



**How to  
keep your  
child safe  
online!**

# Aims of the workshop



- ☐ Explore the issues surrounding staying safe on-line.
- ☐ Understand some of the steps to take to keep safe on-line.
- ☐ Know the messages we need to give to our children about staying safe.
- ☐ Explore some resources which will help communicate these messages.

# Chat speak – What do you know?



**KPC - Keeping Parents Clueless**

**Gr8 - Great**

**BRB - Be Right Back**

**DEGT - Don't Even Go There**

**LMIRL - Let's Meet In Real Life**

**POS - Parent Over Shoulder**

**P911 - Parent Alert**

**PAL - Parents Are Listening**

**PAW -Parents Are Watching**

**PIR - Parent In Room**

# Reality



**Adults often have anxieties about new technology...**



**Everything that's already in the world when you're born is just normal!**



# Statistics



- ☐ 25% of children under 6 have a smartphone
- ☐ 56% of all children aged between 5 and 12 have a mobile phone.
- ☐ Over 50% of children aged between 9 and 12 have a social media profile.
- ☐ 56% of young people use a password to lock their mobile devices.
- ☐ Nearly 50% of parents worry their child is addicted to mobile devices.
- ☐ 79% of young people use the internet privately without their parent's supervision.
- ☐ Most children have unrestricted access to mobile devices.
- ☐ 85% of children are online for longer than is recommended
  - Children under 2 should not use digital media.
  - Children between 2 and 5 should spend less than an hour a day.
  - Children over 5 should not exceed 2 hours a day.

<https://www.youtube.com/watch?v=1NVkLho7f5M&safe=active>

# Prevention



- ☐ **DO NOT STOP YOUR CHILD USING THE INTERNET!**
  
- ☐ Firstly this doesn't work, but it drives their use underground and they are then not able to talk to you if they get in trouble
  
- ☐ Secondly the internet is the greatest ever single invention that has the potential to make the world a better place. It's already more significant than the inventions of the printing press, radio, telephone and TV put together!



National  
Online  
Safety

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

#WakeUpWednesday



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.



2

3

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

PLAY AGAIN?  
YES NO



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.



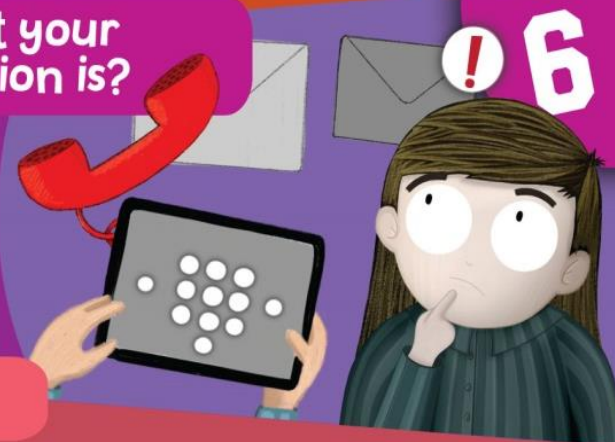
## Do you know where to go for help?

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.



## 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.





# Online Grooming



## National Online Safety

# Top Tips for Parents



### IT'S GOOD TO TALK

It's unlikely that you can stop your child using the Internet, nor can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.



### CHECK PRIVACY SETTINGS

In order to give your child a safer online gaming experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they may use. If you use location-sharing apps to check where your child is, remember that these could always be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.

### DISCUSS SAFE ONLINE BEHAVIOUR

Make it clear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. They should never agree to chat privately with a stranger or someone they don't really know. Remind them that they should never divulge personal information, such as mobile phone numbers, addresses, passwords or name of their school.

### DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

### BE SUPPORTIVE

Show your child that you will support them and make sure they understand they can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.

### LOOK OUT FOR WARNING SIGNS

Child safety experts have identified key grooming patterns and advise parents to look out for:

- Secretive behaviour about what they are doing online.
- Internet or smartphone usage late at night.
- Going to unusual places to meet up with friends you have not heard of.
- They are clingy, have problems sleeping and eating or even bedwetting.
- A lack of interest in extra-curricular activities.
- Having new items, such as clothes or phones, which they can't explain.
- They seem withdrawn, anxious, depressed or aggressive.
- Having older boyfriends or girlfriends.

### HOW TO REPORT

If you're worried that your child is being groomed online or sexually exploited, you can report your concerns to the Child Exploitation and Online Protection (CEOP) Safety Centre, which is part of the National Crime Agency at [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre). Reports are read by a Child Protection Advisor who will make contact by phone or email to work with you to make a plan to keep your child safe. If you think a child is in immediate danger, call the Police on 999 or NSPCC on 0800 800 5000.





# Online Bullying



## What is online bullying?

**ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:**

- 1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES**
- 2. HACKING INTO SOMEONE'S ONLINE ACCOUNT**
- 3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES**
- 4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS**
- 5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM**
- 6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON**

## BE KIND ONLINE

**BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...**

- 1. WHY AM I POSTING THIS?**
- 2. WOULD I SAY THIS IN REAL LIFE?**
- 3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?**

# Knowledge vs Wisdom



## KNOWLEDGE

Many children pick up technology quicker!



## WISDOM

Understanding how to behave in a virtual world



69% of young people say they mind their parents restricting or monitoring their internet usage!



# SMART Rules



**SAFE** – Keep safe by being careful not to give out personal information – including full name and email address - to people who you don't trust online.



**MEETING** – Meeting up with someone you have only been in touch with online can be dangerous. Only do so with your parent's/carer's permission and even then only when they can be present.



**ACCEPTING** – Accepting e-mails, IM messages or opening files from people you don't know can be dangerous – they may contain viruses or nasty messages!



**RELIABLE** – Someone online may be lying about who they are, and information you find on the internet may not be true. Check information and advice on other websites, in books or ask someone who may know.



**TELL** – Tell your parent/carer or teacher if someone or something makes you feel uncomfortable or worried, or you or someone you know is being cyberbullied.

# Keeping safe online?

**What parents need to know about SNAPCHAT**

**EXPOSING YOUR CHILD'S EXACT LOCATION**

The 'Snap Map' lets you share your exact location in real time through a map of the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat homepage about uploading images and videos to the 'Story' saying that 'Snapchat is not for the faint of heart' and that 'Snapchat is not for the faint of heart'.

**LENS EXPLORER**

The Lens Explorer on Snapchat gives users the opportunity to use their imagination to design their own lenses. The Lens Explorer is a place where users can find lenses that are created by other users. The Lens Explorer is a place where users can find lenses that are created by other users.

**SCREENSHOTS & SAVED MESSAGES**

While Snapchat's premise is that all photos, videos and messages disappear, users can still have the capability to screenshot or record anything when they are using the app. Users may sometimes forget that screenshots are possible and end up screenshoting images or messages in situations where they don't want to. They may also screenshot and send an image or message to someone who they are not sure they want to screenshot and send a message. They may also screenshot and send a message to someone who they are not sure they want to screenshot and send a message.

**SEXTING**

Due to Snapchat's premise, users can even send a sex-related photo or video. Snapchat has become the chosen platform for children and young people to send sexually explicit images or videos. Since a photo/video has been screenshot, or recorded using another device or software, this can lead to further damage, such as blackmail and cyberbullying. It is illegal to make obscene, indecent, obscene and obscene images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to report that to their local police. That's why it's important to talk to your child about the risks of sexting.

**SNAP ORIGINALS**

Through Snapchat's Snap Originals, users can watch content that has been created by Snapchat in the app. This includes comedy shows, music, news and more. Additionally, users can watch and share content, including but not limited to Snap Originals. This is another feature to encourage addiction.

**Top Tips for Parents**

**THE RISKS OF SEXTING**

It can be really embarrassing about this topic with your child. But it's important to talk to your child about the risks of sexting. It can be really embarrassing about this topic with your child. But it's important to talk to your child about the risks of sexting.

**USE 'GHOST MODE'**

By turning on 'Ghost Mode' in the app, users can turn off their location. This means that no one can see their location on the map. This is a good way to protect your child's location. By turning on 'Ghost Mode' in the app, users can turn off their location. This means that no one can see their location on the map. This is a good way to protect your child's location.

**HOW TO DELETE A MESSAGE**

When you delete a message, it will be removed from your device. However, it will still be on the sender's device. If you want to delete a message from the sender's device, you will need to contact the sender. When you delete a message, it will be removed from your device. However, it will still be on the sender's device. If you want to delete a message from the sender's device, you will need to contact the sender.

**RESTRICT STORY VIEWS**

You can restrict who can see your story. This means that only people who are your friends can see your story. This is a good way to protect your privacy. You can restrict who can see your story. This means that only people who are your friends can see your story. This is a good way to protect your privacy.

**REPORTING A STORY, LENS, FILTER, OR SNAPCHAT**

If you see something that is inappropriate or harmful, you can report it to Snapchat. This will help Snapchat to remove the content. If you see something that is inappropriate or harmful, you can report it to Snapchat. This will help Snapchat to remove the content.

**WhatsApp**

WhatsApp is a popular messaging app. It allows users to send text, voice, and video messages. It also has a feature called 'Status' where users can share photos and videos. WhatsApp is a popular messaging app. It allows users to send text, voice, and video messages. It also has a feature called 'Status' where users can share photos and videos.

**YouTube**

YouTube is a popular video sharing platform. It allows users to upload and watch videos. It also has a feature called 'Shorts' where users can watch short videos. YouTube is a popular video sharing platform. It allows users to upload and watch videos. It also has a feature called 'Shorts' where users can watch short videos.

**Instagram**

Instagram is a popular photo and video sharing app. It allows users to share photos and videos. It also has a feature called 'Stories' where users can share photos and videos. Instagram is a popular photo and video sharing app. It allows users to share photos and videos. It also has a feature called 'Stories' where users can share photos and videos.

# Digital Safeguarding

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

[www.ceop.police.uk](http://www.ceop.police.uk)

[www.iwf.org.uk](http://www.iwf.org.uk)

[www.childnet.com](http://www.childnet.com)

[www.gridclub.com](http://www.gridclub.com)

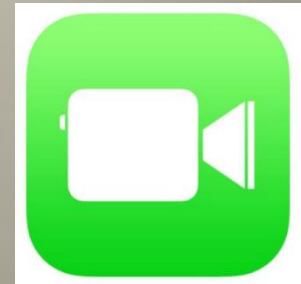
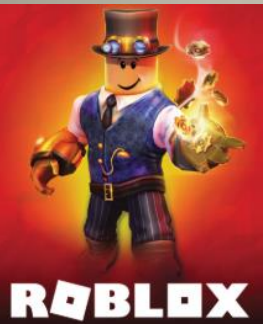
[www.digizen.org](http://www.digizen.org)

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

[www.lgfl.net/](http://www.lgfl.net/)

[www.bbc.co.uk/cbbc](http://www.bbc.co.uk/cbbc)

# Risky Technologies





# Contact risks

- ☹️ Social networking sites
- ☹️ Instant messaging
- ☹️ File sharing
- ☹️ Multi-user online games
- ☹️ Chat rooms



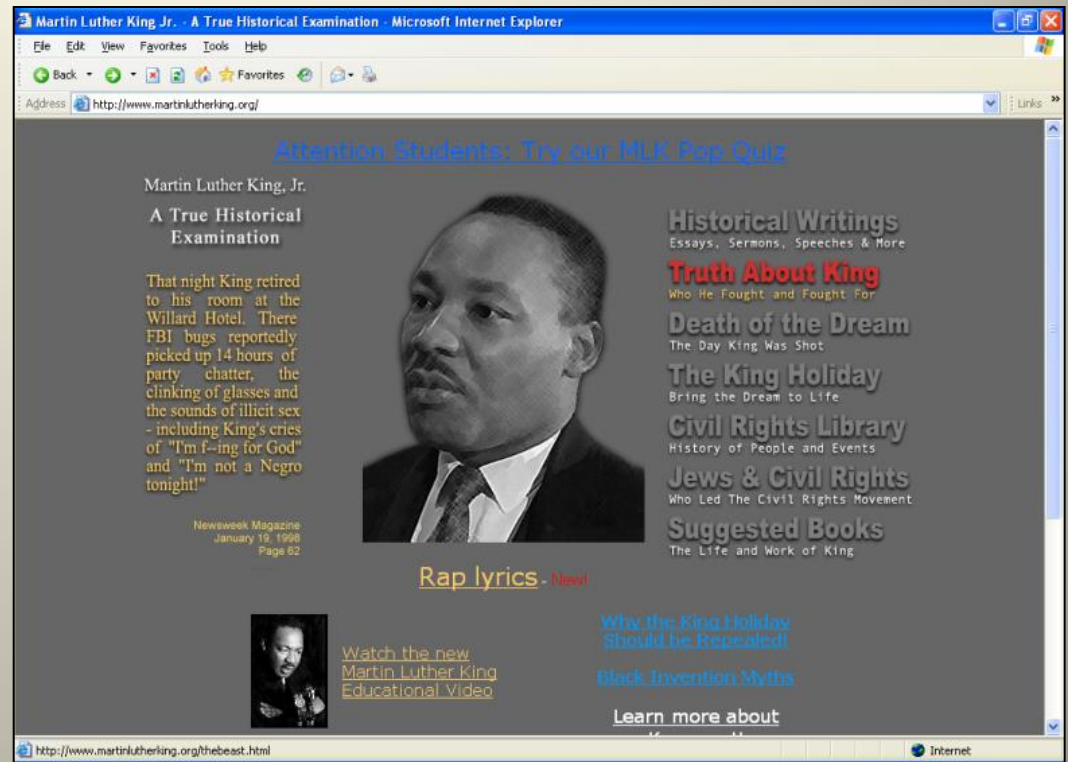
49% of kids say that they have given out personal information  
5% of parents think their child has given out such information

# Content viewed

☹️ Inaccurate content

☹️ Extreme material

☹️ Pornography



4 in 10 pupils aged 9-19 trust most of the information on the internet!

57% of 9-19 year olds have come into contact with online pornography. Only 16% of parents think that their child has seen pornography on the internet!

# What you can do

- ☐ Discuss **Cyberbullying** – respect, passwords
- ☐ **Get involved** with your children online, agree rules and encourage balanced use – set time limits
- ☐ Make sure they know **who to talk to** if they feel uncomfortable
- ☐ Talk about the consequences of giving out **personal info** or making **information public**
- ☐ Keep the **computer in a family room** and be aware of which sites are **being accessed**
- ☐ Use child-friendly **search engines** and install filtering
- ☐ Encourage them to use **browser tools** – Bookmarks and History
- ☐ Find **appropriate sites** to visit and try not to overreact about accidental inappropriate content
- ☐ Install software to protect your **computer's security**
- ☐ Use a **family email address** for shopping and online forms
- ☐ Use the **free technology**: pop-up blockers & SPAM filters; and your good judgement: don't reply to SPAM!
- ☐ Check sites for extra **security** (padlock/https)
- ☐ Consider whether a **webcam** is appropriate
- ☐ **Report Cyberbullying** (School, Service provider or Police) – **save evidence, block unwanted contacts**



# Twitter updates



**Torryburns** @toryburns1 · Feb 24  
This is great advice from National Online Safety. Well worth a read for our children.

18 34

**Heathfields Infant and Wilnecote Junior Schools** @hiwjstaffs · Feb 28

**National Online Safety** @natonlinesafety  
Every #WakeUpWednesday we provide free guides for trusted adults about the latest apps & evolving risks which affect children in the online world. For those struggling to talk with their children about their online activities: ...

6

Tokyo and unrelated to the #Momo challenge we are hearing about in the media.

**National Online Safety**  
**Top Tips for Parents**

141 2.2K 1.6K

**Samantha** ☆ @xSamanthaHx · Feb 25  
Great information for parents regarding online safety for children! [nationalonlinesafety.com/resources/platforms/](https://nationalonlinesafety.com/resources/platforms/)... The website includes handy posters like the ones attached! #OnLineSafety @natonlinesafety

**Top Tips for Parents**

6 7



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