



Godalming Junior School

E-Safety Meeting

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Miss Samantha Dlugokecka

sdlugokecka@godalming-junior.surrey.sch.uk



How to Help Children Build Online Resilience


- Encourage open communication without judgement.
- Demonstrate practical solutions and ensure children know what to do if they encounter a problem.
- Help children tackle any mental health difficulties in a non-judgemental way.
- Promote internet use.
- Encourage young children to support each other.
- Allow children to experiment and take risks in a managed way.



Useful Websites

- **NSPCC**- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>. Range of guides and resources to offer advice for online safety.
- **Think U Know**- <https://www.thinkuknow.co.uk/>. Age appropriate (4-7, 8-11, 11-13, 14+) support for children and parents/ carers about online safety. **Also includes the CEOP button for reporting online content.**
- **Childline**- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>. Online support for range of online issues (includes a chatroom/ chance to communicate with others online).
- **Stonewall**- https://www.stonewall.org.uk/sites/default/files/a4_toolkit_staying_safe_online_2021-update.pdf. Practical strategies for supporting children and young people online including those identifying as LGBTQ+.
- **Anti-Bullying Alliance**- <https://anti-bullyingalliance.org.uk/> or <https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/online-bullying/stop-speak-support-focus-online-bullying> . Resources to discuss with children about bullying and seeing bullying taking place.
- **VSC Rating Board**: <https://videostandards.org.uk/RatingBoard/>. Allows you to find out the PEGI age rating of games for any platform.
- **Internet Matters**: <https://www.internetmatters.org/parental-controls/>. Gives information on how to set up restrictions on any device, game, app or website
- **PEGI ratings**: <https://pegi.info/what-do-the-labels-mean>. List all PEGI ratings and meanings for video games.
- <https://www.commonsemmedia.org/> allows you to find ratings of games, films, books, apps, websites and some YouTube channels.

Useful tools

	Talk	Chat to their child about their online world, just as they'd ask about their day at school, such as discussing the apps, social networks and websites their child uses.
	Explore	Explore and understand the apps, games and sites their child uses and get to know their child's online world better, such as making a list of their child's favourites.
	Agree	Make sure they are a good role model and agree common ground rules and boundaries with their family, such as which websites and apps are okay and not okay to use and why, times they are allowed online and what they are allowed to do.
	Manage	Make use of the technology. Adapt privacy settings and use parental controls where necessary. Set rewards if their child sticks to the agreements and allow them more freedom as they mature and develop.

Age-rating of game in years



PEGI rating system

PEGI (Pan European Game Information) is a system of age-rating and labelling games, which includes descriptors to indicate the main reasons why a game has received a particular age rating:

	Bad language Game contains bad language		Fear Game may be frightening or scary for young children		Violence Game contains depictions of violence
	Discrimination Game contains depictions of, or material which may encourage, discrimination		Gambling Games that encourage or teach gambling		Online gameplay Game can be played online
	Drugs Game refers to or depicts the use of drugs		Sex Game depicts nudity and/or sexual behaviour or sexual references		

12 KEY CONCEPTS:

- ### 1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten).
- ### 2. SET UP 'PARENTAL CONTROLS'

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.
- ### 3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.
- ### 4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.
- ### 5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.
- ### 6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.
- ### 7. EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.
- ### 8. LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.
- ### 9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with near-by friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.
- ### 10. TURN LOCATION SETTINGS OFF

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.
- ### 11. STAY AWARE OF THE SURROUNDINGS

It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.
- ### 12. BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.

Social Media Age Restrictions

<p>Under 13 (with parental consent)</p>	<p>13 +</p>	<p>16+</p>	<p>18+</p>	<p>18 (13 with parental permission)</p>
		<p>17+</p>		

Conversation Starters

Safer Internet Day is a fantastic opportunity to have a conversation with children about using the internet safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling – we can all play a role in empowering children to enjoy their time online!

This year, the UK Safer Internet Centre is particularly focusing on how consent works in an online context and exploring how young people ask, give, and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data. These conversation starters are a great way to help you talk about these issues with children.

Get the conversation started on a positive note with these conversation starters!

1



- ✦ What do you like most about the internet and why? What's your favourite game/app/site?
- ✦ How does going online make you feel?
- ✦ How does the internet/technology make your life better?
- ✦ What could you do if being online is making you feel worse rather than better?
- ✦ What is different about talking online to someone compared to talking face to face? Is there anything that is the same?
- ✦ Can people say/do whatever they want online? Why/why not?

- ★ Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?
- ★ What is okay/not okay to share online? Why?
- ★ What could you do if you saw a friend online needed some help or support?
- ★ How do you stay safe online? What tips do you have and where did you learn them?
- ★ Help me! Can you show me how to do something better/safer online?

2



Talk about safety



- < How many things can we share online? (pictures, comments, personal information, opinions etc.)
- < What do we like to share online?
- < What should we not share online?
- < What should we do before sharing things online?
- < What do we do if someone shares something about us that we don't like?
- < Can your parents/ carers share things about you online and vice versa?

- ✓ What is consent online and when do we need to ask for it?
- ✓ How do we ask for consent online? How do we give consent online?
- ✓ How do we say no/not give consent?
- ✓ What happens if we share something about someone else without their consent? What happens if somebody doesn't want to give consent?
- ✓ How do we explain to our friends and family about consent? What would we like them to know/do?
- ✓ How do my friends and family ask for my consent and permission?
- ✓ Do you have any tips for how to show respect online and be considerate of others with what we share?

Talk about online consent and respect within young people's friendships and relationships

4



- 🔒 Who owns content online?
- 🔒 What is copyright and how can I use and share work?
- 🔒 What does the internet know about us?
- 🔒 How do you sign up to things? What are terms and conditions?
- 🔒 Who owns your data?
- 🔒 How do connected devices, apps, games ask for my permission to collect or share my information – can I ask for that back?
- 🔒 What happens if something is used without my consent?

Be Smart ^{on the} internet

Childnet
International
www.childnet.com

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.

You can report online abuse to the police at www.thinkuknow.co.uk

**THINK
U
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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.

