

Online safety for parents and carers

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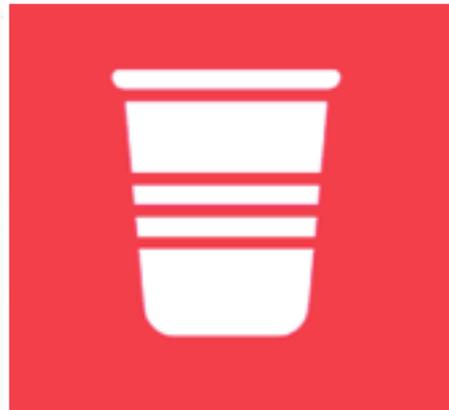
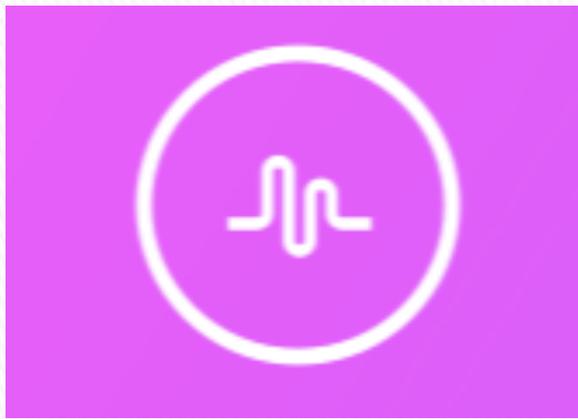
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Computing Specialist teacher
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Today

- ▶ What do our children use the Internet for?
 - ▶ What are the risks?
 - ▶ Keeping your child safe online
 - ▶ Where to go for more help
- 



What online activities do
your children take part in?





1% have their own smartphone, **21%** have their own tablet.

96% watch TV on a TV set, for around **13½h** a week.

3-4s **41%** watch TV on other devices, mostly on a tablet

40% play games, for nearly **6h** a week.

53% go online, for nearly **8h** a week.

71% of these mostly use a tablet to go online.

48% use YouTube, of which **5%** say cartoons are their favourite thing to watch, **18%** say unboxing videos.

0% have a social media profile.



5% have their own smartphone, **35%** have their own tablet.

95% watch TV on a TV set, for around **13½h** a week.

5-7s **49%** watch TV on other devices, mostly on a tablet

66% play games, for nearly **7½h** a week.

79% go online, for around **9h** a week.

63% of these mostly use a tablet to go online.

71% use YouTube, of which **30%** say cartoons are their favourite thing to watch, **18%** say videos or pranks.

3% have a social media profile.

The **TV set** is the device they say they would miss the most.



39% have their own smartphone, **52%** have their own tablet.

95% watch TV on a TV set, for nearly **14h** a week.

8-11s **55%** watch TV on other devices, mostly on a tablet

81% play games, for around **10h** a week.

94% go online, for nearly **13½h** a week.

46% of these mostly use a tablet to go online, **22%** a mobile.

81% use YouTube, of which **23%** say funny videos or pranks are their favourite thing to watch, **18%** say music videos.

23% have a social media profile.

The **TV set** or **tablet** are the devices they would miss the most.

What are your concerns?

Screen time

Gaming

Age limits

Posting images

Screen time

- What?
- When?
- How much?
- Balance with offline activities
- Adults as role models





What works for your family?



Parents are sharing nearly
300 photos
of their children online on
average every year



On average, parents post nearly
1,500
photos online by a child's
5th birthday



What example do you set?

How much is too much?

- UK adults currently spend an average of one day per week (25 hours) online; 42% say they go online or check apps more than 10 times a day, while around one in 10 (11%) access the internet more than 50 times daily.
- 12–15yo spend 20 hours online a week

(Ofcom 2016)

Overuse of technology

Addiction is not just about screen time.....

- **Lack of interest** in hobbies / friends / family
- **Lack of sleep** to spend time online
- Becomes **agitated or angry** when online time is interrupted / stopped
- Spends time **online in place of homework** or chores
- **Disobeys time limits** that have been set for internet usage
- **Lies** about amount of time spent online or "**sneaks**" online when no one is around
- Forms new relationships with people he or she has met online

Age limits

- Do they matter for games?
- What about social networks?
- And Youtube videos?



Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

13

Twitter Facebook Instagram Pinterest
Google + Tumblr Reddit Snapchat Path

16

WhatsApp
LinkedIn

17

Vine

18

Tinder



Gaming



- Social gaming
- Chat
- In app purchases
- Advertising
- Downloading own apps

80/100

Purchases

In 2013, 80 of the top 100 apps were 'free' but made all money through in-app purchasing ²



Posting images



BEFORE YOU

think

t = is it TRUE?

H = is it HELPFUL?

i = is it INSPIRING?

n = is it NECESSARY?

K = is it KIND?

- Personal information
- Who can see it?
- Who can use it?
- 'Digital footprint' – think before you post

Potential risks for children

▶ Content

- online pornography, ignoring age ratings in games (violent / racist language),
- lifestyle websites, e.g. pro-anorexia/self-harm/suicide sites, hate sites

▶ Contact

- Grooming (including with sexual intent or with the intent to radicalise)
- cyber-bullying in all forms (this is what worries many children/young people the most)
- identity theft (including 'frape' hacking Facebook profiles) and sharing passwords

▶ Conduct

- privacy issues, including disclosure of personal information
- digital footprint and online reputation
- health and well-being – amount of time spent online (internet or gaming)
- sexting (sending images of child is illegal)
- copyright (little care for intellectual property and ownership (eg music and film))

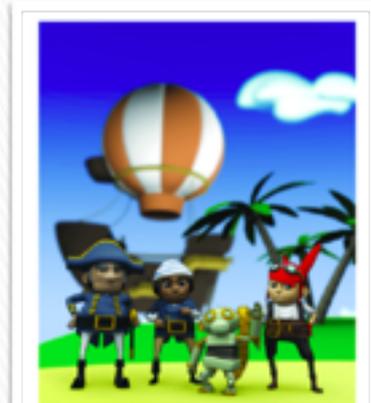
Progression from Reception – Year 6

Childnet resources

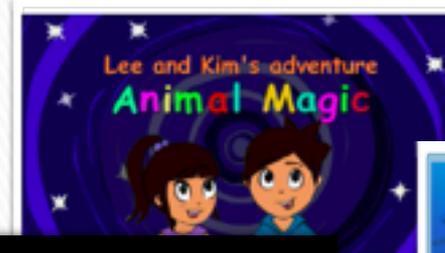
ThinkuKnow resources



Digiduck



Captain Kara



Animal Magic



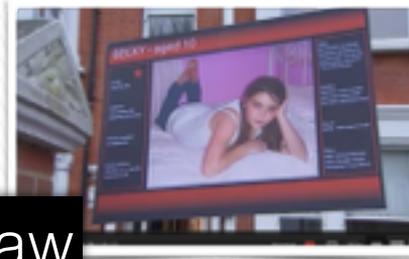
Hector's World



Play like share



Smartie the penguin



Jigsaw



Cyber cafe

SID has 4 top tips to help you learn, see if you can remember them all?

Top Tip Number

1

People you don't know are strangers. They're not always who they say they are.

Top Tip Number

2

Be nice to people on the computer like you would in the playground.

Top Tip Number

3

Keep your personal information private.

Top Tip Number

4

If you ever get that 'uh oh' feeling, you should tell a grown-up you trust.

S**SAFE**

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

**M****MEETING**

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

**A****ACCEPTING**

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

**R****RELIABLE**

Information you find on the internet may not be true, or someone online may be lying about who they are.

**T****TELL**

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

**THINK
U
KNOW**

You can report online abuse to the police at www.thinkuknow.co.uk



How CEOP can help

Hi...

5-7? **8-10?** **11-16?** **Parent? Carer?** **Teacher? Trainer?**

THINK UKNOW
.CO.UK

Welcome to CEOP's thinkuknow website

 **SAFER INTERNET DAY 2011**

Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it. If you look after young people there's an area for you too – with resources you can use in the classroom, at home or just to get with it. Most importantly, there's also a place which anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online. All the information here is brought to you by the team at the [Child Exploitation and Online Protection \(CEOP\) Centre](#). We hope you like it!

 Do you have a Facebook profile? **Protect yourself** **Protect your mates** **Make it easy** **ClickCEOP is now on Facebook** **Update your profile now** 

Top tips for parents

- ▶ Take an interest and be positive
 - ▶ Find quality and age appropriate apps and websites together
 - ▶ Agree boundaries for whole family –
 - ▶ bedtime / dinner time / weekends / screen time
 - ▶ Be secure
 - ▶ passwords / controls / Youtube safety mode
 - ▶ Apply ‘Good parenting’ online
 - ▶ Know your next steps
- 



STAPLETON
ROAD SW

The walker wyatt coffee shop

coffee



Blue sign with illegible text, possibly a business name or address.

AGORA

Where to go for more help

www.thinkuknow.co.uk

www.net-aware.org.uk

www.childnet.com

**Your guide to the
social networks
your kids use**

Stay up to date and keep your child
safe in today's digital world



Questions / comments?

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