

Parent E-Safety Workshop

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Aims of Workshop

- ▶ Look at benefits of children having access to online education.
- ▶ Identify potential risks that children face online.
- ▶ Understand what we do in school to help children stay safe online.
- ▶ Offer ways to help children stay safe online at home.
- ▶ Offer ways to help children build online resilience.
- ▶ Offer websites and resources that can be used to help promote online safety at home.

What has research found?

Ofcom 2022

- ▶ 99% of children asked went online - majority used a mobile phone or tablet.
- ▶ 95% used video sharing platforms with 31% posting their own content. Youtube and TikTok were the most widely used.
- ▶ 60% of children under 13 had their own profile on social media. Only 40% of parents knew the age restrictions for most sites.
- ▶ 70% of parents were concerned about what their children sees online, while only 46% were concerned about what was on the TV.
- ▶ 75% of children played online games, with 36% chatting to people they didn't know.
- ▶ 36% of children had seen something worrying online.

3-4



17% have their own mobile phone
 To go online: 39% use a mobile phone, 78% use a tablet and 10% use a laptop
 89% use video sharing platforms
 32% use live streaming apps/sites
 50% use messaging sites/apps
 21% use social media and 24% have their own social media profile
 18% play games online
 81% watch TV or films on any type of device other than a TV set (85% on a TV set)
 47% watch live TV vs 72% who watch SVoD¹

5-7



28% have their own mobile phone
 To go online: 50% use a mobile phone, 83% use a tablet and 27% use a laptop
 93% use video sharing platforms
 39% use live streaming apps/sites
 59% use messaging sites/apps
 33% use social media and 33% have their own social media profile
 38% play games online
 74% watch TV or films on any type of device other than a TV set (84% on a TV set)
 48% watch live TV vs 77% who watch SVoD¹

8-11



60% have their own mobile phone
 To go online: 71% use a mobile phone, 79% use a tablet and 10% use a laptop
 95% use video sharing platforms
 54% use live streaming apps/sites
 84% use messaging sites/apps
 64% use social media and 60% have their own social media profile
 69% play games online
 79% watch TV or films on any type of device other than a TV set (84% on a TV set)
 51% watch live TV vs 76% who watch SVoD¹
 32% have seen something worrying or nasty online
 32% were able to correctly identify sponsored search results

12-15



97% have their own mobile phone
 To go online: 94% use a mobile phone, 54% use a tablet and 63% use a laptop
 98% use video sharing platforms
 73% use live streaming apps/sites
 97% use messaging sites/apps
 91% use social media and 89% have their own social media profile
 76% play games online
 87% watch TV or films on any type of device other than a TV set (84% on a TV set)
 44% watch live TV vs 82% who watch SVoD¹
 37% have seen something worrying or nasty online
 11% picked only reliable indicators that a social media post was genuine;
 83% picked at least one unreliable indicator
 64% were able to correctly spot a fake profile
 38% were able to correctly identify sponsored search results
 39% were able to correctly identify sponsored content posted by an influencer

16-17



100% have their own mobile phone
 To go online: 98% use a mobile phone, 50% use a tablet and 63% use a laptop
 98% use video sharing platforms
 79% use live streaming apps/sites
 99% use messaging sites/apps
 97% use social media and 94% have their own social media profile
 73% play games online
 85% watch TV or films on any type of device other than a TV set (82% on a TV set)
 44% watch live TV vs 79% who watch SVoD¹
 42% have seen something worrying or nasty online
 13% picked only reliable indicators that a social media post was genuine;
 81% picked at least one unreliable indicator
 65% were able to correctly spot a fake profile
 44% were able to correctly identify sponsored search results
 48% were able to correctly identify sponsored content posted by an influencer

What are the benefits of children having access to online activities?

- ▶ They can find information and support about a range of topics both related and unrelated to their school work.
- ▶ Being online improves their quality of access- it offers alternative ways to communicate with others.
- ▶ Being online gives children a voice about important issues.
- ▶ It gives children the chance to portray themselves how they wish to.
- ▶ They can explore the world around them in a variety of ways.
- ▶ Children learn problem solving skills.

What Risks do children face online?

- ▶ The risks children face online vary depending on a number of factors:
 - ▶ Age of the children
 - ▶ What technology they have access to
 - ▶ How long they spend online
 - ▶ What they do online and who they are talking to
- ▶ The main risks are:
 - ▶ Being exposed to inappropriate content.
 - ▶ Inappropriate communication with others.
 - ▶ Proactively engaging in risky behaviour.
 - ▶ Damage to mental and physical health

What does GJS do to help support children with Online Safety?
























- ▶ Each year group has an E-Safety unit in computing at the start of the year.
- ▶ Take part in Safer Internet Day every February with a different focus each year.
- ▶ Each class has created and signed an E-Safety charter to encourage children to be safe online.
- ▶ Regular chats in circle time about being safe online during circle times and whenever it is felt necessary.
- ▶ Encourage open communication with children to speak up if there is a problem without judgement.
- ▶ Children are supervised when using technology in school. Adults alerted if children search content that is blocked by our monitoring system (Surf Protect).
- ▶ E-Safety policy in place which includes online safety.
- ▶ Mental health support given to those who need to help tackle issues and build self confidence.

How to keep children safe at home

- ▶ Use TALK to help enable positive relationships between yourselves and your children around E-Safety.
 - ▶ T: Talk.
 - ▶ E: Explore.
 - ▶ A: Agree.
 - ▶ M: Manage.
- ▶ Ensure children are being supervised when using technology. Keep devices in high traffic areas and avoid use in bedrooms/ at night.
- ▶ Do not be afraid to check your child's phone or device regularly (including searches)
- ▶ Try to be honest and reflect on you own online behaviour- are you being a good role model?
- ▶ Try not to blame children if they experience a problem- offer reassurance, help, support and advice.
- ▶ Ensure sufficient systems are in place to help protect children.
 - ▶ <https://www.internetmatters.org/parental-controls/> offers support for how to put controls on different devices, entertainment/ search engines, broadband/ mobile networks, social media sites and gaming consols.

Social Media Age Restrictions

Social Media Age Restrictions

Under 13 <i>(with parental consent)</i>	13 +	16+	18+	18 <i>(13 with parental permission)</i>
 GoBubble	 Facebook	 WhatsApp	 Meow Chat	 flickr
 PopJam	 Instagram	 Telegram	 Meet Me	 YouTube
 GRAM SOCIAL	 Twitter		 Tinder	 Spotify
	 Skype			
	 iTunes			
	 Pinterest			
	 MyLOL			
	 Wink			
	 Snapchat			
	 TikTok			
	 reddit			
	 askfm			
		17+		

PEGI ratings in Games

- ▶ The PEGI rating on a game confirms that it contains content suitable for a certain age group and above. In-Game Purchases also signify whether a game includes random items (like loot boxes or card packs), the information will be included in the form of a notice (Includes Paid Random Items) on physical packaging and on digital storefronts.
- ▶ <https://pegi.info/> allows you to check the rating of any game.
- ▶ <https://www.common sense media.org/> allows you to check books, movies, games , apps, podcasts, youtube channels and TV programmes.



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.

What about at Secondary School?

- ▶ Both Broadwater and Rodborough have a Mobile Phone/ Acceptable Use of technology policy.
- ▶ Both schools allow mobile phones to be brought to school but they must be switched off during the school day. Both schools state they will confiscate phones that are used without teacher permission.
- ▶ Consider if your child needs to take their device to school.
- ▶ Ensure all devices have suitable controls and restrictions on them.
- ▶ Broadwater suggest checking your child's phone regularly and not allowing them to have their phone with them over night/ after a certain time.



In your pack

- ▶ Ways to build online resilience in children
- ▶ List of useful websites to help with E-Safety.
- ▶ Conversation starters for parents to engage with children
- ▶ Copy of Smart Poster that is displayed in all classrooms around the school to remind children of basic online Safety rules.

Thank you for coming

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