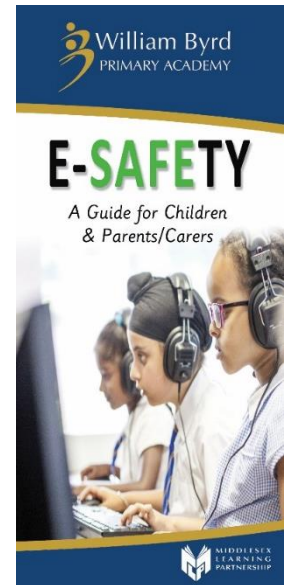# E Safety Parent/Carer Workshop

Thursday 7th February 2019

E-Safety is not about technology, it is about our behaviour and the behaviour of other people.

Stay Safe Online
Be SMART

SAFE
Do not give out personal information to people you are chatting with online such as; full name, email, phone number, home address, passwords, photos, school name.

MEET
Do not meet with people you have spoken to online. Tell an adult if anyone online asks to meet you in person.

ACCEPTING
Never open emails, files or web pages from people you don't know or trust.
Always check with an adult before downloading anything. Accepting unknown emails, messages or opening files, pictures or texts can lead to problems - they may contain viruses or nasty messages.

RELIABLE
Never respond to new people online. Never enter a chat room without an adult present. Remember that not everyone online is who they say they are.

TELL
Tell an adult if something makes you uncomfortable, scared or confused.
Never tell a stranger where you are going and what time you will be there.
Tell a parent, carer or teacher if someone you know is being bulllied online.

Be a Good
DIGITAL CITIZEN

Remember that everything you post online is PERMANENT

Be CONSIDERATE and kind in discussions or on social media

Get PERMISSION before sharing information about others

Think CAREFULLY about what you say before you post something online

RESPECT other people's views, even if you don't agree with them

Do not use mean or rude LANGUAGE online

Do not buy or order anything online without adult SUPERVISION

WBPA

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70% of parents feel that their children know more about the internet than they do

Ofcom Media Literacy 2011

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A recent survey of 1,500 parents found that on average, UK children had a phone by age seven, an iPad by age eight, and a smart phone by age ten.

Most children can use a television remote control aged just four years old – before they can tie their own shoelaces, swim without help or ride a bicycle without stabilizers.

UK Safer Internet Centre

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Anywhere and Anytime

- Camera phones

- Messaging services, e.g. WhatsApp and text messages

- Internet access on phones

- E-mail

- Apps

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Popular Social Media Sites

Quiz

How old do you need to be to sign up for the following social media sites and apps?

- Facebook
- WhatsApp
- Instagram
- Twitter
- Pinterest
- Snap chat
- Tik Tok
- You Tube

- 13
- 16
- 13
- 13
- 13
- 13
- 13
- 13/18

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More than three-quarters of children aged 10 to 12 in the UK have social media accounts, even though they are below the age limit

CBBC survey

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Cyber Bullying

- Not always reported as not always seen as bullying
- Easily unseen and unnoticed
- Affects children as much as other forms of bullying
- Bedroom/home no longer a 'safe place'

How to Stop
CYBERBULLYING

STOP — LOG OFF the site where the bullying is happening

BLOCK — BLOCK EMAILS or messages and don't respond to them

RECORD — SAVE THE MESSAGE or email and show an adult

TALK IT OUT — TELL SOMEONE you trust

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Online Grooming – Possible warning signs

- Wanting to spend more and more time on the internet/on their own devices
- Being secretive about who they are talking to online
- Switching screens when you come near the computer
- Possessing items that you haven't given them

- Using sexual language you wouldn't expect them to know
- 'Withdrawal' symptoms if device is removed
- Tiredness due to over use
- Change in appearance

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If you have concerns...

- Raise them as soon as possible
- Report it to the police or National Crimes Agency or Internet Watch Foundation
- Seek support from school / local authority

What to do if you feel **UNSAFE** online

- **Always tell an adult**
  Tell your parent/carer or teacher if you feel unsafe online.

- **Report your problem to CEOP**
  CEOP is a law enforcement agency and is there to keep children and young people safe online. Please visit their website for further information or to get in touch with a CEOP Child Protection Advisor.
  www.ceop.police.uk/ceop-reporting

CEOP

CLICK CEOP
Internet Safety

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Online Gaming

- Playing games against friends and strangers
- Chatting to friends and strangers using microphone headsets
- Exchanging contact details
- Playing games unsuitable for their age?

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Tips for keeping safe...

- Create their profiles with them
- Ask them to show you how it's done if you are not sure
- Keep the computer in a public area of the house
- If they are under the age restriction for the site/app then you are responsible for what they post

William Byrd's
TOP TIPS for Parents

1. **Keep your privacy settings as high as possible**
Visit *internetmatters.org* for more information

2. **Use safe search engines**, such as: *swiggle.org.uk* and *kids-search.com*.
Visit *google.co.uk/safetycentre* for more information

3. **Agree boundaries**
Be clear what your child can and can't do online. Agree: Where they can use the internet; How much time they can spend online; the sites they can visit; the type of information they can share; when your child can use a mobile phone and tablet.

4. **Explore together**
0-6 Year Olds - Set your homepage to a child friendly site. Such as CBeebies and give them a user account which only allows access to sites and apps you have chosen. Consider using a 'Kids Mode' app on your phone.
7-11 Years Olds - The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting.

5. **Check**
Use the age ratings that come with the games, apps, films and social networks to decide whether they're suitable for your child.

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THINK SAFETY

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Be involved online…

- Set boundaries in the online world just as you would in the real world
- Make sure they understand what information is private and not for sharing
- Make sure they understand not to post personal details
- Talk about usernames and passwords and make sure you know what it is

- Emphasise that not everyone is who they say they are
- Keep discussing your child's online activity so they feel they can tell you if something goes wrong
- Explain that what gets put on the Internet stays on forever

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Practical ideas….

- Use of child friendly search engines e.g. Yahooligans
- Make sure you use a firewall and have anti-virus software
- Use parental controls on devices connected to the internet

- Set up a family email for the websites children access
- Check history of websites children have viewed
- Use safe search apps

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Adding Parental Controls

- Parental Controls for iDevices

https://www.intego.com/mac-security-blog/ios-8-restrictions-parental-controls-overview-for-parents/

- Parental Control for PC computers

https://www.howtogeek.com/howto/10524/how-to-use-parental-controls-in-windows-7/

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Useful Websites

- https://www.thinkuknow.co.uk
- https://www.childnet.com
- https://www.nspcc.org.uk
- www.internetmatters.org