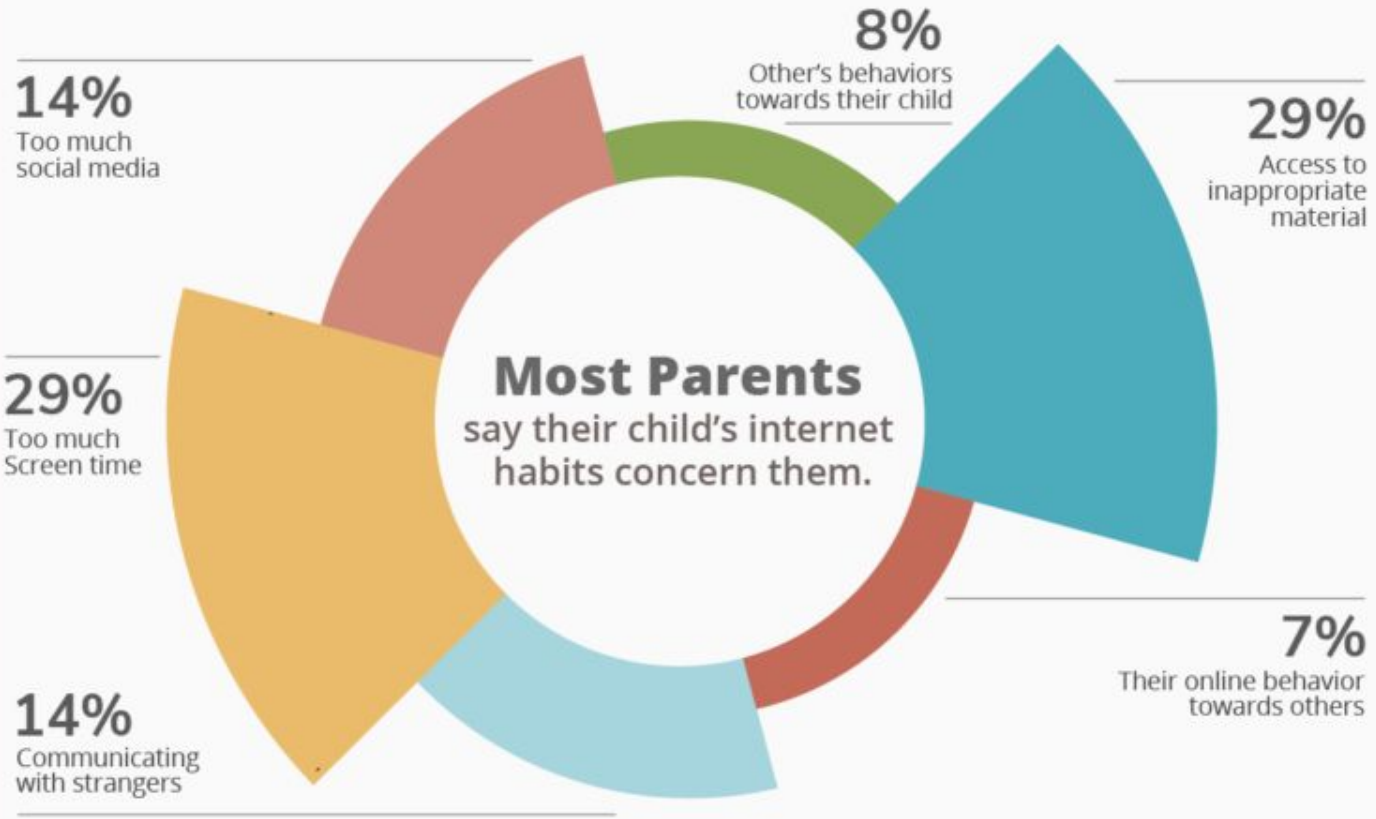
Keeping children
safe online

What's most concerning to parents?



Phishing is a scam where people are tricked into giving personal details about themselves or installing invasive malware

A drive-by download is where malicious code is downloaded on to devices that leave you open to cyber attack.

Digital Footprint

The internet does not have a "Delete" key.

Things that happen online, stay online. Forever.

Anything your child puts online is nearly impossible to remove later.

It is hard for young people in particular to consider how a picture or Whatsapp message could cause problems ten years down the road when they interview for a new job.

Explain to your children that their style and opinions are guaranteed to change as they grow older.

With no "Take-Back" or "Delete" buttons. How they wish to present themselves online and IRL (in real life) will likely change as they age—but internet posts are forever.

DIGITAL FOOTPRINTS

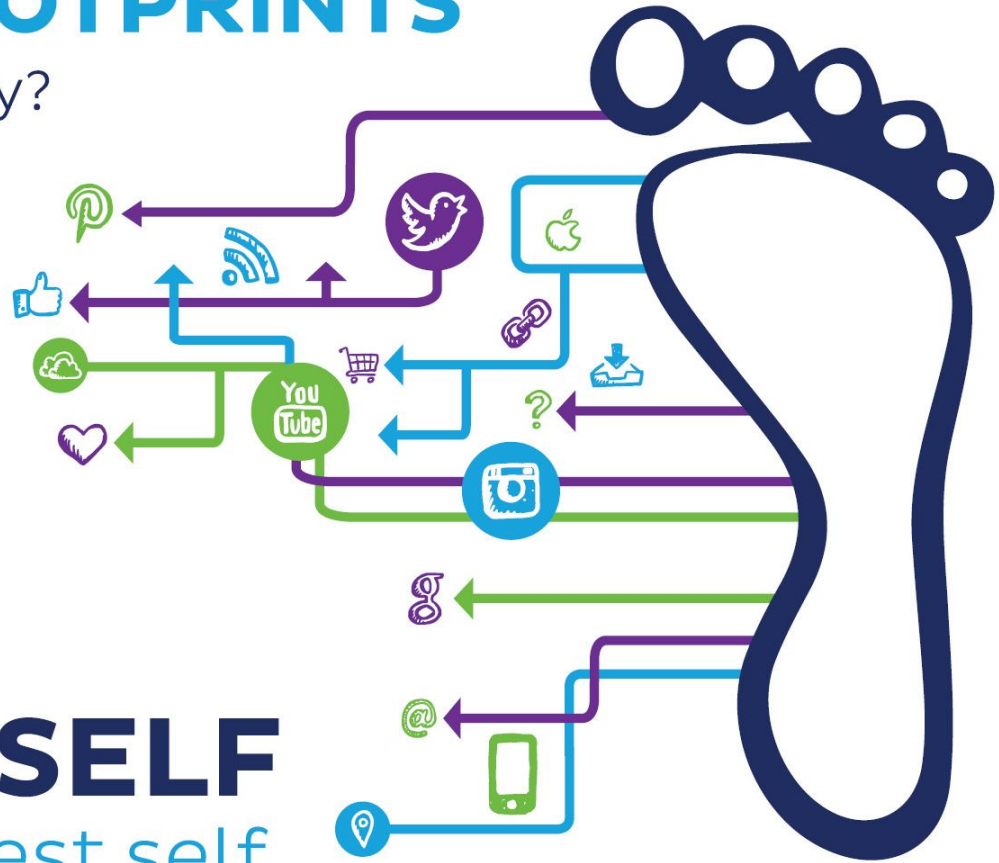
What do yours say?

BE CAREFUL ABOUT:

- What you share.
- Where you share.
- With whom you share.

BE SMART ABOUT:

- Sites you visit.
- Emails you open.
- Links you click.



BE YOURSELF

but be your best self.

Social Media Age Restrictions

Under 13
(with parental consent)

- GoBubble
- PopJam
- GROM SOCIAL

13 +

- Facebook
- Instagram
- Tumbler
- Twitter
- Skype
- iTunes
- Pinterest
- MyLOL
- Wink
- Snapchat
- TikTok
- reddit
- ask.fm

16+

- WhatsApp
- Telegram

17+

18+

- Meow Chat
- Meet Me
- Tinder

18
(13 with parental permission)

- flickr
- YouTube
- Spotify

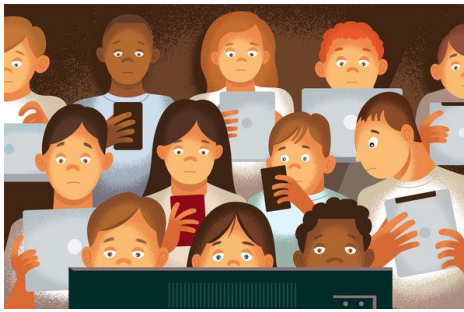
Screen Addiction

52% of children aged 3-4 go online for nearly 9 hours a week

82% of children aged 5 -7 go online for nearly 9.5 hours a week

93% of children aged 8 - 11 go online for nearly 13.5 hours a week

99% of children aged 12 - 15 go online for nearly 20.5 hours a week



Screen Addiction

Health and wellbeing

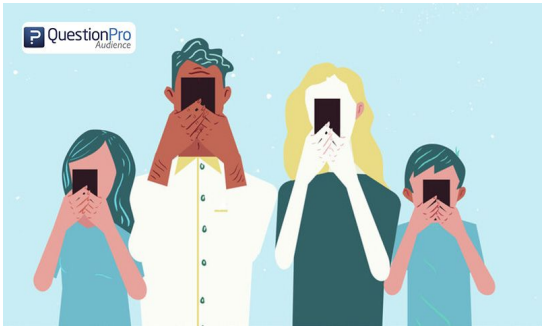
Loss of interest in other things

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work

Apps - psychological tricks e.g. ‘streaks’ on Snapchat. If you don’t respond you lose the streak

Screen Addiction - The Signs

- They cannot control their screen time
- They think/talk about being online all the time
- They are deceptive about it
- A screen is their mood booster
- Their mood is altered:
  - Irritability
  - Changes in mood
  - Sleeping difficulties
  - Headaches
  - Depression and anxiety



Screen Addiction

The Royal College of Paediatrics and Child Health have developed four key questions for families to use as a guide to look at their screen time:

- Is screen time in your household controlled?
- Does screen use interfere with what your family want to do?
- Does screen use interfere with sleep?
- Are you able to control snacking during screen time?

They suggest that: if a family can ask themselves (or be asked by others) these questions, and are satisfied with the answers, then they can be reassured that they are likely to be doing as well as they can with this tricky issue.

How can you support your child?

- Limit Screen time (agree this with your child)
  - Less time means less exposure
- Encourage alternative activities
- Lead by example
- Mobile-free meal times
- No devices in bedrooms
- Monitor websites and games

Group Chats

Group chats are a very popular way for our young people to communicate online.

The groups allow for children to send messages, images and videos to everyone in one place.

Risks:

Bullying - unkind comments or images

Exclusion and isolation - removing children from groups

Inappropriate content - your child has no way of stopping messages if they are in the group

Sharing group content - what your child says/does/shares may be shared further

Unknown members - in larger groups there may be people your children do not know

Sharing locations

Scams and sharing fake news

Notifications - there can be a lot!

How you can support your child

Monitor the conversations your child is having (watch out for names you do not recognise and any deleted messages)

Encourage your child to think carefully about how they should communicate with others

Practise safe sharing - remind them that once something is shared they lose ownership of it

Give support, not judgement

Block, report and leave

Silence notifications

SPEAK TO US!

Online shop NSPCC Learning Online safety advice ReciteMe accessibility toolbar

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Donate

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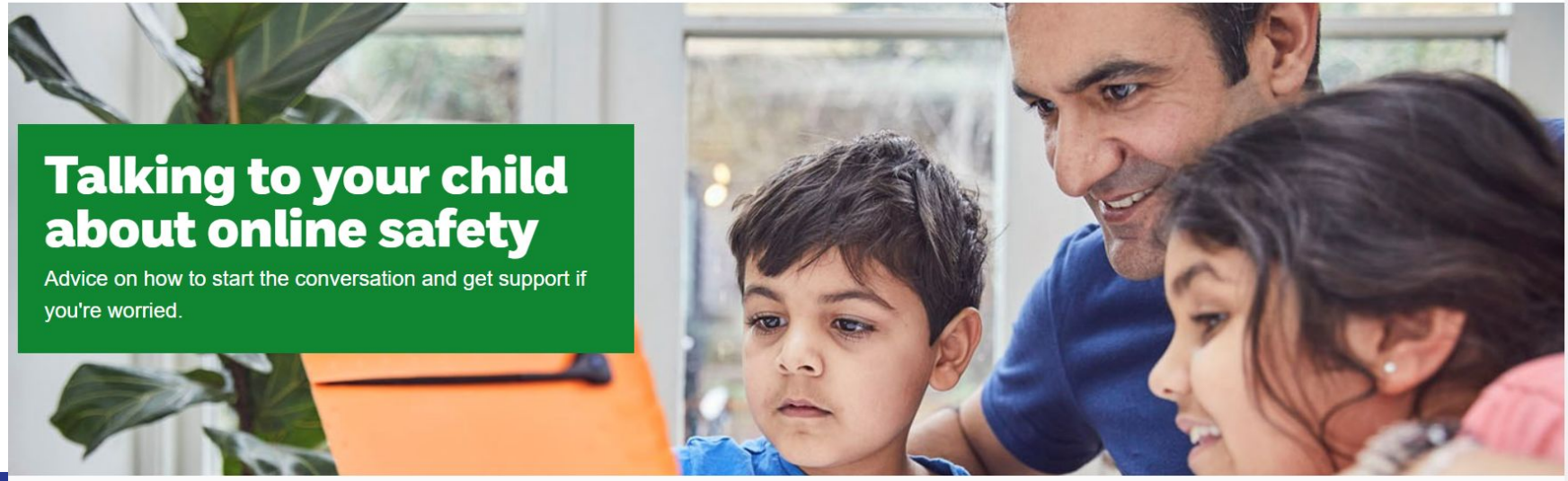
Home | Keeping children safe | Keeping children safe online | Talking to your child about online safety



7 questions to help you start a conversation with your child about online safety

- Which apps/games are you using at the moment?
- Which websites do you enjoy using and why?
- How does this app/game work? Can I play?
- Do you have any online friends?
- Do you know where to go for help?
- DO you know what your personal information is?
- Do you know your limits?

Setting Gaming Boundaries

Promote safer game choices

Encourage regular breaks

Discuss age ratings

Talk about emotions

Be prepared for trolls

Open communication

No headphones

Play in a communal area of the house

How do I know if online games are safe?

- **Sign up with the correct age**
  Make sure your child creates an account using the correct age. On Roblox, certain safety settings and parental controls are enabled by default for children under 13. However, you should still review the settings to ensure they've been set up correctly.

- **Build a list of age-appropriate games**
  Not all games on Roblox will be appropriate for your child. The platform has a setting that lets parents and carers limit what their child can play by allowing them to build lists of age-appropriate games. You can also switch off in-app spending or set them monthly limits.

- **Explore communication settings**
  You can manage who your child can speak to by disabling chat completely or limiting it to friends only. You can also switch off their inbox to stop them receiving direct messages.

https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/roblox/

S
Speak to somebody if you need help
A
Ask an adult before going online
F
Friends are real people we know
E
Enjoy play, have fun and stay safe
e-safety adviser
Stay safe online
Quality First Education Trust

Childnet International
www.childnet.com
Be Smart on the internet
S
SAFE
Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.
M
MEETING
Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
A
ACCEPTING
Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
R
RELIABLE
Information you find on the internet may not be true, or someone online may be lying about who they are.
T
TELL
Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.
THINK U KNOW
You can report online abuse to the police at www.thinkuknow.co.uk
www.kidsmart.org.uk
KidSMART
Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

Websites to help

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

- www.childnet.com/sns
- www.internetmatters.org
- www.nspcc.org.uk/onlinesafety
- https://www.childnet.com/help-and-advice/parents-and-carers/
- www.parentzone.org.uk
- www.parentzone.org.uk](www.parentzone.org.uk)
- www.askaboutgames.com
- https://www.thinkuknow.co.uk/