E-safety in the Home
How to stay safe!

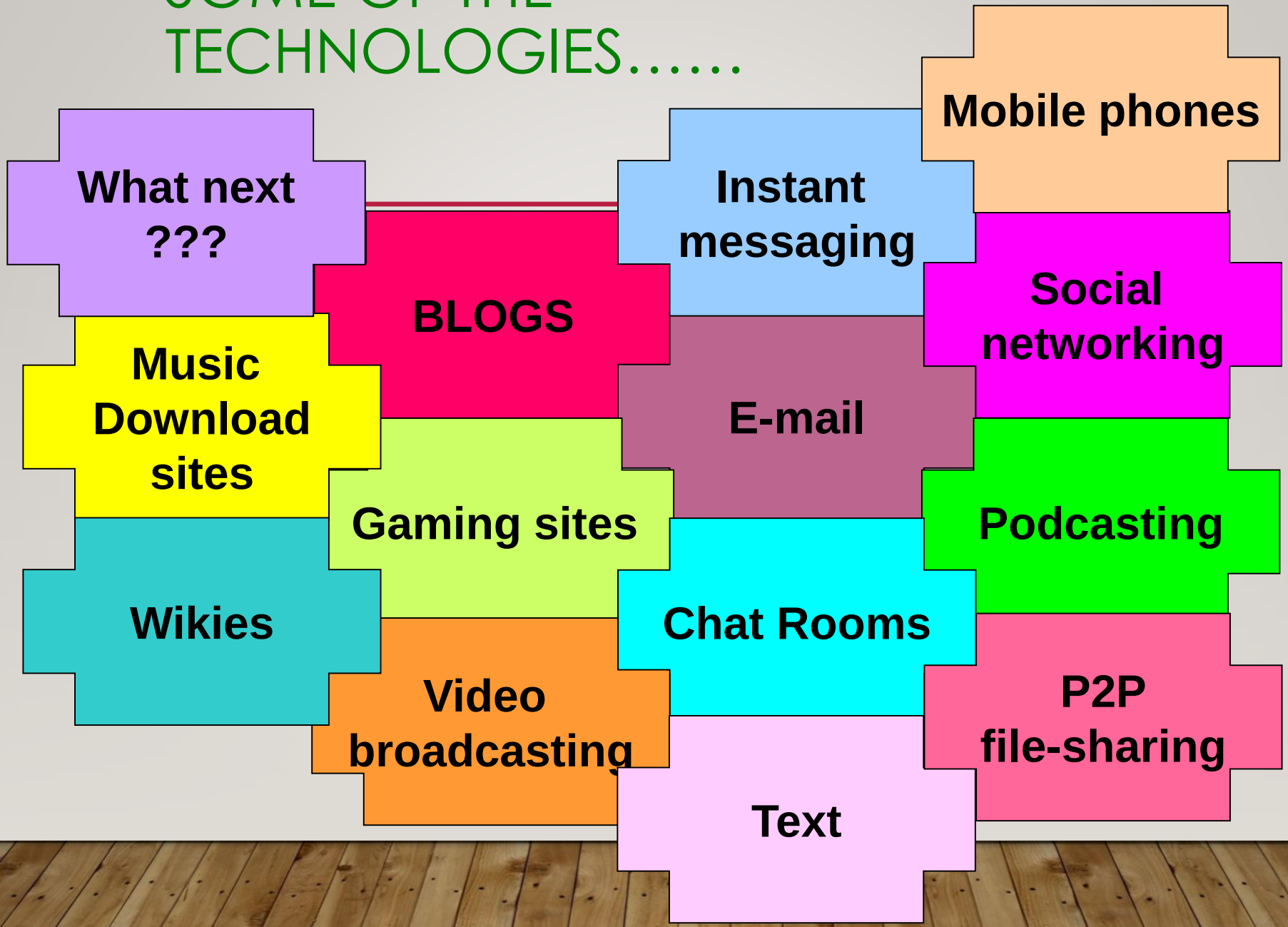
Parent Workshop 16th January 2018

“70% of parents feel that their children know more about the internet than they do”

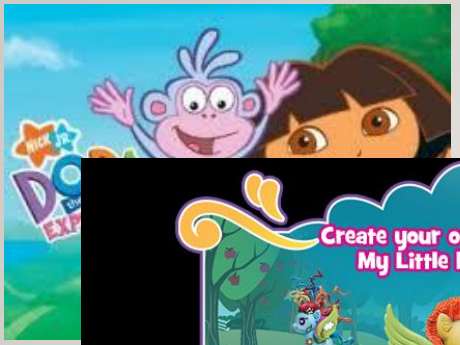
(Ofcom Media Literacy 2011)

Quick task: What does your child access on the internet?

SOME OF THE TECHNOLOGIES……



KIDS ONLINE



MINECRAFT

Disney

Create your own Pony with
My Little Pony POP!
PLAY NOW

PLAY

neopets

stardoll

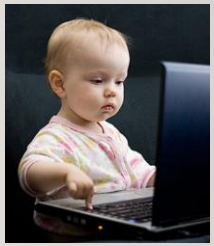
The SIMS 3
seasons
WIN
MAC

PLAYROOM
DECORATE
CATALOG
EVENTS
MUSIC

FRIV

WHY IS ESAFETY IMPORTANT?

- Latest Ofcom research has shown that 91% of 5-15 year olds live in a household with internet access and over a third of all 3-4 year olds are now accessing the internet in their homes.
- 34% of children aged 8-12 have a profile on sites that require users to be aged 13 or over e.g. Facebook (*Childnet*).
- 13% of UK 9-16 year olds say they have been bothered or upset by something online in the past year (*Ofcom*)



WHAT IS E-SAFETY?

- E-Safety is fundamentally about ***educating*** children and young people to enjoy use technology safely.
- E-Safety is about ***learning to understand*** and use new technologies in a positive way.
- E-Safety is less about restriction and more about **education** about the ***risks*** as well as the ***benefits*** so we can feel confident online.
- E-Safety is concerned with ***supporting children*** and young people to ***develop safer online behaviours*** both in and out of school.

PRINCIPLES OF E-SAFETY AT WATERSIDE

- E-safety is about **educating and empowering** children to use and enjoy the internet safely.
- E-Safety is about **raising awareness** of the risks with parents, teachers and adults whose job it is to educate children.
- E-Safety is not about computers or technology – it is about **SAFEGUARDING.**

Give children the power …….

1. Teaching children to stay safe on the internet should be as routine as learning to swim or riding a bicycle.

2. Keeping safe on the internet should be seen as a life skill.

3. It is important that children learn this life skill as early as possible.

Give parents the power …….

1. It would be very difficult to teach a child to read/drive if you cannot read/drive yourself!

2. The same principle applies to e-safety which should now be seen as a life skill for children and parents.

3. You cannot empower your child and keep them safe if you are unaware of the risks and dangers.

CHILDREN ONLINE
POTENTIAL RISKS

- **Contact:** children can be contacted by bullies or people who groom or seek to abuse them
- **Content:** age-inappropriate or unreliable content can be available to children
- **Conduct:** children may be at risk because of their own behaviour, for example, by sharing too much information
- **Commercialism:** young people can be unaware of hidden costs and advertising in apps, games and websites

Some Statistics

- Over 30% of children with access to the internet do not use privacy settings on their social media profiles.
- 30% of teenagers have been the victim of cyberbullying.
- Only 50% of children who encounter harmful or inappropriate content take action.

CHILDREN ONLINE
POTENTIAL RISKS

- Cyber bullying
- Grooming
- Access to inappropriate websites (via pop-ups)
- Losing control over pictures and video / Giving out too much information online
- Viruses, hacking and security

HIDDEN RISKS OF GAMING

- Many online games have communication features which allow their users to interact anonymously e.g. Minecraft (all devices) and World of Warcraft (PC).
- Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information e.g. World of Warcraft.
- Some game consoles allow internet access as well, so it is important to be aware of their communication features.

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/online-gaming-stay-safe-avoid-risks/

Links to useful websites such as:

http://www.askaboutgames.com/parental-controls/

Parental Controls

Use parental controls and age ratings to limit of the types of game that your family play and how long they play for.

In addition to clear age rating symbols and descriptor icons, all of today's consoles and handheld gaming devices offer parental controls to help families keep track of the games they are playing and how long they play for. Setting these up not only offers parents a greater degree of control but provides families an opportunity to agree how they will play games. This can then be implemented on each system automatically.

For instance, you may wish to set a certain amount of time that can be played each day. Doing this will automatically stop a game once the time has elapsed. In a family setting this can be a good way to avoid arguments about when to stop playing.

Setting up these parental controls differs for each system and is often updated after a particular console has been released. It is therefore important that you update your hardware with the latest updates, by connecting to the internet via your home wireless or wired connection.

The following links offer guidance to set-up family settings on different systems:

- Consoles
  - PlayStation 3
  - PlayStation 4
  - Xbox 360
  - Xbox One
  - Wii
  - Wii U
- Handhelds
  - DSi/DSiXL
  - 3DS XL
  - PS Vita
  - PSP
- Smart Phones and Tablets
  - iPhone/iPad
  - Android
  - Blackberry

Poll

How do you choose video games?

- ○ Advice from friends
- ○ PEGI ratings
- ○ Advertisments
- ○ Online reviews
- ○ Printed reviews

VOTE

View Results

Resources

- Games Rating Authority
- Family Gaming Videos
- PEGI
- Parental Controls
- Age Ratings
- Consoles: Xbox 360, Xbox One, PS3, PS4, Wii U, Wii, 3DS, Vita

Great tips and guides for parents/carers:

Minecraft: a parent's guide

Minecraft is one of the most popular games, but it's not always easy to know how to keep children safe while they play the game. We can help you know the risks of Minecraft so you can keep children safe.

Read more

WHY DON'T CHILDREN TELL?

Fear adults will restrict digital access.

If adults do take away their access to computers or phones because they were bullied, this sends two messages.

First, it's not worth telling an adult, and second, the victim is to blame because s/he is the one being punished.

What do we do at school?

- Active e-safety policy
- Assemblies and e-safety days
- Daily teaching-constant raising awareness
- **Check Ask Tell** in KS1
- **Be SMART** in KS2
- Drama Activities with different online behaviour scenarios
- Using digital technology safely and modeling this
- Teaching how to use Internet for research, games, entertaining *plus now communication – blogging, emails*

https://www.youtube.com/watch?v=-nMUbHuffO8

How easy is it for children to become unsafe whilst online?

What can you do at home?

- Talk to your child about the internet use.
- Get them to show you the sites they like to visit and look at the parents section to see what safety they have in place.
- Discuss with your child who it is safe to talk to and what information they can/cannot share.
- Talk through who their "friends" or "contacts" are - stress to your children that people they meet online are not always who they say they are.
- Explain that anything shared online or by mobile phone could end up being seen by anyone.
- As a family set clear rules about the use of social media and chatrooms.
- Keeping children's social media passwords and checking their use or become a member yourself for monitoring purposes.
- Tell children what they should do if they become worried or concerned.
- Inappropriate content - Try not to overreact – lots of inappropriate content is viewed accidentally.

What can you do at home?

- Changing your internet security settings to not allow children access to sites which may put them at risk.
- Use filtering software to block inappropriate sites.
- Make sure you have parental controls set up on all your devices – iPad, TV, console etc.
- Set up parental controls with your Internet Service Provider: One option your ISP can provide is the ability to limit the hours your child can access the internet e.g. not after 8pm.
- Block pop –ups and use SPAM filters, and your good judgement!
- Use a child friendly search engine e.g. Google Safe Search
- If they have a mobile phone turn off the GPS and consider restricting internet access on the phone.

Search

- Use a child friendly search engine

VIDEO

To stop the adverts on youtube….

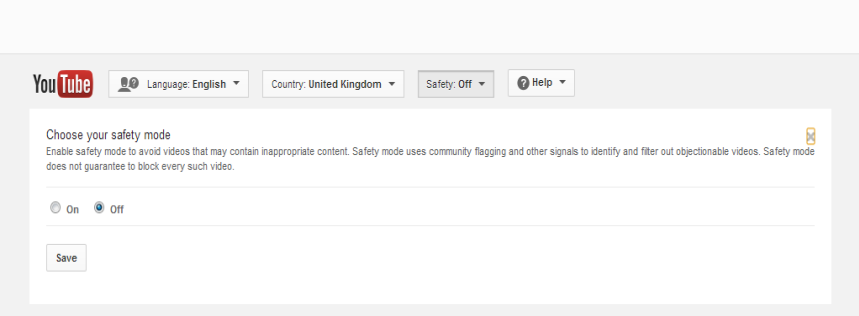
1. Go to http://quietube.com/
2. Drag the tab in to your toolbar.
3. When you go on to the website click on the tab and watch without the ads.

Child friendly 'youtube' called http://gubeapp.com/

Thousands of fun, educational videos for children.

Video

- YouTube – turn on the safety settings in YouTube



- Look for alternatives, e.g. Mineflix App - Safe YouTube Videos for Kids Minecraft Edition by Safe Fun Kids LLC - MineFlix is the best MineCraft YouTube videos app

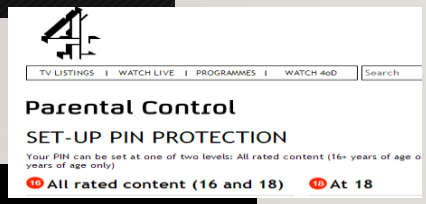
Review settings on home based technology

Password or pin protect

Useful links:

- PlayStation Network — Playstation Network Support — Website
- XBOX 360 — Xbox Support — Website
- PEGI Pan European Game Information 3 7 12 16 18 — PEGI — Website
- Nintendo — Nintendo Support — Website

BBC iPlayer



ITV PLAYER

How to set up the parental controls offered by BT

How to set up the parental controls offered by Sky

How to set up the parental controls offered by TalkTalk

How to set up the parental controls offered by Virgin Media

WHAT IS CYBERBULLYING?

- http://www.youtube.com/watch?v=dkG00Czb4ho&list=UUS

What is Cyberbullying?

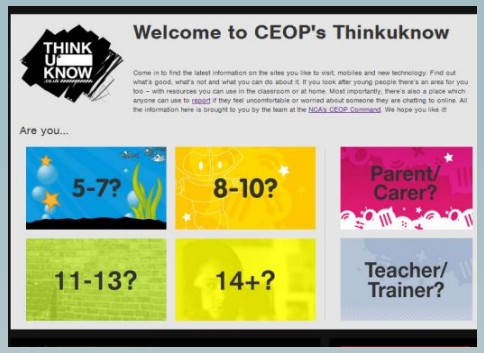
- Sending cruel, nasty, or threatening messages by text or computer
- Creating websites or fake profiles, or adding to existing websites, unpleasant stories, pictures, or jokes making fun of others.
- Posting pictures or video clips online without the person's knowledge
- Breaking into another person's e-mail/social network/msn account and sending nasty or embarrassing material to others.
- Using Instant Messaging services to gang up on or exclude another person.
- Racist, Xenophobic and Homophobic comments posted online or sent by text

What to do if your child is being bullied online…

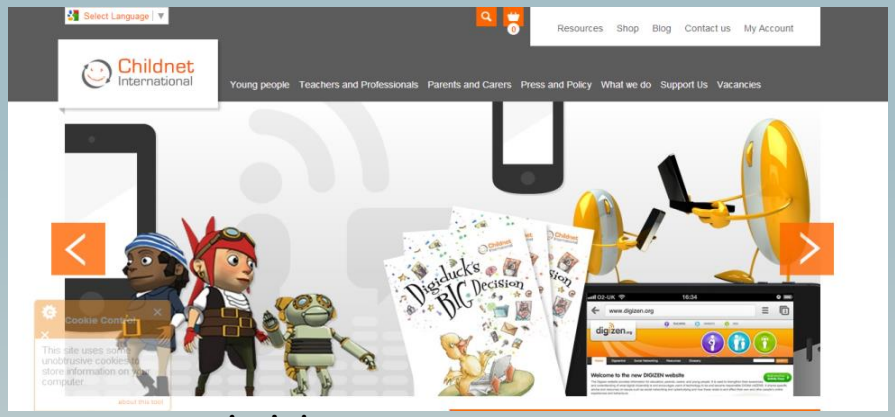
- Don't reply/retaliate
- Report it to the school
- If on a social networking site, report them to the website and BLOCK/DELETE the *user*.
- Report it to the police (through the CEOP button available on the CEOP website)
- SAVE the conversations, do not delete any evidence.

ChildLine
0800 1111

Useful websites about e-safety



www.thinkuknow.co.uk



www.childnet.com

www.ceop.police.uk

www.kidsmart.org.co.uk

Hey...

5-7? 8-10? 11-16? Parent? Carer? Teacher? Trainer?

Welcome to CEOP's thinkuknow website

CLICK CEOP
Visit ceop.police.uk

Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it. If you look after young people there's an area for you too – with resources you can use in the classroom, at home or just to get with it. Most importantly, there's also a place which anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online. All the information here is brought to you by the team at the Child Exploitation and Online Protection (CEOP) Centre. We hope you like it!

Do you have a Facebook profile?

Protect yourself
Protect your mates
Make it easy

ClickCEOP is now on Facebook
Update your profile now

NEW COMPUTING CURRICULUM – APART FROM PROGRAMMING – EMPHASIS ON DIGITAL LITERACY

- **Key stage 1**
- ·use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.

- **Key stage 2**
- ·understand computer networks including the internet; how they can provide multiple services, such as the world wide web; and the opportunities they offer for communication and collaboration
- ·use search technologies effectively, appreciate how results are selected and ranked, and be discerning in evaluating digital content
- ·use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report

- https://www.youtube.com/watch?v=_o8auwnJtqE&t=315s

THE FOLLOWING WEBSITES CONTAIN LOTS OF USEFUL INFORMATION TO KEEP YOUR FAMILY SAFE ONLINE AND WHEN USING MOBILE TECHNOLOGIES:

- www.theparentzone.co.uk/ - so many great resources and advice on how to approach digital safety with your child.
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- www.childnet-int.org - a non-profit organisation working directly with children, parents and teachers to ensure that the issues of online child protection and children's safe and positive use of the internet are addressed. Childnet International produce and online CD guide specifically for parents called Know IT All - www.childnet-int.org/kia/
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- www.thinkuknow.co.uk - The Child Exploitation and Online Protection (CEOP) Centre has set up its own edcational website which has been designed and written specifically for children, young people, teachers, parents and carers.
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- www.getsafeonline.org A beginners guide to using the Internet safely, including a quiz and some video tutorials about how to 'stay safe' on-line.
-
- www.kidsmart.org.uk - Kidsmart is an award winning internet safety website for parents and those working with children. It has been developed by the children's internet charity Childnet International and has excellent information on many of the technologies used by children, with guidance on how to 'stay safe' online.
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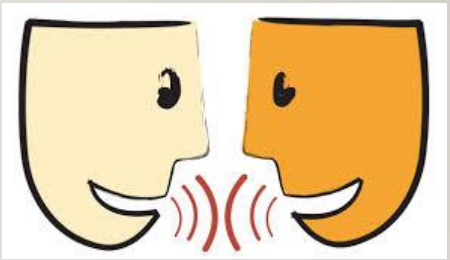
USEFUL WEBSITES/RESOURCES

- https://www.thinkuknow.co.uk/parents/
- http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers
- http://www.childnet.com/parents-and-carers
- https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
- http://www.kidsmart.org.uk/parents
- http://www.netsmartz.org/Parents

DISCUSSION STARTER IDEAS

- What are your favourite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face?
- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?
- How many people do you have on your buddy/contact list(s) and who are they?
- Have you ever chatted with someone you did not know in real life? What kinds of things did you talk about?
- Do you know how to block others in chat rooms and Instant Messenger? Can you show me how to do this?



Go to http://www.netsmartz.org/InternetSafety for further examples.