



Online Safety Information for Parents/Carers



Keeping you child safe on line



<https://www.youtube.com/watch?v=bd8ivyiyQi8>

It's not all bad

- ▶ Technology enhances learning
- ▶ We need to ensure all children get the most from it
- ▶ Encouraging responsible online behaviour (not keeping a list of their usernames and passwords)
- ▶ You might wonder whether what they are doing is safe, and you might also be thinking how can I be as good a parent online as I am offline?

STATS

- ▶ **65%** of young people say they would feel disconnected from the world if they couldn't be online.
- ▶ **48%** of young people say being online makes them feel like their voices and actions matter.
- ▶ Almost half (**48%**) admit their peers don't always think before they post.
- ▶ **36%** of young people are sharing screenshots of other peoples' photos, comments or messages at least weekly.
- ▶ Young people are also not asking permission before posting, despite **81%** knowing when and how to ask.
- ▶ Over half of young people (**52%**) said someone they know shared a photo or video of them without asking.
- ▶ **34%** have said yes to something about them being shared online, even though they didn't want it to be.
- ▶ Whilst the majority of young people would always remove something they'd posted about a friend if asked to, **36%** would not.

Research from the Oxford Internet Institute and Parent Zone

- ▶ Children who have positive offline relationships with their parents are more likely to navigate the web in a sensible way
- ▶ Supportive and enabling parenting has a more positive impact than restricting or monitoring internet use
- ▶ Teenagers left to self-regulate their internet and social media use are more likely to teach themselves new skills online and maintain positive online relationships

What is my child doing online?

Consoles

Online Gaming

Is my child safe online?

Uploading Videos & Pictures

Addiction

Social Networking

Chatrooms & IM

Sexting

Searching

Living in the modern age. Being on Line

File Sharing

Browsing History

Private Browsing

APPS

Wi-Fi & 4G

How can I monitor what he/she does?

Public means Permanent

Hacking & Viruses

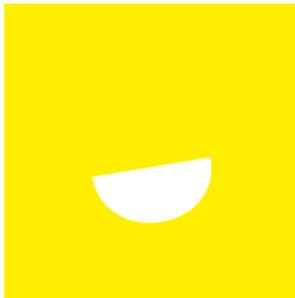
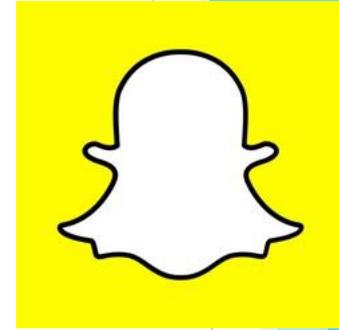
Cyberbullying

Do they really have 300+ friends?

Tablets

Proxy Websites

APPS



Online Gaming



- ▶ Games can be played against anyone in the world, at any time and for as long as you want
- ▶ Smartphones, PC, Laptop, Tablet, Consoles...
- ▶ Know who they are talking to
- ▶ Check the age rating of the game
- ▶ Look for the game's advice for parents and carers
- ▶ Set boundaries
- ▶ Know what to do if something goes wrong



Talking to People

- ▶ Emailing
- ▶ SPIM (unwanted messages that are sent through instant messaging sites)
- ▶ Instant messaging, webcam, apps, random chat rooms...
- ▶ The Internet gives people the opportunity to be inquisitive, explore relationships and actively seek risks
- ▶ Online behaviour - chatting online feels different to chatting face-to-face
- ▶ Young people should be aware that they can: - Block contacts - Report contacts

Chat Rooms and IM

- ▶ Would you yell that out in a crowded room?
- ▶ Personal details vs nickname
- ▶ Anonymous
- ▶ Meetups
- ▶ Private vs. public chat rooms vs. random chat rooms



Internet acronyms you should know!

- ▶ **AMA** - Ask me anything
- ▶ **PAW** - Parents are watching
- ▶ **PIR** - Parent in room
- ▶ **9** - Parent watching
- ▶ **99** - Parent gone
- ▶ **POS** - Parent over shoulder
- ▶ **(L)MIRL** - Lets meet in real life
- ▶ **FTF** - Facetime
- ▶ **S2R** - Send to receive
- ▶ **ASL** - Age, sex, location
- ▶ **FYEO** - For your eyes only



Mobile Phone

- ▶ How can I help my child to use their mobile phone safely?
- ▶ Parental settings - speak to sales service provider
- ▶ Loopholes - free WIFI (Accessing someone else's WIFI may mean that your safety settings no longer apply)
- ▶ Understand what your child's phone can do
- ▶ Set a pin code on your child's phone
- ▶ Set boundaries and monitor usage
- ▶ Discuss what they can share
- ▶ Discuss and monitor costs
- ▶ Keep their mobile number private
- ▶ Be prepared in case the phone is lost or stolen

Overuse & Addiction

- ▶ Can be a problem when a young person's online behaviour diverts and distracts them from other activities - this might be school work, seeing their friends or even sleeping and eating.
- ▶ As a parent or carer, you should be alert to the amount of time they are spending online and aware of the issues that might be causing a dependency.

Digital Footprint

- ▶ Be aware that information on your profile could potentially be viewed by anyone. So if you wouldn't be comfortable printing it off and handing it out on the street, it shouldn't be on your profile.



Privacy Settings & Parental Controls

- ▶ Privacy settings and Parental Controls will never make the internet 100% 'safe'.
- ▶ They should not be used as a substitute for communicating safety messages to your child. Make sure that you talk to your child about their behaviour online and remember, your home is not the only place they will be accessing the internet!

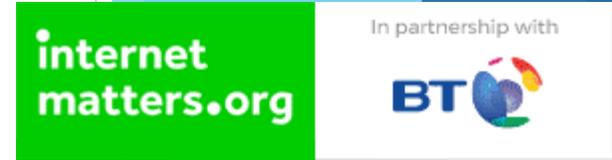


- ▶ Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops.
- ▶ It's not about you having their usernames and passwords. Eventually you will lose control. It's all about educating them on what they can and cannot do, what they should and should not give away, what kinds of conversations they should get in to.
- ▶ There are four main places you can find parental controls, and it can help to set up a combination of these:
- ▶ **Internet provider:** you can set up filters to help block access to inappropriate content on any device that connects to your home Wi-Fi.
- ▶ **Mobile operator:** filters are often automatically set up on mobile contracts, but you can double-check with your provider.
- ▶ **Devices:** many devices have parental control settings, for example, to help restrict spending in apps or disable location functions.
- ▶ **Online services:** sites like BBC iPlayer and YouTube have parental control settings to help restrict access to inappropriate content.

Top Tips

- ▶ Have a conversation with them early on
- ▶ Explore online together
- ▶ Know who your child is talking to online
- ▶ Set rules and agree boundaries
- ▶ Make sure the content is age appropriate
- ▶ Use parental controls to filter, restrict, monitor or report content
- ▶ Check that they know how to use privacy settings and reporting tools

Useful Websites



NSPCC

