
What are your online concerns?

What online activities are your children getting involved in?



Aims of this Evening's Session

- give parents and carers the knowledge and skills to help their children be safer online and know how to seek help when they need it

STOP



DANGER

shutterstock



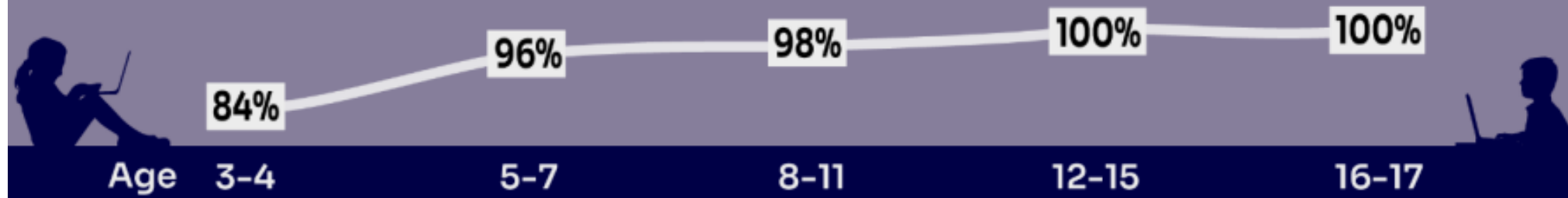


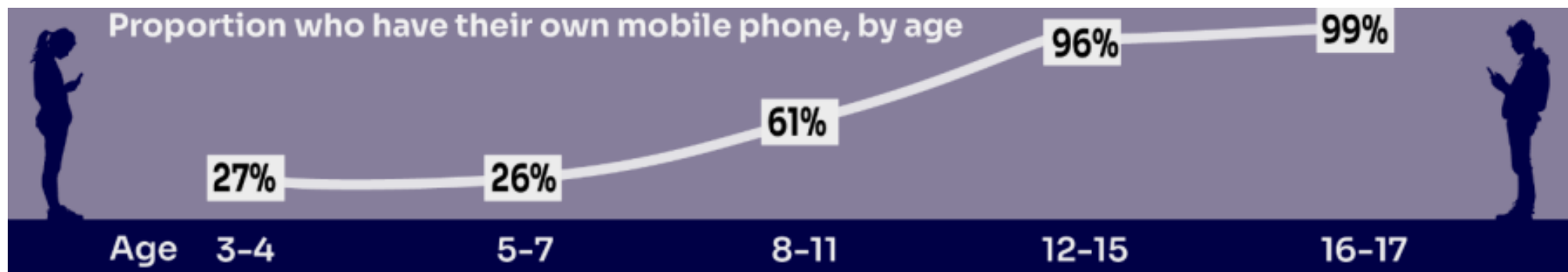
It sends a message.

Ofcom Statistics – April 2024

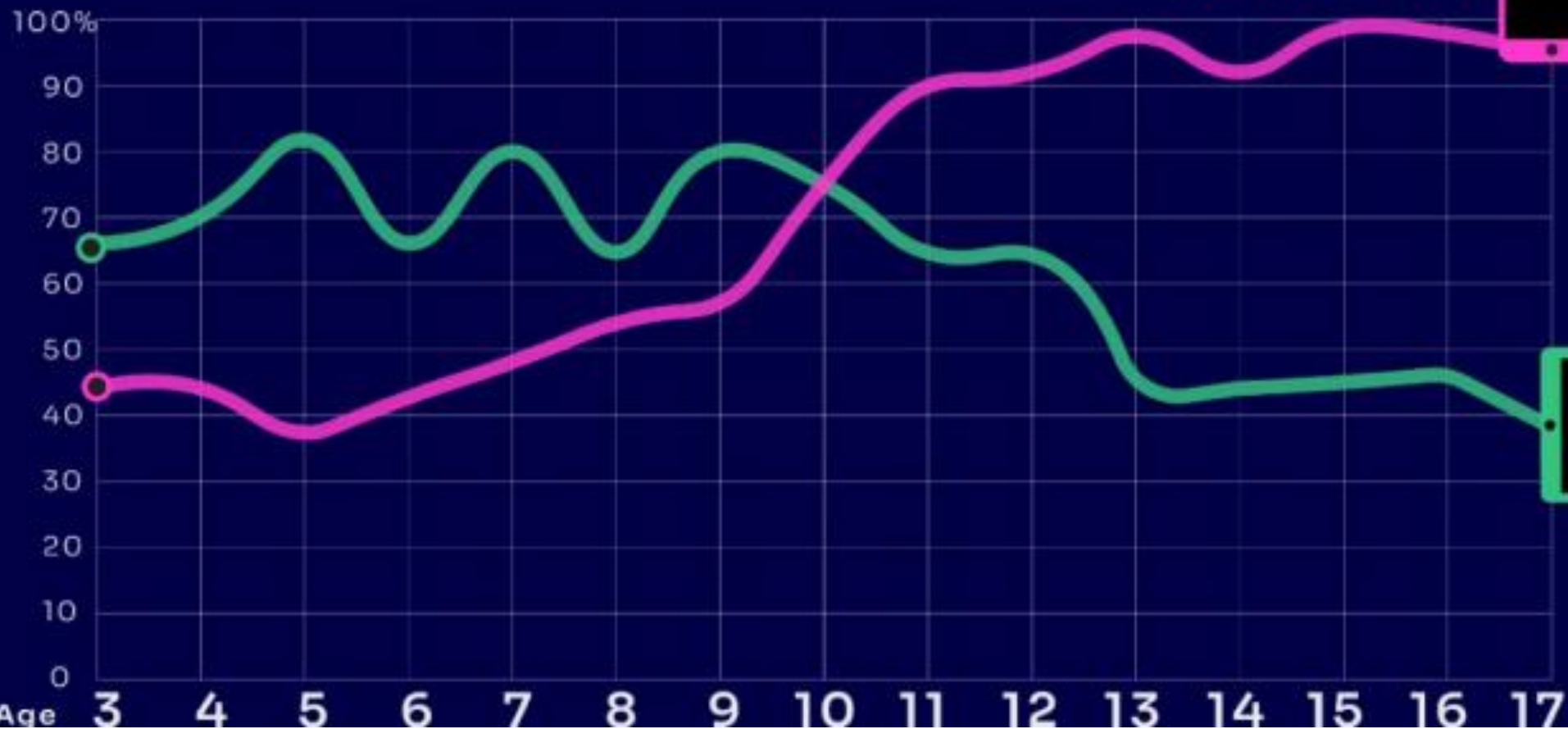
Children and Parents: Media Use and Attitudes Report

Proportion who go online, by age

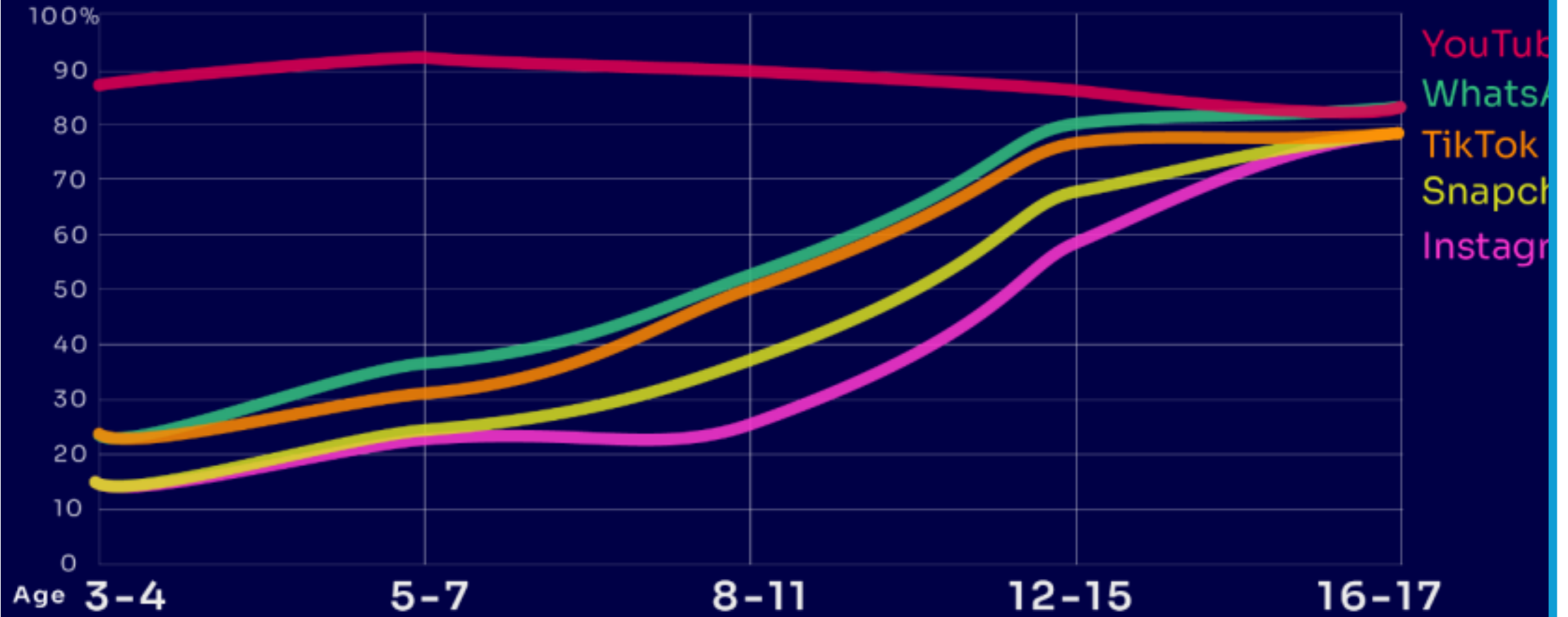




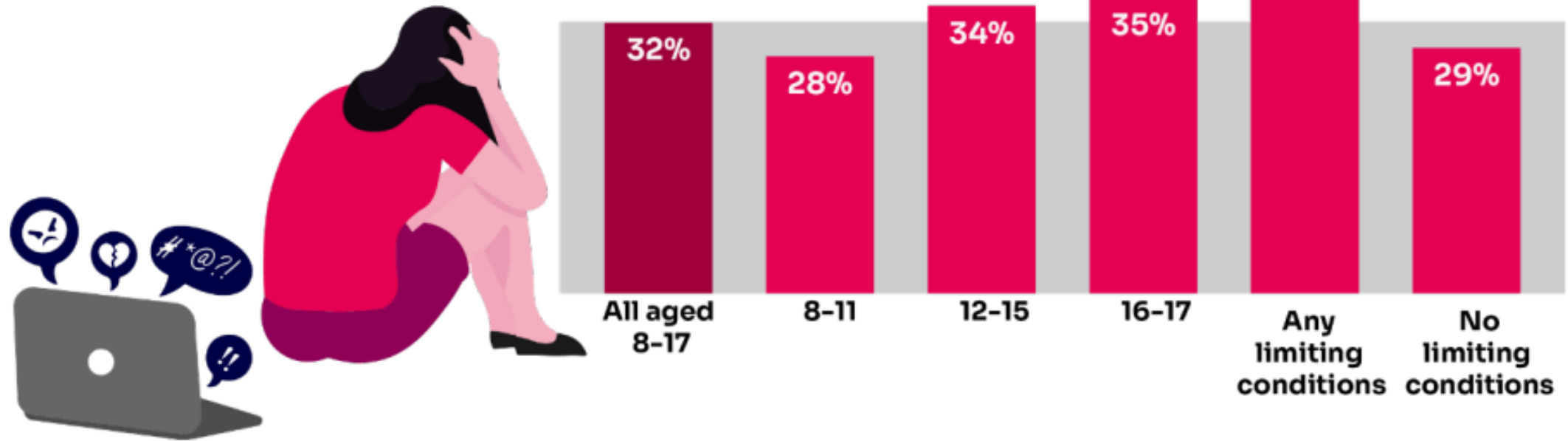
Use of mobile phone or tablet to go online: by age



Top 5 apps/sites used across all categories - by age group



In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?



The challenges of online safety



- Feeling overwhelmed by online risks and pace of changes in technology and social media.
- Fear of the topic area or belief it won't happen to their child.
- Believing their child is too young to learn about it.
- Their own experiences of child sexual abuse or harm online.
- Believing that their child knows enough or more than them already.

Why parents and carers don't talk to their child



- three quarters of parents of 3-17 year olds (76%) feel they know enough to keep their children safe online
- nearly a third (30%) believed their kids were too young to discuss it
- 21% think their child knows all there is to stay safe online
- 20% said they have had some conversations about it in the past and don't see the need to have more.

What do you already do as a parent or carer that works well when it comes to supporting your children with staying safer online?

Activity

We want to think about...

- have everyday conversations with your child to support them to be safer
- know where to go to find further information about wider online safety
- know what to do if you're concerned about your child or the way someone is interacting with them online.



What children and young people want and need from parents and carers



Education from
the National
Crime Agency



except you don't know what it is and you don't feel like you're a part of it.



The Big Ask 2021 – children want to feel safe

'Children want to feel safe online. They want to be able to have the same protections in a virtual world...children were also asking for more support in this space'.



The Big Ask, Children's Commissioner, 2021

Online safety should start from a young age



'I don't feel I was informed of my online safety from a young age and that it was considered a priority.'

Technology and social media are constantly developing, so why aren't our laws and protections for children on these platforms updating with it?'

Girl, 14

Supportive parents create good home life and wellbeing

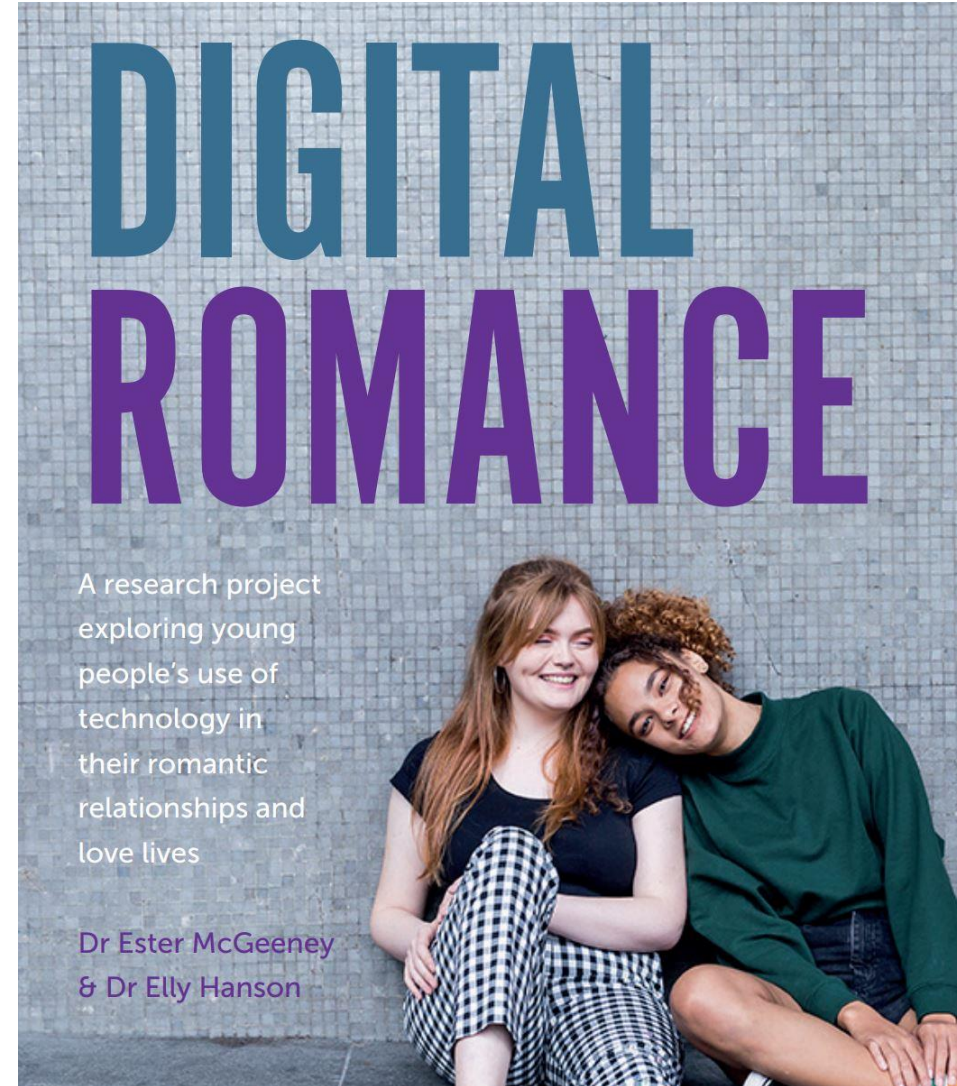
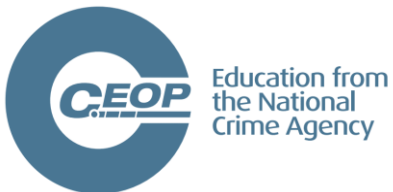
'Children acknowledged the benefits of parents enforcing rules for keeping them safe, such as online controls, but they also felt that parents should trust their children and not be overly restrictive or punish too harshly, as this can affect a child's willingness to engage and be open with them'.

Digital Romance

- develop close bonds with their children to create open and trusting relationships
- less threats and punishments
- have everyday conversations about [online] relationships

“

Stop being awkward and uncomfortable about it! Be honest. Talk about your own experiences



Digital Romance, CEOP Education and Brook'2017

What children need from parents and carers

- Children need to get online safety messages from a young age
- A building block approach supports children to build on their knowledge and skills
- Messages should be age appropriate to support their development



Early-years



0 to 3 years

- Rely on adults to guide and protect them
- Digital device is a play thing
- Mostly using parent and carer devices

3 to 5 years

- Not ready to self manage technology
- Unaware of the potential dangers
- Parents and carers often think only look at child content



89% of 3 to 4 year olds use video sharing platforms



Over 50% 3 to 5 year olds use messaging sites and apps



Over 24% 3 to 5 year olds have their own social media profile

Primary-age



6 to 9 years

- Limited understanding of online safety or critical thinking skills
- Technical skills will outpace judgement
- Tend to trust what they see
- May not recognise dangers
- May easily follow others or do what they ask



60% 8 – 11 year olds
have their own social
media profile



Over 54% use
livestreaming apps
and sites



Over 69% play
games online

Primary-age



10 to 13 years

- Very aware of social pressure and expectations.
- Still trusting of the information they are presented with
- Aware of what is 'cool' or not
- Increased awareness of self image, and using online to explore identity
- Don't consider long term consequences
- Look for immediate rewards



Majority of children
under 13 have at least
one social media profile



Over 50% use Tik Tok
to view and create
videos



Over 80% use
messaging sites
and apps

Look up one of the following advice articles on the CEOP Education parents and carers website – www.thinkuknow.co.uk/parents

- What is a digital footprint?
- Gaming: what parents and carers need to know
- Is your child ready for social media?
- Younger children sharing pictures or videos online

Read the article and note down **one action** you could take and **one conversation starter** for discussing the topic with their child.

Activity



PEGI Rating (Pan European Game Information)



Online Gaming: 8-17s

Playing games with others



55%

Played against or with someone else **they know**



25%

Played against or with someone **they don't know** outside game



In-game chat (messaging or headset)

47%

Chat to people **they know**



22%

Chat to people **they don't know** outside the game



Safeguards

- Don't give away personal information
- Three levels of privacy
 - Public – anyone can enter the party
 - Friends – where only friends can enter the party
 - Private - no one can enter the party except on invitation by the player



Concerns

- Inappropriate language used in the game
- Behaviours transferred to real life – in the playground
- Bullying
- Obsessiveness
- Cost associated



Advice

- Play the game with the children
- Conversation about acceptable chat
- Boundaries and time limits
- Keep an eye on other responsibilities
- Don't allow access to your credit card.
- Base your decisions on evidence



Unwanted Contact

Contact is normally by people they children don't know

- Inappropriate communication or grooming

Talk to your children about only playing or talking to people online who they know in real life.

What technologies?



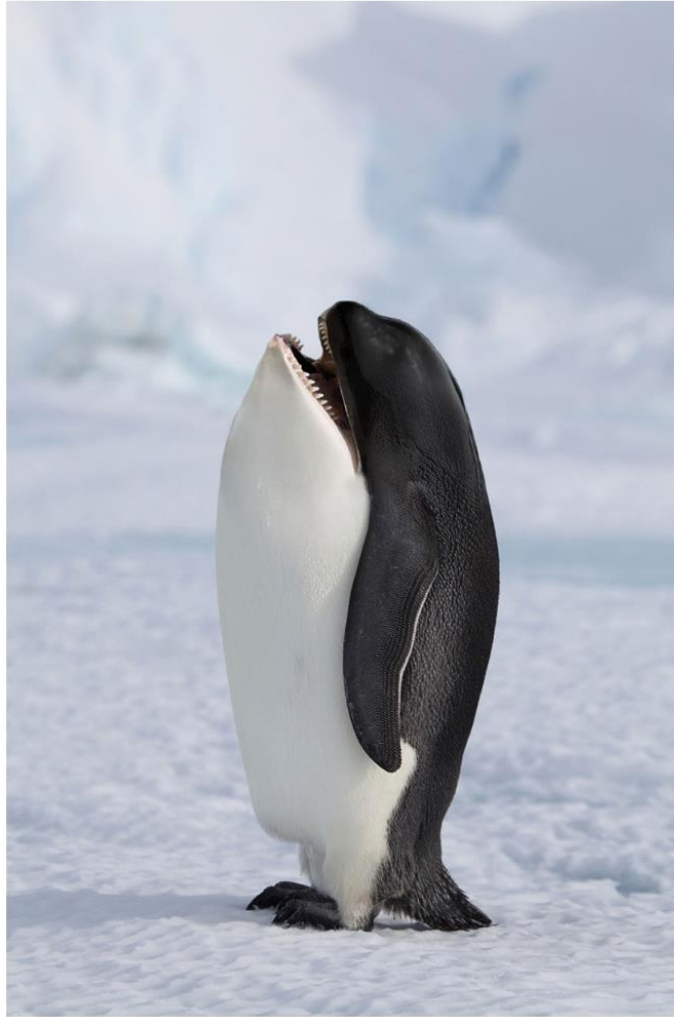
Images



Dorse



Killer Penguin



Shug



#5 Britney Spears



#11 Cindy Crawford



Kim Kardashian





#5 Britney Spears



#11 Cindy Crawford



Kim Kardashian





Unwanted
Conduct



Digital Footprint

The trail that is left behind when you go online

- Internet search of what data is publicly available





Parental controls tips



Tech Role Model?

1. When talking to children don't use your mobile phone.
2. Turning off notifications to avoid that constant 'ping'
3. Using an alarm clock so you don't have electronic devices in your bedroom
4. Keeping your phone on silent in your pocket or bag when you are with the children
5. Times in the day when phones are not being used. For example at meal time.
6. Tech free days



What protection? Advice for parents

- Until you think the child is mature enough to deal with the Internet; restrict access
- Offer reassurance and support. Don't be afraid to ask questions
- Tell the child that if they are being bullied to always keep the evidence
- Block the bullies
- Learn how to report and where to go for further support
- Talk to the children about friends and followers online





Setting Boundaries

- Set limits on the amount of the your child spends online – set timings
- Make sure the child takes regular screen breaks
- Make sure the child thinks before they share pictures of videos online
- Make sure the child thinks carefully about what they write before they post it online
- Make sure the child doesn't give out personal details to people they don't know and trust
- Limit inappropriate and block illegal material
- Make sure the child knows to come to a trusted adult if they are concerned about something
- Monitor activity
- Sometimes things go wrong – Falling in the playground? Ensure that the children know who to go to if they need picking up?

What Else?

Setting up separate accounts for the children on the computer

Setting up separate accounts for your child on any mobile devices

- Android- setting up a restricted account
 - Settings and parental control
- Apple – general – restrictions – enable restrictions

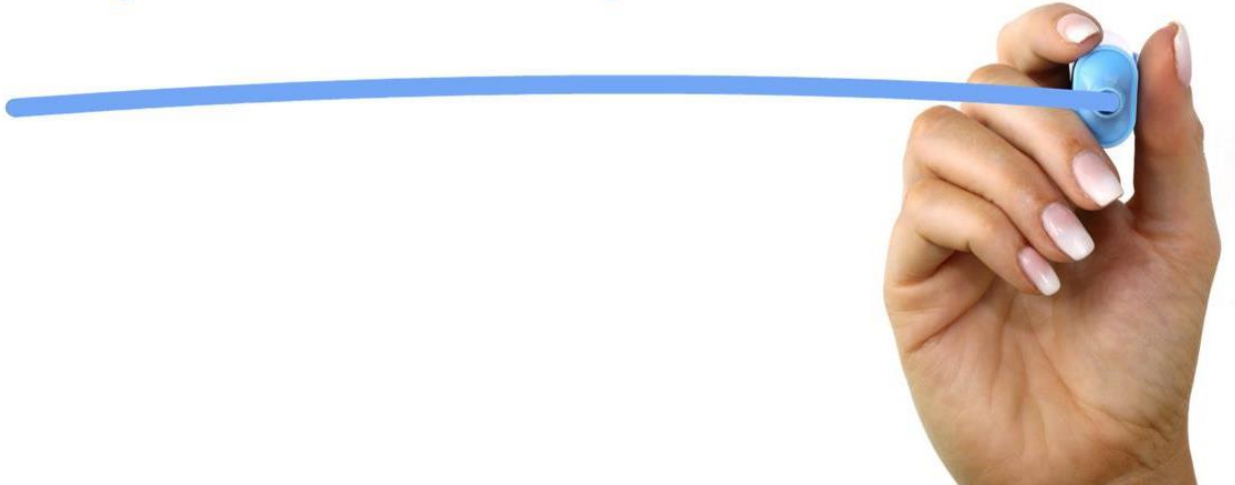
Lock in Apps for your children

- Screen pinning on Android
- Guided access on iPhone

Use an App that restricts how long the child spends online

- ScreenTime, netnanny, teensafe

RESTRICTION



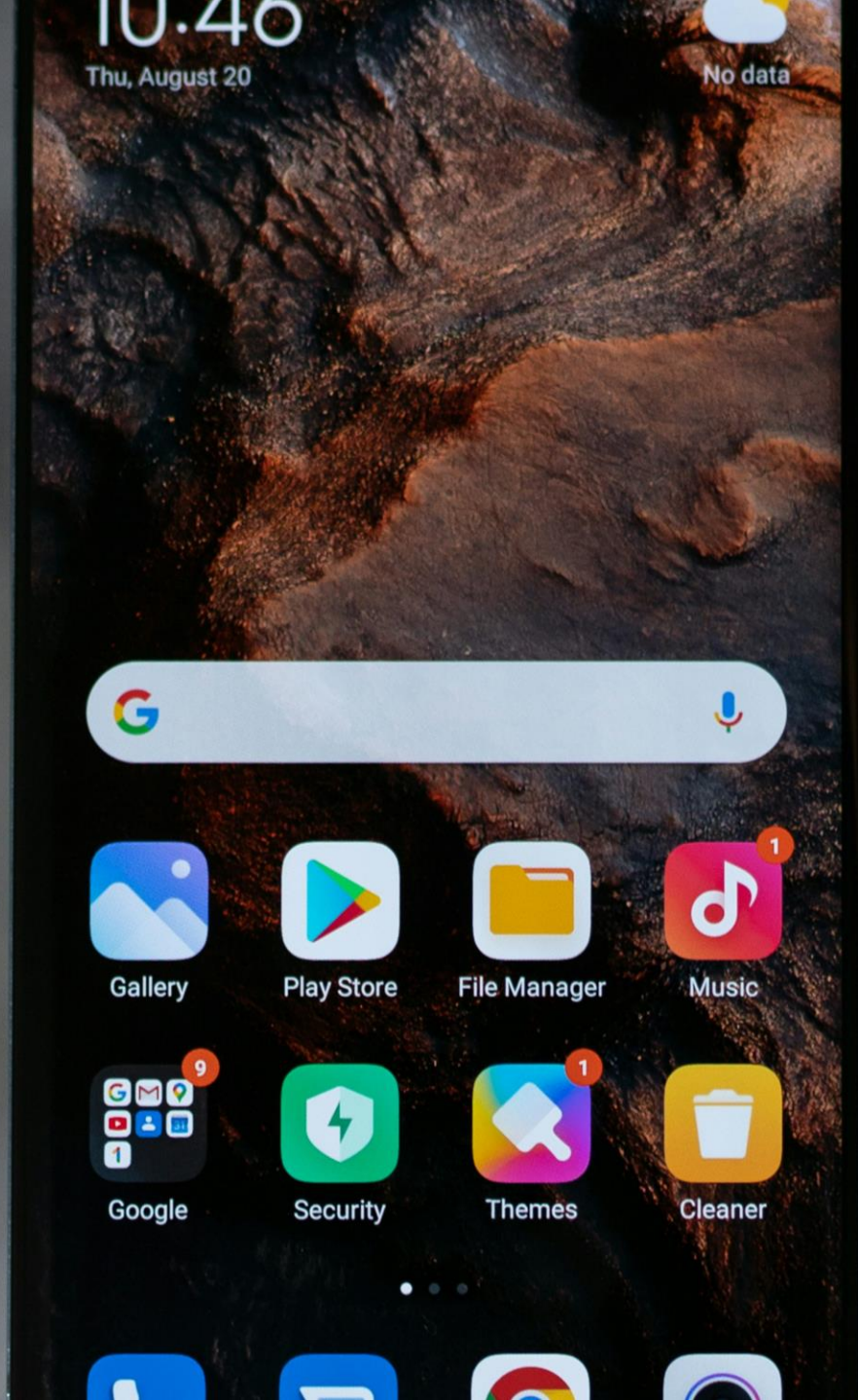


Screen Time - Iphone

- Settings
- Screen time
 - Downtime – schedule time away from the screen
 - App limits – set time limits for apps
 - Always allowed – choose apps you want at all times
 - Content and privacy restrictions – block inappropriate content.

Screen Time - Android

- Go to Settings
- Digital Wellbeing and Parental Controls
- Dashboard and check the time under screen time



Blue Light Filters - Iphone

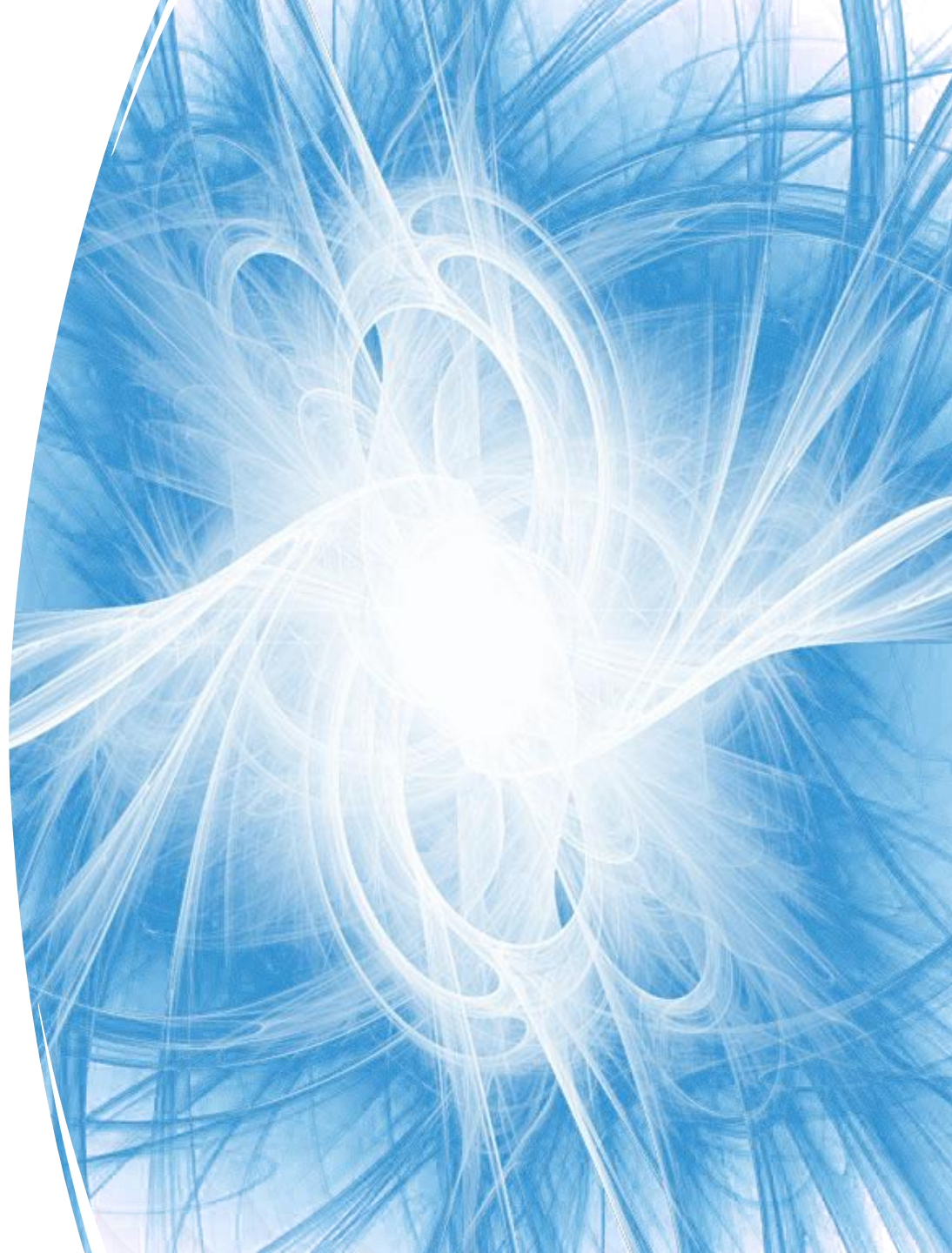
Enable blue light filtering on your iPhone or iPad:

- Go to **Settings** of your iPhone or iPad
- Go to **Display & Brightness**
- In this section you will find the option to switch on the **Night Shift** feature – this feature filters out the blue light that disturbs your sleeping pattern



Blue Light Filters - Android

-
- Settings
 - Display
 - Night light



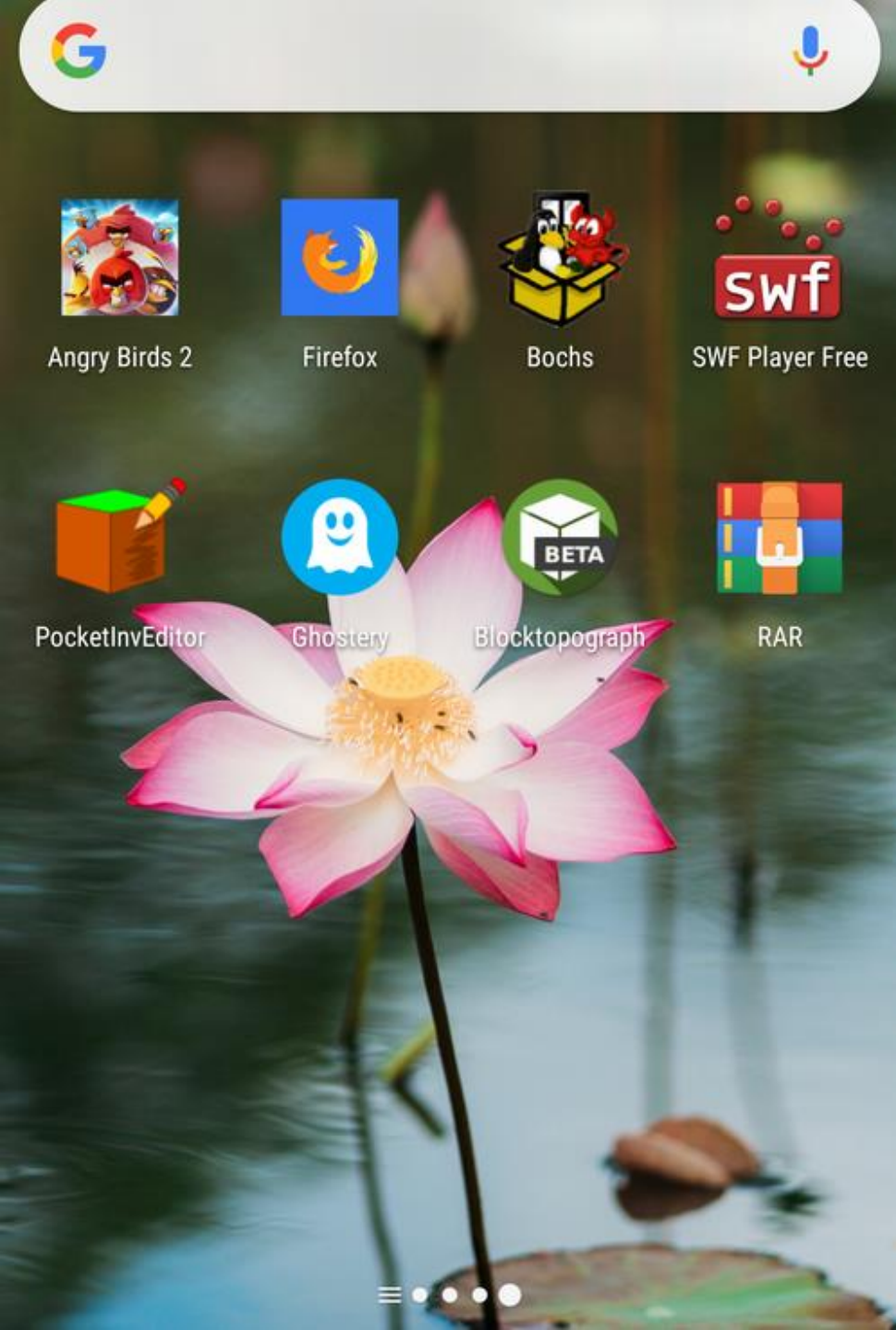


iPhone

Restrictions:

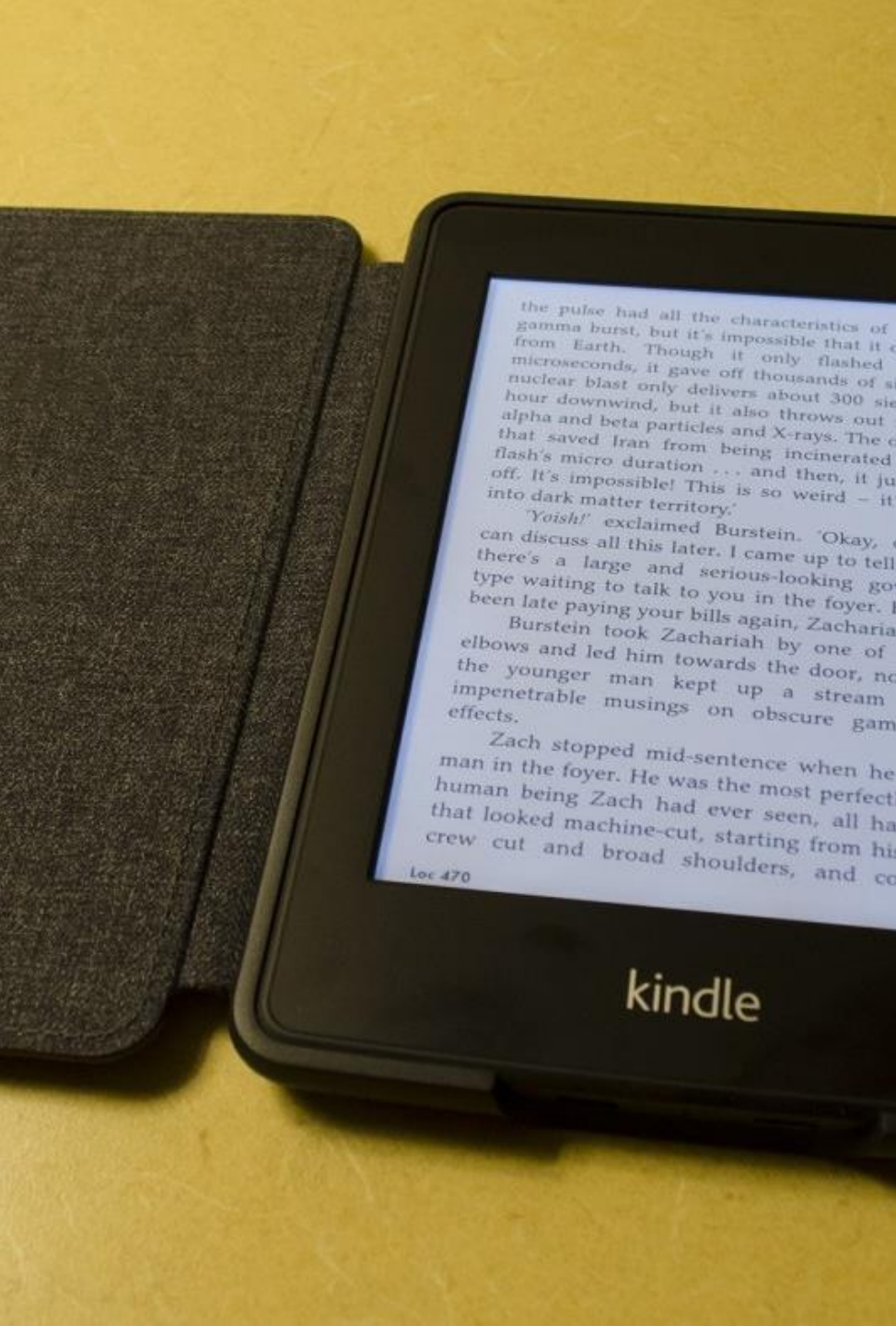
lock certain functions of the device

- hiding songs with explicit lyrics
- preventing YouTube from running
 - Without the four-digit passcode



Android

- Pull down from the top right
- Tap on settings
- Scroll down to set users
- Add user or profile
- Can create a normal user or a restricted profile.



Kindle

Parental Controls

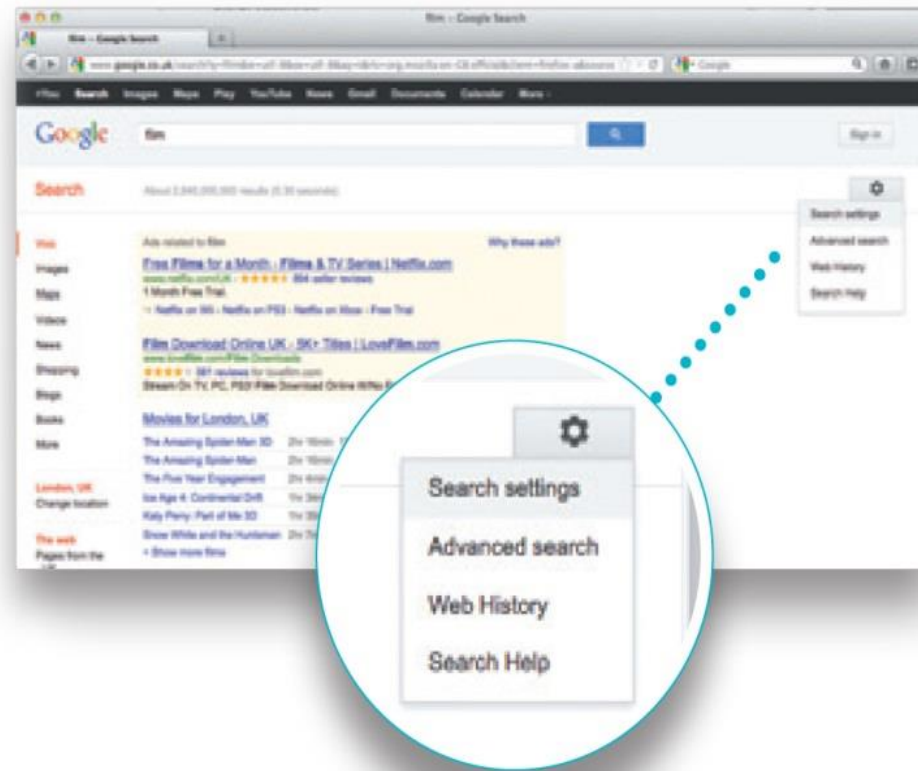
- Home
- Menu
- Device options
 - Parental controls
- Restrictions
- On – for a password
- OK

Parental Control Apps

- Qustodio
 - Set rules and time
 - Block unsuitable content
- OpenDNS Family Shield
 - Blocks inappropriate material
- Kidlogger
 - Tracks what is typed and websites visited
 - Keeps a record of what is visited and any screenshots
 - Only covers one device
- Zoodles
 - Dedicated web browser that creates a walled garden

Google SafeSearch

SafeSearch helps you to keep adult content out of search results by screening websites that contain sexually-explicit content and removing them from the search results.





3. YouTube Safety Mode



To Enable You Tube Safety Mode

1. Log in to your Google or [Youtube account](#).
2. Go to the YouTube.com site in your web browser.
3. Click on the "Safety" button near the bottom of the YouTube homepage.
4. Click the "On" button. If you receive a message after clicking the on button that says "You can lock the Safety Mode setting after you sign in" then you are not logged into Google / YouTube. Click the "sign in" link if needed.
5. Check the box that says "Lock safety mode on this browser".
6. Click the "Save" button. After you've clicked the save button, the page you were on will reload and you will see a banner near the top of the page that shows a check mark with the words "Successfully enabled Safety Mode" next to it.
7. IMPORTANT!! In order to prevent your child from just turning safety mode off, you must log out of your Google / YouTube account by clicking your username link in the top right-hand corner of the browser window. This will effectively lock the setting in for the browser you are using, preventing your child from disabling Safety Mode. You will need to repeat this process for all other web browsers that are on your computer (i.e. Firefox, Safari, etc).

Enable YouTube Safety Mode on Your Mobile Device

Safety Mode may also be available on your mobile device's [YouTube app](#). Check the settings area of the mobile app to see if it is an option. The process for locking the feature should be similar to the process above.

Setting Parental Controls on YouTube

<https://www.youtube.com/watch?v=u00yKwGFpS0>



Internet provider parental control

- ✓ You can set different age limits for your children so you can make sure they only see content appropriate to their age
- ✓ They enable you to set limits on how long your child stays online and when they go online
- ✓ You can allow or block specific programs, like Instant Messenger, or hardware like webcams

What it does

- ✓ Web blocking – by category or by address

Block these categories:

<input checked="" type="checkbox"/> Alcohol	<input checked="" type="checkbox"/> Free Pages	<input checked="" type="checkbox"/> Murder/Suicide	<input checked="" type="checkbox"/> Sex
<input type="checkbox"/> Auction	<input checked="" type="checkbox"/> Gambling	<input type="checkbox"/> News	<input checked="" type="checkbox"/> Social Networking
<input checked="" type="checkbox"/> Chat	<input checked="" type="checkbox"/> Games	<input checked="" type="checkbox"/> Nudity	<input type="checkbox"/> Sports
<input checked="" type="checkbox"/> Dating	<input checked="" type="checkbox"/> Hate Sites	<input checked="" type="checkbox"/> Personal Info	<input type="checkbox"/> Stocks
<input checked="" type="checkbox"/> Distasteful	<input checked="" type="checkbox"/> Illegal	<input checked="" type="checkbox"/> Pornography	<input checked="" type="checkbox"/> Swimsuits
<input checked="" type="checkbox"/> Drugs	<input type="checkbox"/> Job Search	<input checked="" type="checkbox"/> Profanity	<input checked="" type="checkbox"/> Tobacco
<input checked="" type="checkbox"/> E-Commerce	<input type="checkbox"/> Jokes	<input checked="" type="checkbox"/> School Cheating	<input checked="" type="checkbox"/> Violence
<input type="checkbox"/> Entertainment	<input checked="" type="checkbox"/> Lingerie	<input type="checkbox"/> Search Engines	<input checked="" type="checkbox"/> Weapons
<input checked="" type="checkbox"/> Free Mail	<input checked="" type="checkbox"/> Message Boards	<input type="checkbox"/> Search Terms	

Category Description

Click on a category name to see a description of the websites within that category.

What it does

- ✓ Allows you to set up safe searching
- ✓ Set filters for YouTube
- ✓ Block media players
- ✓ Set controls for American TV sites (UK coming soon)
- ✓ Monitor music downloading

What it does

- ✓ Allows you to set time limits for online use

The screenshot shows a window titled "Change Schedule" with a red header and a close button. Below the title is a text instruction: "Decide when you want the Internet to be available. Green boxes represent times when the Internet is available, and red boxes represent time when it's unavailable. Choose from one of the sample schedules, or create your own by selecting specific times (you can select boxes individually or click and drag)." Below this is a grid with time slots on the x-axis (MIDNIGHT, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00, NOON, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00) and days of the week on the y-axis (Mon, Tues, Wed, Thurs, Fri, Sat, Sun). The grid shows a pattern where internet is available (green) from 6:00 AM to 11:00 PM on school days (Mon-Fri) and from 6:00 AM to 11:00 PM on weekends (Sat-Sun). Below the grid is a "Sample schedules:" dropdown menu with a list of options: "Block 8 PM to 6 AM on school nights", "Select a schedule", "Block 8 PM to 6 AM on school nights", "Block 8 PM to 6 AM every day", and "Unrestricted". An "Apply" button is to the right of the dropdown. The McAfee logo is in the bottom left corner, and "Advanced Settings" is in the bottom right corner.

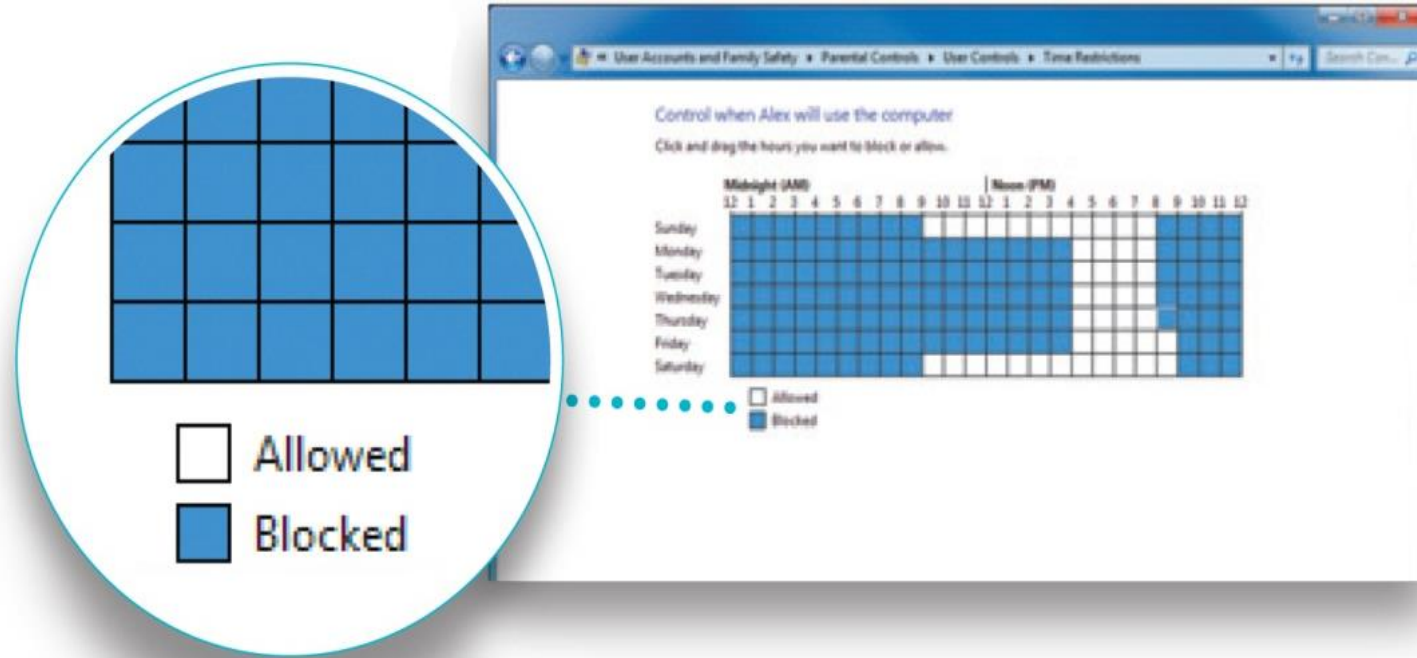
	MIDNIGHT	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	NOON	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00
Mon	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red
Tues	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red
Wed	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red
Thurs	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red
Fri	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red
Sat	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red
Sun	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red



5. Parental Controls on your computer



Computer Parental Controls





6. Parental Controls on your mobile





7. Parental Controls on your games console



Console Parental Controls

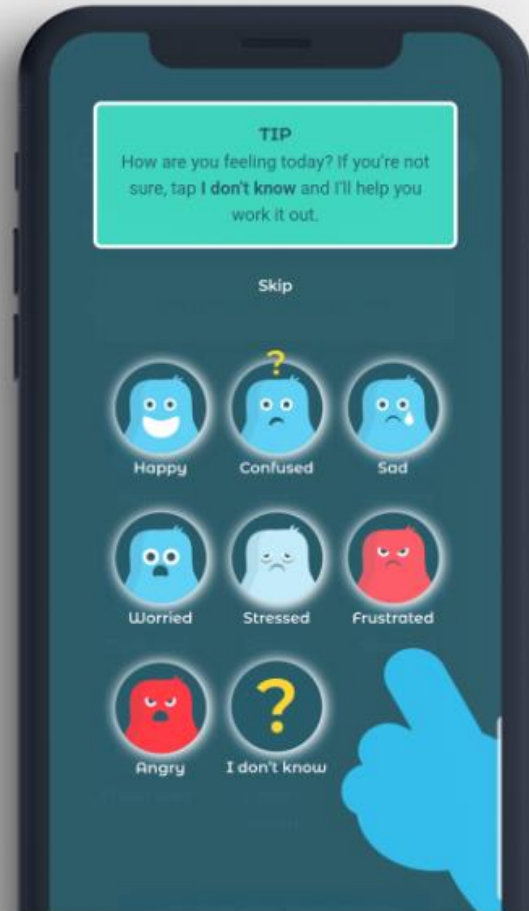




Everyday Digital

Everyday Digital has been developed by Parent Zone to help families develop great **media literacy skills**.

Based on simple habits, it takes just a few minutes a day to feel **more in control online**.



Ollee your virtual friend

A Million
& Me  BBC
Children
in Need

Parental Controls & Safety Settings Guide



Created in partnership with online
safety experts Digital Awareness UK



Digital Parenting

We want everyone to get the most out of tech and enjoy happy and safe digital lives. With regularly updated articles and expert advice, here you'll find plenty of resources and support - helping you make the right digital choices for your family.

[NSPCC child's phone toolkit](#)

[Digital Parenting Pro](#)

[Choosing your child's first phone](#)

[Order Magazine](#)

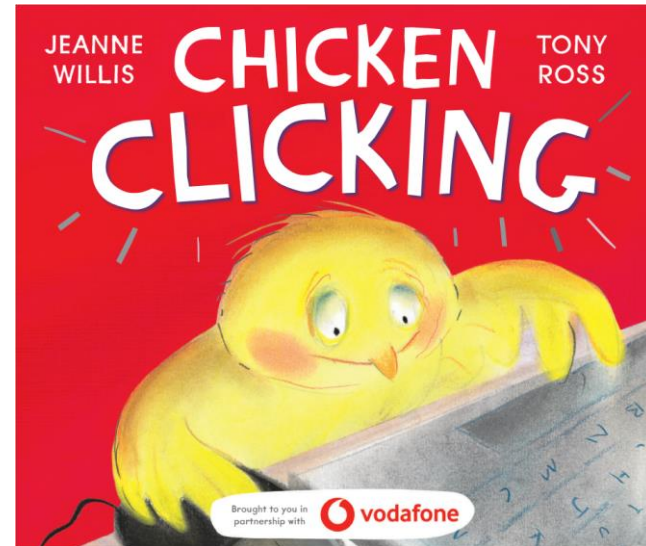
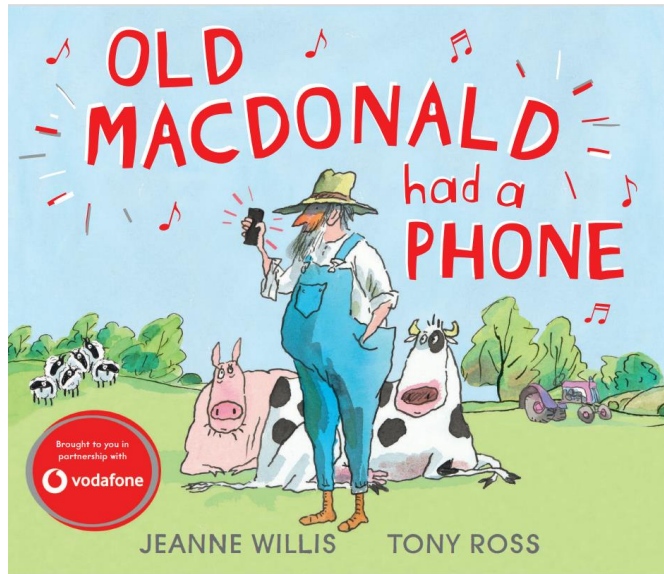
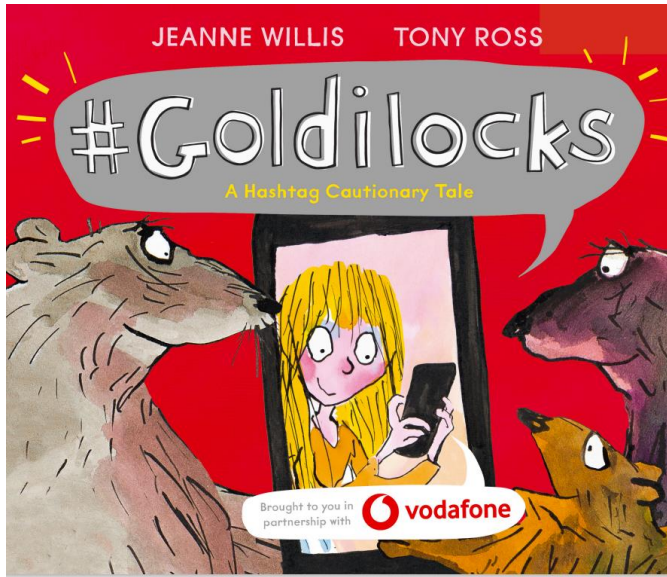
[Sign the petition](#)

Watch our new campaign video!



You can help make the internet a safer place. Sign Global Action Plan's petition [here](#). Keep safety by design a priority.





Restricting access to recording videos

- [How to Use the Parental Controls on a Smartphone - Consumer Reports](#)
- [How do I turn off the camera on my phone? Just in case you need to – Smartphone Photography \(smartphone-photography.com\)](#)

It looks like restricting access to your child recording videos can be carried out in a couple of ways.

- Setting parental controls and restricting access to apps
- Turning off the camera

Privacy Settings

- **Instagram:** <https://help.instagram.com/116024195217477/>
- **Snapchat:** <https://support.snapchat.com/a/privacy-settings>
- **WhatsApp:** <https://www.whatsapp.com/faq/en/general/21197244>
- **YouTube:**
- <https://www.howtogeek.com/243192/how-to-manage-your-youtube-privacy-settings/>

In addition

- How to control pop ups, especially adverts.
 - [How do I stop Pop-up and Pop-under Internet ads - YouTube](#)
- Suggested search engines for children.
 - [parental-control-google-safesearch.pdf \(internetmatters.org\)](#) - google safe search
 - [Swiggle | SWGfL](#)



- It provides:
 - Keyword filtering to stop inappropriate search terms being used
 - Google Safe Search filtered results, with a bias towards UK educational resources
 - Browser extension to cover your screen if your child finds something inappropriate, through Swiggle or not
 - Reporting tools to notify us of any content you think shouldn't be indexed, or for schools to notify their system administrator to block particular websites
 - A friendly character that can guide kids through how to search, report, and customise Swiggle
 - Ad-free experience

Swiggle



Finally

Any questions?