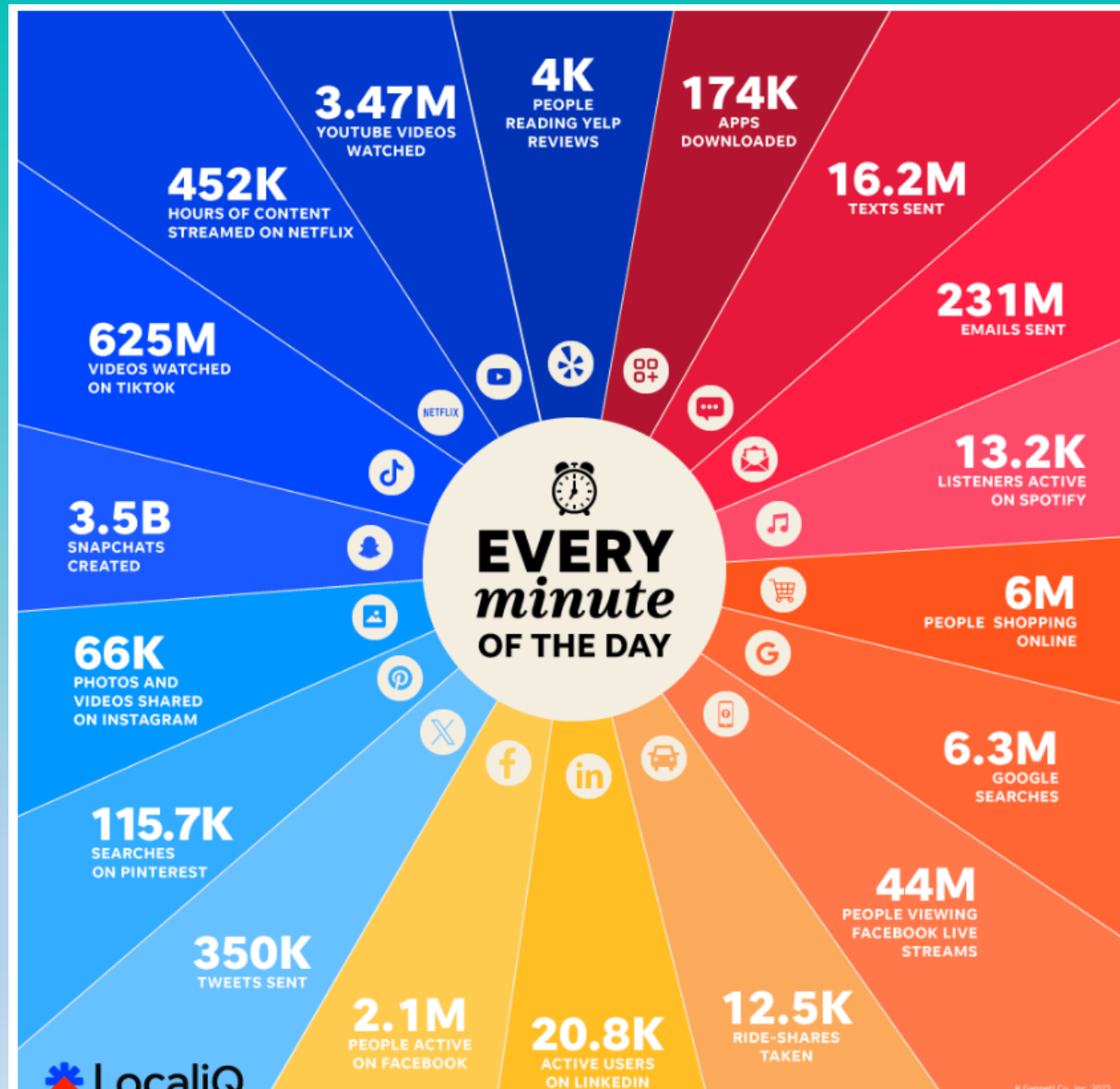


Online Safety

“My kids know more about
the internet than I do...”



It's not all bad...

89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends.

2020 Ofcom



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Improve both visual intelligence and hand-eye coordination



Households with computers perform better academically

But it does have an impact...



- Sleep cycles are affected by blue light
- Children today are more forgetful than OAP's

But it does have an impact. . .



- One study found that the more distracted you are, the less able you are to experience empathy
- Disrupts learning in school

How can you prevent the risks becoming harmful?

- Understand the risks
- Agree on helpful mediation strategies
- Communicate regularly



How can you prevent the risks becoming harmful?

- Develop coping strategies that foster resilience
- Keep the risks in proportion





How you can overcome inappropriate content

- Ensure that they are aware that they can come to you
- Parental controls on home broadband
- Safe search on Google (or other browsers) & YouTube; child-friendly search engines
- Content lock on mobile networks
- Talk about the importance of respect and the meaning of consent

Social media

- Facebook

- Age rating: 13+



Main features: newsfeed to share text, photos & videos, instant messaging, marketplace, friends, likes and comments.

- Snapchat



- Age rating: 13+

Main features: photo & video messaging, snaps, location sharing.

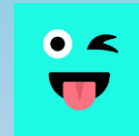
- Instagram



- Age rating: 13+

Main features: photo & video sharing, livestreaming, stories, DMs, hashtags.

- Wink



- Age rating: 13+

Main features: messaging, friends, photo sharing.

- TikTok



- Age rating: 13+

Main features: making & sharing short videos, lip-syncing.

- X (Twitter)



- Age rating: 13+

Main features: tweets (text with restricted character count), photo and video sharing, hashtags.

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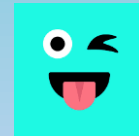
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Tackling social media – Do they know?



- Sometimes people hide behind fake profiles for dishonest reasons
- 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



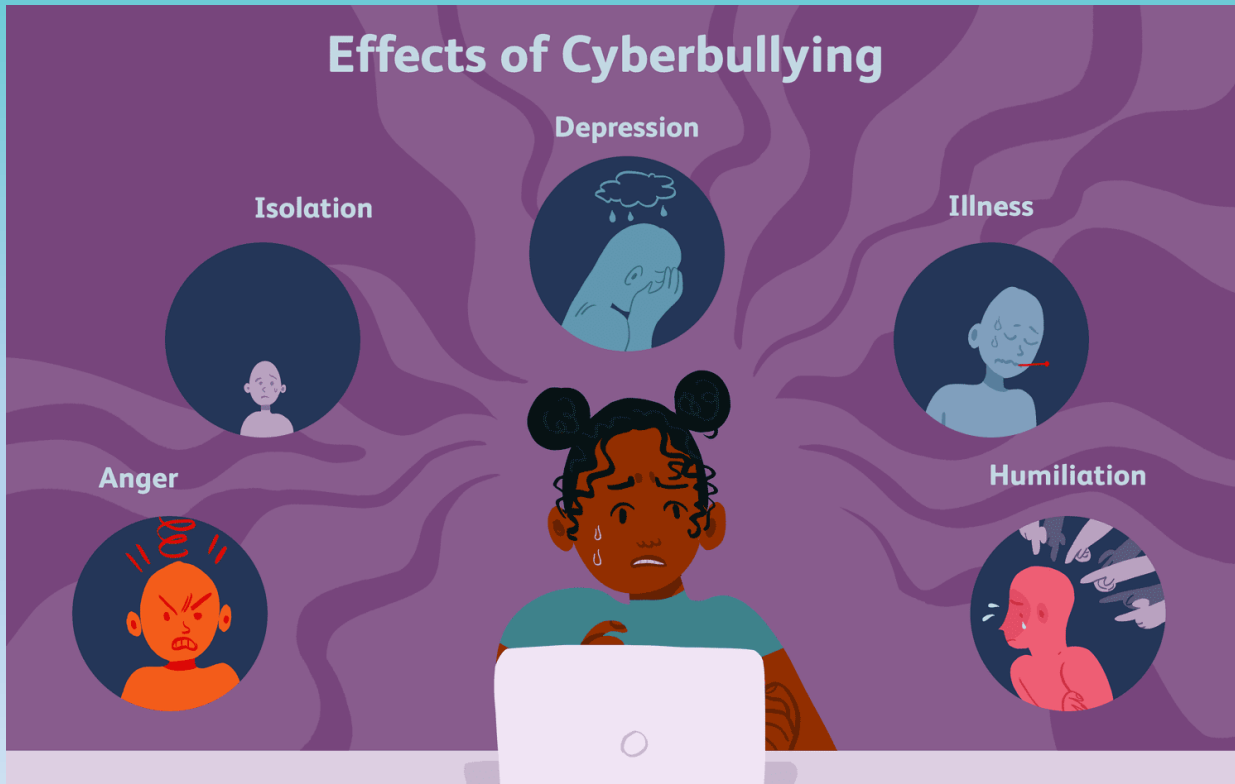
Tackling social media – Do they know?



- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- How to report/block/mute



Cyberbullying



- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint
- Report inappropriate posts/content to the social media providers

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about using monitoring apps that identify inappropriate behaviour
- The T-shirt test – if you wouldn't wear the picture on your T-shirt, don't share it online

KSI

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

KS2

Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

Useful Links

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>
- <https://parentzone.org.uk/article/parenting-digital-age>
- <https://www.askaboutgames.com/>
- <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/quiz-for-7-11-year-olds>