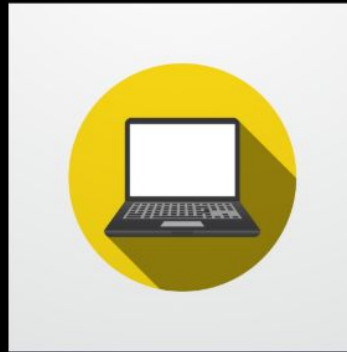# E Safety FLIS 13/02/2019

There are many 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

But technology affects your child development

Sleep cycles are affected by blue light from screens

Staying up late and not getting enough sleep

Studies have found more distracted you are the less able you are to experience empathy

Online dangers to be discussed
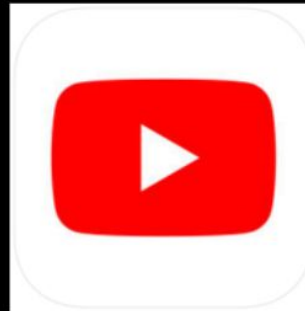
Some <u>popular</u> apps used by young people.....

Instagram

Picture and video sharing app.

Snapchat

Send "snaps" or messages which appear for upto 10 seconds

Youtube

Watch, create and comment on videos

Minecraft

Creating a virtual world, chat to others online

Instagram

Social networking site

Twitter

Lets you post "tweets" public or private

WhatsApp

Instant messaging app

Miniclip

Hosts games, play online and chat to other gamers

There are many more apps which young hilden use on a daily basis refer to handout.

Little Ilford School

Clash of Clans

Clash of Clans is a game where players can chat, build armies and battle each other.

Clash Royale

Clash Royale is a game where players can chat, build communities and battle each other.

CSR Racing

CSR Racing is a car racing game where you can buy and upgrade cars and race your opponent.

Discord

Discord is a voice and text app, designed for gamers. Users can chat if they accept follow requests.

Disney Club Penguin Island

Club Penguin is a multiplayer game where you can explore a virtual world and chat to others.

Dubsmash

Dubsmash is an app to create and share your own music videos with famous sounds and quotes.

Episode: Choose Your Story

Episode: Choose Your Story app is a storytelling platform to create and share characters and stories.

Facebook & Messenger

Facebook and Messenger is a social network to create a page about yourself and talk to others.

FaceTime

FaceTime allows you to make video and audio calls from your Apple devices using the internet.

FIFA Football

FIFA Football is a gaming app where you can build and manage your own football team.

Friv

Friv is a gaming platform that offers a wide variety of games to play, for free.

Google Hangouts

Google Hangouts is a computer programme and app that lets you video call, phone or message others.
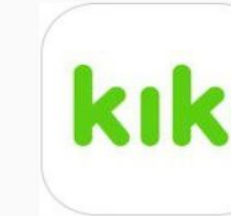
Grand Theft Auto: San Andreas

Grand Theft Auto: San Andreas is a video game following and directing the central character, Carl.

Instagram

Instagram is a picture and video sharing app to post content and use hashtags.

Kik

Kik is an instant messaging app which lets you share messages, photos and other content.

Minecraft: Pocket Edition

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

Miniclip

Miniclip is a gaming website that hosts games; used on social networks and online gaming platforms.

MovieStarPlanet

MovieStarPlanet is an online game where you create a famous movie avatar character to talk to others.

Omegle

Omegle randomly connects you to someone for a one-to-one audio or video conversation.

Pinterest

Pinterest is an interactive pin board, for collections of your own and others' images.

Pokémon GO
Pokémon GO allows you to find Pokémon using a map based on where you are (in real life).

PopJam
PopJam is a creative app and website where you can create and share art and take quizzes.

Reddit
Reddit is a community-based forum where people write posts covering different topics.

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

Sarahah
Sarahah is a website where you can send anonymous comments and feedback to other users.

Score! Hero
Score! Hero is a gaming app where you work your way up to over 580 levels by playing football.

Skype
Skype lets you send instant messages and make audio and video calls to others around the world.

Snapchat
Snapchat lets you send messages or 'snaps' to contacts, which appear for up to 10 seconds.

SoundCloud
SoundCloud is an app that lets you find music, news and other content you're interested in.

Steam
Steam is an entertainment platform which lets you play games, create, and chat to other members.

Tumblr
Tumblr is a social network that lets you share photos, videos, live broadcasts and other content.

Twitch
Twitch is a live video game site to watch playbacks of games, live stream your own and chat to others.

Twitter
Twitter lets you post public messages, or 'tweets', send private messages and post pictures/videos.

Viber
Viber lets you text, call, share photos and send video messages to people worldwide.

Wattpad
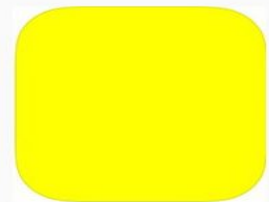Wattpad is a storytelling app where you can create, read, learn to write and share stories.

WhatsApp
WhatsApp is an instant messaging app. You can send messages/images/videos/location in one to one and groups.

YouTube
YouTube allows you to watch, create and comment on videos on a public profile.

Yubo
Yubo is an app where you can connect and chat to people. You can video chat and watch live videos.

Student: How to be safe online

1. Do not post personal information online – address, email address or mobile number.

2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.

3. Keep your privacy settings as high as possible- Private profile

4. Never give out your passwords

5. Do not befriend people you don't know

6. Do not meet up with people you've met online. Speak to your parent or carer about people suggesting you do

7. Remember that not everyone online is who they say they are

8. Think carefully about what you say before you post something online

9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude

10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

The Concerns...

Type	Details
Instagram and twitter facebook	- Open profiles- profiles are not private so anyone can see what is being posted - Adding people you do not know - Following people you do not know - Posting items without checking if it is appropriate - Constantly uploading are creating insta stories- gives away your whereabouts - Your location can be exposed if your location service is on - Writing inappropriate comments or tweets - Spending too much time on social media.
Snapchat	- Snapping constantly - Sending snaps to contact without checking if it is appropriate. Once a message is sent it cannot be deleted - Can be used for sexting/ sending nudes - Your location can be exposed if your location service is on - Where is the data held? People can screenshot the snap.
Gaming/ youtube videos	- Youngsters use youtube to watch how others play video games. Watch videos how to play a game other digital products - Gaming- play against one another, "fortnight"- virtual, communicate with other games, compete with other gamers. - Playing time- high, sleeping late, unfocused, not socially active, becomes a habit

The risks...

Content	Commerce	Contact	Culture
Age inappropriate material	Exposure advertising scam- pop ups	Grooming	Cyber bullying- websites, mobile phones etc
inaccurate or misleading information	Phishing- to gain personal details	Physical danger	Downloading of copyrighted material for example music and films
socially unacceptable material (hate , violence)		Sexting- Sending nude images as message	
Illegal materials			

How to reduce the risks

1 **Understand the risks**

2 **Communicate**

3 **Discuss the risks**

4 **Agree on strategies to help reduce the risks**

5 **Monitor- Parental controls and filtering**

Controlling tech time....

* **Role model- set a good example**

* **Agree a the length of time spent on a device per day**

* **Set a timer**

* **No technology at dinner time or during a certain time**

* **Technology free day!**

Parental Control ....

What is it?
A feature designed to let parents set **controls** for their children's computer/ digital device use

What is it and how?

How:
Plan what time of day your child can go online and how long for

How:
Stop them from downloading apps they're too young for

How:
Manage the content different members of the family can see.

How to set Parental Control

Each broadband provider has different ways of activating parental controls. Below are links to videos from a trusted source which can help you set up parental control at home.

Name of broadband provider	Link to video
How to set up the parental controls offered by BT	https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls/how-set-parental-controls-offered-bt
How to set up the parental controls offered by Sky	https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls/how-set-parental-controls-offered-sky
How to set up the parental controls offered by TalkTalk	https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls/how-set-parental-controls-offered-talktalk
How to set up the parental controls offered by Virgin Media	https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls/how-set-parental-controls-offered-virgin-media
Apple Smartphone	https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone/ (a user guide)
Android Smartphone	https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-smartphone/ (a user guide)
Apple iPad	https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-ipad/
Android tablet	https://www.internetmatters.org/parental-controls/devices/android-tablet/
Playstation 3	https://www.internetmatters.org/parental-controls/devices/playstation-3/
Playstation 4	https://www.internetmatters.org/parental-controls/devices/playstation-4-ps4/
Playstation network	https://www.internetmatters.org/parental-controls/devices/playstation-network/

| Xbox 360 | https://www.internetmatters.org/parental-controls/devices/xbox-360/ |

For more user guides, visit: https://www.internetmatters.org/parental-controls/ Here you will find user guides to other gaming consoles, apps and broadband providers.

Useful resources...

https://www.nspcc.org.uk/preventing-abuse/keeping-children

https://www.internetmatters.org

https://www.thinkuknow.co.uk/

https://www.saferinternet.org.uk/safer-internet-day/2019

https://www.internetmatters.org/

https://www.ceop.police.uk/safety-centre/ - **Reporting online abuse**