

Online Safety for Parents

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Running Order

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- Where to go to find out about apps and games your children use/play
- Managing Screen Time
- Help and Reporting



Headline Statistics

9/10 Children aged 10-15 go online
everyday (ONS 2020)

7/10 5-15 played games online in 2020
(OFCOM, 2020)

Over $\frac{1}{2}$ 5-15 used social media apps or
sites (OFCOM, 2020)

$\frac{1}{3}$ 5-15 used Instagram, Snapchat or
Facebook (OFCOM, 2020)



Online Harm Statistics

1 in 6 10-15 spoke to a stranger online
(that's 682,000 children)

1 in 50 children spoke to someone online
who lied about their age

1 in 10 10-15 reported receiving
messages of a sexual nature

1 in 100 children reported sending a
sexual message

2020, Children's Online Behaviour Report for England and Wales



How your child learns about Online Safety in school



EYFS have the early stages of Online Safety Teaching embedded in to their curriculum under the headings:

- Communication and language
- Personal, social and emotional development
- Understanding the world

KS1 and KS2 follow our bespoke Online Safety Curriculum developed from the Education for a Connected World guidance from the Department for Education

[Link to guidance](#)

How your child learns about Online Safety in school



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.

How your child learns about Online Safety in school



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.

How your child learns about Online Safety in school



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.

How your child learns about Online Safety in school



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.

Safe settings, controls and management



Apple, Android and Microsoft have tools to help you control what younger children can use and how long for

Click the images below for details.



Microsoft

Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).

Where to go to find out about apps and games your children use/play



What even is Fortnite (or Roblox...or Minecraft...)?

The best way to find out is to get your child to show you how any app or game works, what happens and if it's appropriate. It could be quick, or you might even find you enjoy playing or watching together!

Common Sense Media has thousands of expert reviews of apps, games and even films and what parents and children think about them.



Parents Say / Kids Say

 common sense media®

Where to go to
find out about
apps and games
your children
use/play



A LOT OR A LITTLE?

The parents' guide to what's in this app.

Diverse Representations

 not present

Ease of Play

 ●●●●● >

Violence

 ●●●●● >

Sex

 not present

Language

 not present

Consumerism

 ●●●●● >

Drinking, Drugs & Smoking

 ●●●●● >

Where to go to find out about apps and games your children use/play



WHAT PARENTS NEED TO KNOW

Parents need to know that Another Eden is a role-playing game for iOS and Android devices. Players will fight periodic battles against monsters, not people, and blood isn't shown. Death is sometimes suggested, though, in situations such as a monster telling a villager he won't feel any more pain, then causing the person to fade away until he can't be seen. Players also enter a bar where liquor is shown on shelves and interact with the bartender, although drinking isn't a focus in the game. Although

[Continue reading](#) ▾

Where to go to find out about apps and games your children use/play



TALK TO YOUR KIDS ABOUT ...

- Families can talk about [violence in video games](#). Is the impact of the violence in Another Eden affected by the lack of focus on combat? Does the game make it seem like it's no big deal? What are some positive ways to resolve conflicts in real life?
- How can you work toward goals like the short- and long-term ones you try to

[Continue reading](#) ▾

Managing Screen Time



Lots of parents worry about it, but we don't think you should worry about screentime

It's not how long they are online but what and when they are doing that counts

You can use the control settings shown in this presentation to regulate screen time in general and on specific apps

But beyond that we recommend you follow the Children's Commissioner's 'Digital 5 A Day' and help your children to aim for each of the targets

Managing Screen Time



Children's
COMMISSIONER



Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

Managing Screen Time



The UK Chief Medical Officers agree - check out their version of what counts.

[Link to report](#)

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Help and Reporting



You can always speak to us for advice, but there are many other places to go for help.

If you are worried about any child, call the [NSPCC helpline](#). In an emergency, call 999.

But there are plenty of specialist helplines. Visit [reporting.lgfl.net](#) to find out how to remove content from social media and where to report bullying, racial hatred, terrorism, sexual abuse and more.

There are also links for children and young people to get help directly, such as Childline or The Mix (for 13-25s).

Useful Websites



...newsletter and approach



...app, game & film guides



...guidance and resources

internet
matters.org

...parental control guides

NSPCC

...passion and expertise

Thanks to the LGfL



All of this information and more can be found on the London Grid for Learning Online Safety Site, ParentSafe.

<https://parentsafe.lgfl.net/home>

Resource



This presentation is available to download with active links from our website...

<https://www.southcamberley.surrey.sch.uk/curriculum/online-safety>