

Little Ilford School

E safety (12/02/2019)

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UK Safer
Internet
Centre



Presentation Overview

- What is E safety?
- Positives and negatives
- Popular apps usage by young children
- Student- how to be safe online
- The risks
- How do we tackle e safety at school
- Controlling tech time
- Parental control
- Q and A

What is E Safety

**Trying to be safe on the
internet**

**“My kids know more about technology than i
do...”**

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 can affect your child's development



Sleep cycles
are affected
by blue light
from screens



Staying up late
and not getting
enough sleep



Studies have found that
young children are more
distracted and are less
able to express empathy



Online dangers
to be discussed

Some popular 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

Some popular apps used by young people.....



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 children use on a daily basis refer to handout.

The Concerns...

Type	Details
Instagram and twitter facebook	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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

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 risks...

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

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

How do we tackle e safety at school...

- **E safety unit of work:** Understand different ways technology can be used safely and responsibly. How to protect online identity and privacy, recognise inappropriate content and know how to report concerns.
- **Citizenship days**
- **Assembly- themes**
- **Filtering system:** No access to youtube or any social networking sites in school
- **E safe software**

Controlling tech time....



Role model- set a good example



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



Set a timer

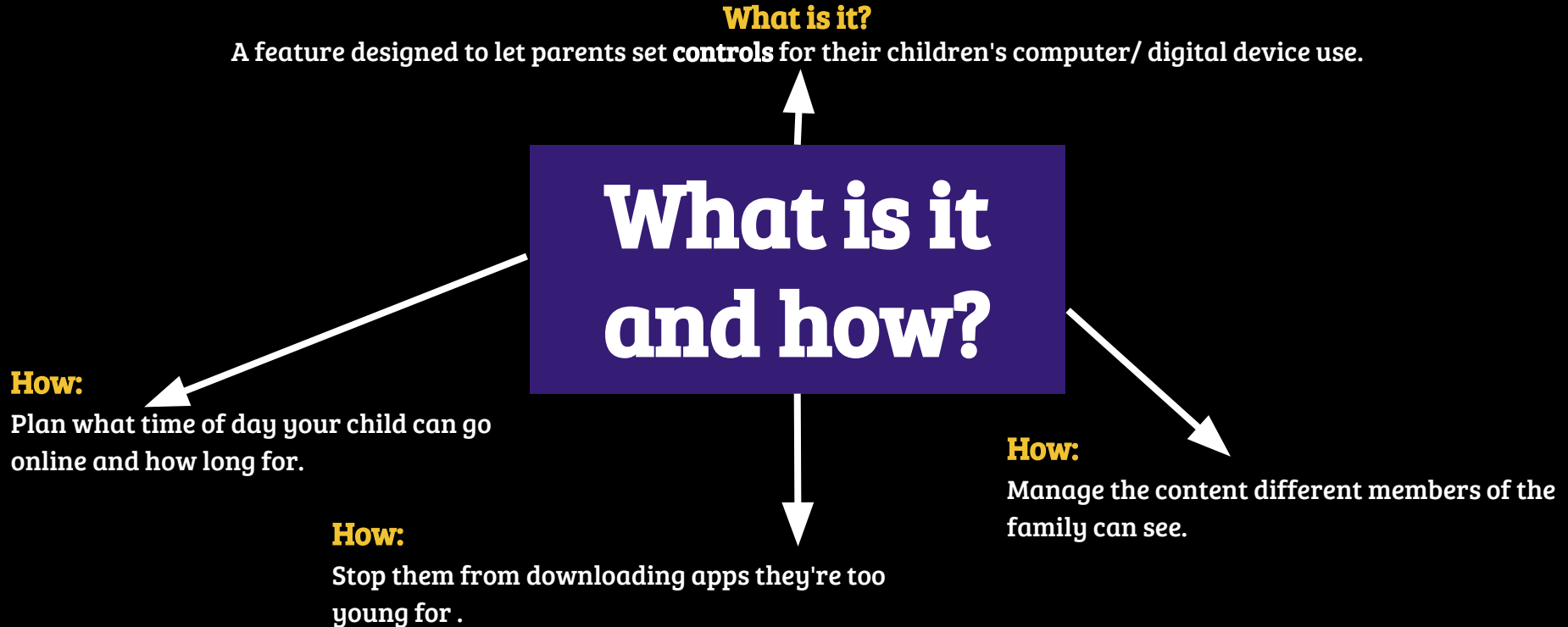


No technology at dinner time or during a certain time



Technology free day!

Parental Control ...



Parental Control

Remember that filtering is only part of the solution.

No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.

Each provider has different methods of turning on parental control. Please use the guide provided

Parental control- ISP- All have a filtering system and activate it. Speak to the provider - time, website to be accessed and restricted.

It is therefore important to talk to your children about staying safe online and make sure they know that they can turn to you if they get into any difficulty.

If children are taking their devices out of the home, it's worth bearing in mind that they could connect to public wifi, for example, in a shop, cafe or restaurant. Look out for the [Friendly WiFi](#) symbol which shows that the wifi has filters.

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> Youtube videos of how to set parental controls

<https://www.internetmatters.org/>

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

**E Safety Resource Pack video
tutorials of how to set
parental control**

Q & A