

ONLINE SAFETY For Parents and Carers



What does your child love doing online?
What services and devices do they use?



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. However it is important to manage and minimise the associated risks.

Game Ratings

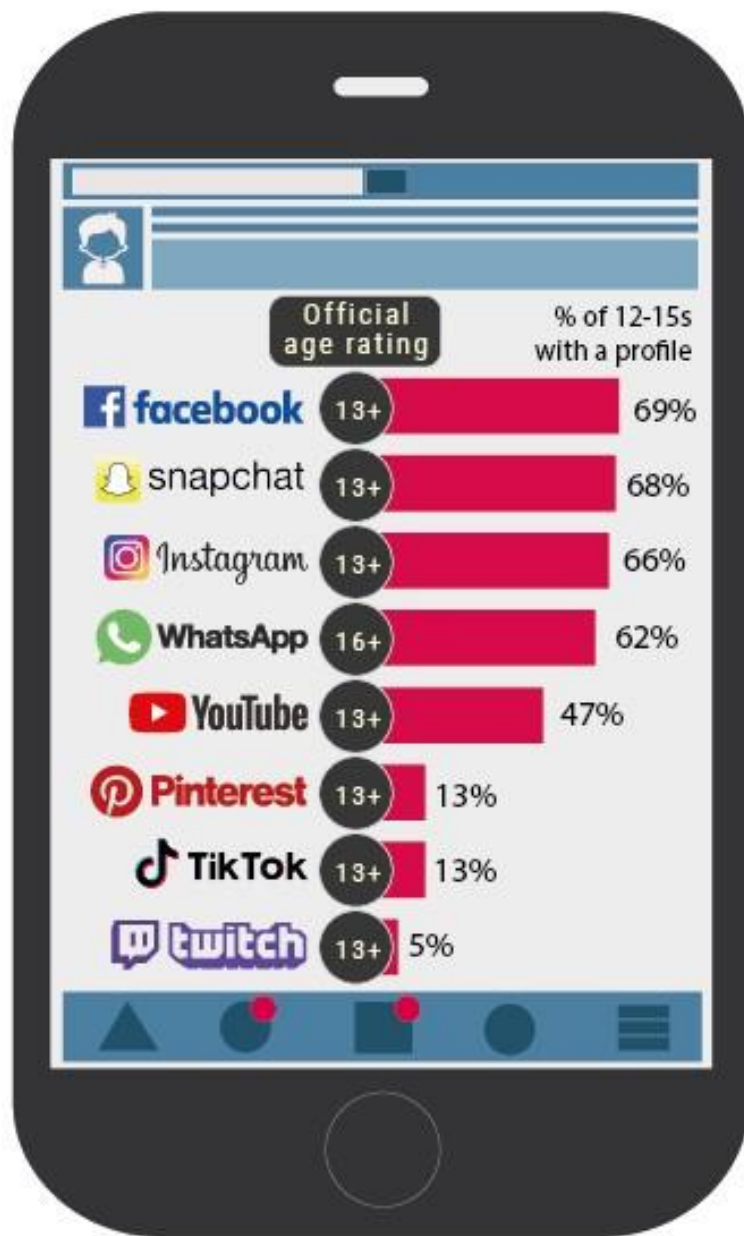


Games are rated with using PEGI, keep your children safe by ensuring they play games suitable for their age



Click below to check ratings of games and read reviews by parents and children:





Official Age Ratings – Make sure you are aware...

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



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



**Use YouTube Kids app for children
aged under 12**

**NEW! YouTube supervised mode for
under 13s – Google account
required**

www.internetmatters.org/parental-controls

What's the issue with Smartphones?



Instant access to internet – difficult to filter



Cameras, upload images and videos straight to Facebook, YouTube, etc. Live streaming



Geotagging and location based services



Addiction to technology



Physical and mental well being

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/carer 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, talk to your school if your child is having issues



From April to October 2020 NSPCC counsellors held more than a thousand counselling sessions with young people about online bullying.

How much screen time?

The American Academy of Paediatrics (AAP) updated its screen time guidelines in 2016 to for families

- For children younger than **18 months**, **avoid** use of screen media other than video-chatting.
- Parents of children **18 to 24 months** of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children **age 2 to 5 years**, limit screen use to **1 hour per day** of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children **age 6 and older**, place **consistent limits on the time** spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviours essential to health.

No UK guidance has been issued on screen time to date and more research is needed

Controlling Tech Time

- Set a good example
- Talk together about the time spent online
- Agree on appropriate length of time they can use their device
- Get the whole family to unplug & create screen free zones
- Use technology / apps to help manage screen time
 - [Google Family Link](#) App – it's free
 - [Apple Screen Time](#) – available in settings
 - [Microsoft Family Safety](#) App



Use Screen Time on your iPhone, iPad or iPod touch

With Screen Time, you can access real-time reports showing how much time you've spent on your iPhone, iPad or iPod touch. You can also set limits for what you want to manage.



How to support your children online



- **Aim for screen quality time.** Scrolling through social media isn't the same as making a movie or story, or Skyping Grandma.
- **Check the safety settings are turned on** Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? Internet Matters has hundreds of guides to parental controls. Keep devices and consoles in family rooms. Use such as Google's Family Link to monitor them online.
- **Get your children to show you their apps and games** You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Check safety settings and age suitability. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps, search for Common Sense Media or NSPCC's NetAware.
- **Don't try to hide news about scary things in the news** If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch Newsround together and talk about how they feel – there is guidance from Childline to help you
- **Remind them of key online safety principles** Remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera or share images and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, THAT'S A LIE
- **If you aren't sure, ASK!** Your child's school is a good place to start. Lots of sites are listed at reporting.lgfl.net,

BE A GOOD ROLE MODEL...



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

