

# Parents and Carers E-Safety Workshop

Monday 24th February 2020

What does your child love doing online?  
What services and devices do they use?



FIFA 19



Pottermore™  
from J.K. Rowling



# FORTNITE



# NETFLIX



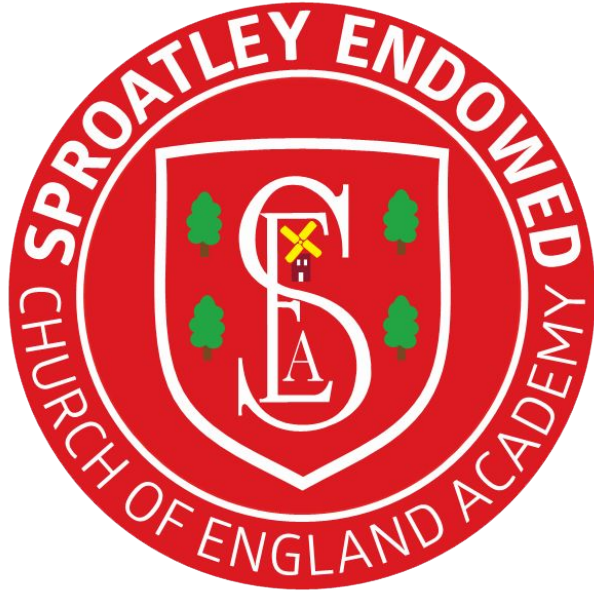
XBOX LIVE



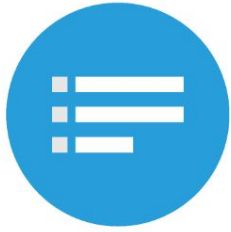
WIKIPEDIA  
The Free Encyclopedia



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. However it is important to manage and minimise the associated risks.



**What should we be aware of?**



# CONDUCT



Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet.



It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted.



When using the internet, it's important to keep personal information safe and not share it with strangers.



# CONTENT



Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites.



It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias.



# CONTACT



It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.





# CYBERBULLYING



Cyberbullying is bullying which takes place online or using technology. It is important that young people know what to do if they or their friends are the victims of cyberbullying.



Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarrassing photos or exclusion from group chats.



Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.



What can we do about it?





# ADVICE ON CYBERBULLYING

Discuss cyberbullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:



**Do** save the evidence



**Do** report to your school/ the police



**Do** use online tools to report and block the perpetrator.



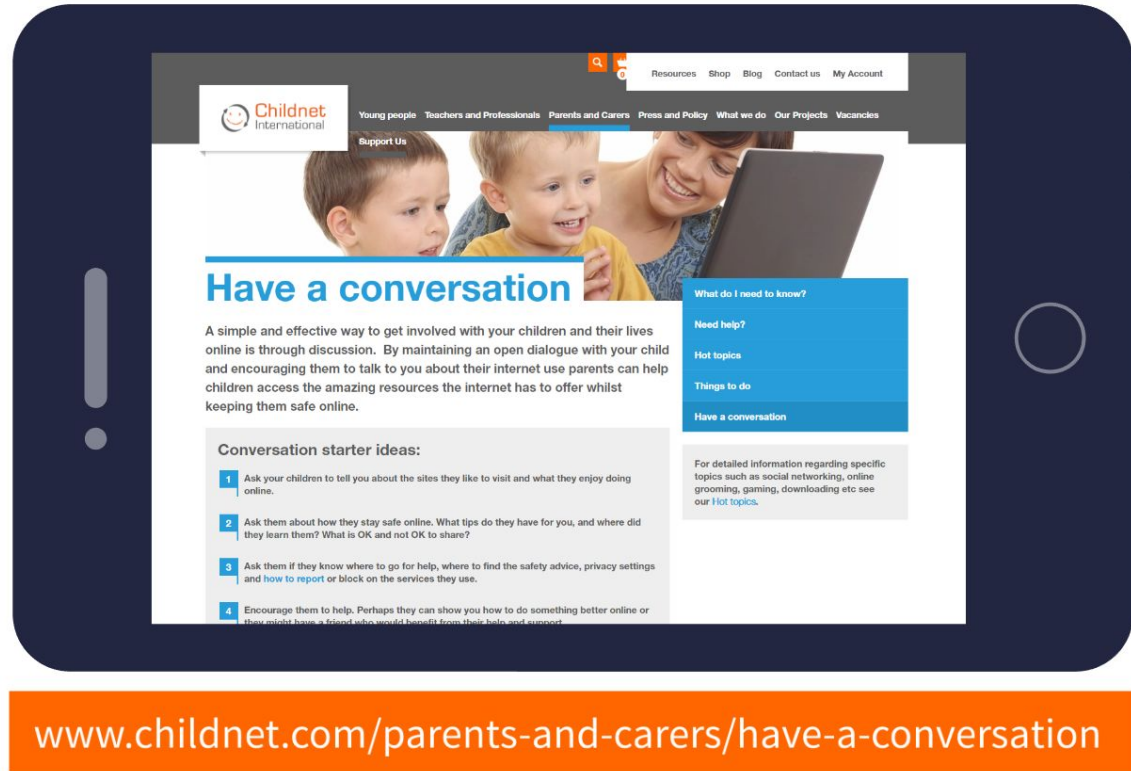
**Don't** deny your child access to a device or service. They may feel punished when they're already the victim.



**Don't** retaliate.

An open and honest dialogue with your child is absolutely key.

Talk to them about their internet use and let them know they can talk to you.

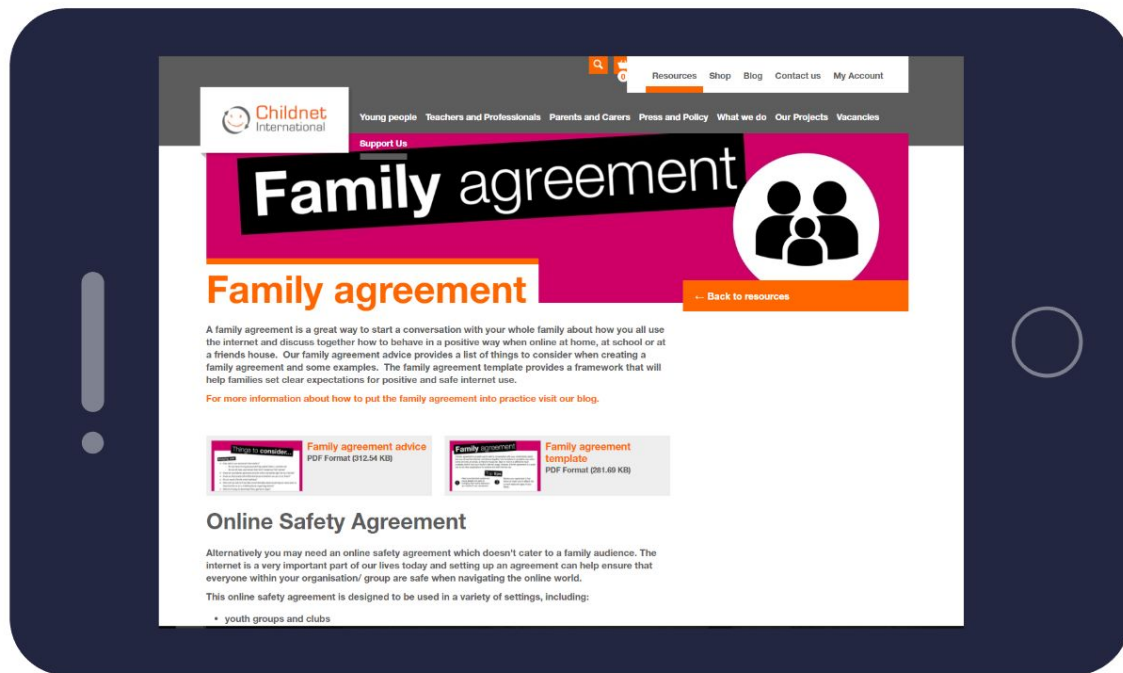


The screenshot displays the Childnet International website. The header includes the Childnet International logo and navigation links: Resources, Shop, Blog, Contact us, My Account, Young people, Teachers and Professionals, Parents and Carers, Press and Policy, What we do, Our Projects, and Vacancies. A secondary navigation bar includes Support Us. The main content area features a large image of a smiling woman with two young boys looking at a laptop. Below the image is the heading 'Have a conversation' in blue. The text explains that a simple and effective way to get involved with children's online lives is through discussion, and that maintaining an open dialogue can help parents help children access internet resources safely. A section titled 'Conversation starter ideas:' lists four numbered points: 1. Ask children about sites they like to visit and what they enjoy doing online. 2. Ask them about how they stay safe online, tips they have, and where they learn them. 3. Ask them if they know where to go for help, safety advice, privacy settings, and how to report or block on services. 4. Encourage them to help, perhaps by showing how to do something better online or how to report a friend who is being bullied. To the right of the main text is a blue sidebar with links: 'What do I need to know?', 'Need help?', 'Hot topics', 'Things to do', and 'Have a conversation'. At the bottom of the sidebar, it says 'For detailed information regarding specific topics such as social networking, online grooming, gaming, downloading etc see our Hot topics.'

[www.childnet.com/parents-and-carers/have-a-conversation](http://www.childnet.com/parents-and-carers/have-a-conversation)

Consider setting a family agreement to open discussion.

Establish boundaries and your expectations as a family.



[childnet.com/resources/family-agreement](https://childnet.com/resources/family-agreement)



## Devices and Parental Settings



# Ages 5-7 - Ofcom 2018

## How are children using screens?

**42%**

own their  
own tablet

**82%**

are online almost  
9 hours a week

**63%**

play games online for  
nearly 7.5 hours a week



**Nearly  
7 out of 10**

of 5 - 7s who use YouTube  
watch cartoons and funny  
videos or pranks

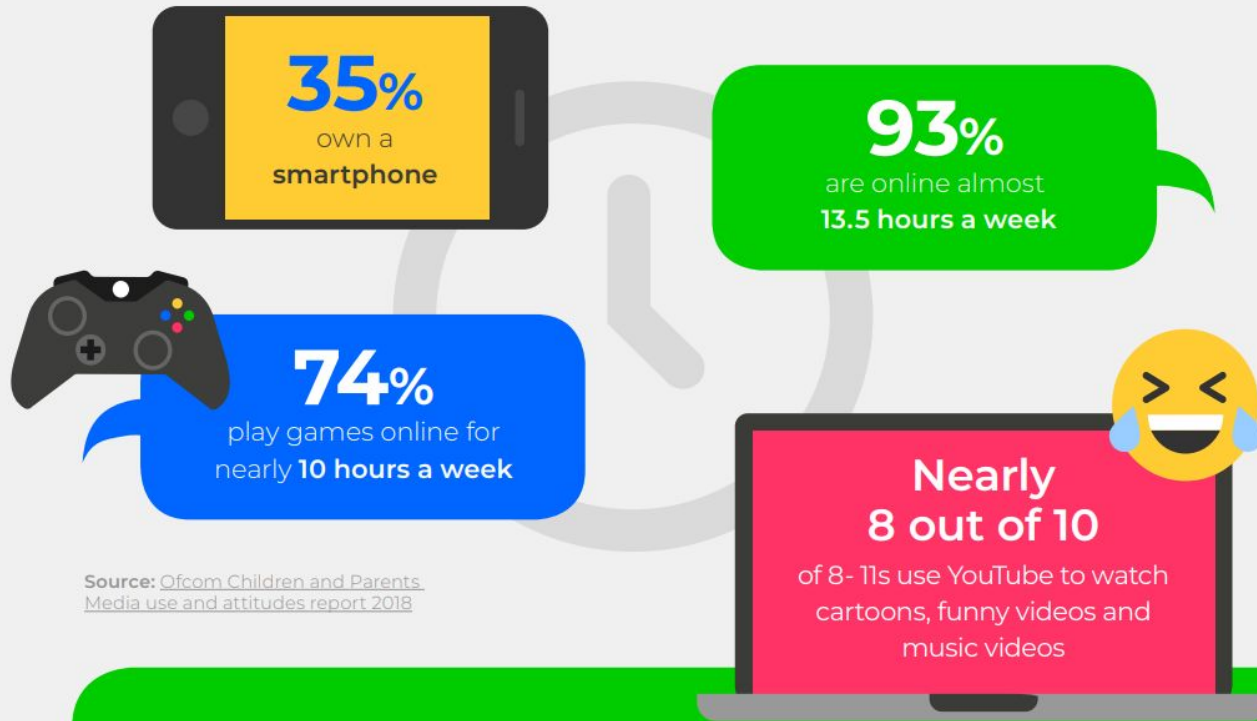


Source: [Ofcom Children and Parents  
Media use and attitudes report 2018](#)



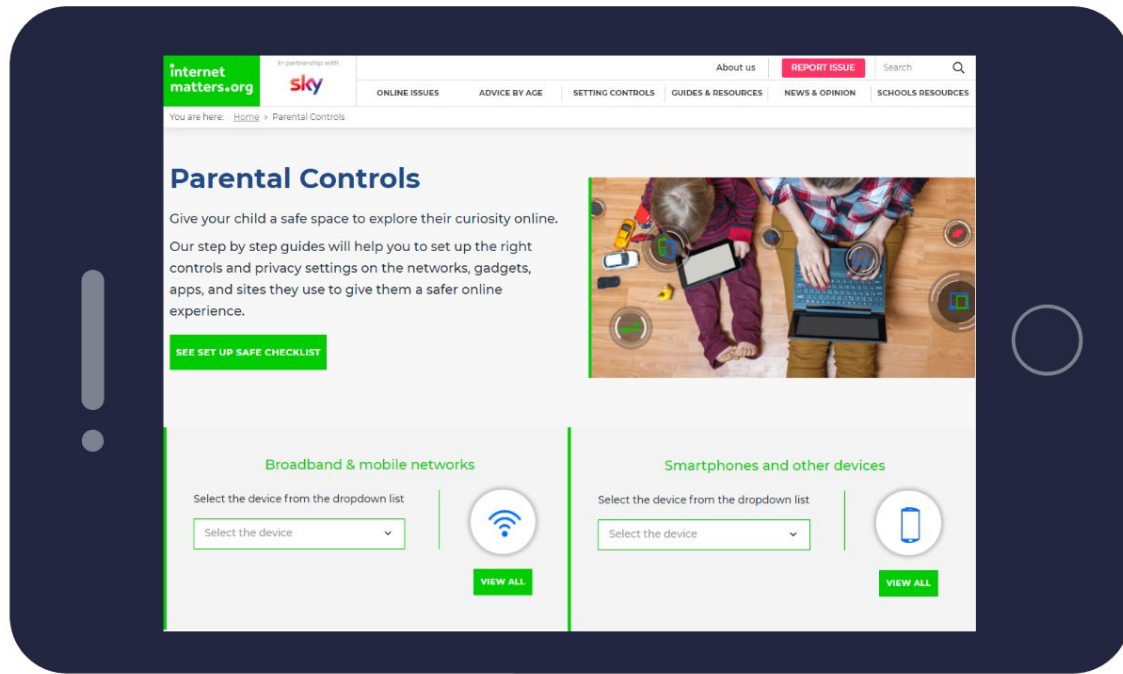
# Ages 7-11 - Ofcom 2018

## How are children using screens?



Filtering software  
and settings can  
help block  
unwanted content.

Look at filters on  
individual devices  
and from mobile &  
internet providers



[internetmatters.org/parental-controls/](https://internetmatters.org/parental-controls/)

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## Create screen time rules together

To help them stick to digital boundaries **get them involved in the process of setting simple rules** on how they should use screens in and out of the home.

Giving them reasons why it's important to prioritise sleep, homework and family time can help them make smarter choices about when and how they should switch off screens.

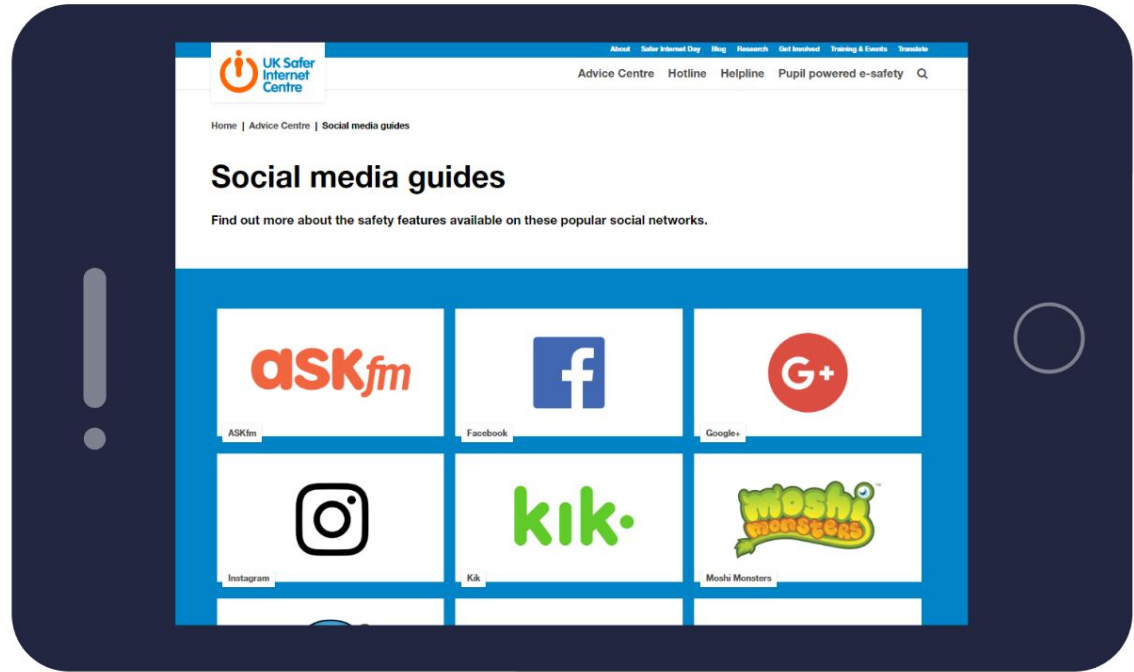
Make sure to model the behaviour that you'd like to see in them – children tend to do what you do, not necessarily what you say.



## Social Media Accounts

Familiarise yourself with safety and privacy settings on the services your family uses.

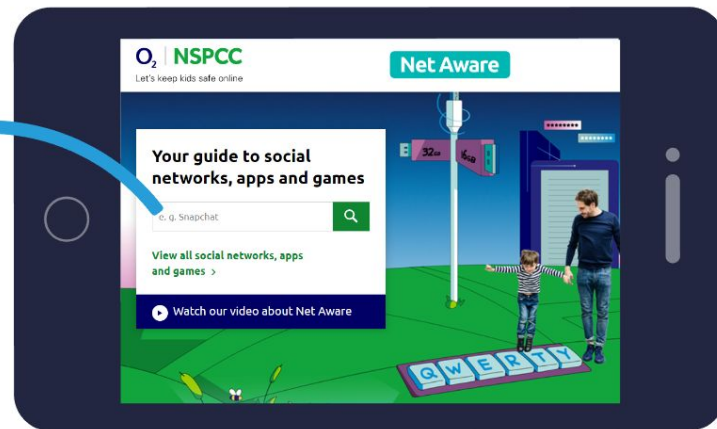
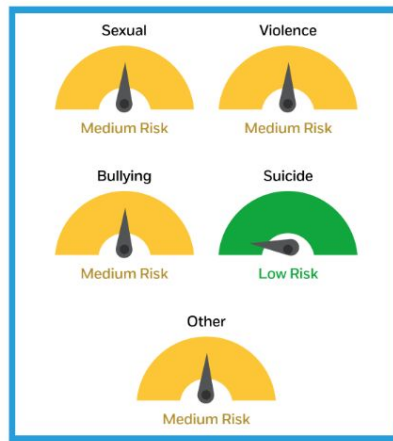
Learn how to report, block and mute other users on games and social media.



[saferinternet.org.uk/advice-centre/social-media-guides](https://saferinternet.org.uk/advice-centre/social-media-guides)


Get involved with your child's life online. Learn about the apps, games and devices they use.

Play their favourite games with them, try out their favourite apps...



[net-aware.org.uk](http://net-aware.org.uk)



The image shows three dark blue smartphones arranged horizontally. Each phone has a light blue screen with two blue speech bubble-shaped boxes. The top phone contains two boxes: the top one says 'Consider setting up a shared family email address.' and the bottom one says 'Your child can use this when signing up to new services.' The middle phone contains two boxes: the top one says 'Encourage your child to always **'think before you post'**' and the bottom one says 'Lead by example and discuss the content you share on social media too'. The bottom phone contains two boxes: the top one says 'Give your child strategies to deal with content they don't want to see' and the bottom one says 'For example, speaking to you or turning off the device'. Each phone has a white dot and a horizontal bar at the top and a white circle at the bottom.

Consider setting up  
a shared family  
email address.

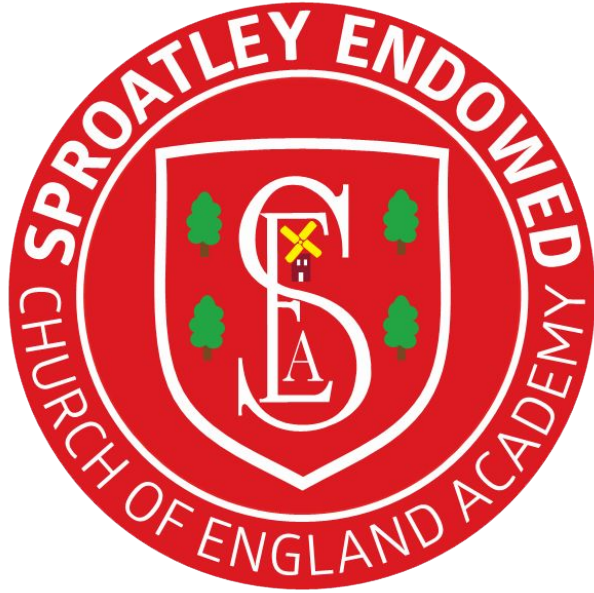
Your child can use  
this when signing up  
to new services.

Encourage your  
child to always  
**'think before you  
post'**

Lead by example and  
discuss the content  
you share on social  
media too

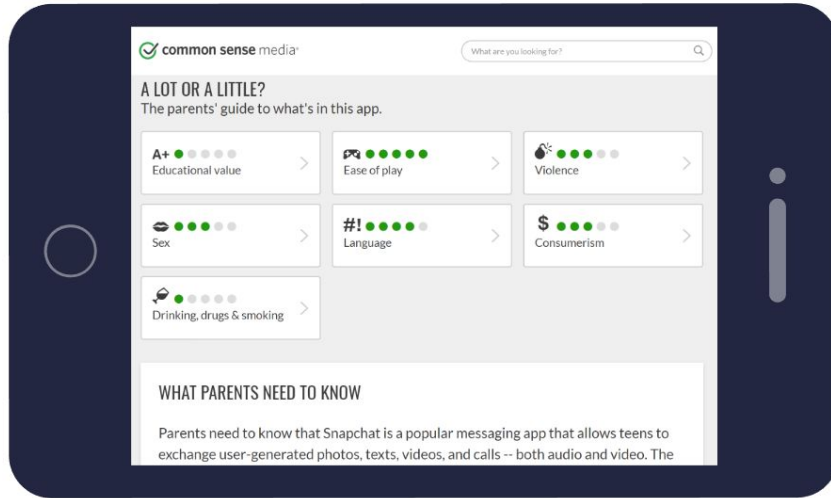
Give your child  
strategies to deal  
with content they  
don't want to see

For example,  
speaking to you or  
turning off the device



## Content, Age Ratings and Guidelines

# Other useful resources...



[commonsensemedia.org](https://commonsensemedia.org)



[askaboutgames.com](https://askaboutgames.com)





## Call of Duty: Modern Warfare (2019)



age 18+



Gritty, bloody military shooter tackles tough war questions.

*Platforms: PlayStation 4, Windows, Xbox One (2019)*

[Continue reading](#)



[Watch review](#)

# A LOT OR A LITTLE?

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

 not present

Positive Messages



 not present

Positive Role Models & Representations



Ease of Play



Violence



Sex



**#!**     

Language



Consumerism



Drinking, Drugs & Smoking





## Violence

Viewed from first-person perspective, players kill human enemies -- and, if they're not careful, also civilians -- using variety of military weapons, including rifles, pistols, shotguns, machine guns, grenades, Molotov cocktails, rocket launchers, mounted guns, tanks, drones. Enemies cry out in pain, gush blood, contort and sprawl realistically when struck, their bodies coming to rest and remaining on the ground. Disturbing scenes show torture by waterboarding; execution by pistol and hanging; gas attacks that kill men, women, children, animals; suicide bombings; children being chased and potentially killed by a raging soldier. Some violence can be avoided by selecting to turn it off at the outset of the game and through decisions made during the story.