

Online Safety for Parents

Andrew Goodgame



Running Order

- Online Safety Statistics
- How your child learns about Online Safety in school
- Safe settings, controls and management
- Where to go to find out about apps and games your children use/play
- Managing Screen Time
- Help and Reporting

Headline Statistics

9/10 Children aged 10-15 go online
everyday (ONS 2020)

7/10 5-15 played games online in 2020
(OFCOM, 2020)

Over $\frac{1}{2}$ 5-15 used social media apps or
sites (OFCOM, 2020)

$\frac{1}{3}$ 5-15 used Instagram, Snapchat or
Facebook (OFCOM, 2020)

Online Harm Statistics

1 in 6 10-15 spoke to a stranger online
(that's 682,000 children)

1 in 50 children spoke to someone online
who lied about their age

1 in 10 10-15 reported receiving
messages of a sexual nature

1 in 100 children reported sending a
sexual message

2020, Children's Online Behaviour Report for England and Wales

How your child learns about Online Safety in school

EYFS have the early stages of Online Safety Teaching embedded in to their curriculum under the headings:

- Communication and language
- Personal, social and emotional development
- Understanding the world

KS1 and KS2 follow our bespoke Online Safety Curriculum embedded in to their Computing Curriculum.

How your child learns about Online Safety in school

Year 1

Autumn 1

We are Collectors

First time searching and saving images.

1. **LO: I can understand how to keep myself safe online and know who to tell when I see something that makes me uncomfortable and make sure an adult knows what I'm doing. (UNCRC Article#16 & #19)**
2. I can search for images on the internet
3. I can search for images safely and ask for help if I need it.
4. I can share images into categories
5. I can share images into categories
6. I can evaluate my work

How your child learns about Online Safety in school

Year 1 Examples

I can understand how to keep myself safe online and know who to tell when I see something that makes me uncomfortable and make sure an adult knows what I'm doing.

I can begin to understand what personal information is and who I can share it with.

I am beginning to recognise the need to know who I am sharing learning with online and recognise the difference between real and imaginary online experiences.

How your child learns about Online Safety in school

Year 6 Examples

I can recognise my right to be protected from inappropriate use of technology by others and my responsibility to report concerns.

I understand how to use social networking websites appropriately, understanding that bullying (including cyber bullying) has a negative and often lasting impact on mental wellbeing.

I understand what good choices are when I present myself online.

Safe settings, controls and management

Apple, Android and Microsoft have tools to help you control what younger children can use and how long for

Click the images below for details.



Microsoft

Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).

Where to go to find out about apps and games your children use/play



What even is Fortnite (or Roblox...or Minecraft...)?

The best way to find out is to get your child to show you how any app or game works, what happens and if it's appropriate. It could be quick, or you might even find you enjoy playing or watching together!

Common Sense Media has thousands of expert reviews of apps, games and even films and what parents and children think about them.



Parents Say / Kids Say

Where to go to find out about apps and games your children use/play

A LOT OR A LITTLE?

The parents' guide to what's in this app.

Diverse Representations



not present

Ease of Play



Violence



Sex



not present

Language



not present

Consumerism



Drinking, Drugs & Smoking



Where to go to find out about apps and games your children use/play



WHAT PARENTS NEED TO KNOW

Parents need to know that Another Eden is a role-playing game for iOS and Android devices. Players will fight periodic battles against monsters, not people, and blood isn't shown. Death is sometimes suggested, though, in situations such as a monster telling a villager he won't feel any more pain, then causing the person to fade away until he can't be seen. Players also enter a bar where liquor is shown on shelves and interact with the bartender, although drinking isn't a focus in the game. Although

[Continue reading](#) ✓

Where to go to find out about apps and games your children use/play

TALK TO YOUR KIDS ABOUT ...

- Families can talk about [violence in video games](#). Is the impact of the violence in Another Eden affected by the lack of focus on combat? Does the game make it seem like it's no big deal? What are some positive ways to resolve conflicts in real life?
- How can you work toward goals like the short- and long-term ones you try to

[Continue reading](#) ✓

Managing Screen Time

Lots of parents worry about it, but we don't think you should worry about screentime

It's not how long they are online but what and when they are doing that counts

You can use the control settings shown in this presentation to regulate screen time in general and on specific apps

But beyond that we recommend you follow the Children's Commissioner's 'Digital 5 A Day' and help your children to aim for each of the targets

Managing Screen Time



Children's
COMMISSIONER



Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

Managing Screen Time

The UK Chief Medical Officers agree - check out their version of what counts.

[Link to report](#)

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Help and Reporting

You can always speak to us for advice, but there are many other places to go for help.

If you are worried about any child, call the [NSPCC helpline](#). In an emergency, call 999.

But there are plenty of specialist helplines. Visit [reporting.lgfl.net](#) to find out how to remove content from social media and where to report bullying, racial hatred, terrorism, sexual abuse and more.

There are also links for children and young people to get help directly, such as Childline or The Mix (for 13-25s).

Useful Websites



...newsletter and approach



...app, game & film guides



...guidance and resources



...parental control guides



...passion and expertise

Thanks to the LGfL



All of this information and more can be found on the London Grid for Learning Online Safety Site, ParentSafe.

<https://parentsafe.lgfl.net/home>