

A photograph of a man and a young child sitting at a table, looking at a laptop screen. The man is pointing at the screen, and the child is looking intently. The background shows a bright, sunny outdoor area with palm trees and a white fence.

ONLINE SAFETY for Parents & Carers



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Schools' Online Safety Responsibility

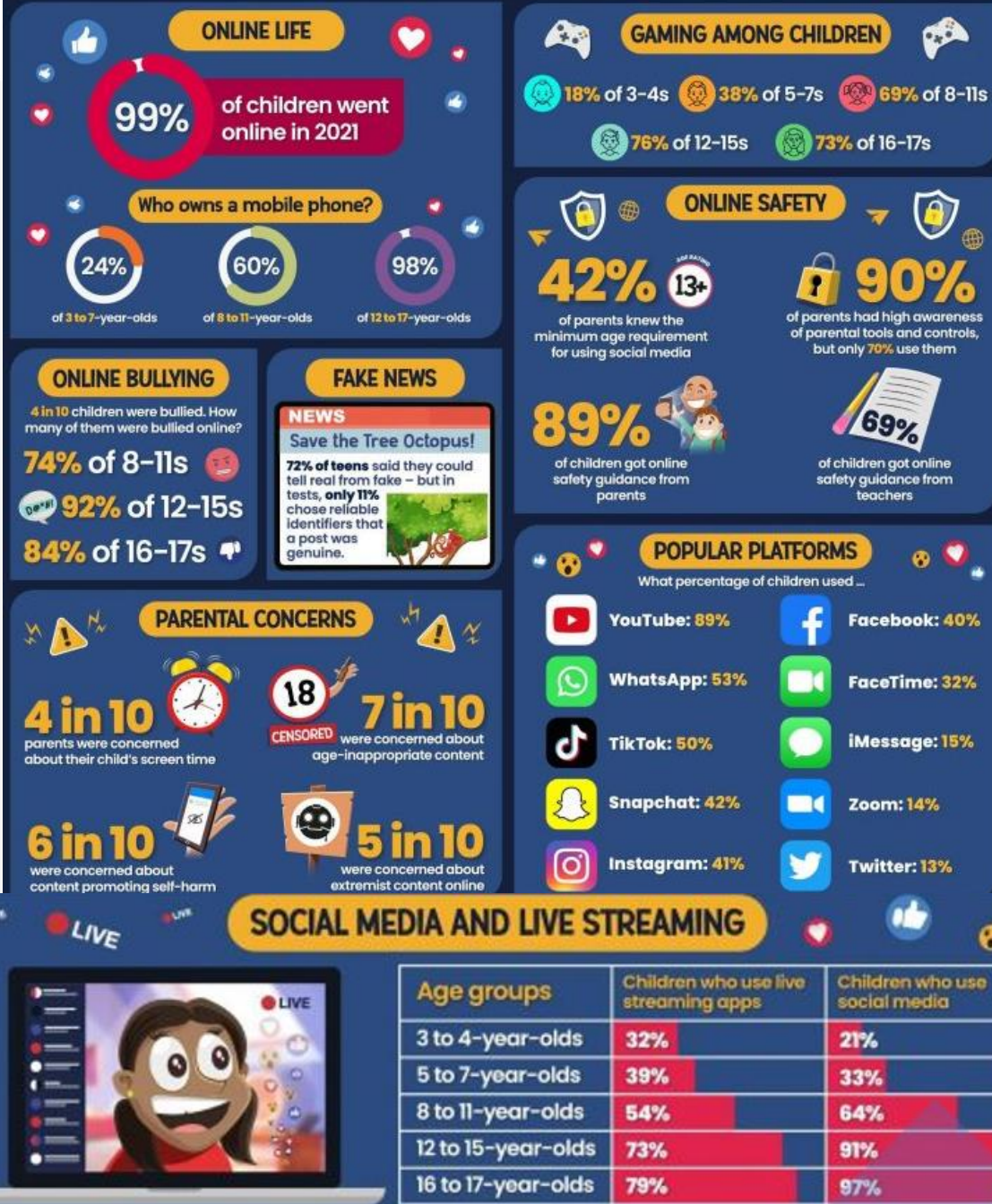
Schools have an important and statutory responsibility when it comes to online safety:

- to ensure the school's online procedures keep children and young people safe
- to teach them about online safety, in and outside of school
- [All schools must use Keeping Children Safe in Education \(KCSIE 2022\)](#)



Learning
Online

THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022



PEGI

Pan
European
Game
Information



Age 5-11



Minecraft: Pocket Edition

Minecraft is a game that lets you create a virtual world using building blocks and chat to others.



Roblox

Roblox is a game where you create your own games, play others' games and chat with others.



Always check the PEGI rating of games to make sure they are age appropriate



Age 12+

WHAT IS IT?

100 players leap out of a plane on to a small island and then fight to the death until only one is left

SAFETY TIPS TO CONSIDER:

PEGI rating 12

- Mild Violence but very cartoonish
- Chatting with strangers within the game
- Chat function can be disabled
- Can be very addictive, games last 20 minutes
- Three modes: solo, duo and squad
- Encourages in app purchases which can get expensive



What are the risks of online games?

Children may view inappropriate or upsetting content if they play games that aren't suitable for their age.

Some players can be abusive towards others or try to exclude them from the game.

Children may play with adults they don't know. Some adults may try to build an emotional connection for the purpose of grooming.

Some children may find it hard to stop playing games, or gaming is getting in the way of other activities.

Ways to help children play safe

Check the game's
content

Know how to
mute, block and
report

Be Share Aware

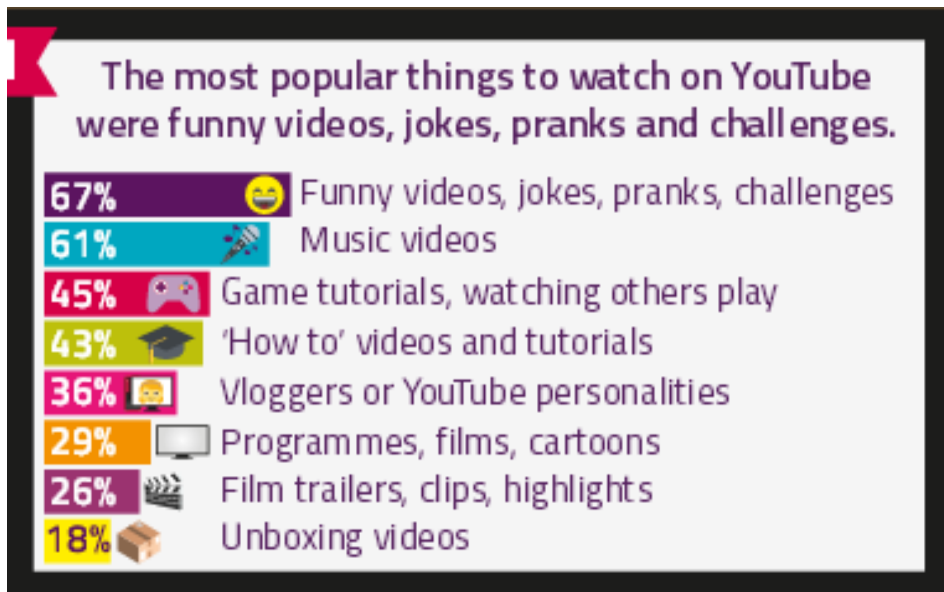
Activate safety
settings

Keep the
conversation
moving & play
together

Be aware of in-
game features



- ## Benefits of YouTube Kids:
- Age appropriate content
 - Parental controls customised for each child
 - Parents can set timer
 - Limited advertising



Social media age restrictions of 13 & 16



Young people say:

•“If your privacy's not on, anyone can follow you.”

•“If you turn off location settings, you can't use filters, so you have to keep location settings on.”



WhatsApp has an age restriction of 16 and the rest are 13



EYFS and KS1

I never get undressed
or change my clothes
when I'm on camera



What is Online Bullying?

Sending cruel, nasty, or threatening messages using technology

Posting pictures or video clips online or distributing via text or Bluetooth without the person's knowledge

Trolling, deliberately offensive or provocative **online** posts with the aim of upsetting someone or eliciting an angry response from them

Creating websites or fake profiles, or adding to existing websites, unpleasant stories, pictures, or jokes making fun of others

Breaking into another person's e-mail/social network/phone account and sending nasty or embarrassing material to others

Online Bullying

What you as a parent can do...



- ✓ Offer reassurance and support
- ✓ Tell your child never to respond to an abusive message
 - cyberbullies want a reply
- ✓ Keep the evidence - is it someone they know? Talk to staff at your child's school even if other pupils or people at the school are not involved
- ✓ If it isn't someone they know report it to the service provider
- ✓ Schools are very aware of cyberbullying and it should be included in their anti-bullying policy

Controlling Tech Time

- Set a good example, keep phones on silent or in bags when taking & collecting your children from school
- Talk together about the time spent online & turn off notifications to avoid a constant 'ping'
- Agree on appropriate length of time they can use their device
- Get the whole family to unplug & create screen free zones – no phones at mealtimes
- Use technology / apps to help manage screen time e.g., Family Link App



Top tips for parents



- **Make space for regular conversations about life online**

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

- **Make space for enjoying and exploring the online world together!**

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer and show them what a great space the internet can be when used responsibly.

- **Make space for working as a family to agree expectations for going online**

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

- **Make space for learning about the apps, games and websites your child is using**

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

- **Make space for supporting and reassuring your child if things go wrong**

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

Top tips for parents of under 7s



It's never too early to talk about life online!

Make space for enjoying time online together

Play games, watch videos, and learn new skills with your child. Share what you are doing online and talk about what they like doing online. Show your child how great a space the internet can be and all of the ways you can use it as a family.

Make space for talking about the online world from an early age

Show your children the amazing things they can do on the internet, before they begin to use it independently. The earlier you talk about the online world together, the easier these conversations become as they grow up.

Make space for using the internet to build key skills

Why not find fun and educational games to play together, or watch videos about topics your child is interested in? The internet is a great space to practice key online safety skills like keeping your personal information safe and asking for help when you need it.

Make space for setting clear boundaries about tech use

Establish expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It might be no tech at dinner, blocks on certain sites, or only using devices when there is an adult in the room. Discuss these with your family, and review and adapt them as time passes and their internet usage changes.

Make space for familiarising yourself with safety tools

There are loads of amazing tools and organisations to support you in keeping your child safe online. Explore the different privacy settings and [parental controls](#) available to you, and know [how to report](#) inappropriate content. These can all help make the internet a safer place for your children.

Make space for conversations about what to do if something goes wrong

Reassure your child that they can always come to you if something makes them feel uncomfortable or upset while they are online. You may also like to talk to your children about putting devices down, turning them over, or pausing content if they see something they don't like.

Parents' Guide to Technology

**internet
matters.org**

Internet matters is an excellent site that provides step by step instructions on privacy settings for ALL devices and other guidance for parents

Other sites recommended for parents:



Online safety helpline:
0808 800 5002

