

# Online-Safety for parents

What you need to know....



# AIMS OF THE SESSION

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- Give you up to date advice
- Share links to national guidance
- Share useful resources
- Give practical advice



# NSPCC ONLINE SAFETY

[Home](#) | [What we do](#) | [About us](#) | [Our partners](#) | NSPCC and O2 - keeping children safe online



## **NSPCC and O2**

Call our helpline, visit an O2 Guru or explore our online safety advice for everything you need to keep children safe online.

# NSPCC ONLINE SAFETY

[Home](#) [What we do](#) [About us](#)

**O2 Gurus are there to give you free support in store and over the phone. Together, the NSPCC and O2 are helping parents and their kids have regular conversations to help keep them safe online.**

**0808 8005002**

**NSPCC and O2**

Call our helpline, visit an O2 Guru or explore our online safety advice for everything you need to keep children safe online.

**Questions about parental controls or a concern about a social network your child uses, expert advisors are there to help.**

# PARENTAL CONTROLS

- Parental controls help you to block or filter upsetting or inappropriate content, and control purchases within apps. You can install parental control software on your child's and family's phones or tablets, games consoles, laptops and your home internet.
- Parental controls can help you to:
  - plan what time of day your child can go online and how long for
  - create content filters to block apps that may have inappropriate content
  - manage the content different family members can see.

Get help on NSPCC's website – [click here](#)

**Remember these controls will only work when using wifi at home – not when using 3G, 4G, 5G, public wifi or logging in at a friends.**

## Setting up parental controls on:

|                                  |   |
|----------------------------------|---|
| Mobiles, tablets and computers   | + |
| Your home internet               | + |
| Games consoles                   | + |
| Film, music and TV subscriptions | + |
| Search engines                   | + |
| WiFi and being away from home    | + |
| Social media, apps and games     | + |

# Online-safety in the curriculum

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

- Using passwords
- Content
- Using images
- Sharing information
- What's 'safe'
- What's 'appropriate'
- Cyberbullying
- Reporting a concern



# Online-safety in the curriculum

*Play Like Share* follows the adventures of Sam, Ellie and Alfie as they form a band and enter their school's Battle of the Bands contest, taking on the mean but 'cool' Popcorn Wizards as they go. The three friends learn that while the internet can help, they need to use it wisely and safely.

The aim of the films is to help 8-10 year olds learn how to stay safe online. In particular, the films teach them to spot the early signs of manipulative, pressurising and threatening behaviour by people they might meet online, and develops their confidence to respond safely and get help.



# HOW TO TALK ABOUT ONLINE SAFETY

- Talking to your child – openly, and regularly – is the best way to help keep them safe online.
- You might find it helpful to start with a family discussion to set boundaries and agree what's appropriate.
- Or you might need a more specific conversation about an app or website your child wants to use or something you're worried about.
- Teach your child to be **SMART**

BE SMART  
ONLINE



S

**SAFE**

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

**MEET**

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information – or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

THINK  
UK  
KNOW

A

**ACCEPTING**

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

**RELIABLE**

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

**TELL**

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)



♥

**BE SMART WITH A HEART**

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.





# Risks children face on the internet



# What does 'inappropriate' mean in your house?

Not age appropriate:

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- **Violence**
- **Racial Hate**
- **Pro eating disorders**
- **Gambling**
- **Pornographic**

# EXPLORE SITES AND APPS TOGETHER

- Exploring apps, sites and games together is a great way to involve your child in the decision-making process.
- Be positive about what you see, but also be open about your concerns. Ask them what they think is appropriate and what worries them.
- If you decide it's not appropriate, then make sure you explain your reasons why (and be prepared for an unhappy child).
- You might decide it's ok for your child to use. If so, make sure you follow the tips below to ensure it's as safe as possible. And work out a time when you'll next discuss the app.



## **Snapchat**

Snapchat is an app that lets you send a photo or short video to your friends.



## **Facebook**

Facebook is a social network, which lets you create a page about yourself.



## **Instagram**

Instagram is a picture and video sharing app. Users can post content and use hashtags to share with others.



## **WhatsApp**

Whatsapp is an instant messaging app, which lets you send instant messages, images and videos to friends.

# What's the right age?

View age appropriate animations and films at -

- [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)
- [www.youtube.com/ceop](http://www.youtube.com/ceop)

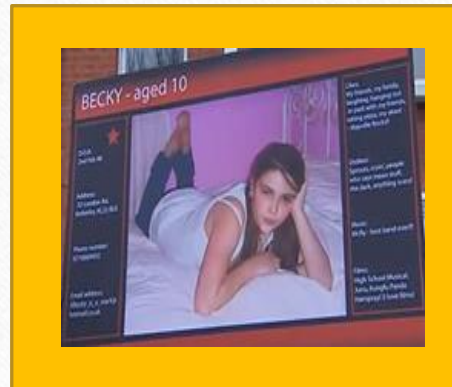


## Lee and Kim's Adventure: Animal Magic

- Animation – Be nice to people, like you would in the playground

## Jigsaw

- 10 minute film about Safe Social Networking



7 in 10

12-15 year olds who go  
online have a social  
network profile



1 in 5

8-11 year olds who go  
online have a social  
network profile



1 in 20

5-7 year olds who go online  
have a social network  
profile



# What are our children using? WHAT AGE?



# ROBLOX



## What Age?

Roblox is an online game and app where you can create your own games or play games that other users have made. There's the option to chat to other players, but you can change this to private or friends only.

### On Roblox parental controls

Explore the parental controls together and adjust chat privacy to block unwelcome and unfiltered chat.

#### Expert view of the risks...



## PLAYING MINECRAFT SAFELY

Children love playing Minecraft. It encourages creativity and helps to build team skills. However, it's not without its risks. Immerse yourself in the world of Minecraft so you can talk to your child about playing safely.

O<sub>2</sub> NSPCC  
Let's keep kids safe online

### Expert view of the risks...

#### Sexual



Low Risk

#### Violence & hatred



Medium Risk

#### Bullying



Medium Risk

7+

Official  
age rating

7+

Parent age  
rating  
What do parents say?

6+

Child age  
rating  
What do children say?

# Minecraft: a parent's guide

Children stated that their top concerns when playing Minecraft are:

- bullying
- talking to strangers
- hacking
- downloading viruses.

They may also come across inappropriate content like violent or sexual language and images.

# What Age?

Most games should have a PEGI rating which represents the recommended minimum age a player should be based on the content and themes of the game. But PEGI ratings don't consider communication features, such as chat. You can find more info on the [official PEGI site](#).



Official  
age rating

## On Club Penguin Online chat settings

With your child, explore the settings and talk about restricting the chat function. Decide together whether it's suitable.

Remember that age ratings are a general guide and don't cover everything. It's important to check the game out for yourself before letting your child play it. And you know your child better than anyone, so think about whether it's suitable for them as an individual.



# TALK ABOUT HOW THEY CAN STAY SAFE ON SOCIAL NETWORKING SITES

Ask your child if they know:

- where reporting functions are
- how to block someone
- how to keep information private.

Show them how to do these things.  
Use [Net Aware](#) to help you.



**How safe are the sites, apps and games your child uses?**

Net Aware keeps you up-to-date, with simple advice on what's new in social networking. We review privacy settings, suitable ages and appropriate content for over 50 sites.

[Visit Net Aware](#)

# Be share aware

Children and young people use social networks to:

- share photos and images
- message each other (sometimes in a group)
- chat with people via video
- make voice calls
- share content
- meet new people and chat to strangers
- play games
- What's popular changes all the time.



Click image to take you to  
'Be Share Aware' site

# Talking points

- ❖ What's 'personal information' and why's it important? (emails, name, phone number, school names etc.)
- ❖ Not everyone's who they say they are online – be careful sharing thoughts and feelings with people you've only met online.
- ❖ Choose usernames that don't reveal personal information.
- ❖ What images and photos might be OK to share?
- ❖ Think about what you share with friends. Once it's online, it's out of your control.



I Saw Your Willy



0:00 / 1:00



YouTube



# What about my under 5 year old?

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Statistics released by Ofcom show that over 50% of children aged 3-4 go online for nearly 8 hours a week, and 1 in 5 children aged 3-4 have their own tablet.

This may be surprising, but research has shown that families are spending more on technology for a number of reasons:

- To further their children's education,
- to maintain connections with family and friends,
- and to facilitate and enjoy daily life.

# How young is too young to start talking to my child about online safety?

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- It's never too early to start taking action to keep your child safe online.
- As soon as your child starts talking about or exploring the online world, you should start conversations with them about their online activity and put support in place.
- Research has found that children form 'digital habits' during early development (such as using devices after bedtime). Therefore it is important for parents to support children to develop positive – and lasting – digital habits from an early age.

# What can I do to support my under 5?

## 1. Explore together

**2. Talk to your child about their online experiences:** Start and continue regular conversations with your under 5 about what they enjoy doing online, introducing online safety messages.

**3. Supervise your under 5 while they're online:** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult can supervise. Children under 5 **should not** access the internet unsupervised in private spaces, such as alone in their bedroom or bathroom.

**4. Parental controls:** Make use of the parental controls available on your home broadband and any internet enabled device in your home.

**5. SafeSearch:** The use of 'SafeSearch' is recommended for use with young children. Most web search engines will have a 'SafeSearch' function, which allows you to limit the material your child can see when they're online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog. It is important to understand that no 'SafeSearch' function is 100% effective, and this cannot be used alone to protect your child from being exposed to age inappropriate material.

**6. Set boundaries:** As a family you can agree a set of rules, such as locations in the house where devices can be used, times of day your child can use devices, or which age appropriate apps or websites they can access. On devices you do not wish your under 5 to access, use passwords and keep these out of reach of your child.

**7. Lead by example:** Modelling the digital habits you expect from your child (for example, no tablets during meal-times) can be an effective way of supporting young children to develop their own positive digital behaviours from an early age.

# If things go wrong

Steps you can take:

- Reassure your child - they may be very upset, and need help to make sense of what has happened.

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- Ask your child exactly what happened and if anyone else was involved, but stay calm and don't rush them.
- If your child sees something online that they think they shouldn't have seen, let them know it's not necessarily their fault – they shouldn't feel guilty, and they can always talk to you.

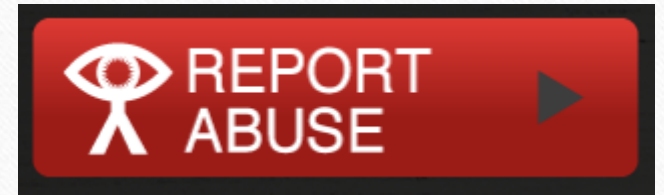
Getting extra support

Many social networks, like Facebook and YouTube provide ways to report offensive content or behaviour. The links to these pages can be found on netaware

CEOP helps keep children safe from online grooming and sexual exploitation. If someone's acted inappropriately to a child or young person, you can report it to CEOP.



# CEOP (child exploitation and online protection)



[Make a report](#) 

If you have been a victim of online abuse or you're worried about somebody else, let us know securely

CEOP helps keep children safe from online grooming and sexual exploitation. If someone's acted inappropriately to a child or young person, you can report it to CEOP.

I am

Under 18 years old

A parent/guardian


A professional working with children or young people

I am worried about something that has happened to

to myself

to someone else

[Continue](#)



## **Remember:**

Nothing is more valuable than open and frequent conversations with your child about their online activities.

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# Question time