Online Safety Guidance for Parents

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About this session...

- Raise awareness of online risks
- Offer practical ideas and tools to help you to stay in control

How much screen time should my child have each day?

Should they be allowed devices in their room?

When should I buy my child a smartphone?

Should I setup parental controls?
How do I find out about this?

My child's friends are all on Snapchat. Should I let my child?

Online Safety in the news...

Stephen Sutton: How a teenager touched our hear...

5 books 'damage sleep and health'

12 January 2015 Last updated at 18:30

595 | Share | f ♥ ✉ 🖨

ℹ **Breck Bednar murder: Lewis Daynes sentenced to life in prison**

'Tinder for teens' raises concern among |er parents

Android and iOS app lets you chat with strangers near your location or join chaotic chat rooms

Jan

'I was so embarrassed I cried': do parents share too much online?

The BBC's Daniel Boettcher reports on how Lewis Daynes lured Breck Bednar

A teenager has been sentenced to life in prison for the murder of a 14-year-old boy he met through online gaming.

Related Stories

THINKSTOCK

His mother said her heart is 'bursting with pride but breaking with pain' after announcing the death of her 'courageous' son

KNOWLEDGE

VS

WISDOM

Many children pick up technology quickly

Understanding how to behave in the online world

Changing technologies

New (ish) technologies

The Digital Natives...

- **73%** of 8-11 year olds use the Youtube site or app

- Children aged **3-4** spend over **8** hours a week online

- **21%** of 10 year olds & **43%** of 11 year olds have a social media profile

Children and Parents: Media Use and Attitudes Report Nov 2016

YOLO! How many do you know?

- **YOLO**
- **You only live once**
- **skl**
- **school**
- **What is a MMORPG?**
- **Massively multiplayer online roleplaying game**
- **ROFL**
- **Roll on floor laughing**
- **DKDC**
- **Don't know, don't care**

- **G2G**
- **Got to go**
- **PIR**
- **Parent in room**
- **GNOC**
- **Get naked on camera**
- **ASL**
- **Age, sex, location**
- **LMIRL**
- **Let's meet in real life**

noslang.com

What are children doing online?

Being online

connect

play

upload

share

comment

Recognise these?   13+
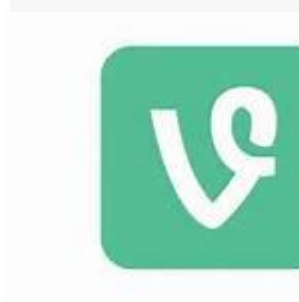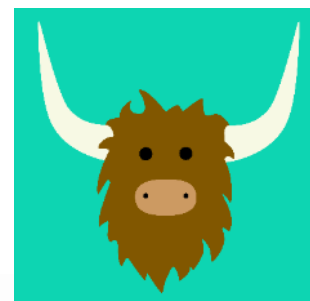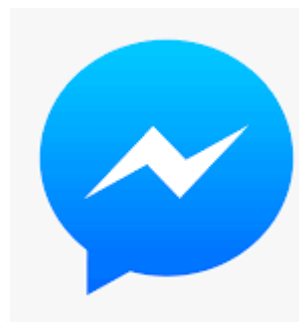
A risky business?

- **Chatting with strangers**

- **Sharing a location**

- **Oversharing information**

- **Online bullying**

- **Hiding content**

- **In-app spending**

Girls face an intensification of the 'image-focused' pressures that exist in the offline world

...Getting an acceptable number of 'likes' and positive comments was very important and they put a lot of effort into curating their online image. 'Selfies' and other images were an important way of portraying their identity, but putting stuff up about their interests, hobbies or passions was less usual, as they did not want to mark themselves out as different, or push the boundaries of social norms.

http://www.saferinternet.org.uk/research

The pressures on boys are more about acting 'tough' or being 'laddish'

While some boys did post selfies, this was less common than with girls. Boys appeared to be subject to pressures around testing boundaries, and social media seemed to provide a space where male friendship groups might act more 'tough' and rude than they would in real life. This was enhanced by the fact that many of them participated in large group-chat functions on social media, through services like Facebook messenger and WhatsApp.

http://www.saferinternet.org.uk/research

Social media – who are their friends???

Real-life friends ←
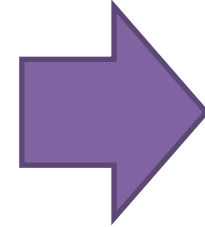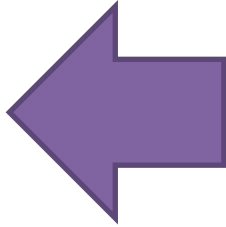
Family →

↓
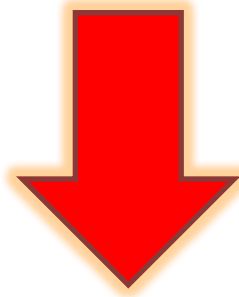
Online "Friends"

When Vine, Instagram & Youtube meet Karaoke…

Musical.ly

- A social network for creating & sharing 15-second clips, featuring users lip-synching or dancing to pop songs

Risks include:

- Inappropriate language & content
- Strong linkage to other social networking sites
- Privacy risks if profile is public

Useful parents guide:
http://parentinfo.org/system/files/attachments/Musical%20ly%20Parent%20Guide.pdf

Understanding Pokémon GO

- Be aware of the environment

- Stranger danger

- Additional costs (14,500 Pokécoins = £79.99)

- Battery drain

- Play together!

Understanding Instagram

- Instagram is a photo and video sharing app
- People can connect with one another through comments, captions, emoticons and hashtags on photos and videos

You control your privacy

- By default posts are **public**. Set posts to **private** so that you have to approve other users before they see your posts.

Privacy can't be perfect

- Your profile is **public** (profile photo, username and bio). What information should be included?

Location-sharing

- Do you really want people to know where a picture was taken?

Things to consider:

- Is the content age-appropriate? (NSPCC Netaware)

- Is there advertising – is this appropriate?

- Are there in-game or in-app purchases? Can these be turned off?

- Are there reporting mechanisms? Can I block other users?

- Are there privacy settings? Are they easy to use?

What are the risks online?

Conduct
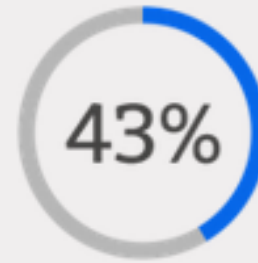
- Digital footprint
- Respect and manners
- Regulating time spent online
- Oversharing

Nude Selfies – guidance for parents

In 2015/16 there were 1,392 counselling sessions on sexting, a **15%** increase on the previous year. **(NSPCC, "How Safe are our Children?" Report 2016)**

https://www.thinkuknow.co.uk/parents/Nude-Selfies-What-parents-and-carers-need-to-know/

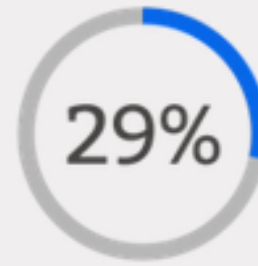https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/

Content

18 Adult content

✊ Hurtful and harmful content

❓ Reliable information

⬇ Illegal downloading

Contact

Relationships

29% of the online friends of children aged 12 to 15 are not personally known to them [3]

- ❤ Online friends
- 🔒 Privacy settings
- ⚠ Grooming
- ⚡ Online bullying

Online bullying

- can be 24/7, invading home and personal space
- can reach very large audiences rapidly
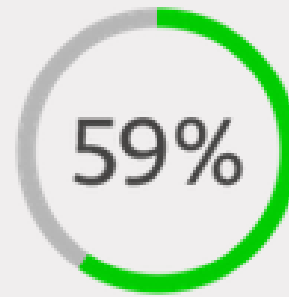- can be anonymous

Warning signs

- Poor school performance

- Social exclusion

- Isolation

- Melancholy

- Low self-confidence

- Depression

- Anxiety around technology

Commercialism

- £ Advertising
- In-app purchases
- x Pop ups
- ✉ Spam

Privacy

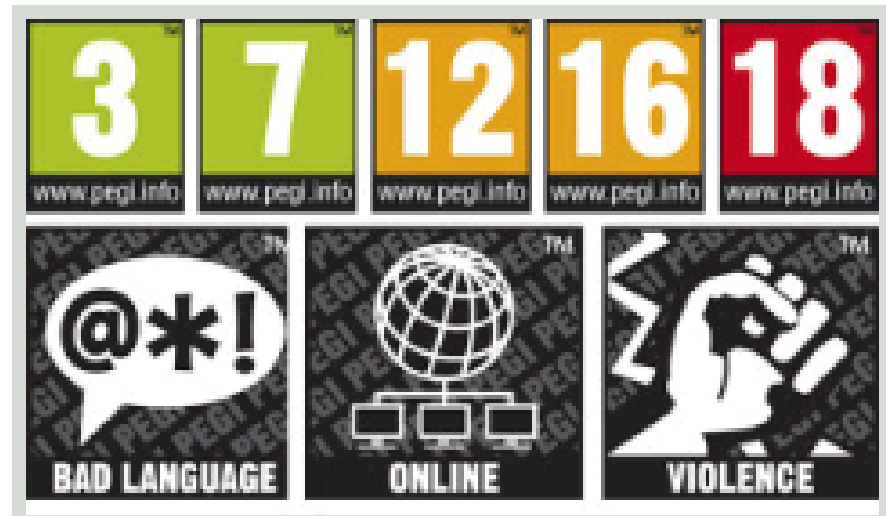**59%** of apps send information about the device and user habits to a third party[1]

Video Games

- Graphic violence

- Language

- Online communication

- Addiction

- Behavioural changes

PRESS START

Behaviour

38%

of parents are worried about aspects of their child's game playing [2]

3 7 12 16 18
www.pegi.info

BAD LANGUAGE   ONLINE   VIOLENCE

What can we do to help to keep our children safe online?

Communication is key!

✓ Show an interest
✓ Children show you how to use technology
✓ Agree on acceptable use
✓ Model use of tech
✓ Agree on sanctions

Family Agreements from Childnet

Family agreement

A family agreement is a great way to start a conversation with your whole family about how you all use the internet, and discuss together how to behave in a positive way when online at home, at school, at friend's houses etc. Bear in mind it is difficult to have complete control over your family's internet usage, however a family agreement is a great way to set clear expectations for positive and safe internet use.

Top tips

1. Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.

2. Make sure your agreement works for your whole family and everyone is happy with it.

3.

Examples
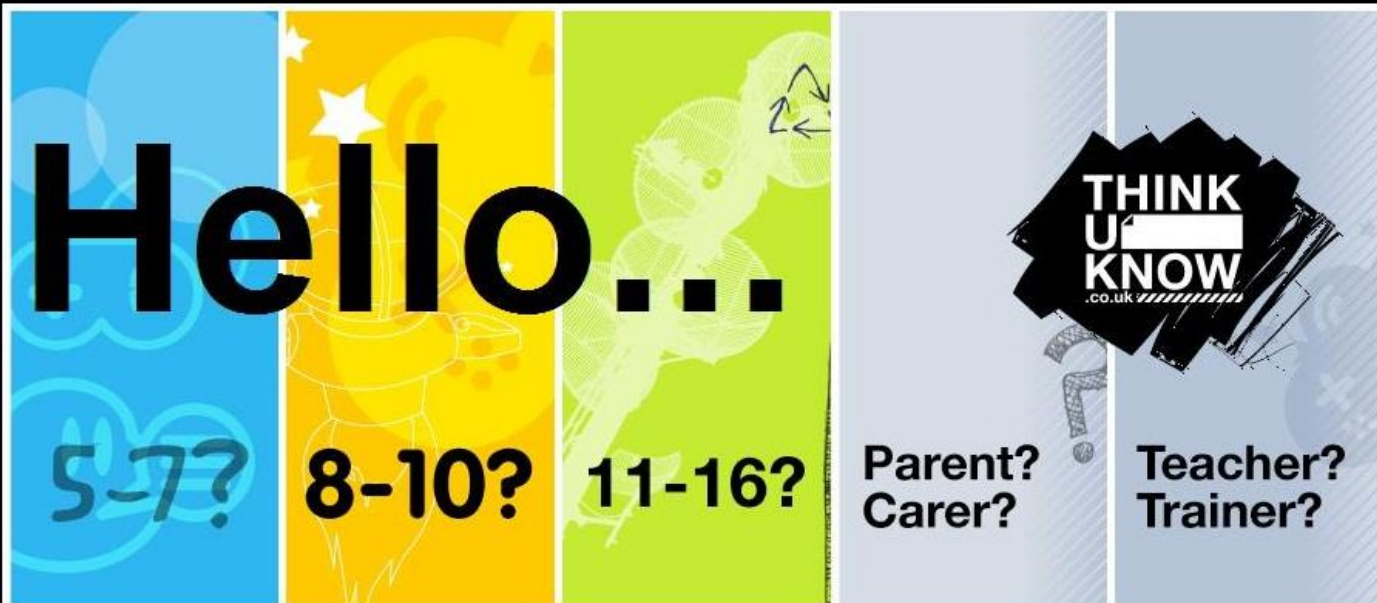
Suggested ideas for an agreement with younger children.

We agree to...

	Who is responsible for this?
I will use my tablet for _____ mins a day	Isabel and Phoebe
We will make sure the children's favourite games are bookmarked for them to get to easily	Mum and dad

www.thinkuknow.co.uk

www.internetmatters.org

What are your children doing online?
Learn more about the activities, technologies and sites they may be visiting

Social networking

Online gaming

Apps Guide

What issues could be affecting your children?
Get to grips with what they may come across and how to get help if you need it

Inappropriate content

Cyberbullying

Online grooming

BROADBAND

DEVICES

ENTERTAINMENT

GAMING

MOBILE

To protect a specific device for your family, click on the icon and follow our simple step-by-step guide.

How to Guide
Keeping kids safe on
musical.ly
live with passion, live musical.ly

How to guide
Keeping kids safe on
Facebook Messenger

www.net-aware.org.uk

NSPCC
Net Aware ⟩⟩⟩

Instagram
Instagram is a picture and video sharing app. Users can post content and use hashtags to share with others.

Facebook
Facebook is a social network, which lets you create a page about yourself.

Snapchat
Snapchat is an app that lets you send a photo or short video to your friends.

YouTube
YouTube is a place to watch, create and share videos. Videos include things like music, animation, online blogs and TV clips.

Minecraft
Minecraft is a game that lets you build and create a virtual world using building blocks.

chatroulette

Disney CLUB PENGUIN

https://parentzone.org.uk

Parental Tools

- ✓ **Parental controls from your home Internet service provider**
- ✓ **Filtering at home**
- ✓ **Safe searching options**
- ✓ **Parental controls on games consoles**
- ✓ **Parental controls on devices**

Internet Service Provider (ISP) Filtering

- **What parental controls does your ISP provide?**
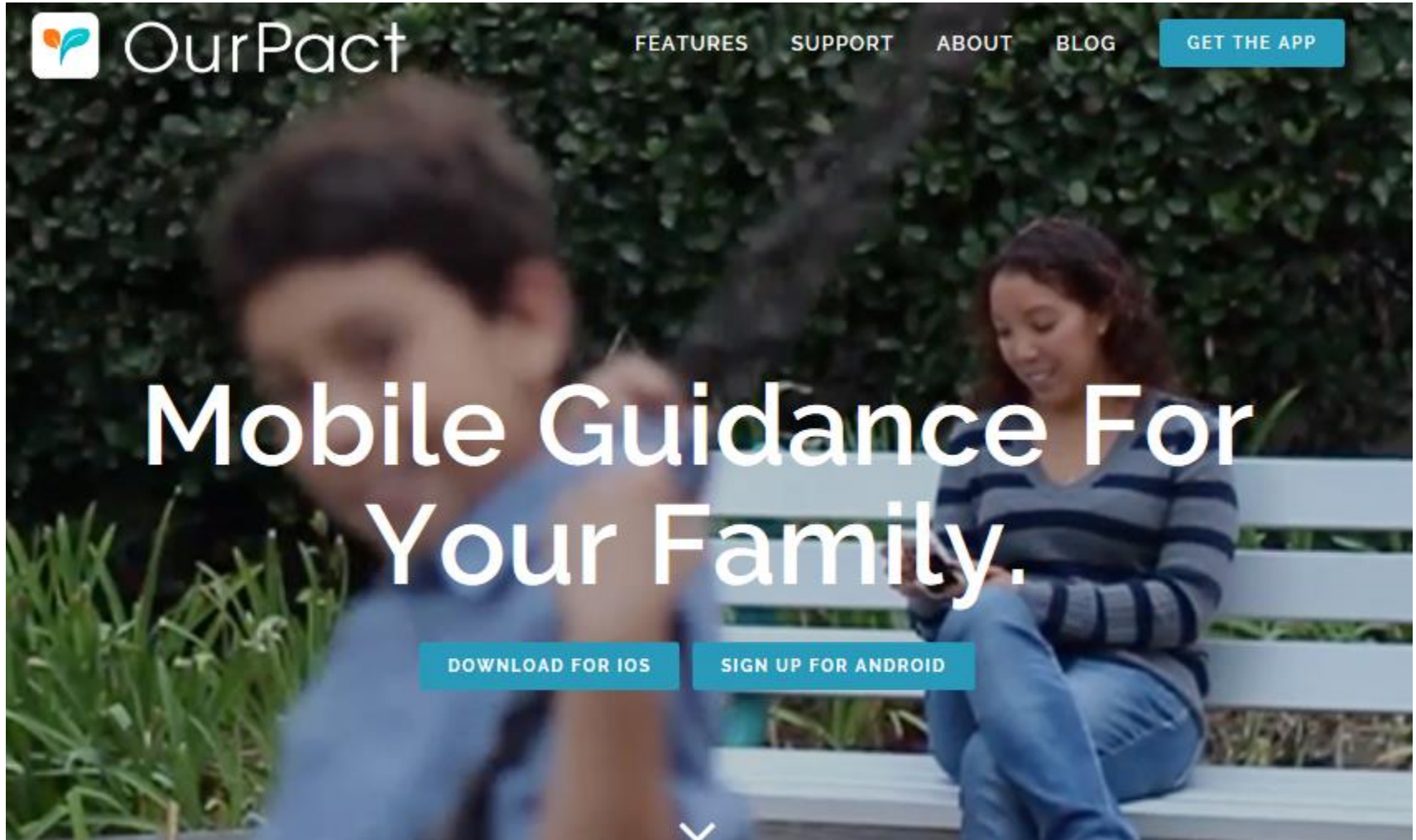- Big four ISPs; BT, Talk Talk, Virgin & Sky

Look out for this ➜

http://ourpact.com/

Windows Family Safety
http://familysafety.live.com

- Web filtering – allow or block sites
- Set time use
- Activity Reporting – sites visited, programs used & computer usage times

Mac controls -
https://support.apple.com/kb/ph18571?locale=en_US

Safer searching

- Uses Google Custom Search with Safe Search functionality

- Promotes specific educational keywords

www.q-files.com/

DKfindout!

What do you want to find out?

Parent or teacher? ∨   Books

www.dkfindout.com/uk/

Restricted Mode

- Blocks potentially inappropriate content.
- Relies on community flagging

The disturbing YouTube videos that are tricking children

BBC Trending
In-depth stories from the world of social media
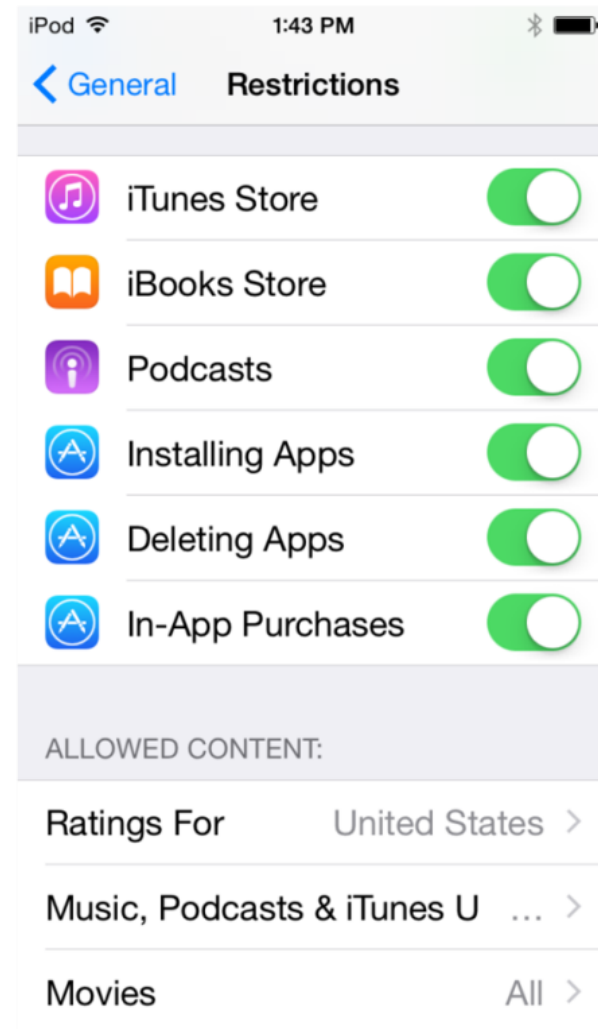
27 March 2017 | 127

Share

G Contains disturbing scenes.

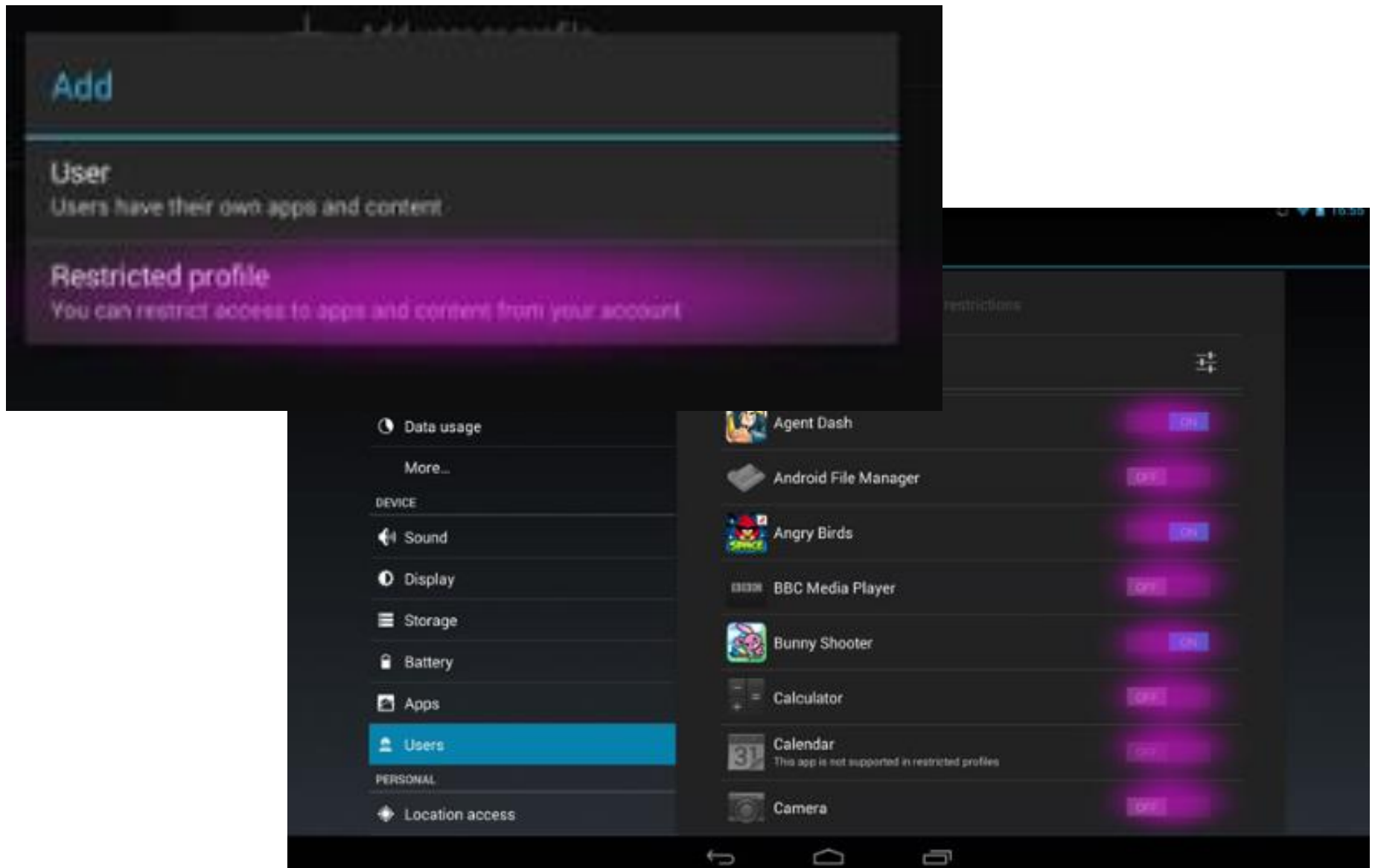BBC TRENDING

Parental Controls on Games Consoles

- Games consoles can have password protected parental controls applied

- Restrict games and applications that have mature content

- Player profiles (games consoles) have privacy settings

Parental Controls on iPad, iPhone & iPod Touch

Creating profiles on an Android Tablet

Parental Checklist

✓ **TALK** to your child about how they use technology – what do they enjoy? Don't be afraid to bring up challenging issues.

✓ **FIND** out more about the digital world - understand the tools. Have a go!

✓ **TALK** to your child about being responsible when they're online. Children often feel they can say things online that they wouldn't say face-to-face.

✓ **MAKE** the most of tools like Parental Controls on computers, mobiles and games consoles, privacy features on social networking sites, and safety options on search engines