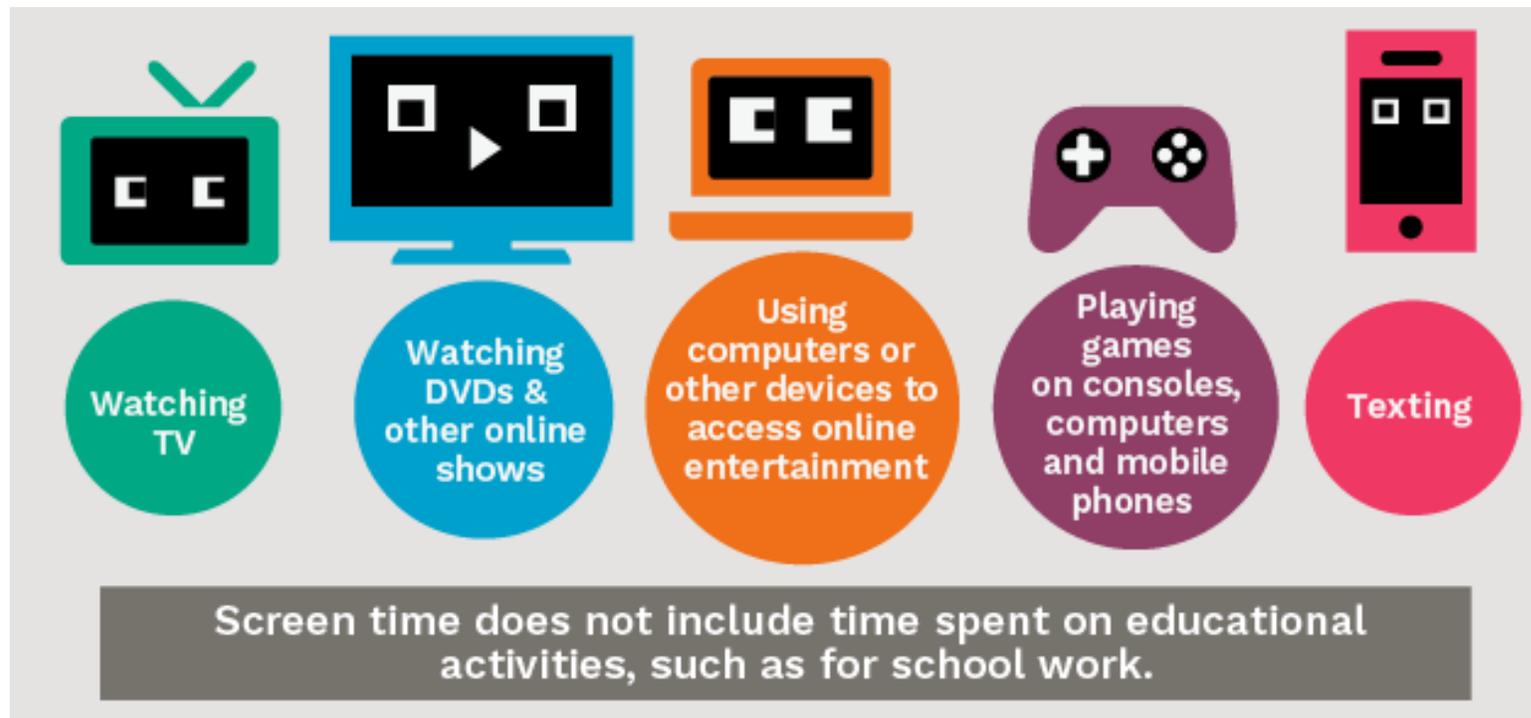


On-line Safety



What is screen time?

Screen time is the amount of time spent watching a screen or electronic media for entertainment:



What is the right amount of screen time?

Health experts suggest these screen time limits:

Ages 0-2 No Screen time	Ages 2-5 Less than 1 hour per day	Ages 5-17 Less than 2 hours per day
		

Source: Australia's Physical Activity and Sedentary Behaviour Guidelines

Is too much screen time a risk?

It is important that parents help their children enjoy a mix of entertainment and social activities.

- Excessive screen time may lead to problems such as:

Increased risk of obesity	sleep difficulties	Poor performance at school
		

Managing Screen Time

- Set a good example with your own device
- Agree an appropriate amount of time for your child to spend on their device
- Get the whole family to unplug and create screen free zones i.e. the dinner table!
- Use technology and apps to help manage screen time

<http://ourpact.com/>

Where does your child use the internet?



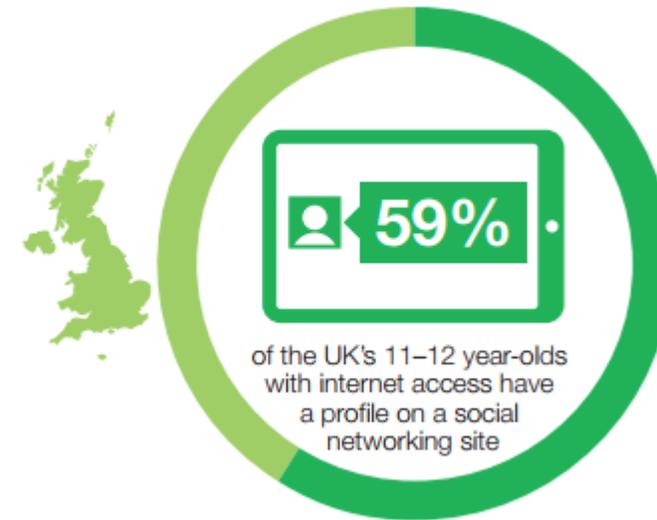
<https://www.youtube.com/watch?v=hUh49wCc6FI>

E Safety Education

- Year 7 Tutor time programme:
 - Grooming
 - Privacy
 - Sexting
 - Cyber bullying
 - Consequences for victims/agressors
 - Where to seek help
 - Digital Footprint

Some statistics...

- 72% of 12-15s have a profile
- One in ten 11-15s are still communicating via social media at 10pm
- 14% of 12-15s use chat features in online gaming to talk to people they only know through the game
- 58% of 12-15s who go online agree with the statement: 'I can easily delete information that I have posted about myself online if I don't want people to see it.'



Your child's digital footprint

- It is important that young people understand the longevity of posting something online.
- Once content is uploaded onto a website, it could potentially stay online forever.
- Regardless of whether the owner takes down the content, anyone who had access to that content could have copied it for themselves, kept it for their own records or distributed it further.
- Content that is uploaded online can be copied, altered and reposted by anyone and it is very difficult to 'take back' things that may be later regretted.
- Children who create or post inappropriate, offensive or even illegal content in their own or others' web pages could get them into trouble with their school, friends, or even break the law, depending on the nature of the material.

Parental Controls and Privacy Settings

Starting point:

- [Set parental controls](#) on your broadband to prevent your children seeing things they shouldn't.
- For smart phones check parental controls are also set up on the mobile network.

Set up the device safely:

- Use the device setting so you can only download age appropriate apps and games.
- Disable location services so that your child doesn't unintentionally share their location with others.
- Set up password control or disable in-app purchasing so big bills are not run up accidentally.
- If your child is using [social networking apps](#) check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know.

Learning more about Social Networking

 <p>Facebook ↗</p> <p>Facebook has lots of safety information for parents. You can go straight to the comprehensive Family Safety Center ↗ or you can find out how to report ↗ anything you think is inappropriate. This Parents' Guide to Facebook ↗ gives a clear explanation about how Facebook works and how to protect your children's privacy. You can also watch Antbullying Pro videos on what happens when you report ↗ and the new Privacy Check Tool ↗.</p>	 <p>Twitter ↗</p> <p>Get advice keeping your family safe by using Twitter's Safety Centre ↗ with a section dedicated for parents. You can also find out how to report abuse ↗.</p>	 <p>NSPCC Share Aware ↗</p> <p>The NSPCC's Share Aware ↗ helps parents understand what children should and shouldn't share online through social networks. Their updated Net Aware ↗ guide gives comprehensive information about the social networks that children commonly use. You can also download the app of the guide on Android ↗ and iOS ↗.</p>	 <p>Childnet ↗</p> <p>This site has lots of advice about how to keep your child safe online. Look out for the social networking leaflet ↗ with clear simple guidance for parents and children and the video presentation ↗ which covers the main online safety areas including social networking. This Facebook checklist ↗ is a must-read for all parents and children.</p>
 <p>Instagram ↗</p> <p>Find out how to set privacy settings ↗ on Instagram and report issues ↗ by clicking on Privacy and Safety Center. 'Report Something' appears in the navigation on the left. We've also create a 'how to guide' to give you more information about the app and how to set privacy settings to keep your child safe on the app.</p>	 <p>Snapchat ↗</p> <p>Take a look at our how to guide to learn more about setting privacy settings on Snapchat to keep your children safe. We've also got a great video intro to Snapchat ↗ from our vlogger mum of two Adele Jennings. Snapchat have also create a safety centre ↗ for more information on how to stay safe.</p>	 <p>Thinkuknow ↗</p> <p>This useful internet safety site has information for parents, teachers and children. Their Ready for social networking ↗ provides information about social networking and the risks.</p>	 <p>CEOP: Webcams ↗</p> <p>CEOP has produced excellent guidance on the subject of webcams.</p>
 <p>Google+ ↗</p> <p>A guide ↗ to privacy settings and controlling how information is shared on Google+. You can also report issues ↗.</p>	 <p>UKCCIS Social Media guidance</p> <p>This is the official practical guide for parents and carers whose children are using social media. Download the guide to get tips on how to keep children safe on social media platforms.</p>	 <p>Chatdanger ↗</p> <p>A website from Childnet International with case studies on the dangers of chatrooms, IM and getting too close to strangers met online.</p>	 <p>O2 and NSPCC online safety helpline ↗</p> <p>From setting up parental controls to reporting online bullying, you can call the free helpline on 0808 800 5002, or visit an O2 Guru in store.</p>

<https://www.internetmatters.org/advice/social-networking/>

The Risks of Social Networking

The more you know about the kind of social networking sites your child belongs to and what information they like to share, the more likely you'll be able to keep them safe:

- The lower age limit for most social networking sites is 13
- Many sites include an instant message function which allows private conversations between site members
- You can set privacy settings on most social networking sites so that only close friends can search for your child, tag them in a photograph or share what they've posted
- Most social networking sites have an app version available, meaning your child will have access to the social network from their smartphone or tablet. Be aware that some app versions of social networks use the location of the phone, but you can disable this.
- Not everyone your child meets online will be who they say they are. Chatrooms and forums can connect people who are complete strangers and can be unmoderated
- Chatrooms and forums are one of the places online groomers go to connect with children. They can also be places where people use a lot of sexual language and engage in online flirting. This is sometimes done through video chat programs such as Skype

How can I ensure my child is safe on social networks?

- Educate yourself on what the various social networks and apps do – see link on slide 10
- Agree with your child when they can join a social networking site and create their profile with them
- Help them set privacy settings at the strongest level. Sites can change privacy settings so make sure you stay up to date with them.
- Set boundaries about which sites they can use and for how long. Try to do this when they first start using social networking sites, so they get used to it from a young age
- Report people and inappropriate conversations to the site administrator via the 'help' or 'report' tab (if available) and always keep a copy of the conversation as evidence
- Teach your child how to block or ignore people on social networking sites and online games, and support them in knowing what they can do if someone makes them feel uncomfortable e.g. create a sentence with your child that they can use if they want to exit an uncomfortable conversation online

How can I ensure my child is safe on social networks?

- Teach your child never to share any personal details – this includes their password, real name, address and their school
- Use the site yourself – you or another trusted adult can become your child's friend on Facebook or follower on Twitter
- Explain that friends should be people they know – people they meet online may not be who they say they are. Talk to them about the risks involved with chatting to people they don't know and sharing personal information with them
- Stress that meeting up with people they know online can be dangerous
- Set rules about what they should and shouldn't post
- Talk to your child about the fact that what they post can't always be taken back, and even if it can, it may already have been shared. This applies to webcams too – teach them to only use webcams with people they know, and show them how to disable it

Live Streaming

- Live streaming is becoming popular and can be even more dangerous than posting pre-recorded videos and images online
- Live streaming, sometimes known as “going live”, is the broadcasting of live videos over the internet. Videos are unedited and seen in real time- similar to Live TV
- Anyone with a camera and access to the internet can create and share a live video. This can make live videos unpredictable and very difficult to moderate.
- It is possible to see things that could shock or upset you- even if you didn't initially set out to watch that type of video.
- Some apps allow viewers to comment on a live video as it is broadcast. Often, the person in the video can read the comments as they are live streaming and can feel a pressure to respond to comments. This can increase the pressure as they know the person is watching them.
- A tactic that has also been seen is encouraging young people to take part in dares, or offering them online gifts or ‘game points’ in exchange for doing something on camera.
- Facebook live, Snapchat live stories, YouNow, YouTube live.

Grooming

- Be frank - It's a fact that there are some people who use the internet to chat to young people because they want to hurt them or make them do things they don't want to.
- Even if you've been chatting to the same person for ages and you feel like you know them, you need to remember it's very easy to lie on the internet. There is no way of knowing if someone is telling the truth.
- Stress that meeting up with people you know online can be dangerous and that they should only do so with your permission and if you are present. Report directly to CEOP if someone is trying to meet up with your child or if you think your child is in immediate danger.
- Encourage your child to tell you if they have concerns about a friend
- If a child is being groomed they may:
 - be very secretive, including about what they are doing online
 - have older boyfriends or girlfriends
 - go to unusual places to meet friends
 - have new things such as clothes or mobile phones that they can't or won't explain
 - have access to drugs and alcohol.

Cyberbullying

If your child is ever subjected to unkind behaviour online encourage the following:

- Don't retaliate or sink to the level of the bullies.
- Don't believe the things they are telling you, they are not your friends and do not have your best interests at heart.
- Don't take your feelings out on others even if the bullying is making you sad or frustrated.
- **Block the bullies.**
- Most websites will let you block people to stop them communicating with you.
- **Keep the evidence.**
- Keep any nasty emails, texts or web pages so you can show someone what's been going on.

Always encourage your child to be kind online and remind them:

- Don't be a bystander: if you see someone being bullied report it and help them get support

Never respond to messages yourself, always report it through the official channels

What the law says...

- Creating or sharing explicit images of a child is illegal, even if the person doing it is a child. A young person is breaking the law if they:
 - take an explicit photo or video of themselves or a friend
 - share an explicit image or video of a child, even if it's shared between children of the same age
 - possess, download or store an explicit image or video of a child, even if the child gave their permission for it to be created.
- As of January 2016 in England and Wales, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed but that taking formal action isn't in the public interest.

Seeking help when it's needed

- Know how to block other users and know how to report – make sure children and young people know how to report abusive comments or illegal activity on social networking sites.
- Popular social networking sites allow you to report a comment or user who is potentially breaking their terms and conditions, by clicking on a report button or sending the site an email.
- https://www.thinkuknow.co.uk/11_13/help/Contact-social-sites/
- If young people have concerns about cyberbullying then they should speak to a trusted adult as well as saving the evidence, and even use the tools available to block other users.
- If you have concerns that your child is or has been the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre www.ceop.police.uk

Seeking help from school

- If you have any concerns about your child's online activity always consult with their year manager, who will put you in touch with the welfare team
- Keep a record of any concerning material e.g. screenshots of messages etc
- Provide us with as many details as possible e.g. names of students involved
- We will always aim to resolve issues and educate any students involved
- Help your child get past the idea that they will be getting others into trouble

Summary - What can you do?

- Check they know the rules – Create a family agreement that sets out boundaries and your expectations when online for example:
- Don't share personal information e.g. phone number
- Only talk to real life friends and family on social media
- Be friends with your child online
- Explain that people they meet online might not be who they say they are
- Tell them to be a good online friend and not to say nasty things even if it's a joke
- Make sure they check with you before downloading any programmes or apps
- Don't allow devices to be used in private areas
- Do not use screens for at least an hour before bedtime
- Do not have devices with internet access in bedrooms, especially overnight

Summary - What can you do?

- Maintain an open dialogue...carry out a social media 'health check' with your child at least once a week
- Check mobile phone messages and messaging facilities (remembering all of the IM opportunities on their social media accounts)
- Understand the law
- Encourage 'think before you post' ...If you wouldn't want your parents, grandparents and teachers to see it then don't post it!
- Check your child's online friends and followers...do they know them all personally
- Set up a family email address that can be used when signing up for new games and websites online
- Set time limits and curfews for your child
- If they are ever targeted be sure to keep records and help your child to block users and report it effectively
- Keep reinforcing the messages

Links used to produce this:

- www.internetmatters.org
- https://www.thinkuknow.co.uk/11_13/
- www.childnet.com