

Online safety Parent Workshop

Helping to keep your children safe online

Ice breaker activity

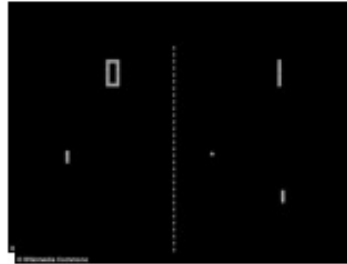
- Tell me your name
- What does online safety mean to you?



Aims of the session

- Reflect on the potential risks of internet use for children.
- Discuss the importance of communication with children about the time they are spending online.
- Understand how to set up parental controls on home and mobile devices.
- Know what to do if your child encounters problems online.
- Q&A

“My kids know more about the internet than I do...”



There are lots of positives...



Online games can
enhance teamwork
and creativity



Add to the child's
store of knowledge



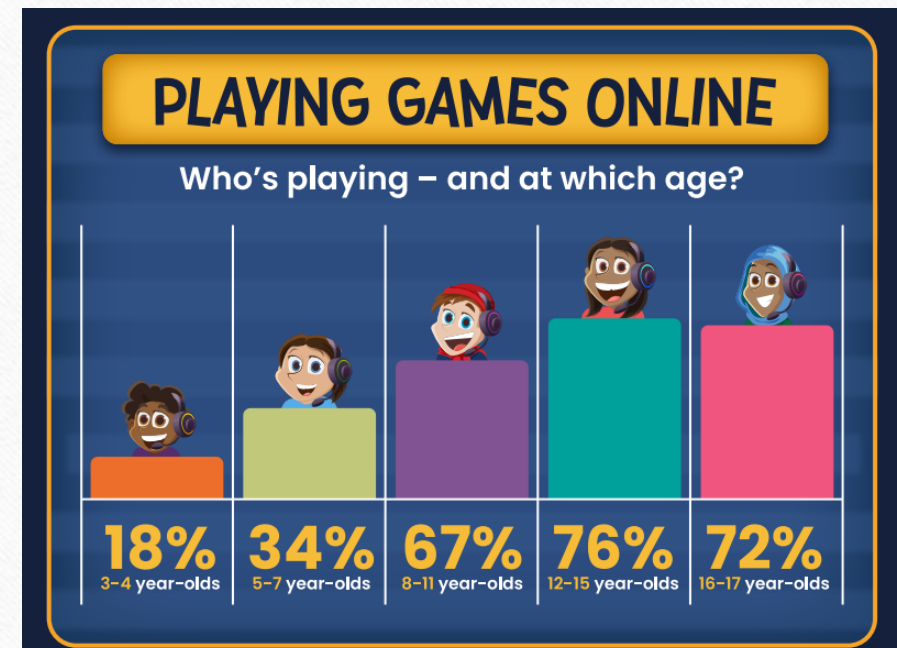
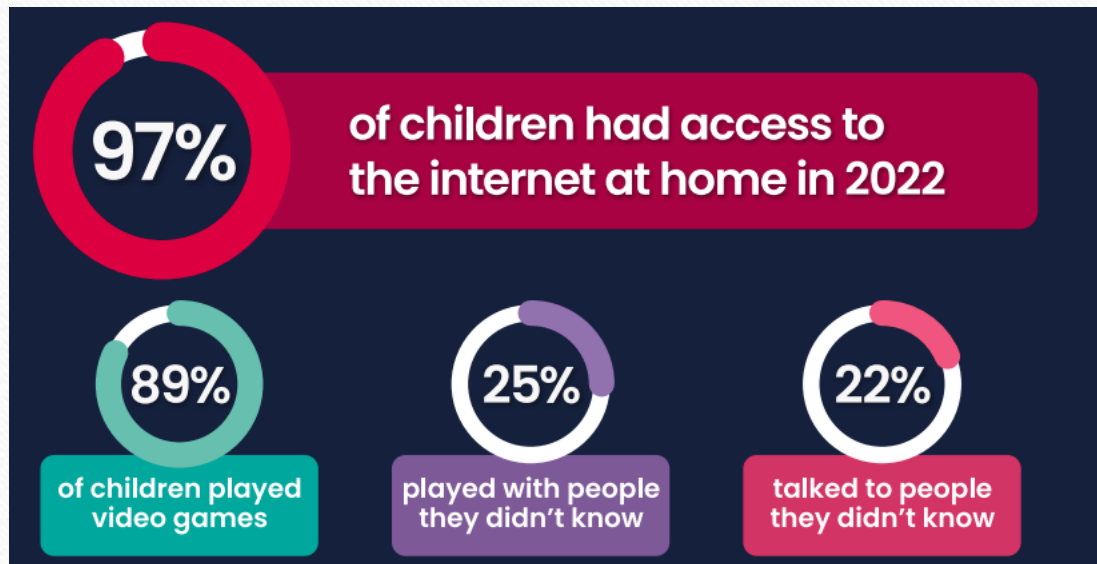
Households with
computers perform
better academically



Improve both visual
intelligence and
hand-eye
coordination

Media and attitudes report 2023

- Each year Ofcom produces an overview of children and parents media experiences across the previous year.



POPULAR PLATFORMS

Most used by **under-18s** were ...



YouTube: **88%**



WhatsApp: **55%**



TikTok: **53%**

Snapchat: **46%**



Instagram: **41%**

LIVE



3 in 10

children had experienced someone being nasty or hurtful to them on apps or platforms.

70%

of 12 to 17-year-olds were confident in their ability to identify a fake profiles. But **23%** were unable to do so when tested.



£38

children's average monthly spend on video games



PARENTAL CONCERNS



Parents and carers **most commonly** worried about their child ...

75%



seeing age-inappropriate content

70%



being cyber-bullied online

70%



seeing pro-self-harm content

65%



giving out personal details to strangers

65%



having their data collected by companies



National
Online
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Children Online

Potential Risks

- Cyber bullying
- Grooming
- Inappropriate websites
- Losing control over pictures and video / Giving out too much information online
- Viruses, hacking and security

Risks of Gaming

- Many online games have communication features which allow their users to interact anonymously e.g. Minecraft (all devices), World of Warcraft (PC) Roblox (all devices)
- Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information e.g. World of Warcraft
- Some game consoles allow internet access as well, so it is important to be aware of their communication features.

Tips

- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor mobile phones, gaming devices, and laptops.
- Surf the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.
- Check the browser search history on a regular basis.

Communication

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- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.
 - No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.
 - Create a family agreement for internet use

Creating a Family Agreement



Staying Safe Online:

1. I will ALWAYS tell a parent or another adult immediately, if something is confusing or seems scary or threatening.
2. I will NEVER give out my full name, real address, telephone number, school name or location, schedule, password, or other identifying information when I'm online. I will check with an adult for any exceptions.
3. I will NEVER have a face-to-face meeting with someone I've met online. In rare cases, my parents may decide it's OK, but if I do decide to meet a cyberpal, I will make sure we meet in a public place and that a parent or guardian is with me.
4. I will NEVER respond online to any messages that use bad words or words that are scary, threatening, or just feel weird. If I get that kind of message, I'll print it out and tell an adult immediately. The adult can then contact the online service or appropriate agency. If I'm uncomfortable in a live chat room, I will use the "ignore" button.
5. I will NEVER go into a new online area that is going to cost additional money without first asking permission from my parent or teacher.
6. I will NEVER send a picture over the Internet or via regular mail to anyone without my parent's permission.
7. I will NOT give out a credit card number online without a parent present.

Young Person _____ Date _____

Parent/Guardian _____ Date _____

Discussion Starters



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- What are your favourite things to do online?
 - What is personal information? Why should you keep it private?
 - What could you do to be safer online?
 - What would you do if anyone online asked to meet you face-to-face?
 - Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?
 - Do you use IM or chat rooms to talk to your friends and others?
 - How many people do you have on your contact list(s) and who are they?
 - Have you ever chatted with someone you did not know in real life? What kinds of things did you talk about?
 - Do you know how to block others in chat rooms and IM? Can you show me how to do this?

Go to <http://www.netsmartz.org/InternetSafety> for further examples.

Parental Controls

Internet Providers

- The 5 big internet providers in the UK – **BT, Sky, TalkTalk, Plusnet** and **Virgin Media** - provide their customers with free parental controls.
- These providers offer filter levels e.g. BT provides ‘light’, ‘moderate’ or ‘strict’ filter levels.
- Parents can :
 - customise their parental controls.
 - allow and block specific sites.
 - set filter times.
 - set limits for time online.

Parental Controls

Gaming Devices

- Parental controls can also be set up on games consoles, such as Playstation, Xbox and Nintendo Wii.
- Restrict games based on age rating.
- Restrict time spent e.g. On the Xbox 360 activate the “Family Timer” to limit the total amount.
- Control your child’s friend requests so you know who they’re playing with online.
- Restrict online user-to-user communication and the exchange of user-generated content.

Parental Controls

Smartphones

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- Capable of a range of internet functions: social networking, listening to music, playing games, browsing the internet, checking emails, taking photos and videos and watching TV.
 - Out and about, users access the internet via 4G connection which is provided by the data allowance in their mobile contract.
 - All mobile network providers provide parental controls.
 - Some will have these on as default, but others you will need to request to be turned on.
- e.g. Tesco Mobile and O2 have a parental control option to ensure that only websites they have classified as suitable for children under 12 can be accessed. Contact your service provider to find out about filtering options.

Parental Controls

Smartphones

- Internet on smartphones can be accessed by Wi-Fi from home, therefore home internet controls apply.
- Some apps can help filter out age-inappropriate content or help restrict some of the smartphone functions, so have a look in the app store.
- Check what parental controls are available for the specific smartphone; some devices may have options for switching off the internet browser.

Parental Controls

iPads

-
- Look at age ratings and customer reviews before your child downloads an app.
 - There are tools available which can block some communication apps. For example there are parental control settings on the iPad to disable the following functions:
 - FaceTime: a video calling app
 - Ping: an instant messaging app
 - Multiplayer gaming: You can choose settings to prevent multiplayer games and adding friends. Find the parental control settings and in the Game Centre section select 'Off' for 'Multiplayer Games' and 'Adding Friends'.

What to do if your child sees inappropriate material online

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again.
- Keep records of abusive messaging.
- Report abusive or inappropriate behaviour to the website and if serious, to the police.
- If you come across illegal content, such as images of child abuse, you can report this to the Internet Watch Foundation at www.iwf.org.uk.

Useful Websites

- www.saferinternet.org.uk/advice-and-resources/a-parents-guide/internet-enabled-devices
- www.kidsmart.org.uk/beingsmart
- www.childnet.com/resources/parental-controls
- <https://www.thinkuknow.co.uk/parents/Primary/>
- <http://www.netsmartz.org/Parents>

Child Exploitation Online Protection

Heartlands
Academy

<https://www.ceop.police.uk/safety-centre/>



Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here

Quick exit

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.



What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.



How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.



Make a report

If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely

#WakeUpWednesday



National Online Safety

The logo for National Online Safety (NOS), featuring a shield with "NOS" and a star, followed by the text "National Online Safety".

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News

#WakeUpWednesday: Why we produce our weekly guides series

TWEET

SHARE

SHARE

SHARE

A collage of various National Online Safety guides and resources, including sections on "What you need to know about", "MINECRAFT", "TIKTOK", "Safety Tips for", and "What you need to know about".

The logo for National Online Safety (NOS), featuring a shield with "NOS" and a star, followed by the text "National Online Safety".

Why we produce our
#wakeupwednesday
series

Start

Report Harmful Content

<https://reportharmfulcontent.com/>



Report

Advice

Cymraeg

Helping everyone to report harmful content online



Threats



Impersonation



Bullying and
Harassment



Self-harm or Suicide
Content



Online Abuse



Violent Content



Unwanted Sexual
Advances



Pornographic
Content

[Are you a young person under the age of 18?](#)

Who are we? >



What can we help with? >



When should you go to the
Police? >



Any Questions?
