



Godalming Junior School

# E-Safety Parent Headspace Surgery

28.2.2022

Miss Samantha Dlugokecka

[sdlugokecka@godalming-junior.surrey.sch.uk](mailto:sdlugokecka@godalming-junior.surrey.sch.uk)



# How to Help Children Build Online Resilience





- Encourage open communication without judgement.
- Demonstrate practical solutions and ensure children know what to do if they encounter a problem.
- Help children tackle any mental health difficulties in a non-judgemental way.
- Promote internet use.
- Encourage young children to support each other.
- Allow children to experiment and take risks in a managed way.



# Useful Websites

- **NSPCC**- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>. Range of guides and resources to offer advice for online safety.
- **Think U Know**- <https://www.thinkuknow.co.uk/>. Age appropriate (4-7, 8-11, 11-13, 14+) support for children and parents/ carers about online safety. **Also includes the CEOP button for reporting online content.**
- **Childline**- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>. Online support for range of online issues (includes a chatroom/ chance to communicate with others online).
- **Stonewall**- [https://www.stonewall.org.uk/sites/default/files/a4\\_toolkit\\_saying\\_safe\\_online\\_2021-update.pdf](https://www.stonewall.org.uk/sites/default/files/a4_toolkit_saying_safe_online_2021-update.pdf). Practical strategies for supporting children and young people online including those identifying as LGBTQ+.
- **Anti-Bullying Alliance**- <https://anti-bullyingalliance.org.uk/> or <https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/online-bullying/stop-speak-support-focus-online-bullying> . Resources to discuss with children about bullying and seeing bullying taking place.
- **VSC Rating Board**: <https://videostandards.org.uk/RatingBoard/>. Allows you to find out the PEGI age rating of games for any platform.
- **Internet Matters**: <https://www.internetmatters.org/parental-controls/>. Gives information on how to set up restrictions on any device, game, app or website
- **PEGI ratings**: <https://pegi.info/what-do-the-labels-mean>. List all PEGI ratings and meanings for video games.

# Useful tools

	<b>Talk</b>	Chat to their child about their online world, just as they'd ask about their day at school, such as discussing the apps, social networks and websites their child uses.
	<b>Explore</b>	Explore and understand the apps, games and sites their child uses and get to know their child's online world better, such as making a list of their child's favourites.
	<b>Agree</b>	Make sure they are a good role model and agree common ground rules and boundaries with their family, such as which websites and apps are okay and not okay to use and why, times they are allowed online and what they are allowed to do.
	<b>Manage</b>	Make use of the technology. Adapt privacy settings and use parental controls where necessary. Set rewards if their child sticks to the agreements and allow them more freedom as they mature and develop.

## Age-rating of game in years



## PEGI rating system

PEGI (Pan European Game Information) is a system of age-rating and labelling games, which includes descriptors to indicate the main reasons why a game has received a particular age rating:

	<b>Bad language</b> Game contains bad language		<b>Fear</b> Game may be frightening or scary for young children		<b>Violence</b> Game contains depictions of violence
	<b>Discrimination</b> Game contains depictions of, or material which may encourage, discrimination		<b>Gambling</b> Games that encourage or teach gambling		<b>Online gameplay</b> Game can be played online
	<b>Drugs</b> Game refers to or depicts the use of drugs		<b>Sex</b> Game depicts nudity and/or sexual behaviour or sexual references		

# Conversation Starters

Safer Internet Day is a fantastic opportunity to have a conversation with children about using the internet safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling – we can all play a role in empowering children to enjoy their time online!

This year, the UK Safer Internet Centre is particularly focusing on how consent works in an online context and exploring how young people ask, give, and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data. These conversation starters are a great way to help you talk about these issues with children.

Get the conversation started on a positive note with these conversation starters!

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- ✦ What do you like most about the internet and why? What's your favourite game/app/site?
- ✦ How does going online make you feel?
- ✦ How does the internet/technology make your life better?
- ✦ What could you do if being online is making you feel worse rather than better?
- ✦ What is different about talking online to someone compared to talking face to face? Is there anything that is the same?
- ✦ Can people say/do whatever they want online? Why/why not?



- ★ Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?
- ★ What is okay/not okay to share online? Why?
- ★ What could you do if you saw a friend online needed some help or support?
- ★ How do you stay safe online? What tips do you have and where did you learn them?
- ★ Help me! Can you show me how to do something better/safer online?

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Talk about safety









### Talk about sharing online

- < How many things can we share online? (pictures, comments, personal information, opinions etc.)
- < What do we like to share online?
- < What should we not share online?
- < What should we do before sharing things online?
- < What do we do if someone shares something about us that we don't like?
- < Can your parents/ carers share things about you online and vice versa?

- ✓ What is consent online and when do we need to ask for it?
- ✓ How do we ask for consent online? How do we give consent online?
- ✓ How do we say no/not give consent?
- ✓ What happens if we share something about someone else without their consent? What happens if somebody doesn't want to give consent?
- ✓ How do we explain to our friends and family about consent? What would we like them to know/do?
- ✓ How do my friends and family ask for my consent and permission?
- ✓ Do you have any tips for how to show respect online and be considerate of others with what we share?



### Talk about online consent and respect within young people's friendships and relationships



### Talk about managing privacy and data online

- 🔒 Who owns content online?
- 🔒 What is copyright and how can I use and share work?
- 🔒 What does the internet know about us?
- 🔒 How do you sign up to things? What are terms and conditions?
- 🔒 Who owns your data?
- 🔒 How do connected devices, apps, games ask for my permission to collect or share my information – can I ask for that back?
- 🔒 What happens if something is used without my consent?

# Be smart on the internet



Childnet  
International

[www.childnet.com](http://www.childnet.com)

**S**

**SAFE**

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



**M**

**MEETING**

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



**A**

**ACCEPTING**

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



**R**

**RELIABLE**

Information you find on the internet may not be true, or someone online may be lying about who they are.



**T**

**TELL**

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

THINK  
U  KNOW



[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

KidSMART



Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

