



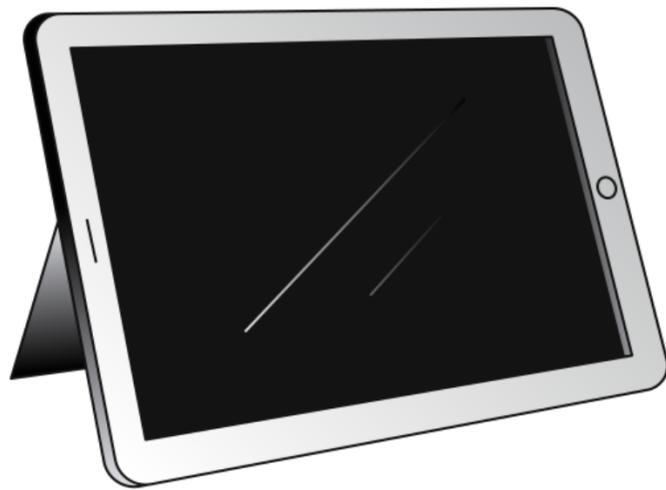
ONLINE SAFETY

Years 5 & 6 Parent and Child Briefing

PARENT AND CHILD ONLINE SAFETY BRIEFING

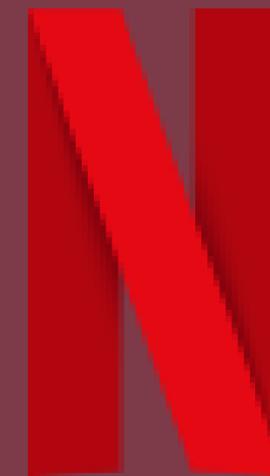
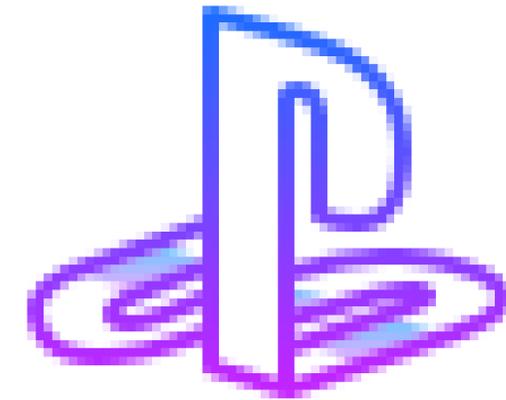
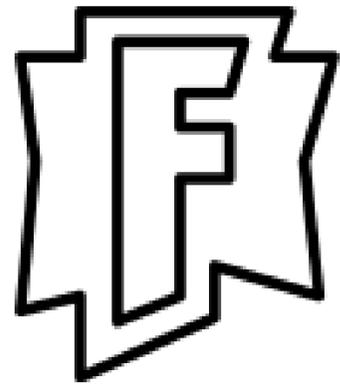
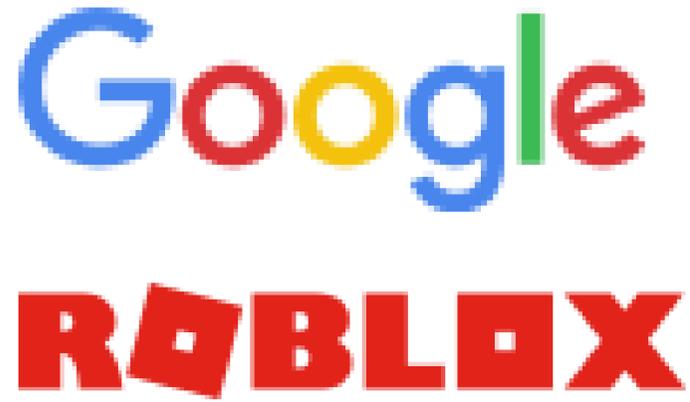
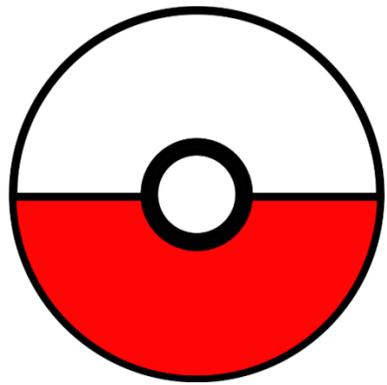
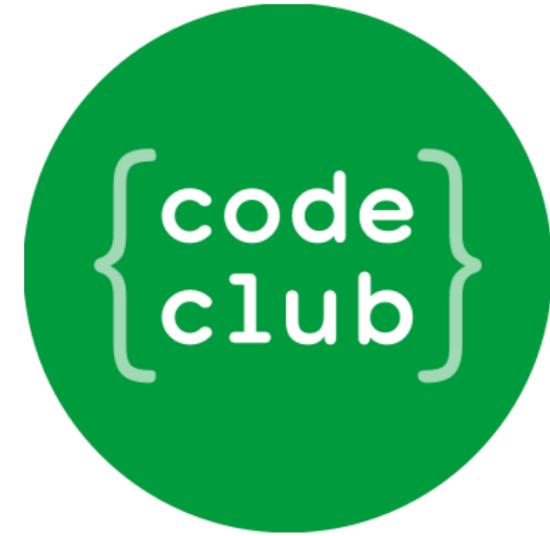
Being Online

What devices do you use to access the online world?



Being Online

What do you (or your child) love doing online?



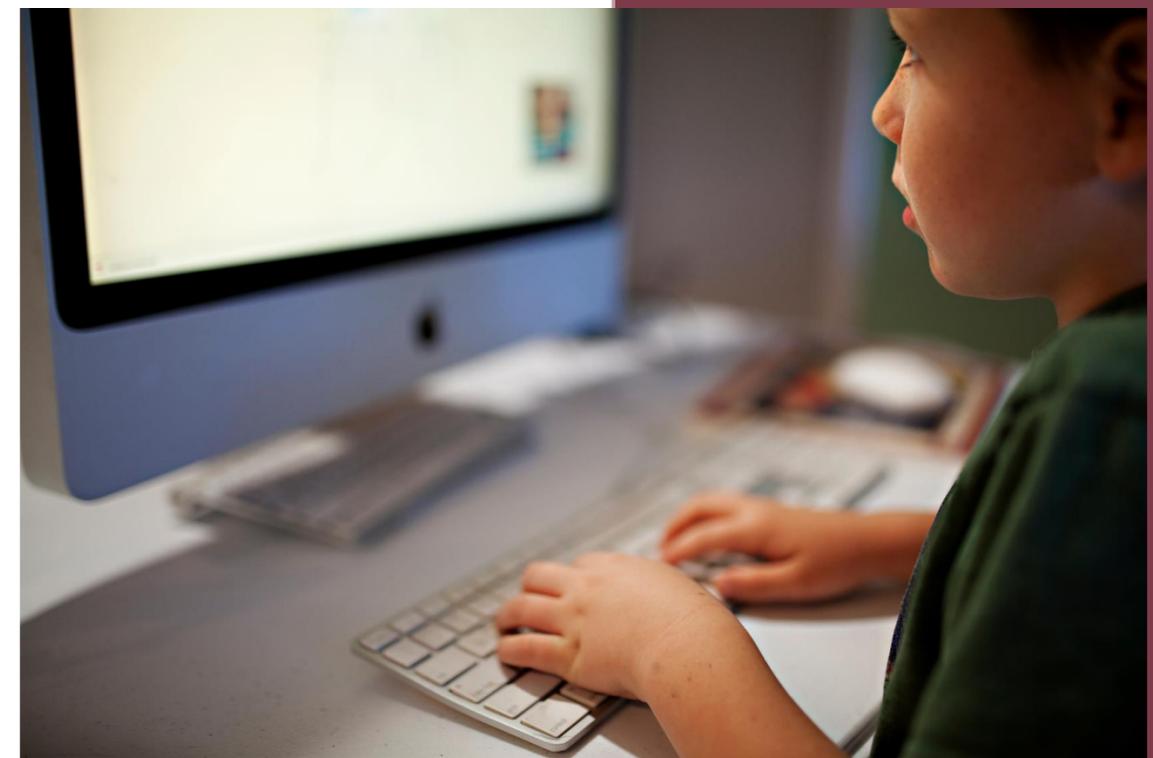


RISKS

PARENT AND CHILD ONLINE SAFETY BRIEFING

The 4 C's of Online Safety

- **C**onduct
- **C**ontent
- **C**ontact
- **C**ommerce



Conduct



Be aware of your digital footprint. Online activity can have an affect on yourself and other people.



It's easy to feel anonymous online. Be aware of who is able to view (or share) the information you have posted).



When using the internet, it's important to keep personal information safe and not share anything with strangers



Content



Some online content is not suitable for children and may be hurtful or harmful. Includes games, blogs, websites and social media.



Some content may be untrue or biased.



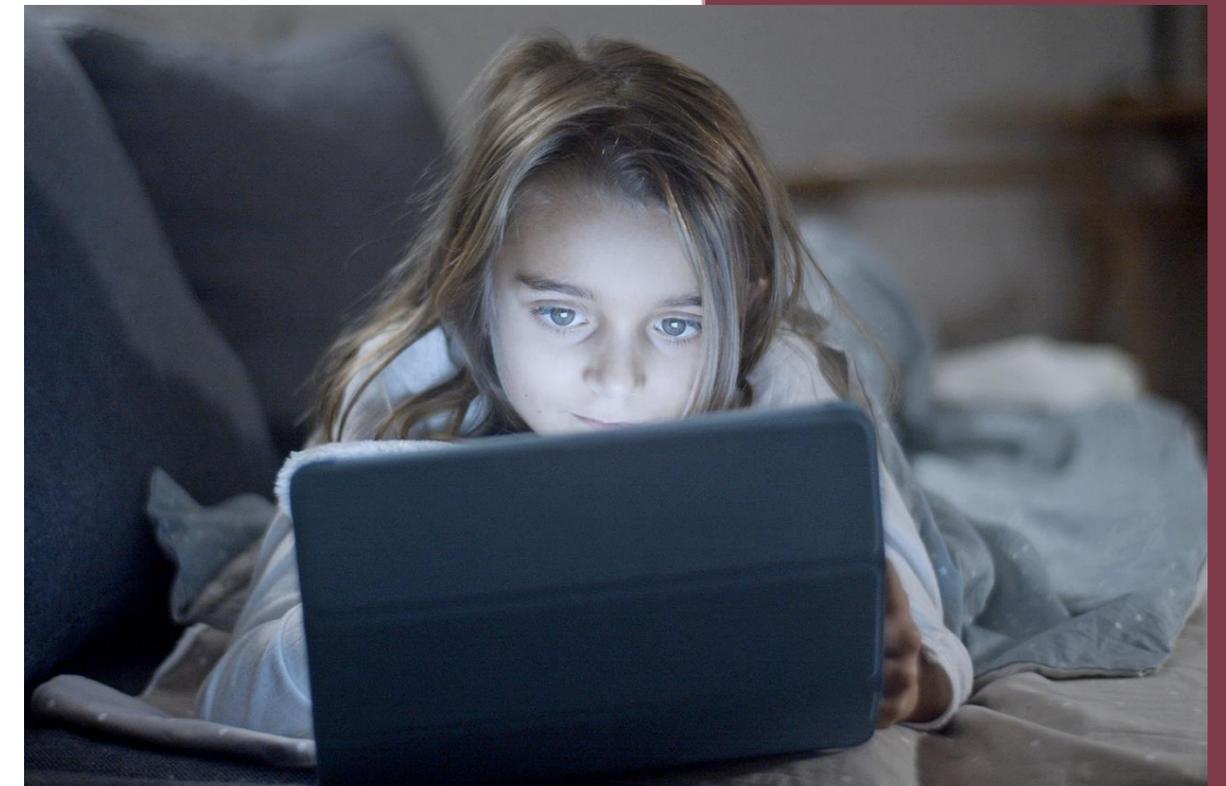
Contact



Only add friends who you know in real life. An 'online only' friend is a stranger.



Report any inappropriate contact to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.uk)



Commerce



Risks such as online gambling, inappropriate advertising, phishing and or financial scams.



Be very aware of scam texts, phone calls, websites and so on. If in doubt, report it. Do not click links or pass on any personal information.

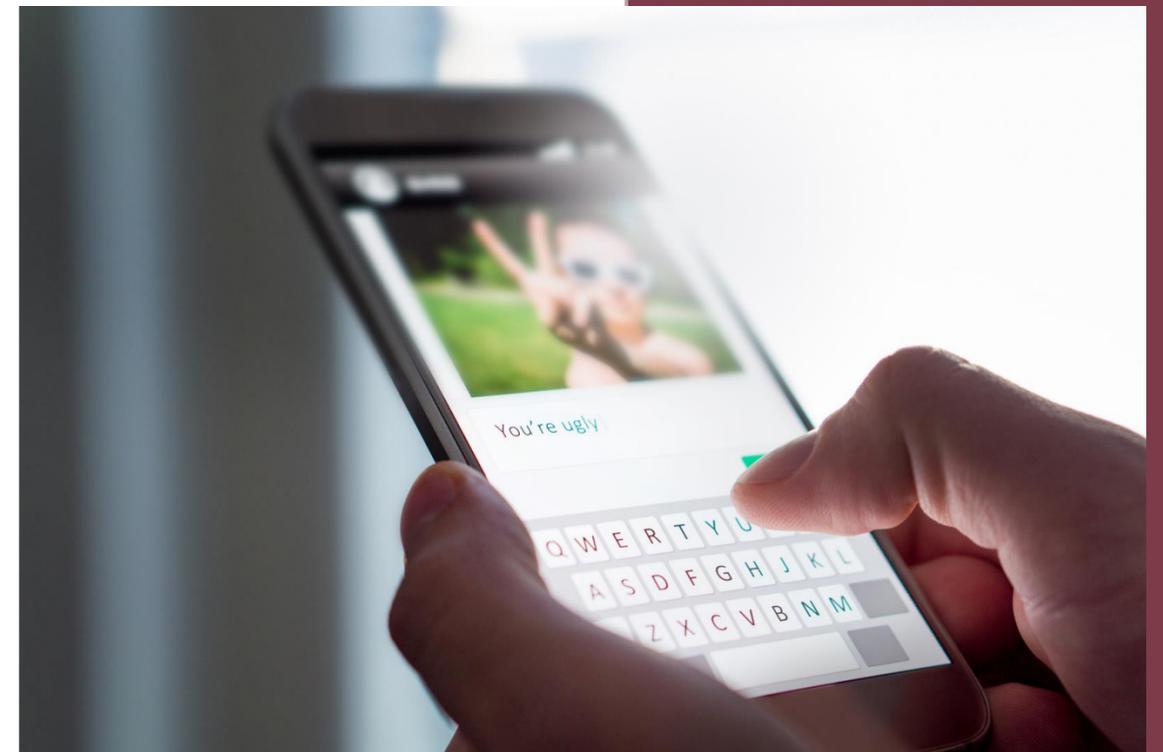
Report suspicious text messages for free by forwarding it to 7726.



Cyberbullying

Bullying which takes place online or using technology. Can happen in many ways - comments in chats, sharing embarrassing photos, exclusion from chats

Online bullying is just as hurtful as offline bullying and is unacceptable.



Sexting



Taking and sharing a nude, partially nude or explicit image or video. If the person on the image or video is under 18 it is against the law. It is illegal to create, share or possess such an image (including selfies).



In the online world, content can travel very far, very quickly. Children may lose control of who sees an image.





ADVICE

PARENT AND CHILD ONLINE SAFETY BRIEFING

ADVICE



Parents and children should regularly chat about all these things together. Children must talk to parents if they are concerned about anything.

- Online friendships, strangers, grooming
- Cyberbullying - the importance of online respect
- Sexting - Use the PANTS rules



Report any concerns to parents, school, police, CEOP.



Open and honest dialogue

Talk about your use of the internet



www.childnet.com/parents-and-carers/have-a-conversation

Consider a family agreement

Establish boundaries & expectations



www.childnet.com/resources/family-agreement

Filtering
software

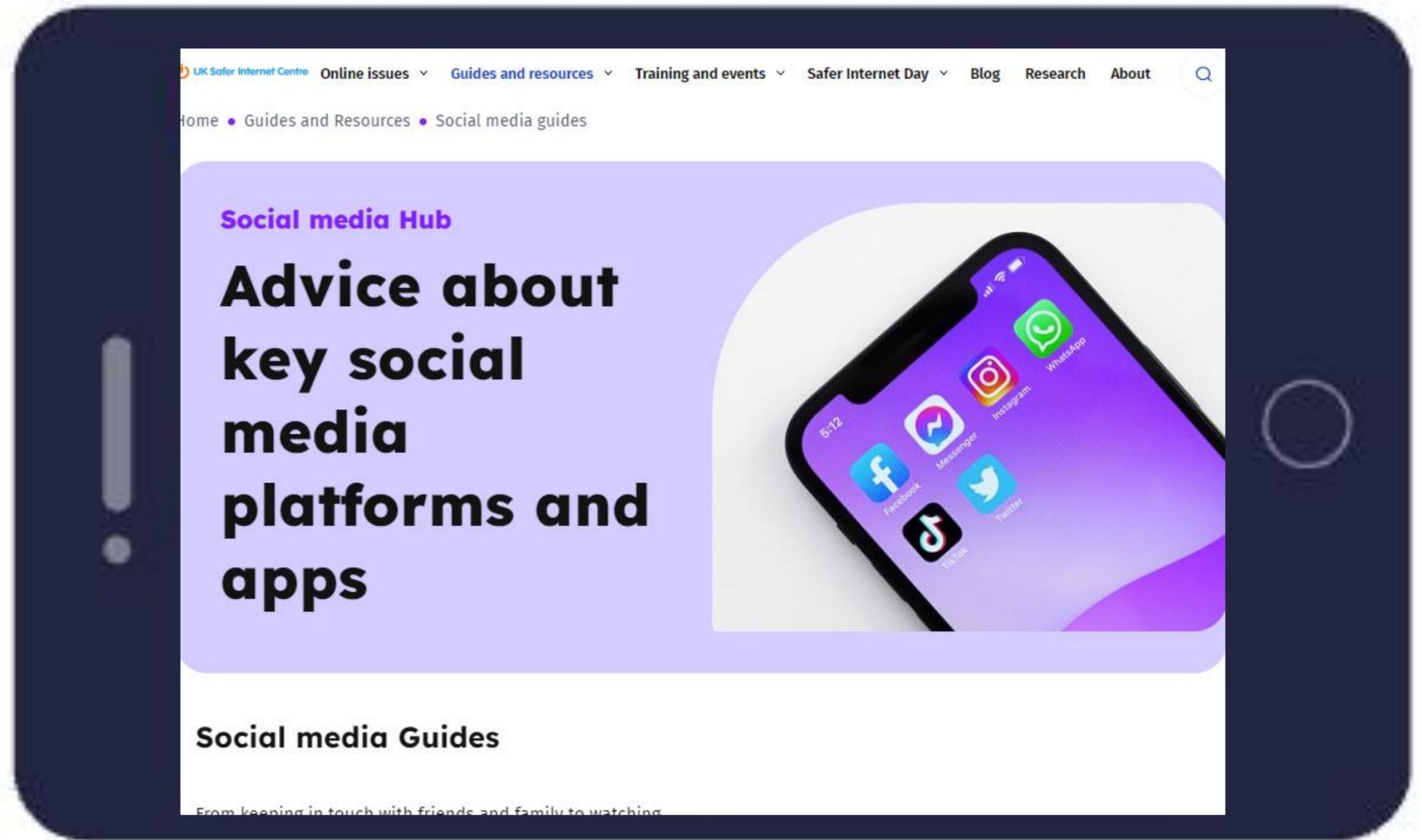
Mobile phone
parent controls
and apps



internetmatters.org/parental-controls

Safety and privacy settings

How to report, block and mute on games and social media



saferinternet.org.uk/advice-centre/social-media-guides

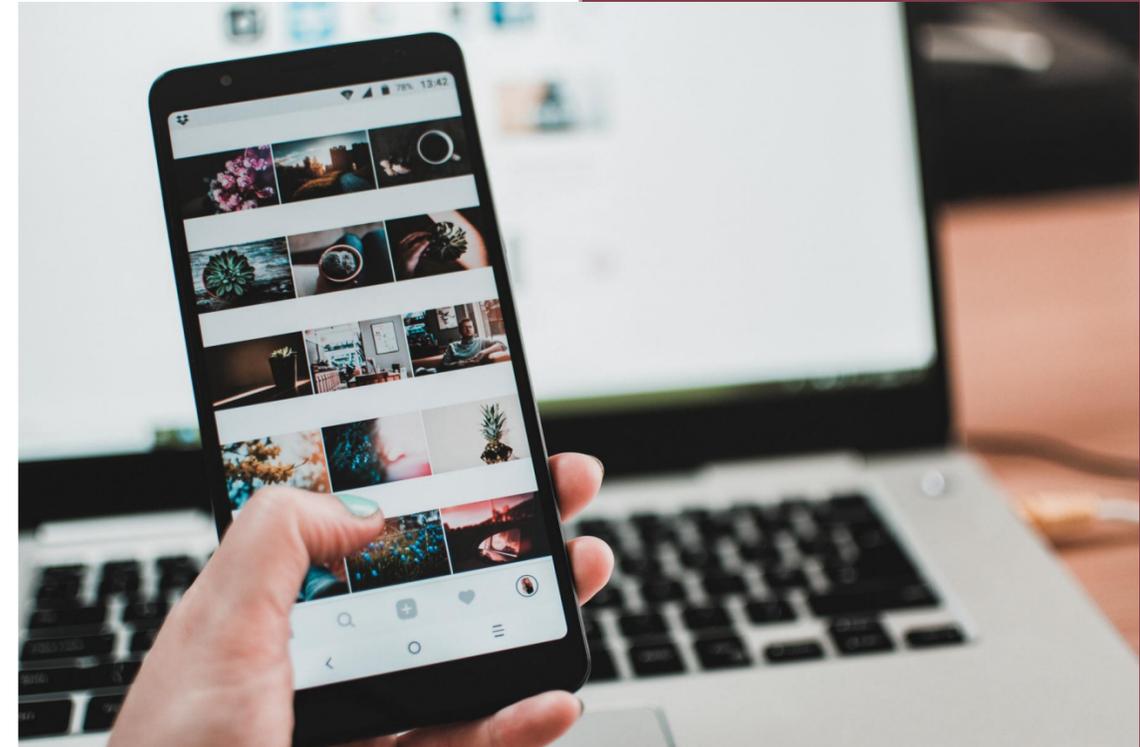
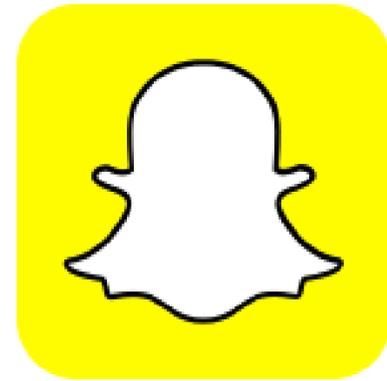




SPECIFIC ISSUES

PARENT AND CHILD ONLINE SAFETY BRIEFING

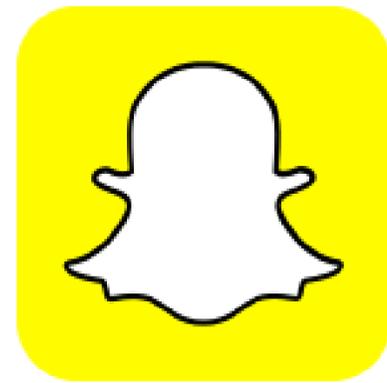
Social Media



Social Media



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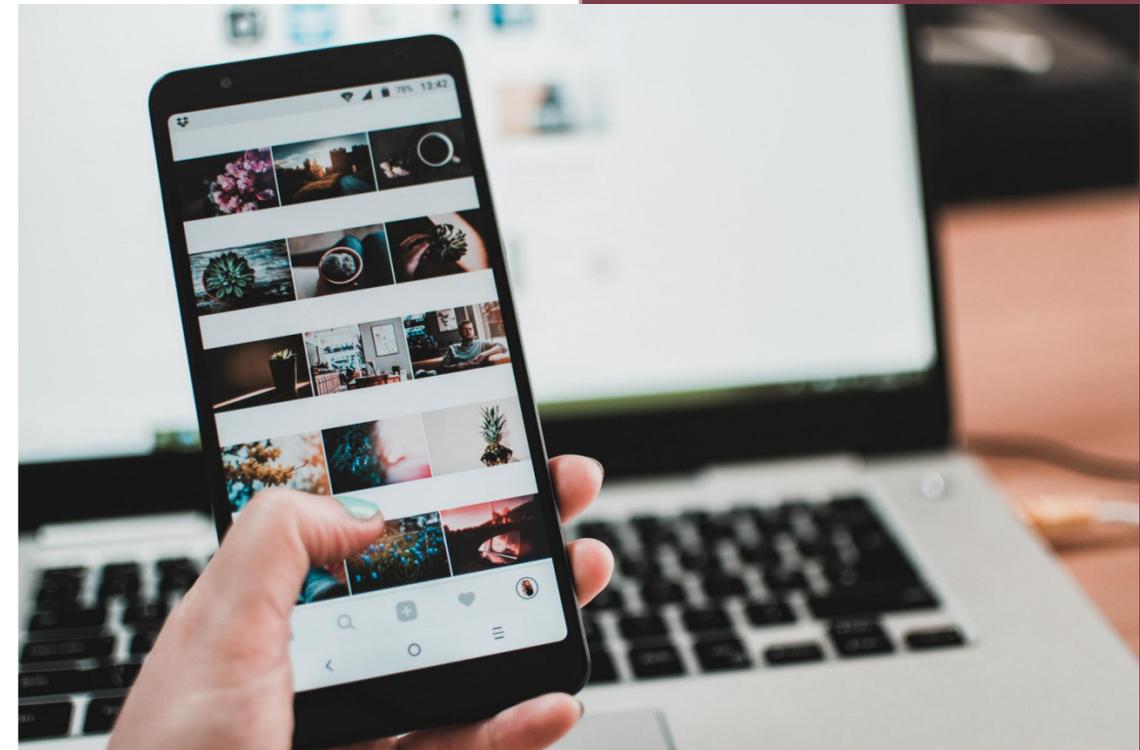
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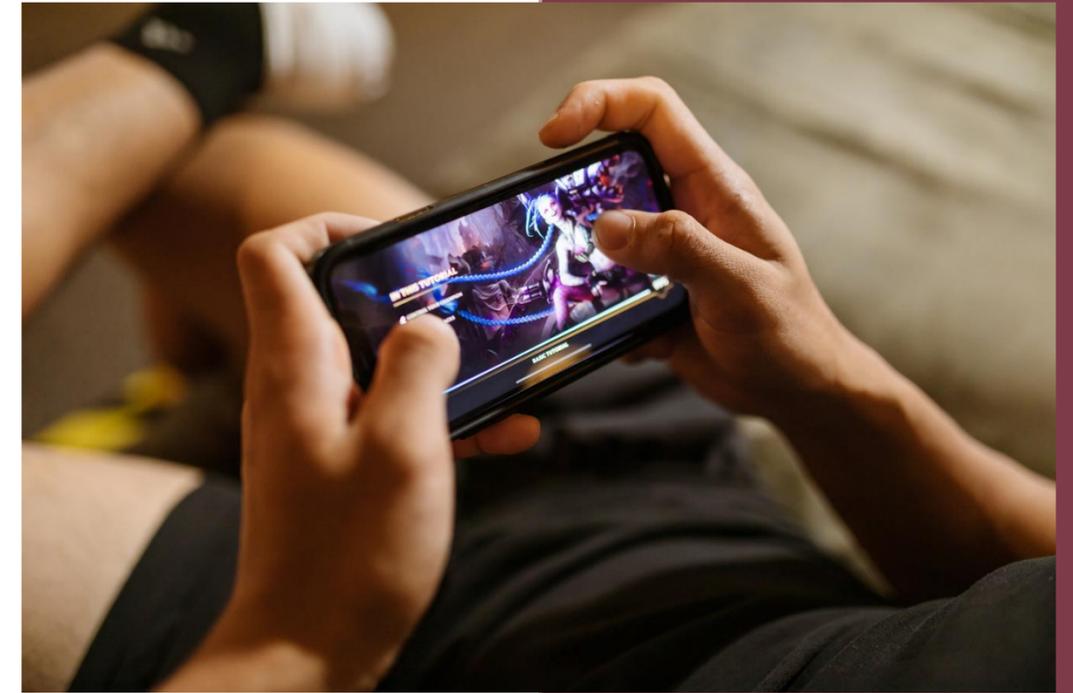
Social media risks

- Oversharing
- Sharing your location
- Talking to people you don't know
- Sending or receiving inappropriate content
- Unrealistic sense of body image or reality
- Obsessive focus on likes and comments
- Cyberbullying, unkindness, words
- No break
- Excessive screen time



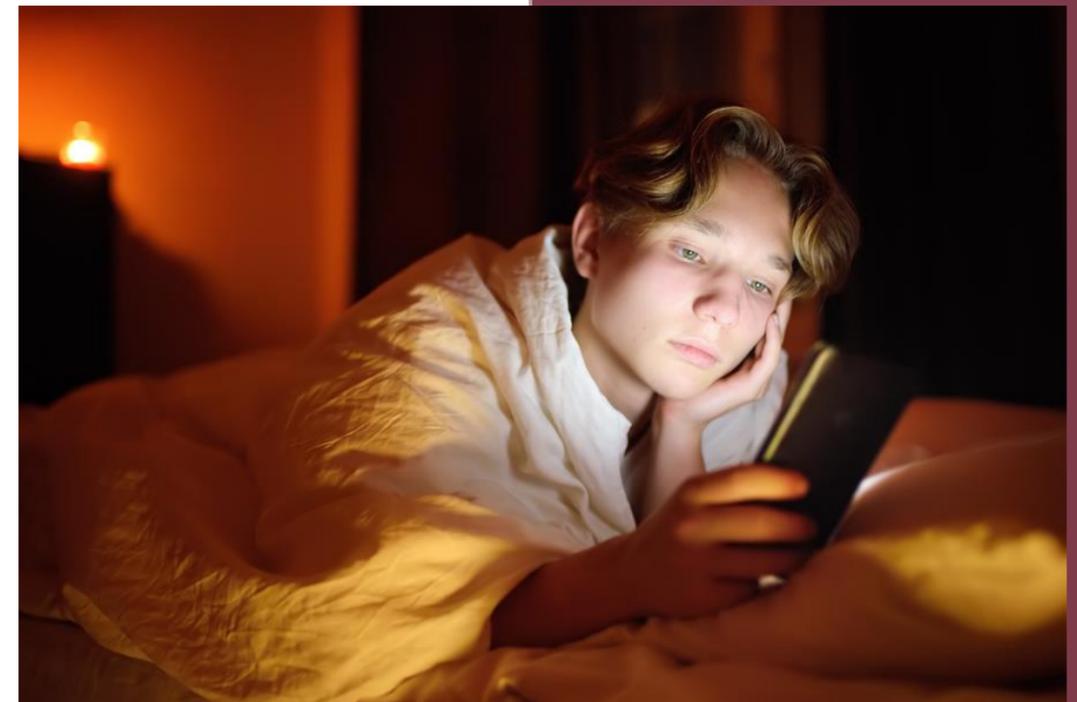
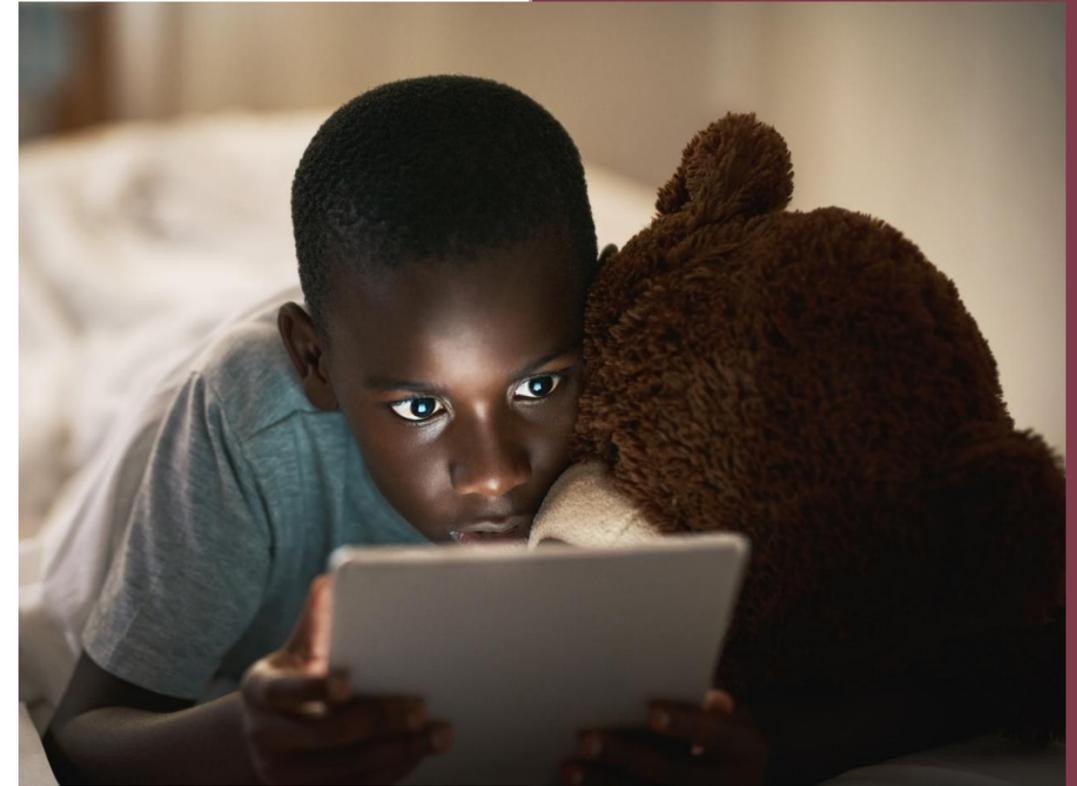
Gaming risks

- Gaming addiction
- Talking to people you don't know
- Health and well being
- Inappropriate Content (check PEGI rating)
- Affects on behaviour
- Excessive screen time



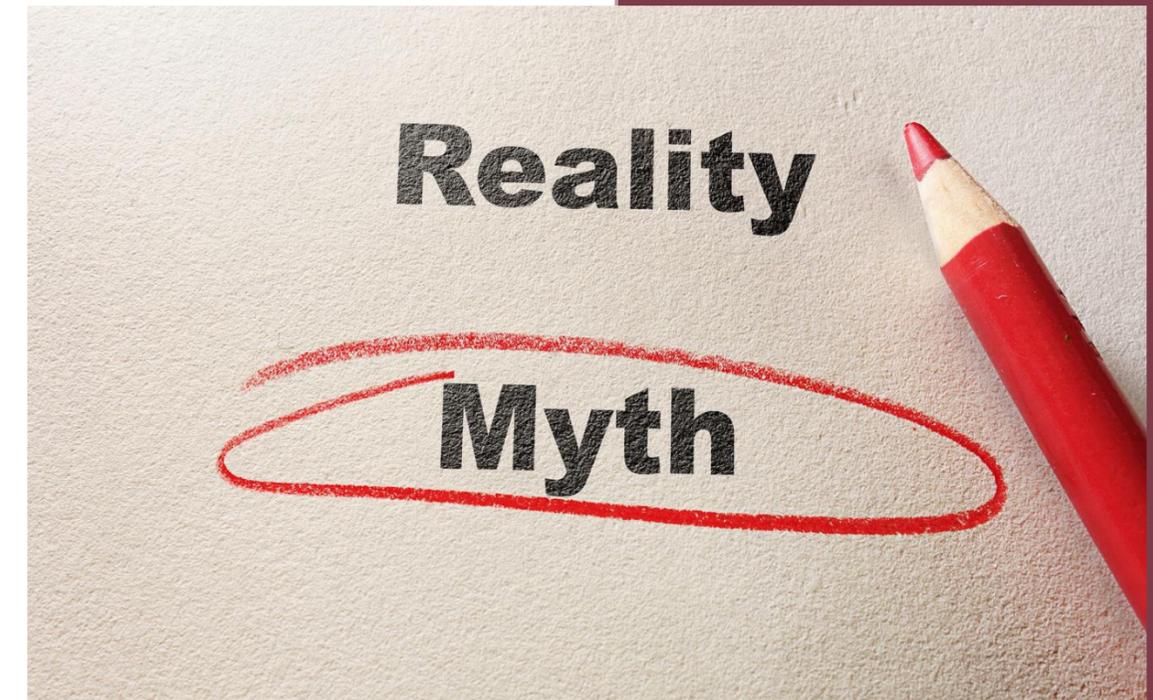
Excessive Screen Time

- Family agreement
- Parental controls - wifi, phone and app
- Cut off time before bedtime - No devices in the bedroom at bedtime!
- Parents are in charge!
- School will support parents



Child to Parent Myths

- No one else's parent...
- I need my phone to wake up
- Everyone else is allowed to...
- Everyone else goes to bed at...
- I need to check my phone
- I need it for my homework



Is it a **NEED** or a **WANT**?





QUESTIONS AND DISCUSSIONS

PARENT AND CHILD ONLINE SAFETY BRIEFING

Is it a **NEED** or a **WANT**?



Is it a **NEED** or a **WANT**?



“We will look back in 20 years time and be absolutely horrified by what we allowed our children to be exposed to and that’s something that should be of concern for all of us.”
Dame Rachel de Souza
(Children’s Commissioner)

Further Information

- School website:
- Presentation slides
- Information sheet with links

PINNER PARK PRIMARY SCHOOL

PARENTS AND CARERS ONLINE SAFETY
INFORMATION AND ONLINE RESOURCES

Where can I get online safety advice?

Childnet A collection of advice covering topics such as screen time, parental controls, having a conversation, digital well-being and live streaming.
<https://www.childnet.com/parents-and-carers/>

UK Safer Internet Centre A guide for parents covering many aspects of online safety including a guide to a guide to technology, having a conversation and screen time.
<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Ask About Games Specific advice and online guides about gaming and PEGI ratings. Includes information about setting up family controls for games consoles.
<https://www.askaboutgames.com/>

NSPCC Keeping Children Safe Online Safety advice to help you learn about staying safe online as a family.
<https://www.nspcc.org.uk/keeping-children-safe/online-safety>

Common Sense Media Online advice and reviews for games, apps, films and books, including information about age suitability.
<https://www.commonsensemedia.org/>

Where can I get more support?

Family Lives Provides help and support with all aspects of family life.
<https://www.familylives.org.uk/>

NSPCC Providing help and support for adults who are concerned about the safety or wellbeing of a child.
<https://www.nspcc.org.uk/>

Young Minds Support and help with young people's mental health and well being
<https://www.youngminds.org.uk/>

Support for children and young people:

Childline Providing help and support for under 18s. 0800 11 11 or
<http://www.childline.org.uk/>

Young Minds Support and help with young people's mental health and well being
<https://www.youngminds.org.uk/>

Where can I go to make a report?

Child Exploitation and Online Protection Command (CEOP) A police agency tackling child abuse online where you can report any concerns about the behaviour of someone online towards a child. There is a link button on each page of our school website.
<http://www.ceop.police.uk/>

Report Harmful Content
Part of the UK Safer Internet Centre.
<https://reportharmfulcontent.com/>

Next steps

- Have a conversation
- Establish boundaries and routines
- Be clear on strategies
- Get to know your devices
- Be curious, not furious
- Keep the conversation going





ANY QUESTIONS

PARENT AND CHILD ONLINE SAFETY BRIEFING
