

Helping to Keep Children Safe Online



What are zero to eight children doing online?

- Over the last 5-6 years there has been a substantial increase in internet usage by children under 9
- Children under 9 enjoy watching videos, playing games, searching for information, homework, socialising with others.
- More toddlers and pre-schoolers use internet connected devices especially touch screen.
- Children often have a digital footprint pre-birth.



(Zero to Eight young children and their internet use, www.eukidsonline.net 2013)

What do we know about young peoples 10-17 on-line behaviour?

The ABA and McAfee commissioned a survey in October and November 2013. The survey polled 1012 UK children (between the ages of 10 and 17) and their parents.

- A quarter of young people spend between **four** to **six** hours online every day and much of this internet.
- Currently more than half (53%) go online in their own room, nearly the same amount (43%) on a games console and two-thirds (66%) also use their smartphone for internet access.





What are the risks?

- A 'lack of technical, critical and social skills may pose risk' especially for under-8 (Livingstone et al 2011).
- Lack of research for under-8 age group.
- Concern over socialising online either within age appropriate virtual worlds or as under-age participants in sites intended for teenagers and adults.
- Some devices may put children at risk by compromising their safety and privacy.
- Digital footprints created for children may cause problems for them in the future.

But what about the benefits?

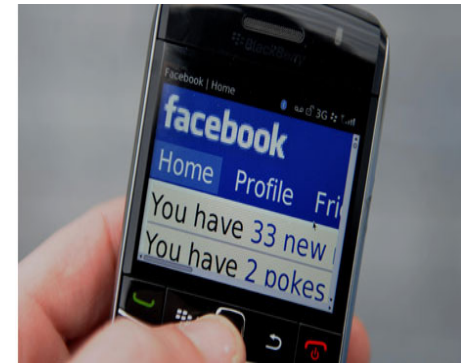


Children today:

- Enter formal school years with significant experience in computers and use of the internet.
- Have skills in assessing, understanding, viewing and creating in multiple, digital formats.
- Have digital social skills.
- Are digital citizens.
- Enjoy online play.

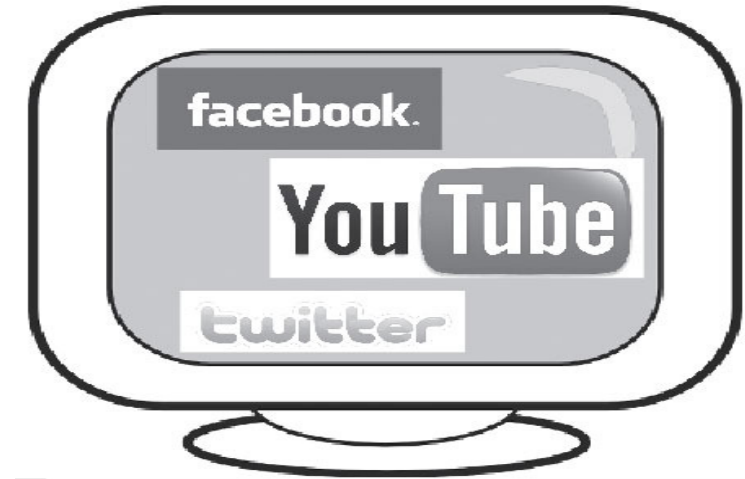
What main issues for young people?

- Too much personal information given online
- Contact with unsuitable people
- Cyberbullying
- Fake profiles
- Exposure to inappropriate content
- Damage to online reputation
- Not following safety advice.



Where?

- Social Networking sites/sharing sites
- Gaming
- Mobile technology
- Webcams

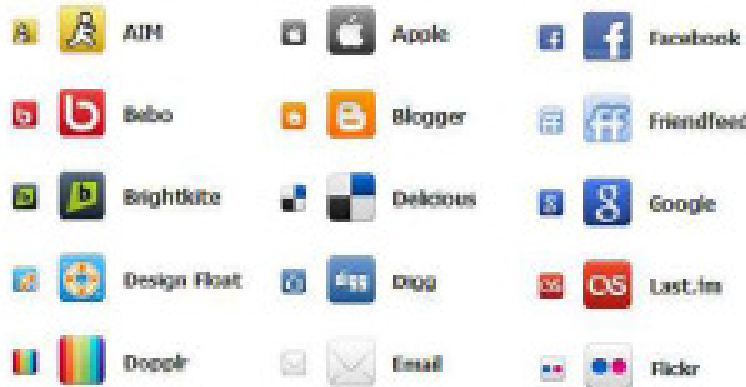


Social networking sites – see the handouts on your chairs for lots of others to be aware of.





Social Networking...what they say..



‘How can we come to any harm when we are sitting at home, nothing really bad can happen’. 15 year old girl

‘I just want to go ahead and have fun and not worry about things like that, it’s too boring’. 14 year old boy who was asked if he would look at the safety pages on a social networking site

What is Cyberbullying?

Threats

Hacking

Manipulation

Prejudice

Exclusion

Stalking

Public postings



Advice for parents on cyberbullying

- Discuss behaviour online with your children
 - always respect others
 - treat your passwords with care
 - block/delete contacts & save conversations
 - don't reply/retaliate
 - save evidence
 - make sure you tell
- Report the cyberbullying
 - school
 - service provider
 - police



Sexting

The “exchange of sexual messages or images” and “creating, sharing and forwarding sexually suggestive nude or nearly nude images” through mobile phones and the internet.

NSPCC Study 2013

- This is usually a result of peer pressure
- It is 'friends' in their social network not usually strangers
- It can lead to bullying and violence
- There appears to be double standards where girls are reluctant to discuss this but boys risk social exclusion if they don't.
- There is a reluctance to ask for help/discuss with adults.

Gaming



Bullying through games consoles

Some of the behaviour reported by our young people when using their games console

- Receiving messages from someone who was not who they said they were
- That tried to make them do something
- Asking to meet up
- Threats, name calling, insults, sexual language.



Gaming...



- Users gain collaborative problem solving skills
- Users put a high premium on skill and value added
- Users have a strong sense of competence
- Users are comfortable about taking measured risks
- Users multi-task well
- Users expect themselves to actually deliver
- Marc Prensky



PEGI (The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices

3+

7+

12+

16+

18+



Violence - Game contains depictions of violence



Discrimination - Game contains depictions of, or material which may encourage, discrimination



Sex - Game depicts nudity and/or sexual behaviour or sexual references



Drugs - Game refers to or depicts the use of drugs



Fear - Game may be frightening or scary for young children



Bad Language - Game contains bad language

Digital footprints



Mobile Phones

- Is my child **old enough** to have a mobile phone? Set boundaries
- Before buying your child a mobile, find out what **functions** it has – Internet, private messaging, built in applications
- Set **parental controls** where required
- Set **mobile rules** - no mobile phone in the bedroom at night, mobile free time before bed, no use after lights out.



Parental Controls

Set controls on:

- Computers
- Laptops
- Tablets
- Mobile devices
- Games Consoles
- ALL internet enabled devices

Set on all devices
that link to the
internet

Remember... they are not 100% accurate and not a substitute for open communication!

How can they help?

- Block sites that are not age appropriate
- Limit inappropriate and illegal material
- Set timings – automatic switch off at bedtime
- Monitor activity

Vodafone Guides



- www.vodafone.com
- <http://www.vodafone.com/content/digital-parenting/tools.html>



Blue Light



- It boosts alertness, helps memory and cognitive function and elevates mood.
- It regulates your wake and sleep cycle. Exposure during the day helps the rhythm.
- Not enough blue light can cause near-sightedness.
- Too much exposure at night can disturb the wake and sleep cycle by suppressing the release of melatonin.
- Can cause digital eyestrain.
- Could cause the early onset of retinal damage (macular degeneration, the leading cause of blindness for those over 50).
- More research is needed.

Blue Light

Top tips:

- Decrease time spent in front of screen or insist on regular breaks (20 seconds into distance and 20 blinks).
- No iPad / phone for 1 hour before bed.
- Use the screen filters.
- Computer glasses with yellow-tinted lenses can block blue light.



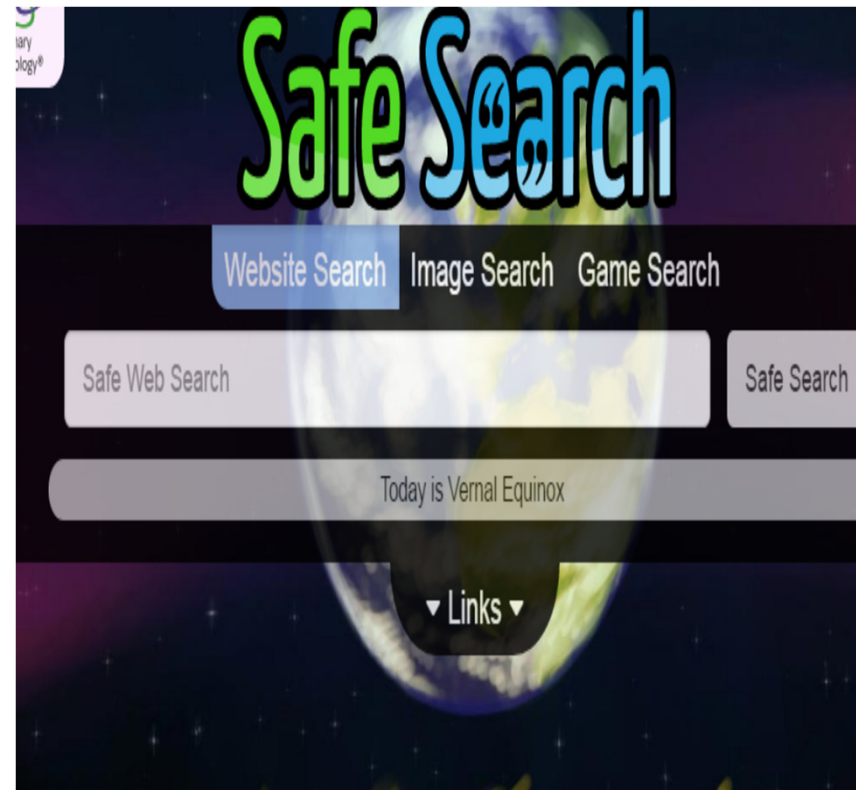


MEADOW LANE
INFANT SCHOOL
www.meadowlane.notts.sch.uk
www.meadowlane.notts.sch.uk



College House Primary School

- We have termly internet safety assemblies.
- Teachers talk to their class about internet safety when going online and internet safety rules are displayed.
- Use Primary Safe Search.





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College House Primary School

- We also have Hector the Protector.
- <http://hectorsworld.netsafe.org.nz/teachers/hectors-world-safety-button/>
- https://www.thinkuknow.co.uk/5_7/hectorsworld/



At College House we also have strict Nottinghamshire County Council restrictions on what they can access on the internet, this can only be bypassed by a proxy password.

Thanks for reading!

Please feel free to speak to your child's class teacher or another member of staff if you have any questions.

