e-safety @ GJS

Parent workshop

Outline of session

How children use technology

Risks online

Dealing with these risks

What can we do?

Today's Workshop

- **CEOP**

Child Exploitation and Online Protection command. It is a command of the UK's National Crime Agency (NCA) and is tasked to bring online child sex offenders to the UK courts.

- **NSPCC**

National Society for the Prevention of Cruelty to Children.

- **Internetmatters.org**

A not-for-profit organisation that helps keep children safe in the digital world. They are backed by the UK's most prominent internet industry players, BT, Sky, TalkTalk and Virgin Media, and are supported by leading child online safety experts, so "we're able to offer you the best advice and information available on tackling e-safety issues".

1. How children use technology

What do children do online

As children get older, the things they do change

- 53% of 3-4 year olds have access to tablets
- 74% of 12-15 year olds have social networking profiles
- 12-15 year olds who watch TV and YouTube, are more likely to watch YouTube than TV

(Ofcom 2015)

Key Life Moments

Children

Age 3-4
1% own a mobile phone, 16% own a tablet, 0% have a social media profile

Age 5 – 7
67% of children are online.
Average time spent per week: 8 hours 42 minutes
3% have a social media profile
Children start to browse internet for school work and general browsing

Under 10
Internet use limited to gaming, streaming video and TV and video calling

Age 8 – 11
90% of children are online, 49% own a tablet
Average time spent per week: 12 hours and 54 minutes
56% play games online, 12% against people who they've never met

Age 10 - 11
Phone ownership rises from 21% to 43%,

43% of 11 year olds have a social media profile and are messaging, sharing and liking throughout the day

Age 12 - 13
Phone ownership rises from 50% to 74%
74% of 13 year olds have a social media profile

12-15
98% of children are online
Average time spent per week: 20 hours and 6 minutes
27% play games against people they've never met

Secondary school children use an average of 5 social networks

Learn to read & write

Start Secondary school

4   5   6   7   8   9   10   11   12   13   14   15   16

Parents

Age 3-4
55% of parents think the benefits of the internet outweigh the risks
10% think their child knows more about the internet than they do

Age 5-7
35% of parents have never spoken to their children about managing risks online
4% never supervise online access and use

Under 10
Parental concern is limited to sexual content, inappropriate content, violent content and strangers/grooming

Age 8-11
68% of parents think the benefits of the internet outweigh the risks
41% think their child knows more about the internet than they do
34% are concerned about their child being bullied through their mobile phone

Age 10-13
Parental concerns around online bullying increase

Age 5-15
42% of parents have no awareness of content filters

Age 5 – 15
16% of parents have never spoken to their child about managing risks online

Age 12-15
8% of parents do nothing to regulate or monitor their child's activity online

How children use technology

NSPCC and CEOP conducted a child survey of what they thought are most popular apps and games.

WhatsApp	Messenger	Call of Duty	Snapchat	Tumblr
Facebook	Instagram	Minecraft	YouTube	Twitter

What do you think they said?

How children use technology

Here's what they said:

1. Snapchat	2. Instagram	3. Facebook	4. YouTube	5. WhatsApp
6. Minecraft	7. Messenger	8. Tumblr	9. Call of Duty	10. Twitter

How did you fare?

An app or website you don't know?
www.net-aware.org.uk

Children go mobile

Since 2005, mobile phones have overtaken the TV as the device 12-15 year olds would miss the most (Ofcom 2015)

71% of 5-15 year olds own their own tablets – they no longer share them with their parents

This change brings new challenges in protecting children when online. ==It's no longer adequate to say that devices should be kept and used only in shared, open spaces, as children can access the internet from anywhere using their phone.==

24% 8–11s

69% 12–15s

71% 5–15s
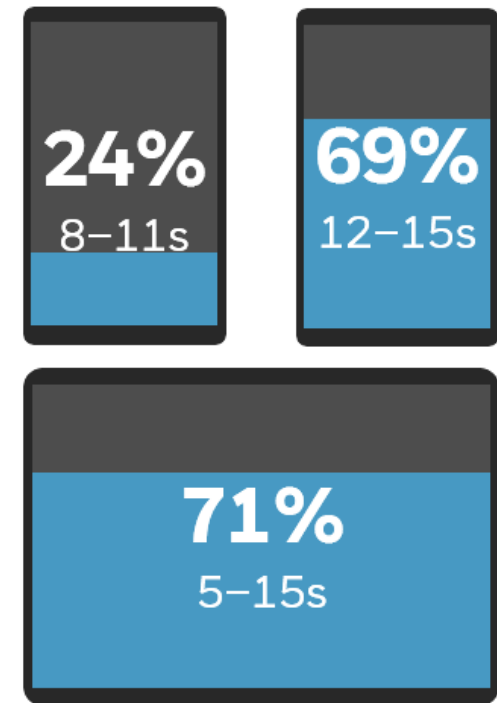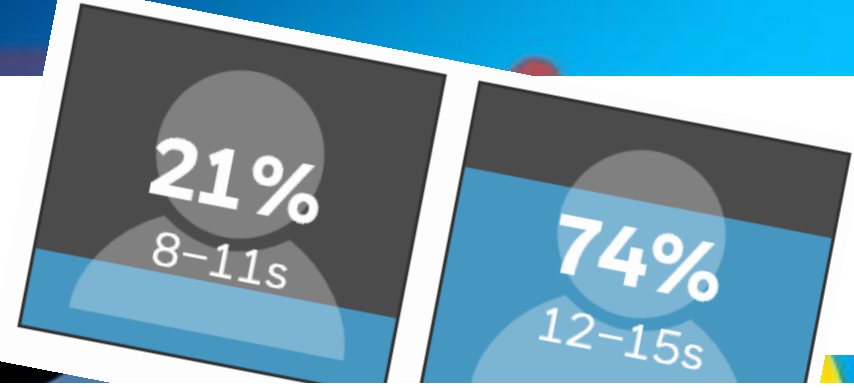
Social networks

21% of 8-11, **71%** of 12-15 year olds in UK have a social networking profile (Ofcom 2015)

Most social networks require children to be 13 or above, especially the popular ones such as Instragram, Facebook, Twitter and Snapchat.

Many children use these social networks before they of 13 as they are able to sign up without the knowledge of their parents. In other instances, parents are fully aware and support their children in using them.

CEOP and NSPCC say…

For many children and young people, their online world is as important as their offline world: the two have converged.

Their lives play out online just as much as they do offline. They form relationships, chat with friends, share music, share pictures, play games and watch movies.

Before we go on…

What are the benefits of children

using the Internet?

Some benefits of the internet

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

Research shows the outcomes for children are better if they benefit from connected technology

EU Kids Online 2013

2. Risks online

Risks online – the 3Cs

1. **Content risks** – the child might come across age-inappropriate content online.

2. **Contact risks** - the child actively engages in their online world, which might expose them to risks.

3. **Conduct risks** – the child acting inappropriately themselves.

Content
Child as **Recipient**

Contact
Child as **Participient**

Conduct
Child as **Actor**

What type of risk?

Place the example of possible risks your child could be involved with in the correct column

Content – child as recipient

Content risks include children being exposed to:

✓ sexual content or imagery

✓ violent content

✓ extreme content or opinion

✓ biased and skewed content

✓ commercial content, such as inappropriate advertising, spam or being asked for sponsorship

They can come across these by accident or they can deliberately seek them out.

Contact – child as participient

Children are somehow engaging in their online world and there is a transaction. They might be sharing information about themselves, which can expose them to increased risks.

Contact risks can include children:

✓ being bullied online or stalked by another person

✓ having their personal information harvested and shared

✓ meeting strangers or being groomed and coerced into sharing sexual content

✓ being exposed to behaviour that, for example, advocates self-harm.

Conduct – child as actor

Conduct
Child as **Actor**

Children as actors in the online world means they are proactively engaging in certain risky behaviour

Conduct risks include children:

✓ creating or sharing sexually explicit material, such as explicit pictures or films of themselves

✓ bullying or harassing another person

✓ downloading music or films illegally

✓ creating biased or misleading information and advice

Risks online

The level of exposure to risks and the likelihood of harm taking place will depend on the children's:

- Levels of access to online technologies
- Levels of education
- Age and maturity
- Levels of protective support from responsible adults.

The risks children encounter will change as they mature and develop, and their levels of use and access also change

3. Dealing with these risks

Risk is not harm – positive action can limit risk becoming harmful

5 tips for parents:

1 Understand the risks

2 Communicate regularly

3 Keep the risks in proportion

4 Agree helpful mediation strategies

5 Develop coping strategies that foster resilience

internet matters.org

Building resilience online

Resilience is the ability to deal with negative experiences in any context. Risk and resilience are interrelated, as resilience can only develop through exposure to risk and stressful events.

Fatalistic/passive or passive coping

Communicative coping

Proactive coping (problem-solving)

- Hoping the problem will go away by itself
- Stop using the internet for a while

Building resilience online

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Fatalistic/passive or passive coping

Communicative coping

Proactive coping (problem-solving)

- Talking to somebody about the problem

Building resilience online

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Fatalistic/passive or passive coping

Communicative coping

Proactive coping (problem-solving)

- Try to fix the problem
e.g. delete unwelcome messages, block sender

Building resilience

Most children use a combination of coping strategies, with **talking to somebody** (communicative coping) generally being the most popular across all risks.

4. What can we do?

Help with communicating

Tips for a meaningful conversation

• Start conversations when your children won't be embarrassed, for example in the car going home from school

• Ask them for advice on how to do something online and use this as a conversation starter

• Make sure they know they can come to you if they're upset by something they've seen online

• Be sensitive and praise them when they share their online experiences with you

• If your child comes to you with an issue, stay calm and listen without judging them

• Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are

• Ask them about things online which might make them uncomfortable

Content – child as recipient

Content
Child as Recipient

What to talk about
- They can come to you if they see anything that upsets them

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child – friendly search engines

Contact – child as participient

What to talk about
- What makes a good social media profile
- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

Top tips / tools to use
- Set up safe social media profiles that don't share personal information
- Turn off geo location settings on devices
- Use the strongest privacy settings on social media
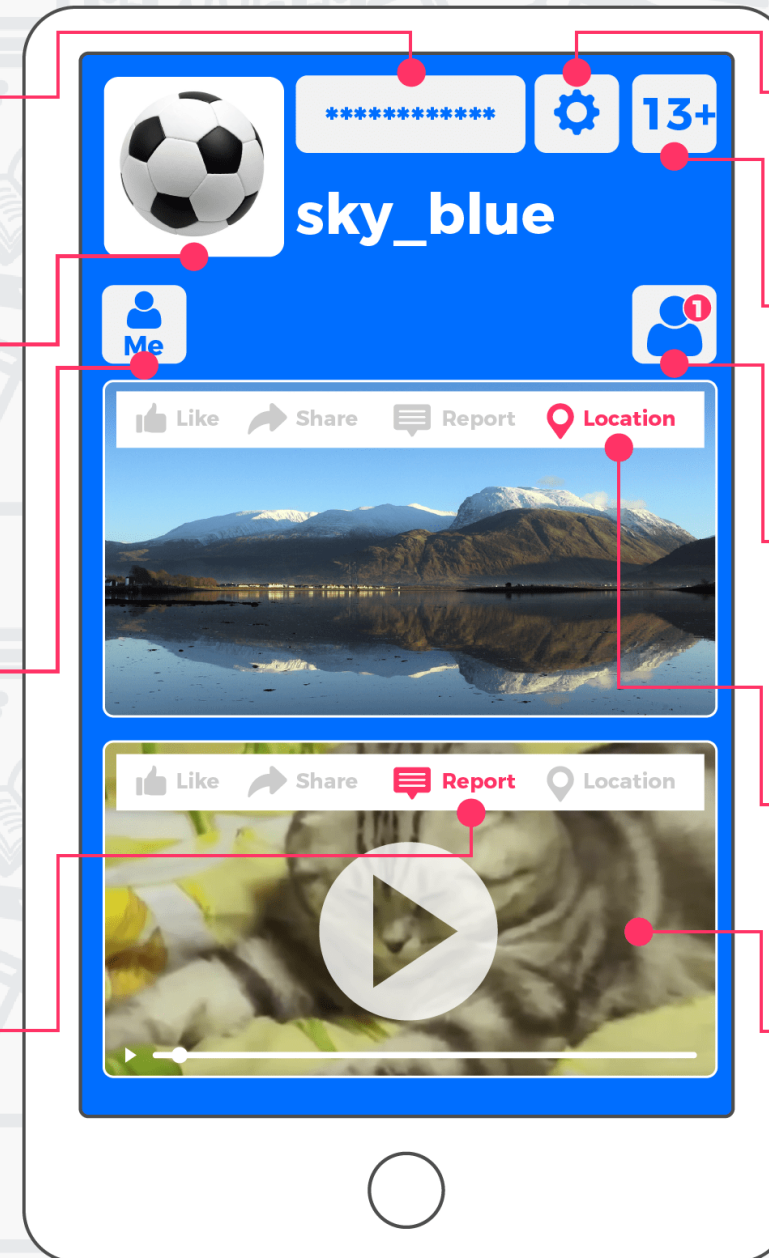- Learn how to report / block/ mute

Having a good social media profile

Use a strong password

Use an alias and avoid personal pictures

Don't include date of birth and other personal information

Show your child how to block and report

sky_blue

Like   Share   Report   Location

Like   Share   Report   Location

Change settings to private

Consider the minimum age

Don't accept friend requests from strangers

Switch off location services

Tell them to think before they post

Cyber bullying

1 TALK ABOUT IT
Find the right time to approach your child if you think they're being bullied

3 DON'T STOP THEM GOING ONLINE
Taking away their devices or restricting usage might make things worse and make your child feel more isolated

5 DON'T RETALIATE
Advise your child not to respond to abusive messages and leave conversations if they feel uncomfortable

7 KEEP THE EVIDENCE
Take screenshots in case you need them later as proof of what's happened

9 KNOW WHEN TO TAKE IT FURTHER
In extreme cases and if you feel your child is in danger then consider informing the police

2 SHOW YOUR SUPPORT
Be calm and considered and tell them how you'll help them get through it

HELP THEM TO DEAL WITH IT
If it's among schoolfriends, advise them to tell the person how it made them feel and ask to take any comments or pictures down

BLOCK THE BULLIES
If the messages are repeated block and report the sender to the social network or gaming platform

DON'T DEAL WITH IT ALONE
Talk to friends for support and if necessary your child's school who will have an anti-bullying policy

DON'T STOP WHEN THE BULLYING STOPS
Keep talking to your child and consider whether counselling could help them deal with the consequences

4   6   8   10

Conduct – child as actor

What to talk about

- Talk to a trusted adult if they experience anything upsetting online

- Think carefully about sharing images of others

- Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts/content to the social media providers

- Think carefully about using monitoring apps that identify inappropriate behaviour

Don't forget we are role models

Your children will be watching the way you use technology and they will copy. Make sure there is some consistency in how you **role model** good behaviour

1 Turn off notifications on apps to avoid that constant 'ping'

2 Buy an alarm clock so you don't have devices in the bedrooms

3 Keep phone on silent in your pocket or bag when you pick the kids from school

4 No phones at the table rule or no phones between 6 and 7 rule

5 Family tech free days!

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With this in mind…

There are tactics you can put in place to help manage *their* screen time….

1. **Talk together about the time spent online**

2. **Agree on appropriate length of time they can use their device**

3. **Get the whole family to unplug & create screen free zones**

4. **Use technology / apps to help manage screen time (e.g. Forest app)**

internet
matters.org

3 things to teach your child

Be a confident communicator
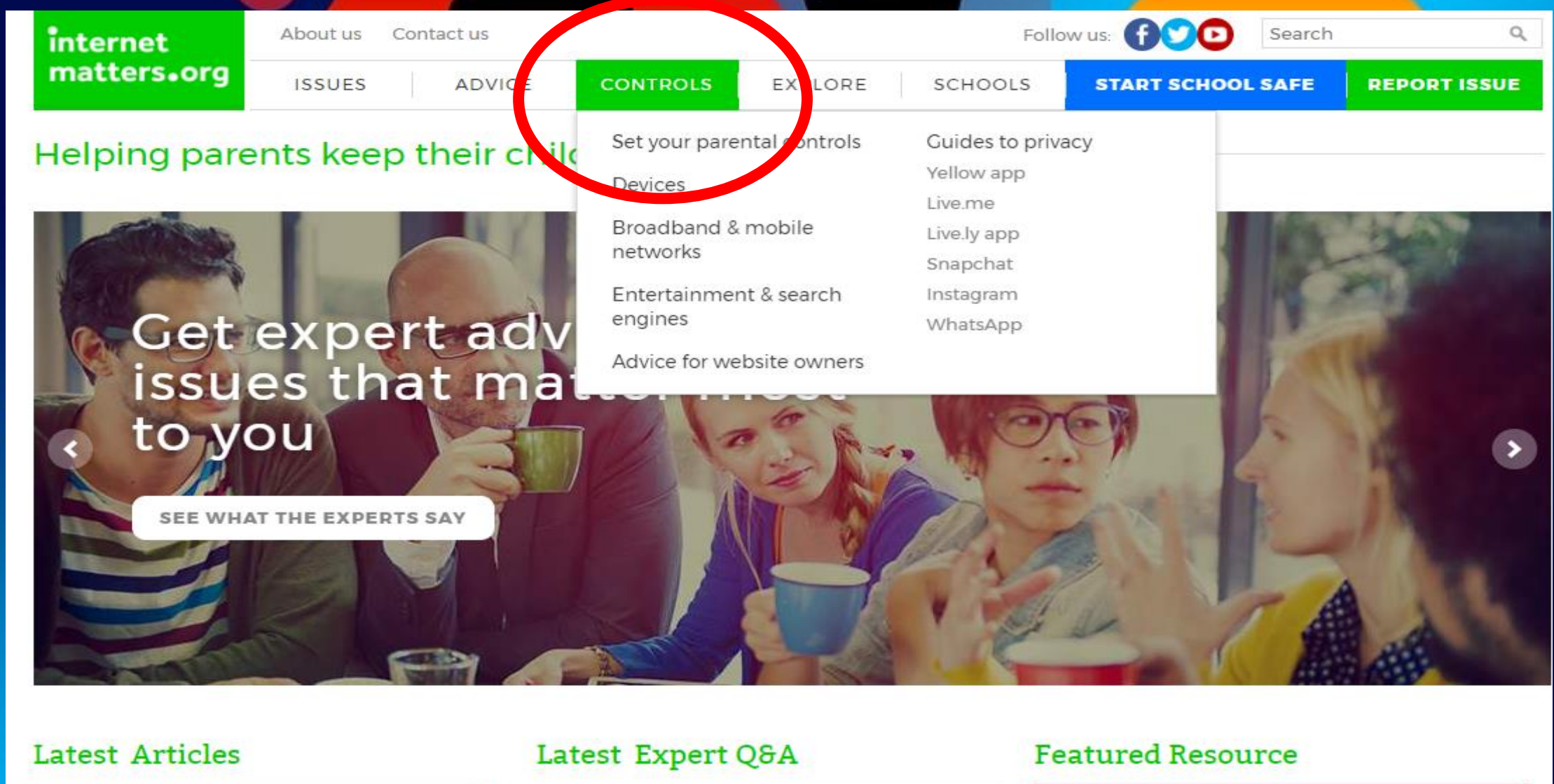
Be a critical thinker

Be a capable tools user

internet
matters.org

Changing settings at home – intermatters.org

Very useful websites

CEOP

https://www.ceop.police.uk/safety-centre/

Thinkuknow – CEOP for children

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

Internet matters

www.internetmatters.org

Net aware – app/programme identifier

www.net-aware.org.uk

I hope you have found this useful…

Feel free to take any of the resources.