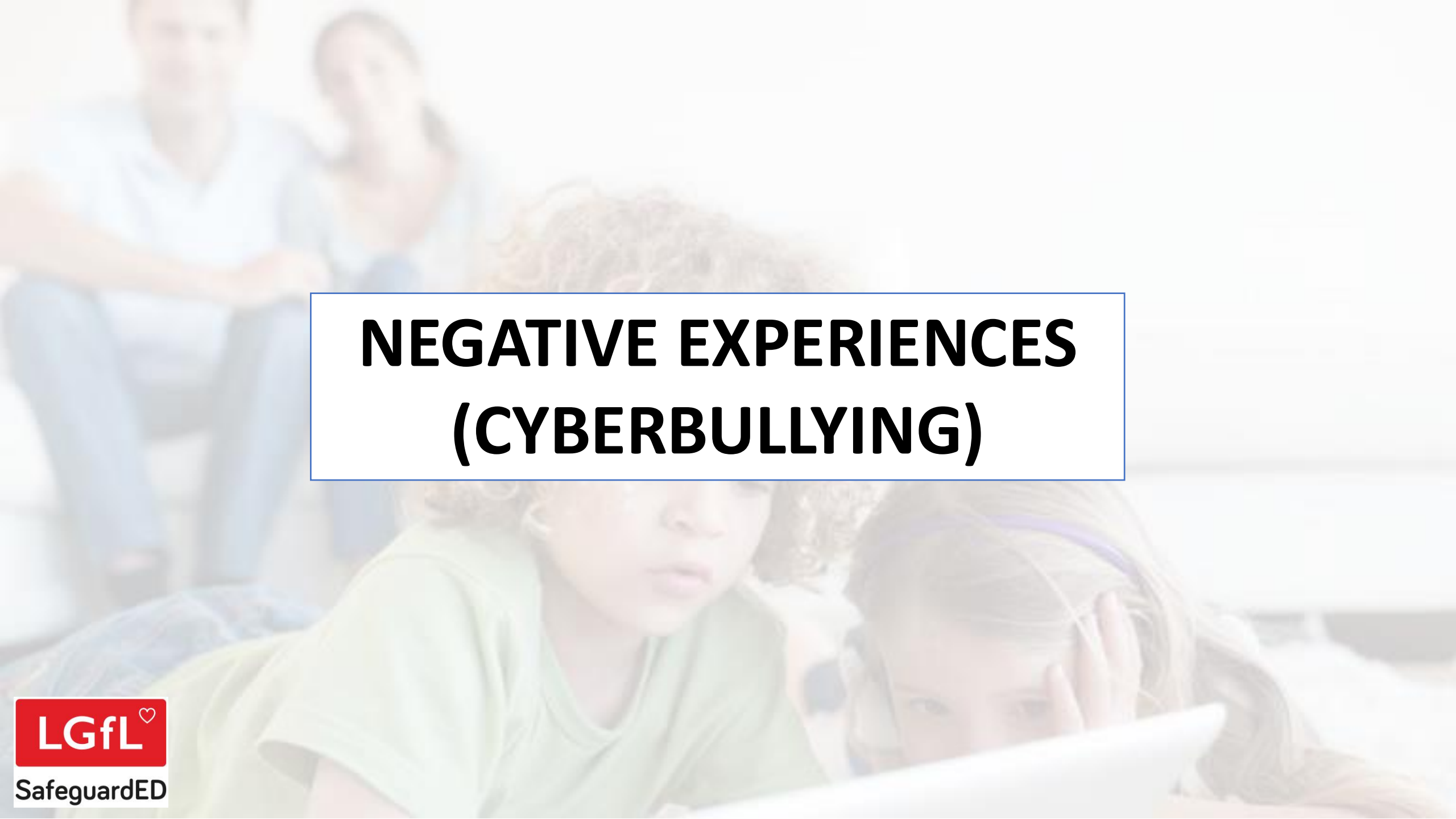
I can tell mum or dad and they won't judge me

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



NEGATIVE EXPERIENCES (CYBERBULLYING)

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Cyberbullying and mental health

https://youtu.be/cvYzYde_EpY

- **Prevalence and impact**

A study by **Kowalski et al. (2014)** found that 15-25% of students worldwide experience cyberbullying, and this type of bullying is often more psychologically damaging than traditional bullying.

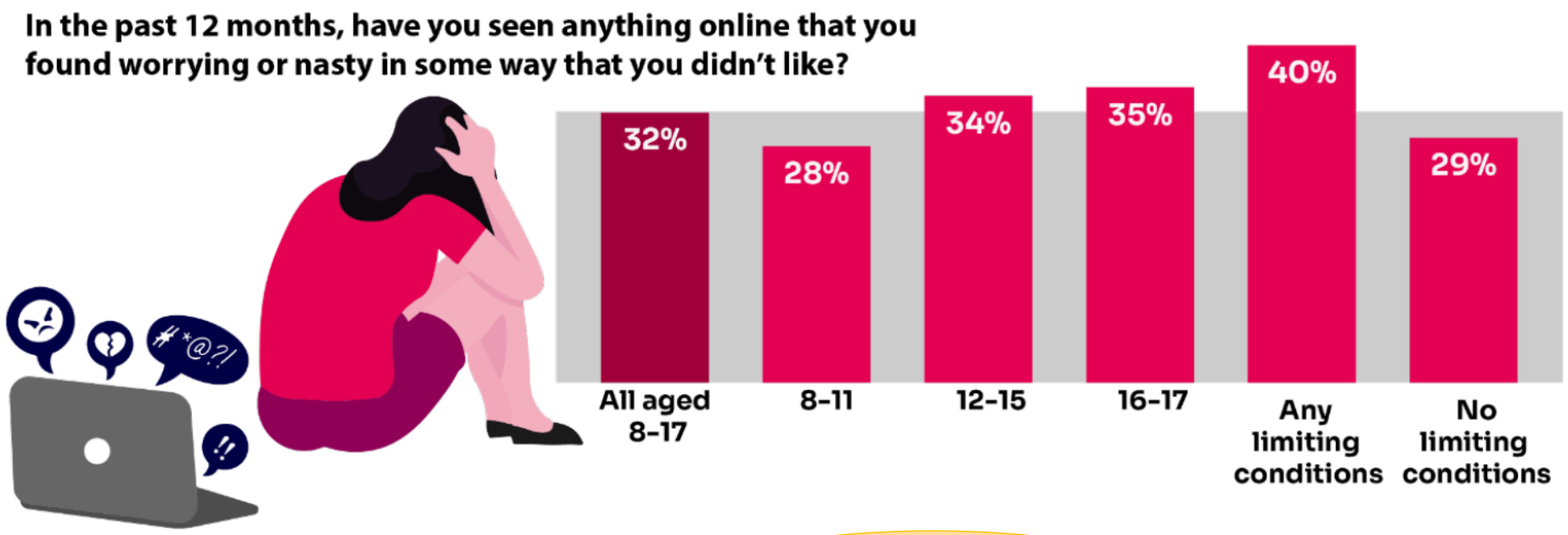
- **Mental health effects**

Hinduja and Patchin (2010) reported that victims of cyberbullying were more likely to experience depression, anxiety, suicidal thoughts, and lower self-esteem.

Vulnerability of adolescents

- More vulnerable to the effects of cyberbullying
- Sense of self worth
- Peer approval
- Notice sudden changes in appearances

Summary of children's negative experiences:

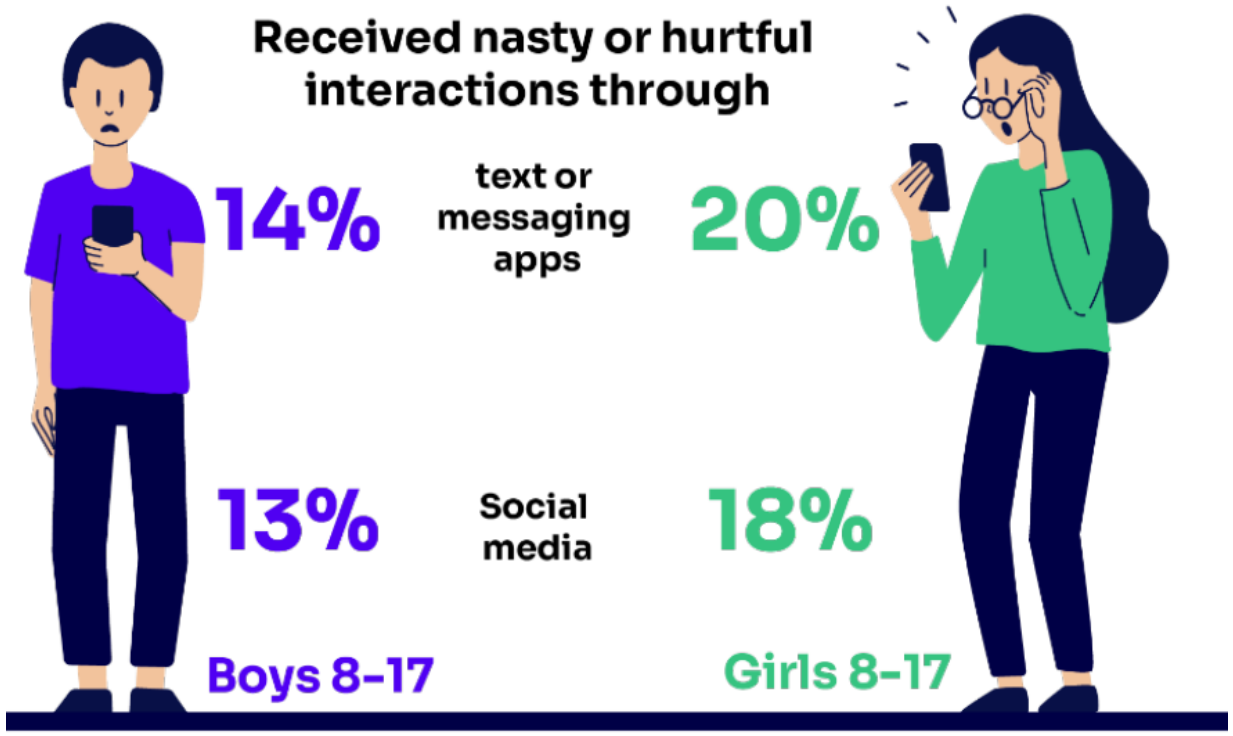


BUT Only 20% of parents report their child telling them about this in the same time frame.

Source: Children and parents: Media use and attitudes report 2023

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Bullying



- Increase in the proportion who have experienced **bullying via social media** apps/sites (18% vs 15% in 2022)
- **girls are more likely** than boys

Source: Children and parents: Media use and attitudes report 2023

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UK Reporting Helplines and Services for Children and Young People

Call 101 or 999 if there is an immediate risk of harm to your child

THE MIX
Essential support for under 25s

CLICK CEOP
Advice Help Report

NCA

Young people can report concerns about child sexual abuse and exploitation to NCA

REPORT REMOVE
Nude image of you online? We can help take it down.

Report Remove

A free tool that allows children to report nude or sexual images and videos of themselves that they think might have been shared online

ChildLine
0800 1111

ChildLine

A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone

Go to reporting.lgfl.net to find out more

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https://youtu.be/hrrhP68fYJ0

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RESOURCES AND SUPPORT

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At what age should I discuss internet safety with my child?

ANY AGE!





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Visit parentsafe.lgfl.net for tips and ideas to help parents:

- Manage **screen time**
- Set controls **and settings**
- Understand **apps and games**
- Talk to children about **risk** - from bullying & sharing content, to extremism & gangs

parentsafe.lgfl.net



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SIX TOP TIPS

For Parents To Keep Your Children Safe Online

Most parents & carers think their children and young people spend too much time on devices. DON'T FEEL BAD! Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on



Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? What about safe search and Youtube? See parentsafe.lgfl.net for more.

Get your children to show you their apps and games



You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for Common Sense Media reviews.

Don't try to hide news about scary things in the news



If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch Newsround together and talk about how they feel – there is guidance from Childline to help you.

Where to get help?

https://parentsafe.lgfl.net/home

https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/

https://www.bbc.co.uk/bitesize/groups/cw9v6l8d0q6t

https://www.ditchthelabel.org/report (Reporting inappropriate content)

https://swgfl.org.uk/resources/checklists/

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

https://www.nspcc.org.uk/keeping-children-safe/online-safety/internet-connected-devices

https://lgfl.net/safeguarding/resources?field_safeguarding_topic=286&s=5

https://www.vodafone.co.uk/mobile/best-for/kids-and-teenagers (mobile phones)

Diary Date

Tuesday

11th

February

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