

CONNECT
INSPIRE
SUPPORT



Parent Hub

at St Bernadette's presents

E SAFETY

Tips for keeping your child safe online

Aims of the session

To give you tips on keeping your child safe online.

To highlight the age restrictions attached to games and apps.

To give you information of how children can keep themselves safe online.

To share websites and where to find additional information.

Introduction

The internet has become a big part of our lives and our children's lives. This became even more apparent during the lockdowns.

The internet is a great tool and has millions of uses but it can also be an unsafe place especially for children. It can also unfortunately be a tricky thing to manage. Children can easily become engrossed in a game or app and end up having too much screen time, this can have a negative impact on both physical and mental health.

During this session we hope to give you some useful tools for keeping your child safe online.

Facts and Figures

Instagram is the most commonly used social media platform for online child sexual abuse.

The most common age group to be groomed is 7 to 14 year olds.

Peer on peer abuse accounts for a quarter of online abuse reports.

Children with additional needs are more likely to be subject to online abuse

More than 10,000 online child abuse offences were recorded between April 2019 and March 2020, a 16% increase on the previous year, according to an analysis by the NSPCC.

Age restrictions

Fortnite – 12 years old

Roblox – 7 years old

Players unknown battle ground (PUBG)- 18 years old

Apex Legends – 16 years old

League of legends (LOL) – 13 years old

Counter Strike – global offensive – 18 years

Heartstone – 7 years

Minecraft – 10 years

Twitch – 13 years

Age Restrictions

Facebook – 13 years

Instagram – 13 years

Snapchat – 13 years

Reddit – 13 years

FB messenger – 13 years

Whatsapp – 16 years

Youtube – 13 years (to have own channel and post)

Don't allow your child to sign up for sites or games they are not old enough for. The restrictions are there for a reason. When they ARE old enough DO help them to set their profiles to private.

Tips to tell your children

- *Follow rules set by your family no matter where you are.
- *Never post or trade personal pictures without their adults consent.
- *Use only a made up screen name not your full name.
- *Never reveal personal details such as full name, address, school, phone number or upcoming plans. E.g. You wouldn't give your number to a stranger walking down the street- the internet should be no different.
- *Always tell a parent, carer or trusted adult about any communication or conversation that was scary, hurtful or made them feel uncomfortable.
- *Never respond to a threatening email, message, post or text- tell an adult right away.

Tips for parent/carers

- 1) ***Any boundaries set at home should be followed everywhere*** – this is about making sure your child knows rules you put in place at home about what they can or can not access/play on are followed, even if they are at a friend's house or another relative's house.
- 2) ***If you are co-parenting BOTH households MUST have the same rules***- this is really important as your child could get into a habit of playing their grownups off against one another. Both parents should decided together the rules that will be put in place for their child regardless of which house they are in.
- 3) ***Encourage your child to show you the games/apps they use***- this is great as the more you know about what your child is accessing the more you can put in place to keep them safe.

4) ***Make sure you set parental controls on your child's devices***- this will restrict what they can see and on some devices you can even set an amount of screen time for each day. This is a great tool as the device will just shut down after its reached its maximum time. Setting passwords that your child DOESN'T know will help keep the locks/restrictions on the device.

5) ***Make sure your child has no access to the internet when it is late at night*** – a large amount of reports of online abuse happen when the adults of the house are sleeping. Allowing your child access to games/apps 24 hours a day can open them up to poor sleeping habits and also leave them at risk of online abuse and/or bullying.

6) ***Spend time together teaching your child about appropriate online behavior*** – this is important for 2 reasons. Firstly, it will help them see if someone is acting inappropriately towards them and make them more likely to report it. It will also let them know how they should treat people online. It can be easy for a child to get caught up in a game and show some anti-social behavior towards others.

7) ***If you have your bank details stored check your statements regularly*** – it is important to check you have not been charged for anything from an app/game you had not given permission for. Sometimes it can be easily done and the child will not know a charge will of be applied. It is important to discuss with your child they must ask your permission before knowingly making a purchase online.

8) ***Take your child seriously if they report to you an uncomfortable online exchange-*** find out as much information as possible, and depending on the nature of the incident, you may be able to deal with it or you may have to report it to the police. Screen shot as much of the incident as possible so you have proof if you do need to take it further. If it involves any other students from our school do please let the school know.

9) ***If you child uses social media get them to show you what they use-*** you should ask them why they use it, what they like, who they have contact with on it, what they share on there and also check their privacy settings on the apps so you know who can see what their profile. Most social media apps have the age restrictions on so please check these also.

10) ***ALWAYS check if the apps and games have Geo-location*** – this is something a lot of apps and games use and on most sites and apps it can be turned off. This is important especially if people (who your child doesn't know) can see their profile as they will also be able to see where they are if Geo-location is on.

11) ***Show them how to block and report***- each app and game will have a way of reporting inappropriate behaviour from users, make sure your child knows how to report on each site they are using. Some sites/apps also have ways of blocking users from contacting you. This is a good thing to show your child as they will be able to block people they don't know or someone who has made them feel uncomfortable.

12) ***Remember you are in charge*** – at the end of the day remember you are the parent. Set boundaries and make sure your child knows the rules you expect them to follow. Be firm but fair. Explain why you have set the rules you have but then once they have been set don't get into arguments about them, children will naturally push boundaries as they get older and it can be hard but stick to your rules at all times and they will get used to them.

13) ***Strive for balance*** – encourage your child to balance their screen time and non screen time. Help them to manage how much they use their devices, encourage them to peruse their offline interests as much as their online ones. Be wary of health problems that can come with too much screen time:

- * eyesight problems

- * bad posture

- * hearing issues if headphones are used

- * trouble sleeping if fall into bad habits (using too late) as the blue light given off affects sleep

- * anger outburst (aggression) unable to disconnect from the game emotionally (this can also affect social skills and friendships)

- * becoming over weight

Create a family agreement

Creating a family agreement together is a great idea as it will make your child feel like their wishes are being heard. It is also a good opportunity to discuss why you will be putting certain rules in place. Remind your child not everything they see/hear online is real. Remind them to think carefully about what they see online.

The agreement should include things like:

- *how long they get on a device
- *what sites/games/apps they are allowed accesses to.
- *tech free zones such as, dinner table and bedrooms. Professionals recommend consoles/computers/devices are used in communal household areas so that what your child is accessing can be seen.
- *set aside days of the week(make these clear) where there is no screen time and instead offline activities take place.

Your child should sign the agreement. If you are co-parenting the same agreement should be used at both houses.

YAPPY

Yappy stands for:

Your full name

Address

Phone number

Passwords

Your plans and birthday

This is something professionals thought of to help children to remember what information they should not share with anyone online. Do go through this with your children.



Don't yap about your YAPPY online...

- Your full name
- Address (home/school/email)
- Phone number
- Passwords
- Your plans and birthday

Think carefully before revealing...

- your opinions
- information about others
- geolocation
- clubs/teams
- photos/videos
- holiday plans

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Useful websites

<https://www.internetmatters.org/>

<https://www.ceop.police.uk/Safety-Centre/>

<https://www.thinkuknow.co.uk/>

<https://www.common sense media.org/>

<https://saferinternet.org.uk/>