

Online Safety

Steve Rowley – Link2ICT. Birmingham.

Lots of positives

- Information
- Communication
- Engagement
- Curiosity
- Learning

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

internet
matters.org

.... with a need to be cautious.

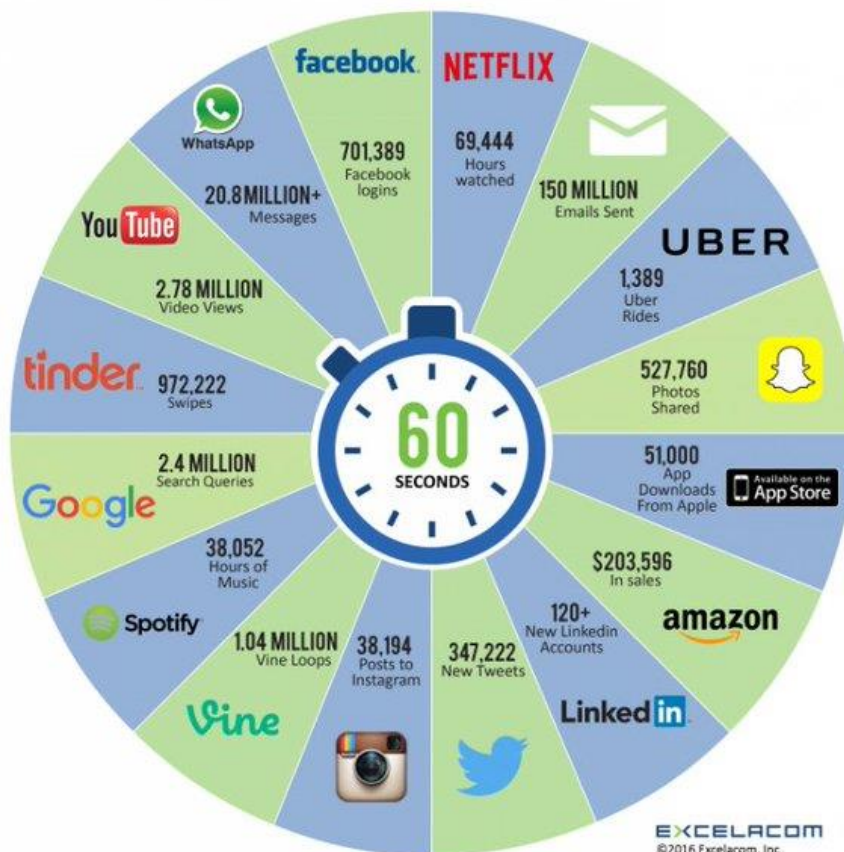
- Misinformation
- Online / off line behaviour
- Over sharing
- Isolation

But technology can affect children's development...

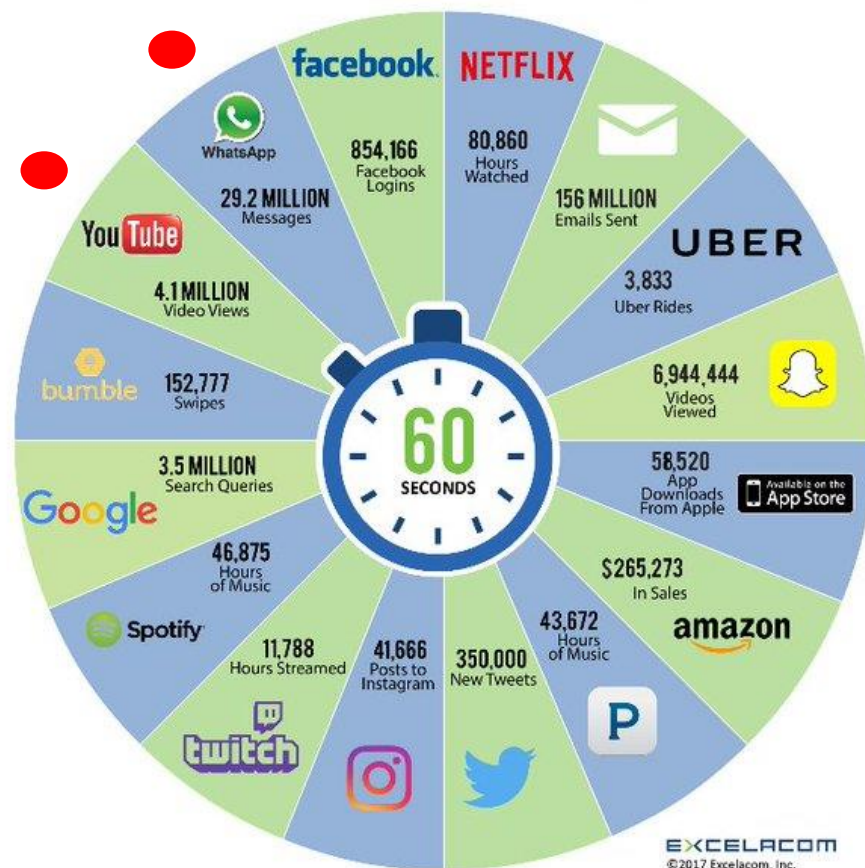
- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



2016 What happens in an INTERNET MINUTE?



2017 What happens in an INTERNET MINUTE?



- Rights to freedom of speech
- Responsibility to respect others

(Toby Young)

(Public Service Employee)

Technology is not the issue



But it does
amplify the
problems



Children want to be liked



They want to explore



They can be easily led



Just another environment





FB 2.1 Billion users
20+million each
month

Data = \$\$\$

More addictive than
alcohol and
cigarettes

User experience
changing



Gaming
Average age of a
gamer is ...

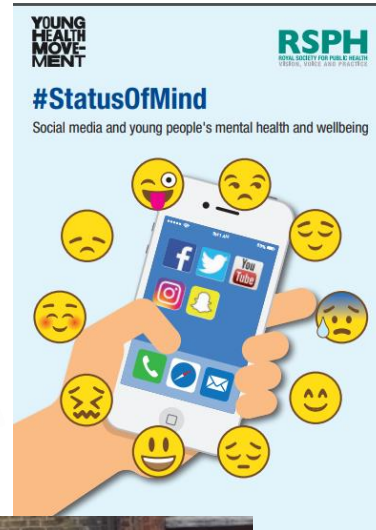
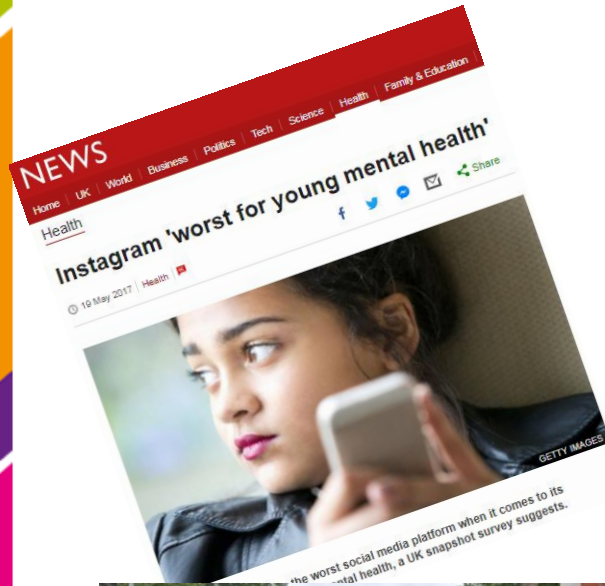
Addictive

Aggressive



Media changing
consumption

Social Media and Mental Health – (RSPH) Royal Society for Public Health



1. Anxiety and depression
2. Sleep
3. Body Image
4. Cyberbullying
5. FoMO

https://www.youtube.com/watch?time_continue=1&v=ElffOUB3TZ4

We need to talk about and create a culture that encourages a 'Healthy use of technology'

Health and wellbeing issues – time, sleep, balance, paranoia

Switching off / less dependency

More secure in our own worth / self-esteem / resilience

Consider peer pressure / respect for each other

**“Create, Connect and Share Respect:
A better internet starts with you”.**

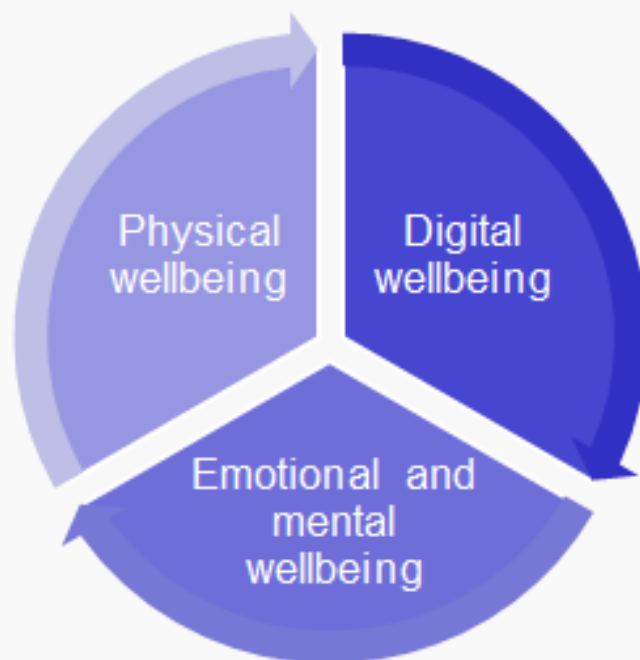


Safer
Internet
Day

6 February 2018

"Create, Connect and Share Respect: A better internet starts with you."

Your wellbeing is important!



- ✓ Take care of yourself
- ✓ Ask for help
- ✓ Support others
- ✓ Be kind and respectful
- ✓ Take breaks
- ✓ Healthy balance



Minecraft paedophile Adam Isaac groomed boys online

20 January 2017 | South East Wales

Share



A man who groomed young boys - jailed for two years and eight months.

Adam Isaac, 23, from Merthyr Tydfil, previously admitted eight sexual offences against children.

Merthyr Tydfil Crown Court heard he targeted two boys, aged 12 and 14, and asked them to send intimate photos of themselves.

Judge Richard Twomlow QC said: "This predatory behaviour is a worry and a concern to parents."

DEPENDENT News
ing epidemic
as 12'

sharing sexual
the Government
y sex education

016

ools and found
nd 13.

Thirty-five chil
online followi

Social media and messaging apps



Self Destructing / secret apps



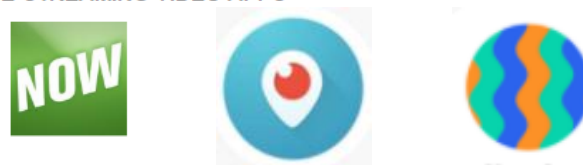
App Challenge activity – Autumn 2017



CHATTING, MEETING, DATING APPS AND SITES



LIVE-STREAMING VIDEO APPS



Social media and messaging apps



Yubo formerly Yellow



Twitter



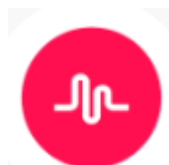
Message



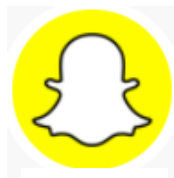
Instagram



ooVoo



Musical.ly



SnapChat



WhatsApp



Wishbone

Self Destructing / secret apps

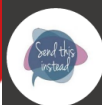


Snow –similar to SnapChat



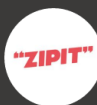
Whisper – 'confessional app'

Apps to help young people overcome chatting problems



Send This Instead

The Send This Instead app has been developed to help children combat **sexting** from peers. The app gives a range of optional images with humorous messages so that children can send these as a response to sexting, putting them back in control.



Zipit

Made by ChildLine, Zipit aims to help teenagers deal with difficult sexting and flirting situations. The app offers humorous comebacks, advice, and aims to help teenagers stay in control of flirting when chatting.

The Answers

CHATTING, MEETING, DATING APPS AND SITES



meetme



Tinder



spotafriend

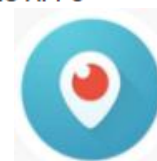


Skout

LIVE-STREAMING VIDEO APPS



Now



Periscope



Live.ly

The more pretty you are, the more followers you get on Instagram.

Normally, people don't get likes if you're plain.

You need make-up to get likes.

(9-10 year old girls, Bristol)

SUMMARY OF KEY POINTS

Apps and portable devices meant parents and children were not always sure when children were online.

Going online now happens on a range of devices, including tablets, phones and games consoles, and often through apps and games rather than via a browser.

'My favourite game is Farmville. I play this one the most. These are all my friends who I help and who help me build my farm.'

Lily, 8



National Geographic and Wildworks

Assess – What are the risks with this?

This app lets me

- Set up a profile
- Chat with friends
- Send text / pictures / Video
- Chat with random people
- Uses GPS to allow chat with people near me
- Move into private chat



meowchat

Chat instantly and meet
new friends on Meow

Highlighted in The Times Newspaper

May 2017



The new teen craze parents need to know about

A website where teenagers can leave anonymous feedback about one another has soared in popularity in the past month. Experts are worried that it is a licence for online bullying



It has 30 million users, trades in personal feedback — good and bad — and people can write on it whatever they like because they remain anonymous. Welcome to Sayat.me, the app you haven't heard of yet, but your teenage child certainly will have — because they are probably on it.

"We use it to see if people like us or not." a 14 year old London school girl says matter of factly.

"...found her daughter Emily in her bedroom crying over her smartphone. The 13 year old had received a string of messages telling her she was ugly, two-faced and should kill herself. She had been on Sayat for three weeks."

[Home](#) / [News and Recalls](#)

Warnings Issued Over Children's Online Game Roblox



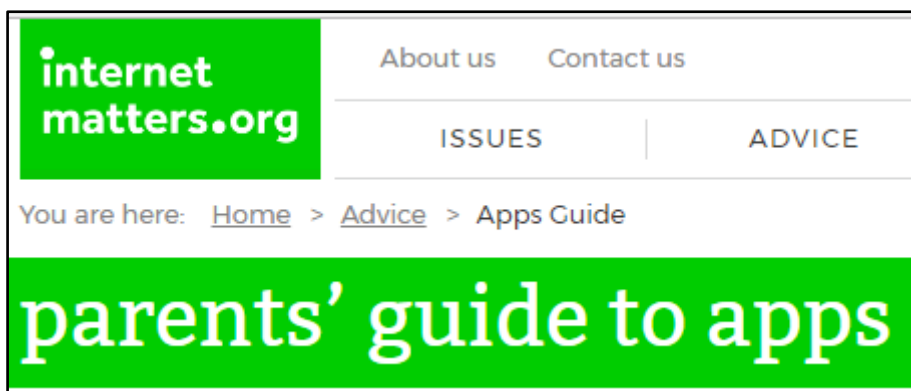
Warnings have been issued by parents about the popular online game Roblox after their children were sent explicit messages from adults.

Roblox is available as an app and online game via their website, and there is a chat and messaging system that parents may not be aware of,

How to play safely:

- Make sure that the account is set so that your child's user profile is for an 'under 13 year old', so that any settings changes will need to be authorised by a parent via an email link sent to their account.
- Chat mode is set to off by default on all profiles, with the 'Privacy Mode On' automatically set, if chat has been turned on, switch it back off via account settings.
- If you delete the app and your child has internet access they can still play on the website if they have an account set up, so you will need to check the settings on that too.

Useful Websites



Apps for meeting new people that might create risks

Many of these apps forge a link between children, teens, and adults in the virtual world. Whilst some of the apps don't have age restrictions, those that do could be ignored by young people. Worryingly these apps might also bridge the gap between virtual and real world.

In this section you'll also find links to they may pose.



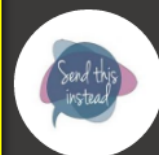
The app version of Chatroulette has functionality as a social media app. It allows users to interact with others (via text or video) and has to log in and create a profile (computerised) and upload content, but children are talking to.



Down

Previously called a social media app that allows users to interact with friends are located in the app. It openly acknowledges the age of the community users and their policies do not restrict

Apps to help young people overcome chatting problems



Send This Instead

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GoBubble

GoBubble - created by eCadets - allows children to take advantage of the best bits of social media without any of the negative aspects.

With GoBubble children can chat online with school friends, share jokes, pictures or videos and learn about different cultures by making new friends of the same age from around the world in safer online environment. The main difference is that the child's school is placed at the centre of their social media network and teachers are able to monitor activity.



Zipit

Made by ChildLine, Zipit aims to help teenagers deal with difficult sexting and flirting situations. The app offers humorous comebacks, advice, and aims to help teenagers stay in control of flirting when chatting.

Type and select network



(e.g. Facebook)



Explore all networks

A-Z

Most popular

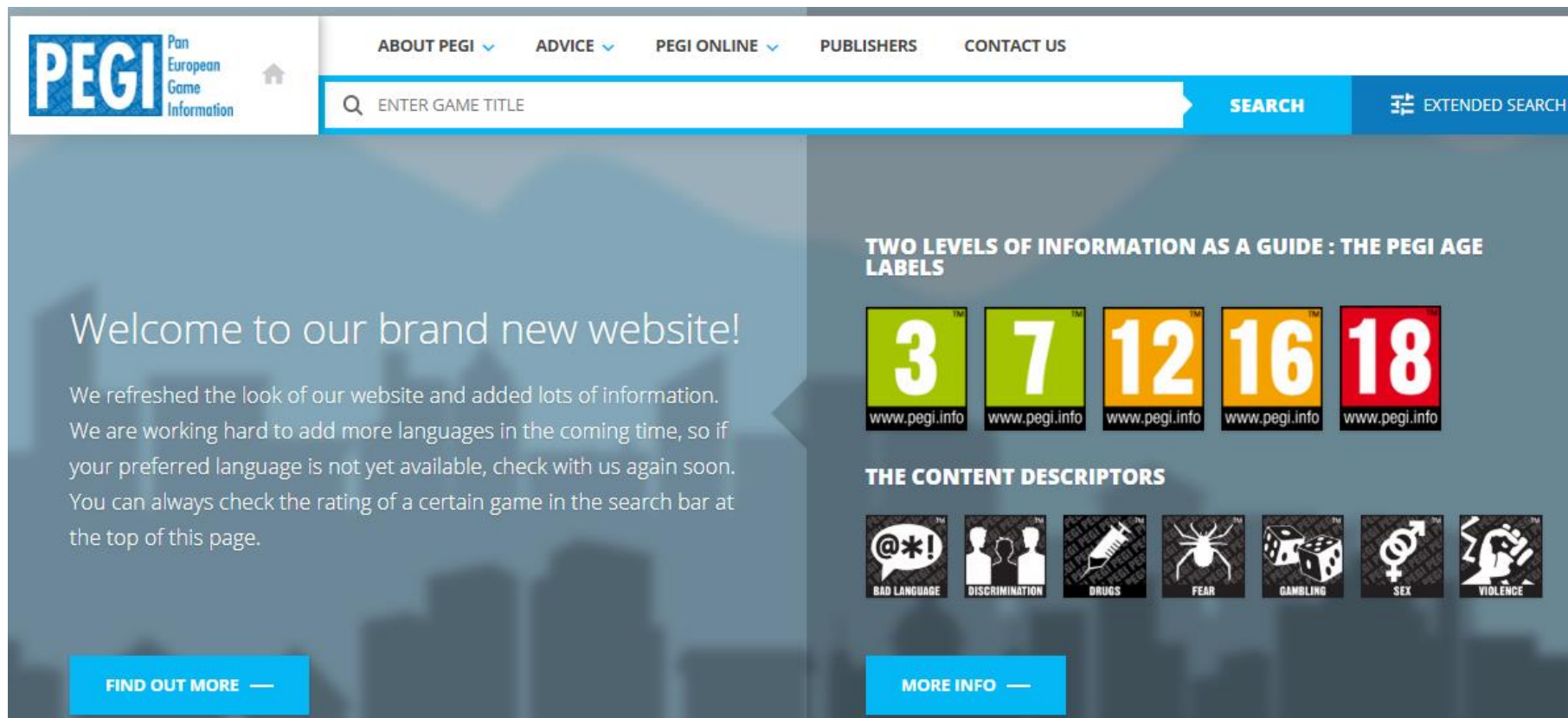
Your guide to the social networks your kids use^o

Stay up to date and keep your child
safe in today's digital world



<https://www.net-aware.org.uk/#>

PEGI Rating – Pan European Game Information.



The screenshot shows the PEGI website homepage. The header includes the PEGI logo (Pan European Game Information) and navigation links: ABOUT PEGI, ADVICE, PEGI ONLINE, PUBLISHERS, and CONTACT US. A search bar with the placeholder 'ENTER GAME TITLE' and a 'SEARCH' button is present, along with an 'EXTENDED SEARCH' link. The main content area features a welcome message: 'Welcome to our brand new website! We refreshed the look of our website and added lots of information. We are working hard to add more languages in the coming time, so if your preferred language is not yet available, check with us again soon. You can always check the rating of a certain game in the search bar at the top of this page.' Below this is a 'FIND OUT MORE' button. To the right, there is a section titled 'TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS' showing five age rating boxes: 3, 7, 12, 16, and 18, each with a corresponding PEGI website URL. Below this is a section titled 'THE CONTENT DESCRIPTORS' showing seven icons representing different content descriptors: BAD LANGUAGE, DISCRIMINATION, DRUGS, FEAR, GAMBLING, SEX, and VIOLENCE. A 'MORE INFO' button is located at the bottom right of this section.

PEGI Pan European Game Information

ABOUT PEGI ▼ ADVICE ▼ PEGI ONLINE ▼ PUBLISHERS CONTACT US

Q ENTER GAME TITLE **SEARCH** EXTENDED SEARCH

Welcome to our brand new website!

We refreshed the look of our website and added lots of information. We are working hard to add more languages in the coming time, so if your preferred language is not yet available, check with us again soon. You can always check the rating of a certain game in the search bar at the top of this page.

FIND OUT MORE

TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS

3 **7** **12** **16** **18**

www.pegi.info www.pegi.info www.pegi.info www.pegi.info www.pegi.info


THE CONTENT DESCRIPTORS

BAD LANGUAGE **DISCRIMINATION** **DRUGS** **FEAR** **GAMBLING** **SEX** **VIOLENCE**


MORE INFO

<https://pegi.info/>

[For Parents](#)
[For Educators](#)
[For Advocates](#)
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common sense media

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The Ultimate Parent-Vs.-Gadget Grudgematch

Find Great Media for Kids by Age and Type

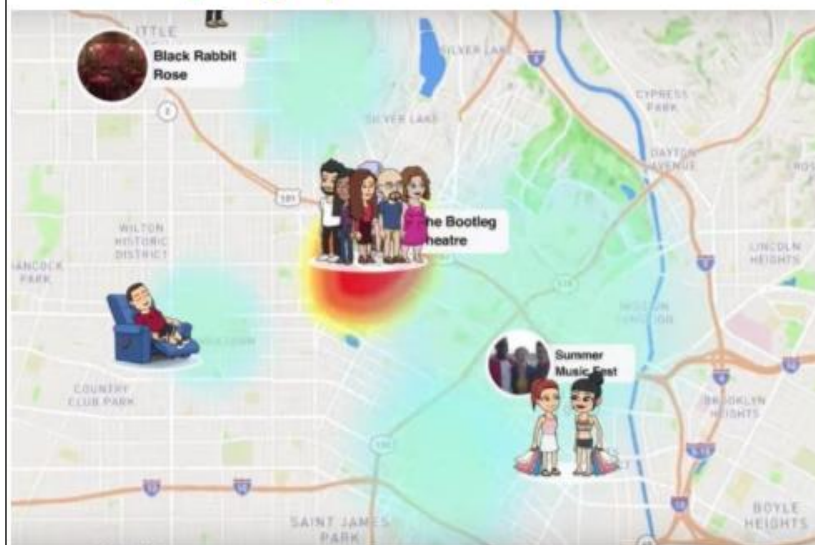
Ages 2 - 18

- Movies
- Books
- TV
- Games
- Apps
- Websites

<https://www.commonsensemedia.org>

Internetmatters.org > Controls > Guides to privacy

Location sharing – Snap maps



Snap maps enable a user, if you and a friend follow one another, to share their locations with each other so you can see where they are and what's going on around them.

As this new feature shows your precise location pinpoint on a map – we would encourage users not to share their location, especially with people they don't know in person.

Location settings

There are three location settings to choose from:

- **Ghost Mode:** you are the only person who can see your location on the map. Within Ghost Mode you can still see the locations of your friends but they will be unable to see you.
- **My Friends:** means that all of your contacts on Snapchat can see your location.
- **Select Friends:** allows users to look through their friend list and then decide which of their friends they want to be able to view their location.

Snap maps

Initial information is from 2015 but they add updates e.g. this information about Snap maps.


<https://www.internetmatters.org/hub/guidance/snapchat-safety-a-how-to-guide-for-parents/>

Help kids keep things private on social


If your child is using social networking sites to chat to friends and family or share their latest selfie, take a look at our list of great social media guides to get you up to speed on the most popular platforms and help them set the right privacy settings.

social media and messaging apps


There are plenty of ways to keep your child safe on their favourite social networks, see how with these guides.

 Instagram




 Snapchat




 Facebook



 WhatsApp




 ooVoo




 Wishbone



 Musical.ly



 YouTube



 Yellow



Live streaming apps

Live streaming has captured the imagination of teens around the world but also introduced a number of risks they could be exposed to. See our list of safety guides to get up to speed on the most popular Live streaming apps.

<https://www.internetmatters.org/parental-controls/social-media-guides-parents/#1502101167373-126caa32-467b>

Barclays - Digital Safety Adverts



<https://www.youtube.com/watch?v=w2tW50CD6Aw>

Barclays | Digital Safety | TV ad

<https://www.youtube.com/watch?v=8s6eYqRG7kA>



Barclays | Digital Safety | Passwords



Learn

1. Learn about e-safety

Be aware of the technology children are using and at what age

Understand the issues and facts surrounding e-safety

Talk

2. Talk about e-safety

Take time to talk to your children about e-safety

Share your experiences with other parents and teachers

Deal

3. Deal with e-safety

Understand and take action to deal with e-safety

Use the tools and controls provided to help protect children online

Dealing with inappropriate CONTENT

4.7m

URL's showing pornographic content

More than 12% of the internet

11yrs

Average age to first view porn online

1/3

of children have seen explicit images by age of 10

Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography...that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child -friendly search engines

48%

of secondary school
children have talked to
strangers on social
media

48%

of 11 year olds have a
social media profile

Dealing with inappropriate CONTACT

- **What to talk about**
 - Sometimes people hide behind fake profiles for dishonest reasons
 - Agree how they will respond to requests from people they don't know in real life
 - Never ever to meet up with anyone they don't know in real life
- **Top tips / tools to use**
 - Set up safe social media profiles that don't share personal information
 - Turn off geo location settings on devices
 - Use the strongest privacy settings on social media
 - Learn how to report / block/ mute

25%

of children will
experience
cyberbullying

50%

of children say
someone has been
nasty online

Dealing with inappropriate CONDUCT

- **What to talk about**

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

- **Top tips / tools to use**

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

Controlling tech time

And there are tactics you can put in place to help manage their screen time....

1. **Set a good example**
2. **Talk together about the time spent online**
3. **Agree on appropriate length of time they can use their device**
4. **Get the whole family to unplug & create screen free zones**
5. **Use technology / apps to help manage screen time e.g. Forest App**



Parental Controls



How to set up the parental controls offered by BT



How to set up the parental controls offered by Sky



How to set up the parental controls offered by TalkTalk



How to set up the parental controls offered by Virgin Media

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>

Parental Controls on mobile phones

<https://www.internetmatters.org/parental-controls/networks-wifi/>

broadband & mobile networks

If your child has their own smartphone then they're likely to have access to the internet not only at home on the home broadband network, but also through their mobile network and on public WiFi.



Behaviour

of children aged 12-15 have downloaded an app on their mobile in the last year¹



Frequency

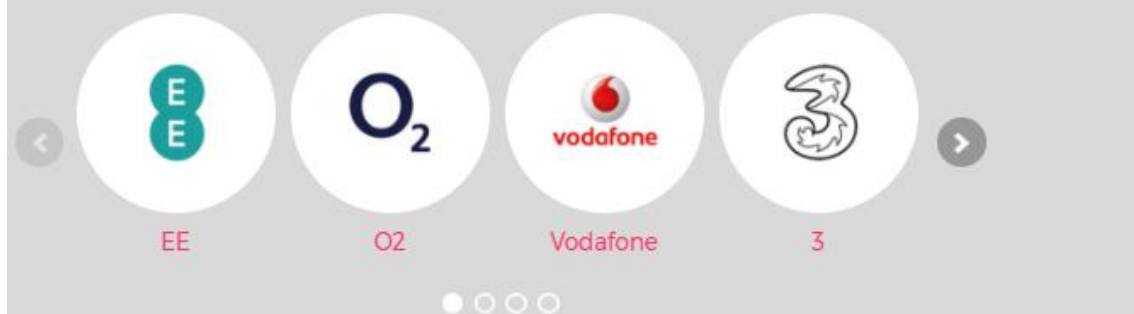
of children over 13 access the internet on their mobile²



Habits

is the average number of text messages children ages 12 - 15 send per week³

Parental controls setup guides and links for the major mobile operators:



How to set up Parental Controls

<https://www.internetmatters.org/parental-controls/>

Smartphones and other devices



[VIEW ALL](#)

Entertainment & Search engines



[VIEW ALL](#)

Broadband & mobile networks



[VIEW ALL](#)

Social media



[VIEW ALL](#)

Do your Mum and Dad know
what you do online?

<https://www.saferinternet.org.uk/safer-internet-day/2018/sid2018-education-packs/education-pack-parents-and-carers>

Parents & Carers

SID2018 Education Pack for Parents & Carers

"Create, Connect and Share Respect: A better internet starts with you."

Quick Activities

Parents and Carers Pack

These activities complement some of the activities that your child may take part in on or around Safer Internet Day in their school, club or local group. The below activities are sorted by age and provide a great opportunity to discuss online safety with your child and reinforce messages they may have also heard from other trusted adults.

Compliments (Ages 3-7)

Explain to your child that you are going to practice giving a compliment. A compliment is when you say something nice to someone else e.g. I like you because you are kind to me, or you were a good friend when you shared your toy with me. You can give people a compliment online as well as face to face.

**Digital myth or
digital truth?
(Ages 11-18)**

Useful links

- <http://www.kidrex.org/>
- <http://www.swiggle.org.uk/Learning>
- <http://www.bbc.co.uk/cbeebies>

Lee and Kim's Adventure Animal Magic

http://www.thinkuknow.co.uk/5_7/leeandkim/



<https://www.youtube.com/watch?v=-nMUbHuffO8>

Becky's Story

<http://www.internetmatters.org/educate/schools/primary.html#with-parents>



“Yes the internet is fun but if you’re careless and give away information then it gets dangerous.”

(9-10 year old boy, Carshalton)

Celebrate

“In the past, if you wanted to know something, you had to go search for it but in the age of the internet we have everything we need either socially or intellectually at our fingertips, in our pocket.”

(16-17 year old boy, Nottingham)

The world changes –
children don't.



Romeo and Juliet clip from CEOP


<https://www.youtube.com/watch?v=FNSXxf-luKM>







<https://www.youtube.com/watch?v=WsbYHI-rZOE>


You Tube^{GB}

Search


Warning: if shown in a cinema this would have a 15 certificate.
What you are about to see is a true story.
Some viewers may find some scenes upsetting.



0:10 / 5:30








Leicestershire Police

 1,522

Kayleigh's Love Story - Full Version

1,305,685 views

 3,334  357

 Add to  Share  More

‘Stranger Danger’ when online and other issues to consider for the rest of the family.

- Older siblings sharing inappropriate content – keeping younger siblings safe
- Online gaming / Gambling sites / adverts
- Chatting
- Set Boundaries
- Modelling appropriate behaviour

Internetmatters.org - useful links

- How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.
<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>
- Pre Teens 10 -13 <http://www.internetmatters.org/age-guides/pre-teens-10-13.html>
- Teens 14+ <https://www.internetmatters.org/advice/14plus/>
- Parental Controls
<http://www.internetmatters.org/technologies/parental-controls.html>