



Online safety workshop

2022

Benefits to being online?

















There are huge positives to being online and it is such a useful tool in our daily lives. Using online technology can help children –

- Stay in touch with friends/family
- Learn
- Be more prepared for future society and jobs
- Make friends
- Be entertained

Why are we talking about this?

- The number of children being harmed or exploited through online platforms is on the increase.
- As a MAT, we are becoming increasingly concerned about some pupils use of online platforms.
- Over 80% of children (aged 12-15) have had potentially harmful experiences online.

Levels of concern among parents about their child's online activities

 	    				
 Content on sites or apps that child visits	48%	48%	49%	47%	52%
 How much time child spends online	53%	53%	50%	49%	59%
 Child giving out their personal details to inappropriate people	50%	50%	50%	49%	53%
 Child being bullied online / cyberbullying	54%	53%	59%	57%	64%
 ★★Child damaging their reputation now or in the future	42%	42%	44%	42%	51%
 Child seeing content which encourages them to hurt or harm themselves	54%	53%	55%	59%	66%
 Pressure on child to spend money online	46%	46%	45%	47%	47%
 Companies collecting information about what the child is doing online	57%	57%	55%	54%	59%
 Possibility of child being radicalised	34%	35%	31%	36%	32%

- Almost 9 in 10 children (89%) aged 10 to 15 years said they went online every day.
- While the majority of children told us they only spoke to or exchanged messages with people online who they knew in person, around one in six children (17%) aged 10 to 15 years spoke with someone they had never met before (equivalent to 682,000 children) in the previous 12 months.
- An estimated 1 in 50 children (2%) said that they spoke to or messaged someone online in the previous 12 months who they thought was their age but later found out were much older.
- An estimated 5% of children aged 10 to 15 years met up in person with someone they had only spoken to online (equivalent to 212,000 children) in the previous 12 months.
- Around 1 in 10 children (11%) aged 13 to 15 years reported receiving a sexual message, while 1 in 100 reported sending a sexual message, in the previous 12 months.
- Girls aged 13 to 15 years were significantly more likely to report receiving sexual messages than boys (16% compared with 6%) in the previous 12 months.

Media use by age in 2020: a snapshot

5-15 year olds

61% have their own tablet,
and 55% their own smartphone

To go online - 70% use a tablet,
69% a laptop, and 65% a smartphone

56% watch live broadcast TV, and
91% watch video-on-demand content*

71% play games online

55% use social media apps/sites

65% use messaging apps/sites

97% use video-sharing platforms (VSP)

45% use live streaming apps/sites



5-7 year olds

57% have their own tablet,
and 14% their own smartphone

To go online - 77% use a tablet,
51% a laptop, and 40% a smartphone

48% watch live broadcast TV, and
88% watch video-on-demand content*

50% play games online

30% use social media apps/sites

33% use messaging apps/sites

96% use video-sharing platforms (VSP)

33% use live streaming apps/sites



8-11 year olds

66% have their own tablet,
and 49% their own smartphone

To go online - 76% use a tablet,
72% a laptop, and 62% a smartphone

58% watch live broadcast TV, and
91% watch video-on-demand content*

78% play games online

44% use social media apps/sites

64% use messaging apps/sites

96% use video-sharing platforms (VSP)

39% use live streaming apps/sites

40% are aware of ad placements in search engines
(8-11s who go online and use search engines)

27% have seen worrying or nasty content online
(8-11s who go online)



12-15 year olds

59% have their own tablet,
and 91% their own smartphone

To go online - 87% use a smartphone,
80% a laptop, and 60% a tablet

61% watch live broadcast TV, and
92% watch video-on-demand content*

80% play games online

87% use social media apps/sites

91% use messaging apps/sites

99% use video-sharing platforms (VSP)

60% use live streaming apps/sites

65% are aware of potential vlogger endorsements
(12-15s who go online)

49% are aware of ad placements in search engines
(12-15s who go online and use search engines)

31% have seen worrying or nasty content online
(12-15s who go online)



Online sexual exploitation?

A photograph of a two-story brick house at night. The house has several windows, some of which are illuminated from within. A street lamp is visible in front of the house, casting a glow. A play button icon is overlaid on the text. The text is in white, bold, sans-serif font.

**300,000 adults in the UK
have a sexual interest in children.**

Online sexual exploitation?



1 in 4 teenagers receives unwanted sexual messages online.*

Since the start of the pandemic, the amount of 'self-generated' child abuse imagery has increased dramatically.

In 2020, the IWF confirmed 68,000 cases of such imagery, a rise of 77% on the year before. It accounts for nearly half (44%) the imagery we took action on last year.

In 80% of these cases, the victims were 11- to 13-year-old girls.

What can we do?



TALK to your child about
online sexual abuse.

As part of the campaign, parents are encouraged to **T.A.L.K** to their children about the dangers.

- **Talk to your child** about online sexual abuse. Start the conversation – and listen to their concerns.
- **Agree ground rules** about the way you use technology as a family.
- **Learn about the platforms** and apps your child loves. Take an interest in their online life.
- **Know how to use tools**, apps and settings that can help to keep your child safe online.

Help us spread the word and close the door to online child sexual abusers. More info and resources available at talk.iwf.org.uk.

Age-inappropriate use of internet

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matters.org

What is inappropriate content? Parent advice | Internet Matters

internet matters.org Online safety advice for parents What i

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0:00 / 1:14

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What is inappropriate content – a summary of what parents need to know about the issue

Age-inappropriate use of internet



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What online activities can increase the possibility and probability that my child will see inappropriate content?

- Joining social networks before reaching the minimum age
- Playing games and using apps which are not age-appropriate
- Watching live streams which may show inappropriate content or taking part in them and unconsciously being exploited

Age-inappropriate use of internet

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Inappropriate content: Facts and statistics



56 % of 11-16 year olds have seen explicit material online [online source](#) ↗



One-third of British children 12-15 have encountered sexist, racist or discriminatory content [online source](#) ↗



One in ten children aged 8 -11 who go online said they had seen something nasty or worrying online [online source](#) ↗

According to research from [LGfL – Hopes and streams](#) one out of 5 children said that they had never told anyone the worst thing that had happened to them.

Age-inappropriate use of internet

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What sort of inappropriate content might my child see?

What you think is inappropriate material for your child will probably differ from your child's view or that of other parents. It will also depend on your child's age and maturity level.

Inappropriate content includes information or images that upset your child, material that's directed at adults, inaccurate information or information that might lead or tempt your child into unlawful or dangerous behaviour. This could be:

- Pornographic material
- Content containing swearing
- Sites that encourage vandalism, crime, terrorism, racism, eating disorders, even suicide
- Pictures, videos or games which show images of violence or cruelty to other people or animals
- Gambling sites
- Unmoderated chat rooms – where there's no one supervising the conversation and barring unsuitable comments.
- Sexism or sites that portray females in very traditional roles that do not reflect contemporary values and expectations

Age-inappropriate use of internet

13

13 is the minimum age according to TikTok's terms and conditions.
31 Aug 2021

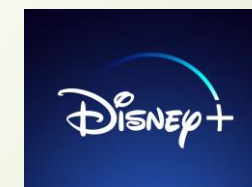
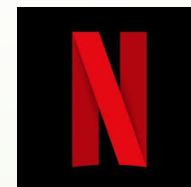
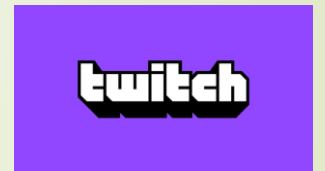
16 years old

Minimum age restriction

The minimum age of use for WhatsApp is **16 years old**. It had previously dropped to 13 years old but in April 2018 returned to 16, as a response to data-protection legislation.

The minimum age restriction for all of these social media platforms is 13.

Streaming services such as Netflix, Amazon Prime and Disney + have content rated 18, 15 & 12 so it is important that children have their accounts set to an appropriate age rating. If you only have one user account for the whole family, this cannot be done.



Age-inappropriate use of internet

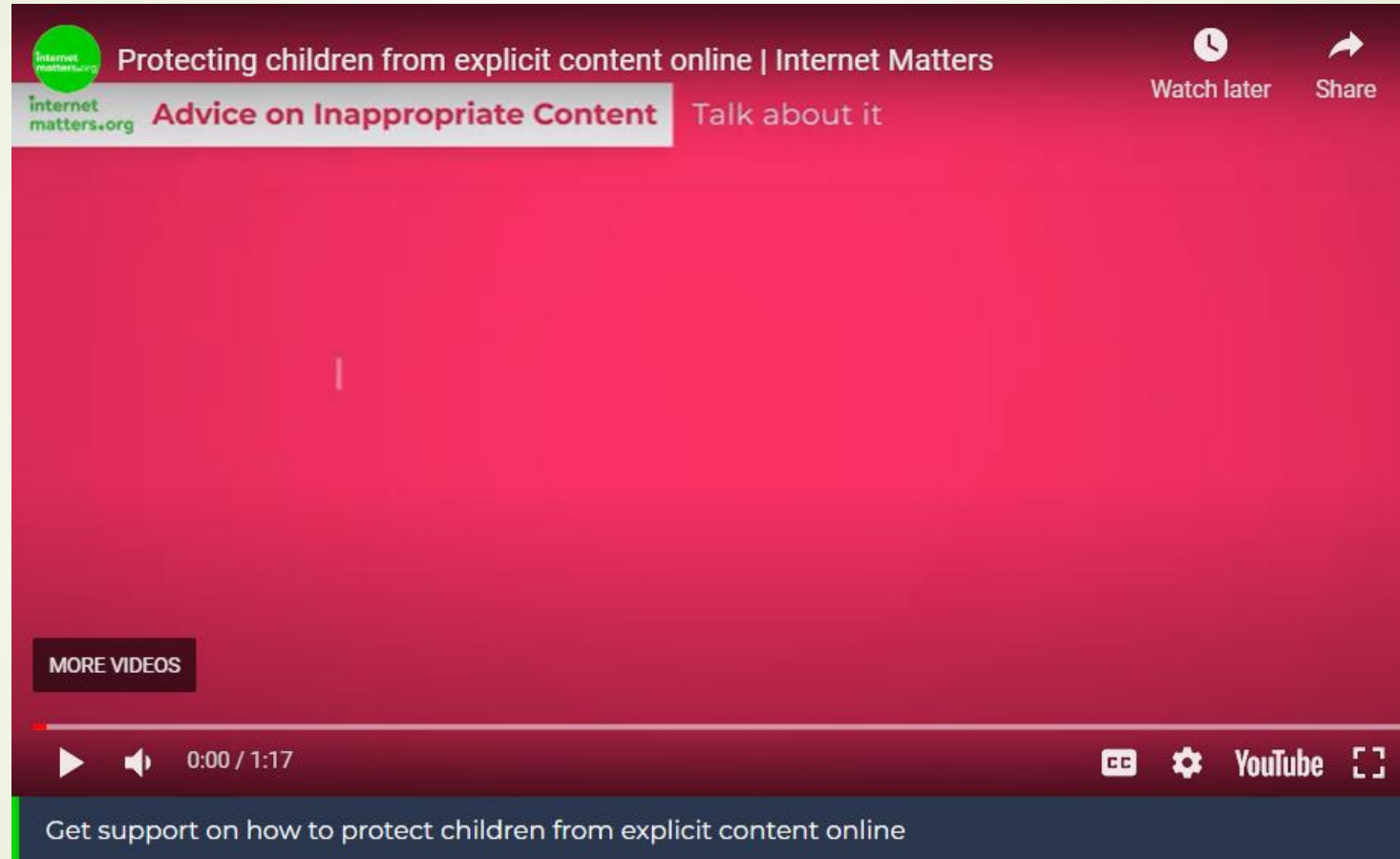
The reason for these social media platforms having age restrictions is because of data protection. However, in addition to this, the content on these platforms can quite often be inappropriate for children (especially those of primary age). Videos and posts can depict sexually inappropriate language and images; extremely violent or radical material; false information (e.g. Vaccines, Russian invasion of Ukraine) ;and inappropriate language.

Although legally pupils under 13 (therefore all primary school aged children) should not have use of these accounts, we are aware they do. If this is the case, parents should consider their children's use of these platforms.

There are ways of monitoring, reducing and restricting children's use.

What can we do?

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internet matters.org Protecting children from explicit content online | Internet Matters

internet matters.org **Advice on Inappropriate Content** Talk about it

Watch later Share

MORE VIDEOS


0:00 / 1:17


CC Settings YouTube

Get support on how to protect children from explicit content online

What can we do?


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 What to do if a child sees explicit adult content online | Internet Matters

 **Advice on Inappropriate Content** Tips to protect your child

[Watch later](#) [Share](#)

As they get older **review** the **sites**
and **apps** that are **suitable for your child**



What to do if a child sees explicit adult content online

Online sexual harassment

The thing that is happening online but nobody talks about



Online sexual harassment

What is online sexual bullying?

At its simplest, it is any unwanted sexual comments or actions that occur online. This is something that children may be seeing and impacted by, even if they are not directly involved.

Here are some examples:

- Editing photos to make them sexual
- Bullying someone online because they are different to others of the same gender
- Posting photos of parts of other children's bodies to embarrass them
- Making "jokes" about someone's sexual orientation

It is hard for young people to know what to do

When it is other young people doing or saying these things it can be very hard for a young person to know what to do or how to challenge it. They may not even

realise that what they are experiencing is not ok until it has been occurring for a while or until it happens to them or someone they know.

What did our research tell us?

It is hard for them to talk about

We found that one of the biggest concerns for parents and carers is their child keeping something worrying that happens to them online to themselves. There may be many reasons why children are reluctant or slow to talk to their parents or carers about these issues.

- Too embarrassed
- Worried about what would happen next
- Worried about being targeted by those involved
- Worried about getting in trouble
- Don't see it as something serious

What can we do?

How do young people want you to help?

Our research showed us that lots of you talk to your children about their lives online but find this a more challenging topic. Young people have told us they do want to talk about this issue and how they would like you to support them.

Young people have told us that they want you to...

Be

- Curious about their online lives
- Available
- Honest
- Open to listen and learn
- Reassuring
- Patient

Avoid

- Overreacting
- Judging or blaming them
- Getting emotional or angry
- Assuming you know how they feel
- Threatening to or taking away their access to the internet

Start a conversation

It is important to talk to young people about their lives online. Here are some ways that you can create a safe environment for those conversations:

- Regularly make time to listen and be available for a chat, just the two of you, with no agenda and no distractions.
- Ask open questions about your child's friends and the time they spend online. Include the online world in the conversations you have about relationships and growing up.
- Let your child know that they can come to you with any problem they have, and you will be there for them. They may need regular reassurance.
- Use a distancing technique – ask about what other young people at school go through or deal with online, so they don't have to talk about first-hand experience.

Addiction to gaming/screen time?



Child and Adolescent
Mental Health Service

Lots of people like to play video or online games and lots of people spend many hours of their spare time gaming. For lots of people this is ok and they are able to have other hobbies and interests, see friends and they can still get on with their everyday life. For others this love of gaming can tip into being unhelpful and impact on their life in a damaging way.

It is possible to be at risk of or develop an addiction to gaming in a similar way to those who are at risk of or addicted to substances (such as drugs or alcohol).

Addiction to gaming/screen time?



Child and Adolescent
Mental Health Service

Here are some signs that there might be a problem and it's time to get help:

- Constantly thinking about or wanting to play the game
- Feeling irritable and restless (fidgety) when not playing
- Underreporting or lying about how much time you've spent playing or playing in secret (such as in the middle of the night)
- Tiredness, headaches or hand pain from too much screen time and use of controllers
- Not wanting to pay attention to things like your personal hygiene (e.g., washing) or eating
- Not seeing friends as often or doing other things you used to enjoy doing as all your time is spent gaming
- Not wanting to go to school so that you can game
- Becoming angry about a game.

Addiction to gaming/screen time?



Child and Adolescent
Mental Health Service

According to experts, some of the most addictive online games are:

- Fortnite Battle Royal
- World of Warcraft
- Battlefield
- Farmville
- Call of Duty
- Minecraft
- Angry Birds
- Solitaire
- Fifa

What can we do?

Tips -

- encourage sport, physical activity or other non-screen time related hobbies. This can increase blood levels of serotonin and have a positive effect on mood and symptoms of problematic gaming.
- talk to your child about what they enjoy about gaming and why they want to game regularly. Their answer will help you identify if there are others issues they may be experiencing and using gaming as an escape.
- set time limits for play and stick to them. Encourage non-screen time days in the week.
- keep phones and other gadgets out of the bedroom so you won't play into the night.
- if you have serious concerns about your child/children having gaming addictions, seek professional help - <https://hampshirecamhs.nhs.uk/issue/gaming-addiction/>

Online support



Discusses inappropriate content online and how to prevent access/ what to do if your child has accessed certain content.



Hampshire Child and Adolescent Mental Health Service



Preventing child sexual abuse online.



Online safety help and advice.



Explains how to report online abuse.



Talking to 9-12s about online sexual bullying

PDF Format (1.25MB)



Talking to 13-17s about online sexual harassment

PDF Format (1.25MB)

Information on online sexual bullying.



Link to the Ofcom - Children and parents: media use and attitudes report 2020/21