Internet Safety

A guide for BHPS Parents and Carers
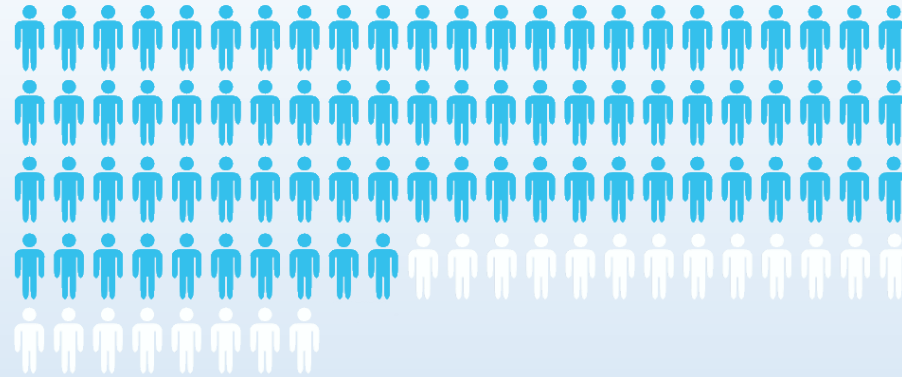
29th October 2018

1 in 3 internet users are children

Source: Livingstone, S., Carr, J. and Byrne, J. (2015) One in three: internet governance and children's rights (PDF). Ontario: Centre for International Governance Innovation.

84% use internet at home

Almost 1 in 4 of 8 to 11-year-olds and 3 in 4 of 12 to 15-year-olds has a social media profile
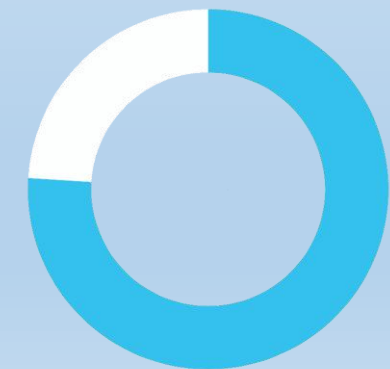
Source: Ofcom (2017) Children and parents: media use and attitudes report (PDF).

69% in their bedroom

Only 4% of children's phones do not connect to the internet

Around **1** in **8** young people have been **bullied** on **social media**

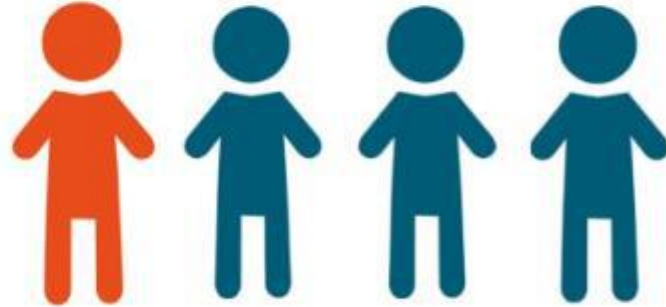There were over **2,200 counselling sessions** with young people who talked in **Childline** about online **sexual abuse online** in 2017/18

In 2017, the Internet Watch Foundation identified **over 78,000 URLs** containing child sexual abuse images

1 in 4 children have experienced something upsetting on a social networking site.

Surface Web

Deep Web
Contains 90% of the information on the internet, but it is not accessible by Surface Web crawlers

Medical Records

Legal Documents

Government Resources

Academic Information

Dark Web
A part of the Deep Web accessible only through certain browsers such as Tor designed to ensure anonymity. Deep Web Technologies has zero involvement with the Dark Web.

Illegal Information

TOR-Encrypted Sites

Indecent images of children

Drug Trafficking Sites

Political Protests

Private Communications

iNEQE GROUP

Serious Case Reviews Conducted Since 2008

- Suicide following cyber bullying
- Online grooming leading to sexual abuse and exploitation
- Vulnerable parents targeted by abusive adults via dating websites and social networking
- Children sexually abused in order to share images of sex abuse online
- Murder

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

The online world is exciting and inspiring and one that we want and need our children to be able to engage with – it can provide young people with many opportunities.

However we MUST manage and minimise the associated risks.

- 21% of 3-4 year old's have their own tablet

- 79% of 5-7 year old's go online for around 9 hours a week

- 39% of 8-11 year old's have their own smartphone

- 74% of 12-15 year old's have a social media profile

Ofcom: Children and Parents: Media Use and Attitudes Report (2017)

Content

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

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

⚖️ There can be legal consequences for downloading copyrighted content without the author's permission

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, information that they have posted online

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

SAFER SCHOOLS

BIGGIN HILL PRIMARY SCHOOL
Part of the Charles Darwin Academy Trust

Home and Device Safe

44.1% of Parents and Carers did NOT know how to set parental controls

Overview   >

Passwords   >

Home Safe   >

Device Safe   >

Age Restrictions   >

In-App Purchases   >

SafeSearch Filters   >

Screen Time   >

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Home Safe

Safety and responsibility for children and young people should begin in their home.

The **parental controls** offered by your home internet service provider could make your home a safer online environment for your family.

The four big internet service providers in the UK provide a range of filtering options under the **"Active Choice"** programme. Active Choice offers customers the ability to filter adult content. Some providers are considering moving to a position where their default settings (the settings that are on when you first get the product) have blocking already switched on.

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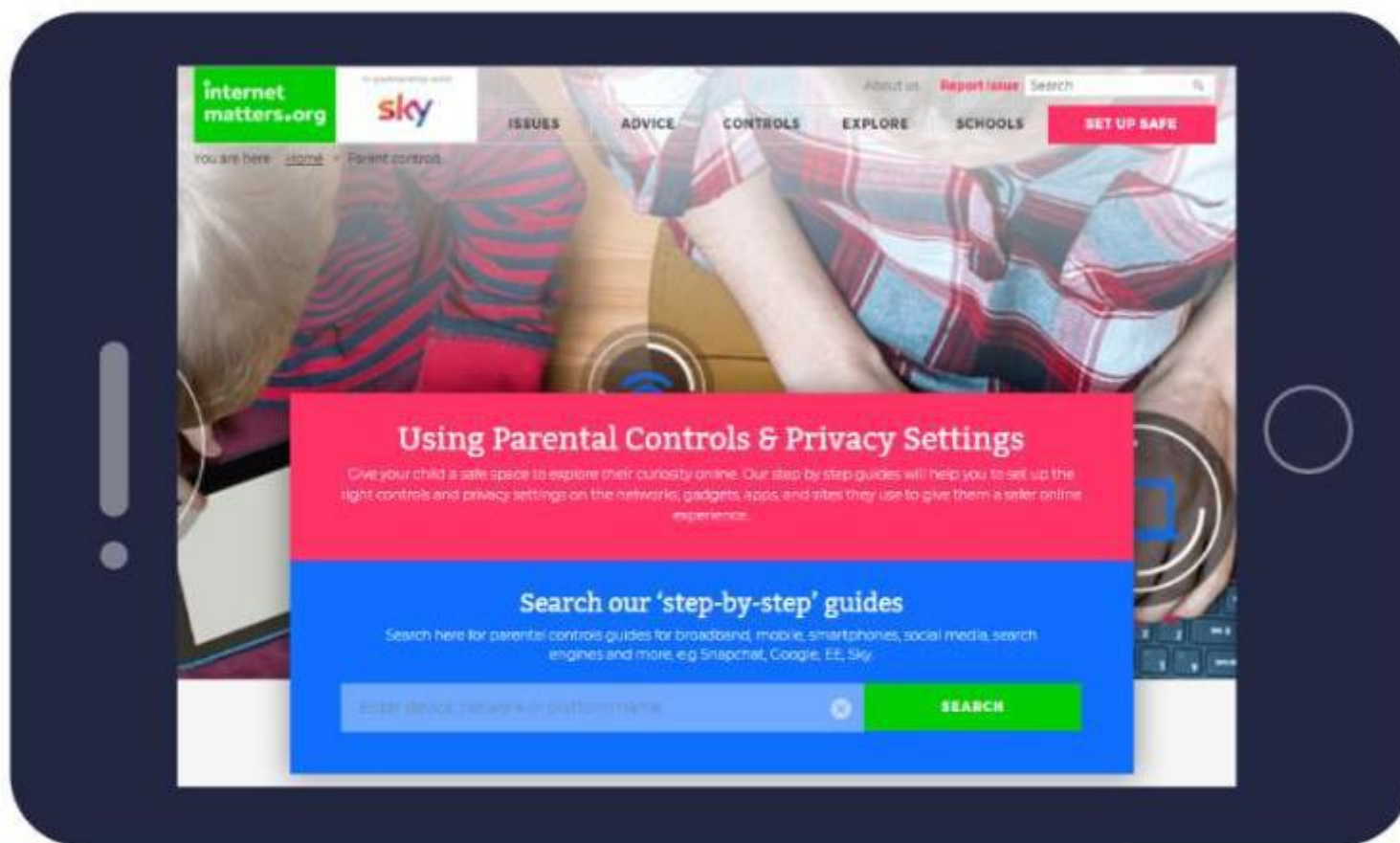
Device Safe

Mobile Providers

All mobile phone providers offer free parental control services. These services limit the Internet content children can access via their mobile network.

⚙ These are not always automatically switched on so it is important to check with your service provider that the parental control settings have been activated. This simple step will help to make the use of the phone safer.

The list below provides information and links to help you check and change the parental controls from a

Filtering software and settings can help block unwanted content.

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

www.internetmatters.org/parental-controls/

Passwords

61% of 7 year olds share their passwords with close friends

3% share them with everyone

Overview ›

Passwords ›

Home Safe ›

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Passwords

When was the last time you changed your passwords? If it is more than 90 days ago, you are taking risks with your personal security. If you have one password that you use on all your devices and social media accounts, it's probably only a matter of time until something goes wrong. Remember if someone gets your password they've access to everything; your device, all your photos, messages and your social media accounts. It is important that teachers and staff set a good example. We recommend that teachers prompt their pupils to change their passwords every 90 days or in line with school policy.

⚠ **In a recent cyber attack 30,000 teachers have been warned that their personal data may have been compromised after a website was hacked.**
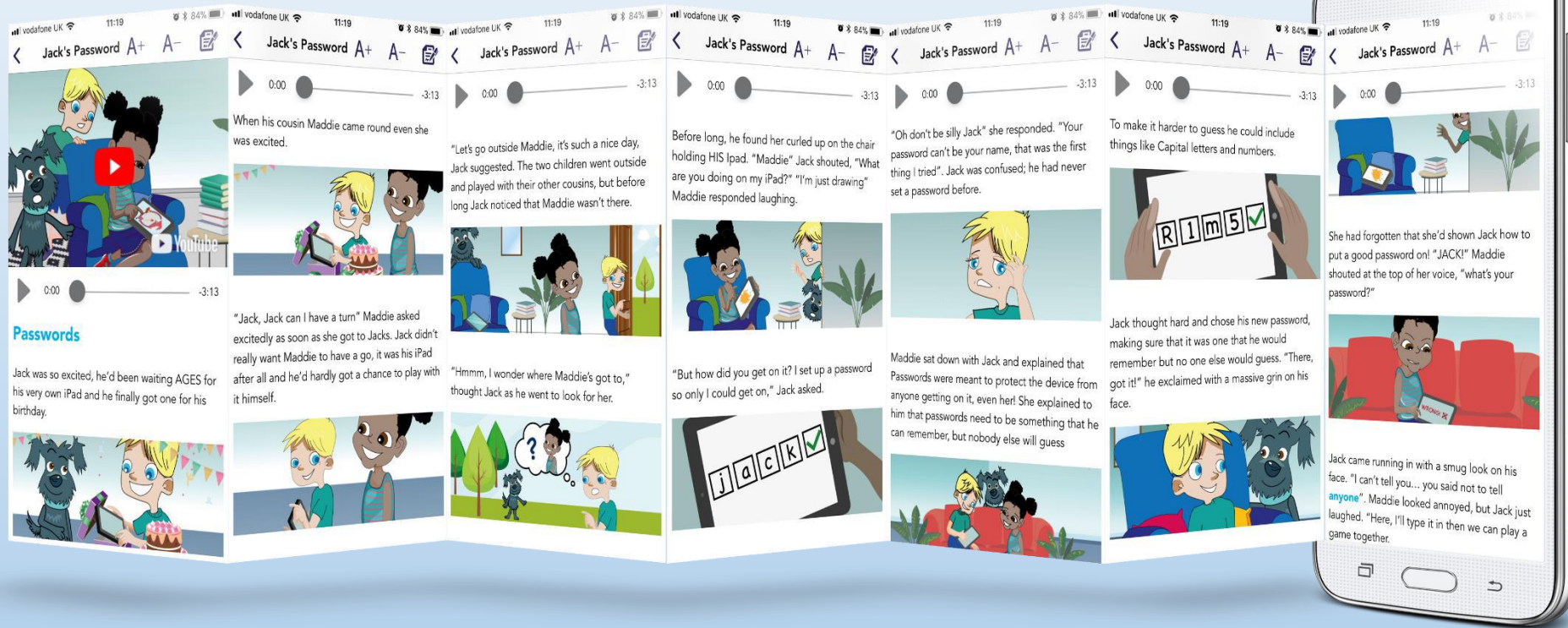
Passwords

Jack was so excited, he'd been waiting AGES for his very own iPad and he finally got one for his birthday.

When his cousin Maddie came round even she was excited.

"Jack, Jack can I have a turn" Maddie asked excitedly as soon as she got to Jacks. Jack didn't really want Maddie to have a go, it was his iPad after all and he'd hardly got a chance to play with it himself.

"Let's go outside Maddie, it's such a nice day, Jack suggested. The two children went outside and played with their other cousins, but before long Jack noticed that Maddie wasn't there.

"Hmmm, I wonder where Maddie's got to," thought Jack as he went to look for her.

Before long, he found her curled up on the chair holding HIS Ipad. "Maddie" Jack shouted, "What are you doing on my iPad?" "I'm just drawing" Maddie responded laughing.

"But how did you get on it? I set up a password so only I could get on," Jack asked.
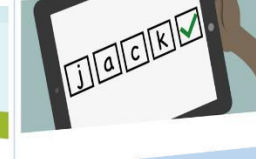
"Oh don't be silly Jack" she responded. "Your password can't be your name, that was the first thing I tried". Jack was confused; he had never set a password before.

Maddie sat down with Jack and explained that Passwords were meant to protect the device from anyone getting on it, even her! She explained to him that passwords need to be something that he can remember, but nobody else will guess

To make it harder to guess he could include things like Capital letters and numbers.

Jack thought hard and chose his new password, making sure that it was one that he would remember but no one else would guess. "There, got it!" he exclaimed with a massive grin on his face.
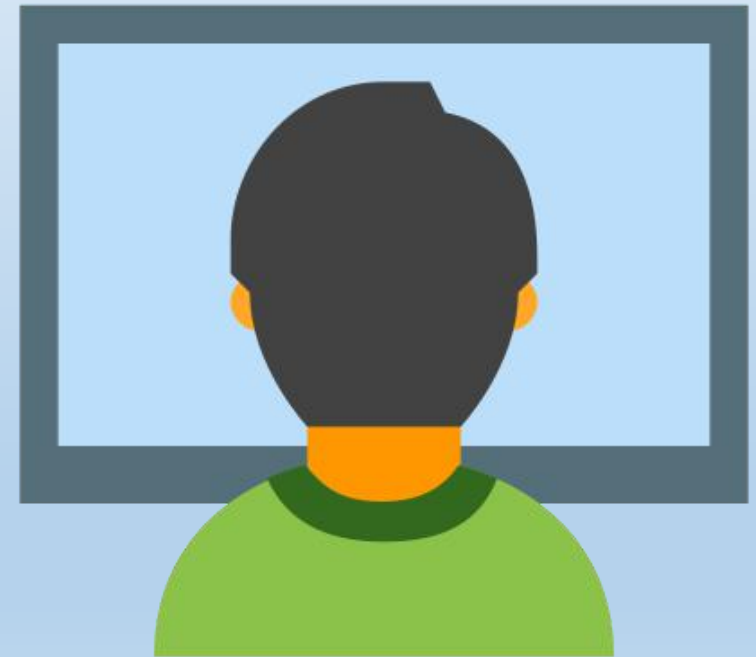
She had forgotten that she'd shown Jack how to put a good password on! "JACK!" Maddie shouted at the top of her voice, "what's your password?"

Jack came running in with a smug look on his face. "I can't tell you... you said not to tell anyone". Maddie looked annoyed, but Jack just laughed. "Here, I'll type it in then we can play a game together.

Screen Time

Screen Time

- Under 18 months – no screen time

- 2-5 years – one hour per day

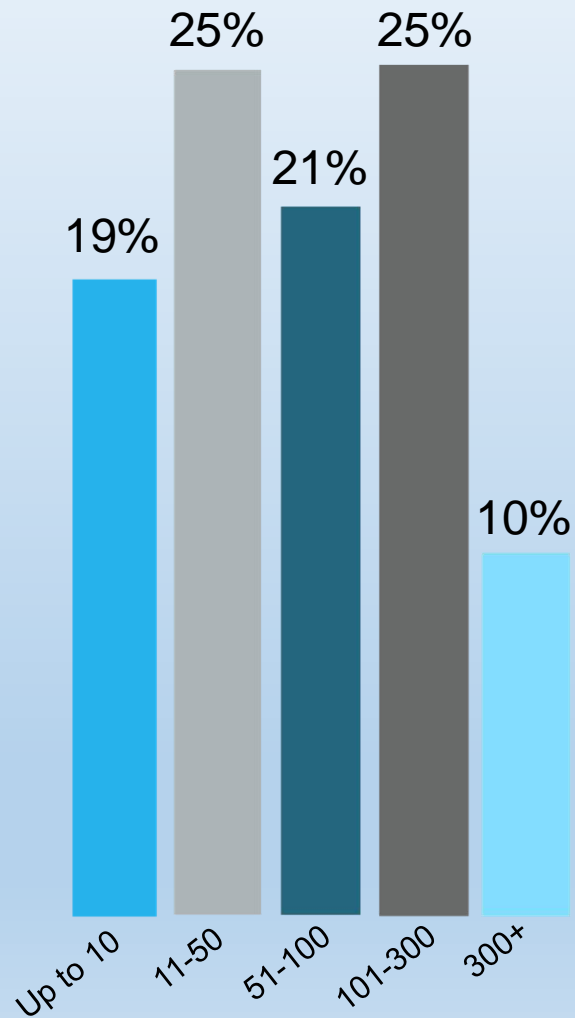- 6+ - You should set limits depending on the type of media interacted with.

Screen Time

- Passive consumption

- Interactive consumption

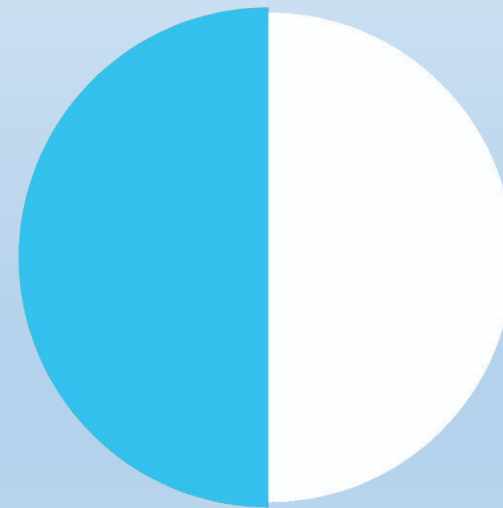- Communication

- Content creation

Social Networking

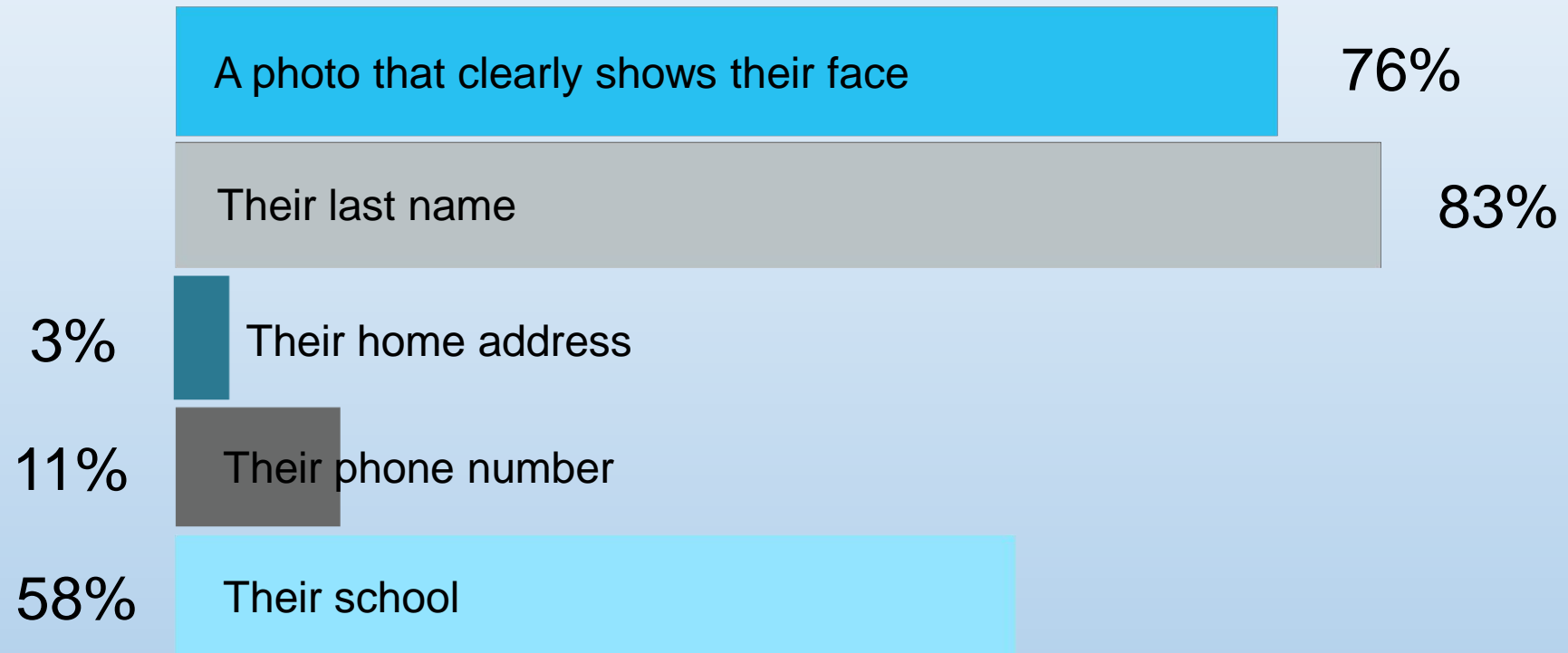Contacts children have on their social networking profiles

| Up to 10 | 11-50 | 51-100 | 101-300 | 300+ |
| 19% | 25% | 21% | 25% | 10% |

79% of children visit their social networking profile daily

51% have friends only profiles

Personal information provided on social media

A photo that clearly shows their face — 76%

Their last name — 83%

3% — Their home address

11% — Their phone number

58% — Their school

Sharenting…

Social Media Guides

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.

Social media guides

Find out more about the safety features available on these po[...]

www.saferinternet.org.uk/advice-centre/social-media-guides

Mental Health…

UK Safer Internet Centre

Safer Internet Day2017

Picture Perfect

12 — Average number of selfies young people take before posting one online

48 — Average number of likes young people say they need to get on a photo before they feel happy

1/2 — Nearly half of 8-17s (43%) worry about how attractive they look when they share photos online

Nearly half of 8-17s (45%) have used a filter to make themselves look better in the last year

Social Media Addiction – the signs

- Rather be at home

- FOMO!

- Compare and complain about their own life to those others portaryed online

- First thing – check for notifications

- Check feeds even when "engaged" in other activity

- Anxiety with no access

Social Media Addiction

- Set specific times
- No phones in bedrooms
- Phones off at school
- Encourage "real life" socialising

Cyberbullying

- Cyberbullying is bullying which takes place online or using technology

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

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

Cyberbullying

"Bullying is the biggest problem in the youngest age group (with children as young as six calling us."

Childline

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Bullying Indicators to Look Out For

SOS

If you think a child may be a victim of bullying, think SOS.

The following prompt focuses on 3 areas; children's attitudes to **SCHOOL**, a parent or teachers general **OBSERVATIONS** and things a child might **SAY**.

School

- Is frightened of walking to or from school or changes route
- Doesn't want to go on the school/public bus
- Refuses to go to school
- Suddenly starts asking to be driven to school
- Begins to truant
- Performance in school work begins to drop
- Has dinner or other monies continually 'lost'
- Comes home 'starving'

Observations

- Becomes withdrawn, anxious or lacking in confidence

Overview ›

Indicators to Look Out For ›

Explore More ›

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20:20

⌁ ✳ 68% 🔋

‹ Menu   **Bullying**

Indicators to Look Out For

A+   A−   📝

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Observations

- 👁 Becomes withdrawn, anxious or lacking in confidence
- 👁 Becomes aggressive, abusive, disruptive or unreasonable
- 👁 Starts stammering
- 👁 Changes their usual routine
- 👁 Feels ill in the mornings
- 👁 Comes home with clothes torn, property damaged or 'missing'
- 👁 Has unexplained cuts or bruises
- 👁 Bullying others
- 👁 Changes in eating habits
- 👁 Changes in a child's attitude to accessing technology
- 👁 Afraid to use the internet or mobile phone
- 👁 Nervous or jumpy when a cyber message is received

Say: Things They Might Say?

- 🔊 Threatens or attempts suicide
- 🔊 Threatens or attempts self harm
- 🔊 Threatens or attempts to run away
- 🔊 Cries themselves to sleep at night or has nightmares
- 🔊 Asks for money or starts stealing money
- 🔊 Is frightened to say what is wrong
- 🔊 Gives improbable excuses for their behaviour.

Sidebar

Overview   ›

Indicators to Look Out For   ›

Explore More   ›

Advice: 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.

Sexting

- Sexting is taking and sharing a nude, partially nude or sexually explicit image or video

- If the person in the image is under 18 – this breaks the law (Child Protection Act illegal to create, distribute or possess an indecent image of a child and this includes self generated images "selfies")

- Police – common sense approach

- In the online world content can get very far, very quickly. Children need to understand that they can lose control of an image almost immediately

- Sexting is a risk for younger children – any child with access to a device

Advice: Sexting

Discuss sexting with your child - ensure they know that once this kind of content gets out there, it's very difficult to get it back and the consequences of this can be very upsetting.

Make sure they know they can talk to you if they have any concerns or worries.

With younger children, discuss which parts of their body should be kept private.

Do seek advice from your child's school if you need further support.

Do report to the Police or CEOP if you have any suspicions about the involvement of an adult or think you child has been coerced.

Gaming

Lego dr. who console set
A Diffrent RC lego train
Gta 5 i Just want to play with the cars
(not the hookers)
And i wanta blue Suit with a red tie
A new Fez

- Overview >
- Age Ratings >
- Fortnite >
- Minecraft >
- Roblox >
- Fifa >
- Clash of Clans >
- Gaming Buzzwords >

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Fortnite: Battle Royale

⑬

Launched in 2017, Fortnite is a free online survival game for PC, Xbox, Playstation and iOS devices.

Age: You need to be at least **13** years old to play Fortnite. It also has a PEGI rating of **13+**.

Fortnite: Battle Royale features up to 100 players, who can be playing alone or can join the game in small squads. The aim of the game is to **stay alive**; striving to be the last player remaining after the others have been killed.

The nature of the game (staying alive) is proving to be very addictive to those who play. Therefore, if you allow children in your care to play the game, it is important to enforce screen time limits to ensure children

< Menu **Younger Children**   Games   A+   A−   📝

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Trusted Adult   >

Games   >

TV/Video   >

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Games

Children love games; bright colours, fun characters and catchy music, what's not to love!

However, choosing a safe, fun and educational game for younger children can feel like a minefield of **in-app purchases**, **advertising** and **global chat rooms**.

To make it easier on you, we have researched and listed a few games that are safe for younger

Stranger Danger?

Grooming

- Kayleigh's Love Story

https://leics.police.uk/categories/kayleighs-love-story-film

5 minute film based on the online grooming, rape and murder of 15 year old Kayleigh

Advice: Grooming

Discuss online friendship with your child - make sure they understand that a person they've never met face-to-face is still a stranger. Discuss what kinds of information they should avoid sharing with strangers.

Ensure they know they can come to you if they have any worries or concerns.

If you have an suspicions whatsoever about someone who is in contact with your child online then report it to CEOP.
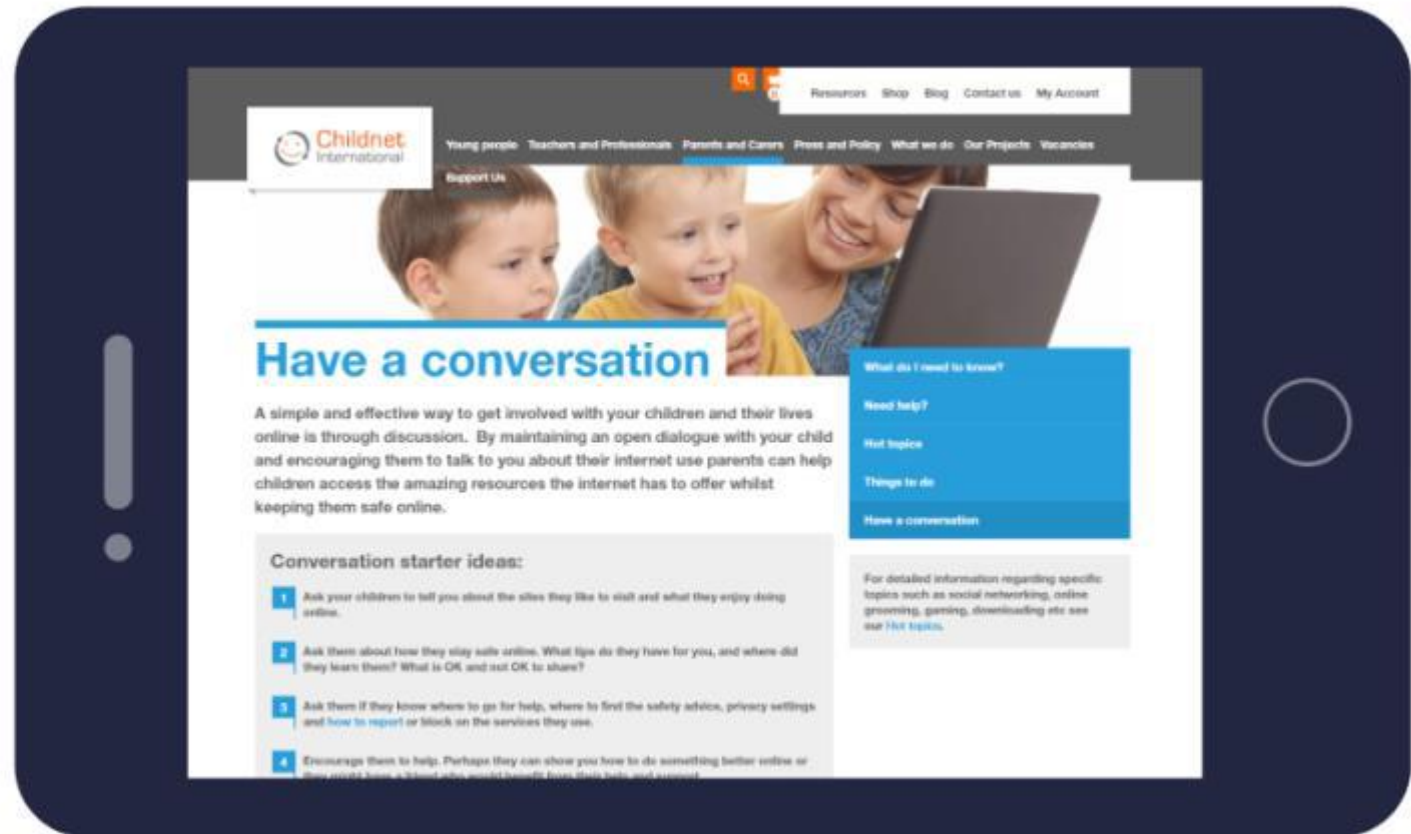
You will be shown how to report to CEOP later in this presentation.
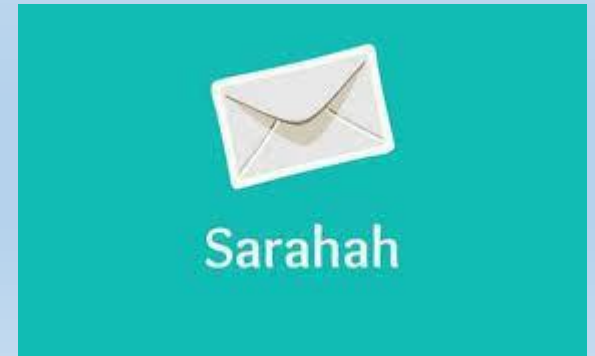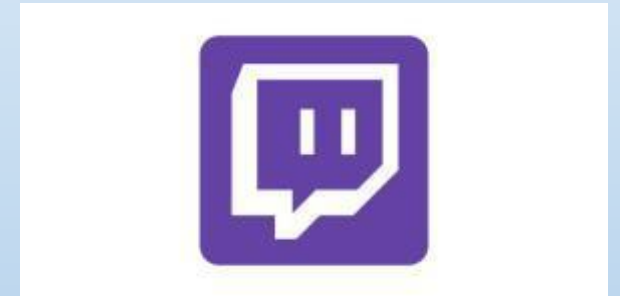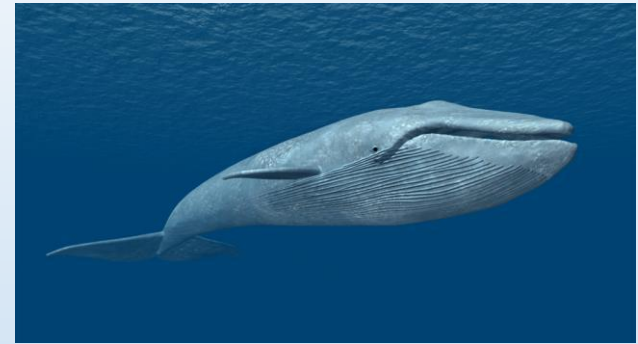
T.E.A.M

- Talk
- Explore
- Agree
- Manage

Talk and Explore

Explore

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

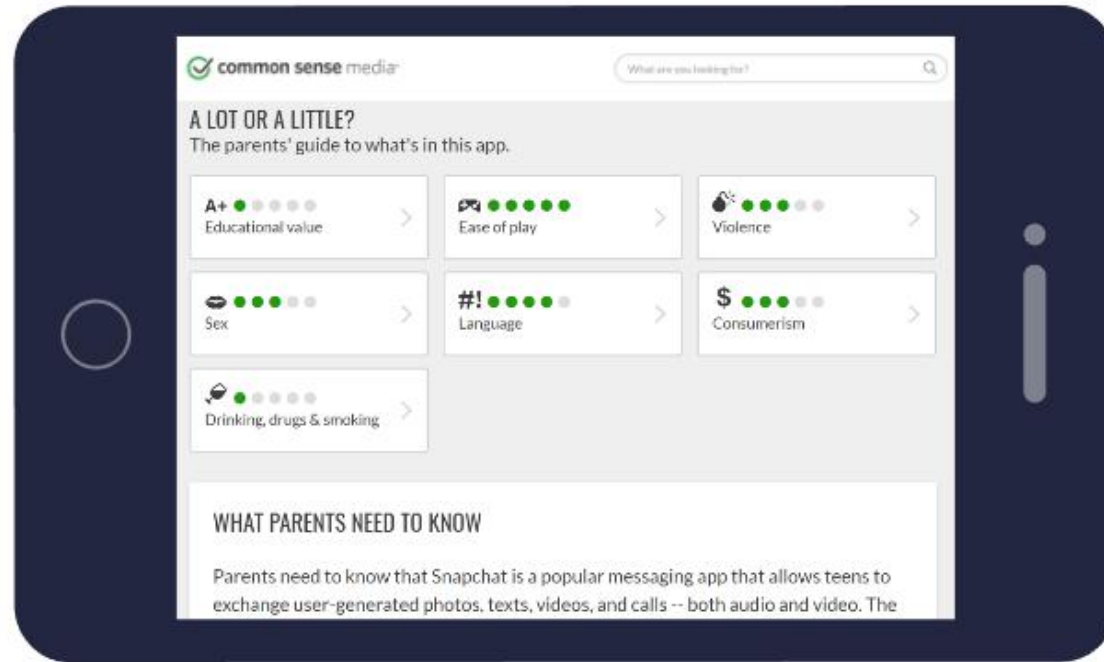Play their favourite games with them, try out their favourite apps...

Sexual — Medium Risk
Violence — Medium Risk
Bullying — Medium Risk
Suicide — Low Risk
Other — Medium Risk

NetAware App

Your guide to the social networks your kids use
Stay up to date and keep your child safe in today's digital world
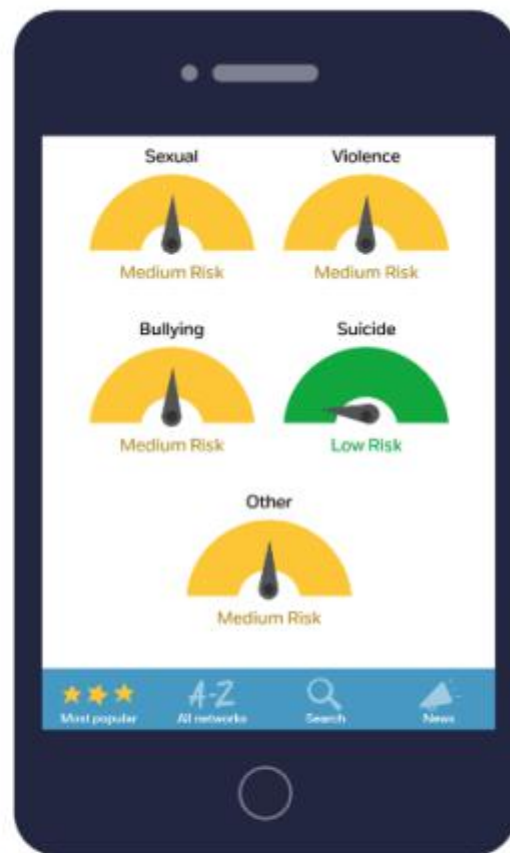
www.net-aware.org.uk

Other Useful Resources

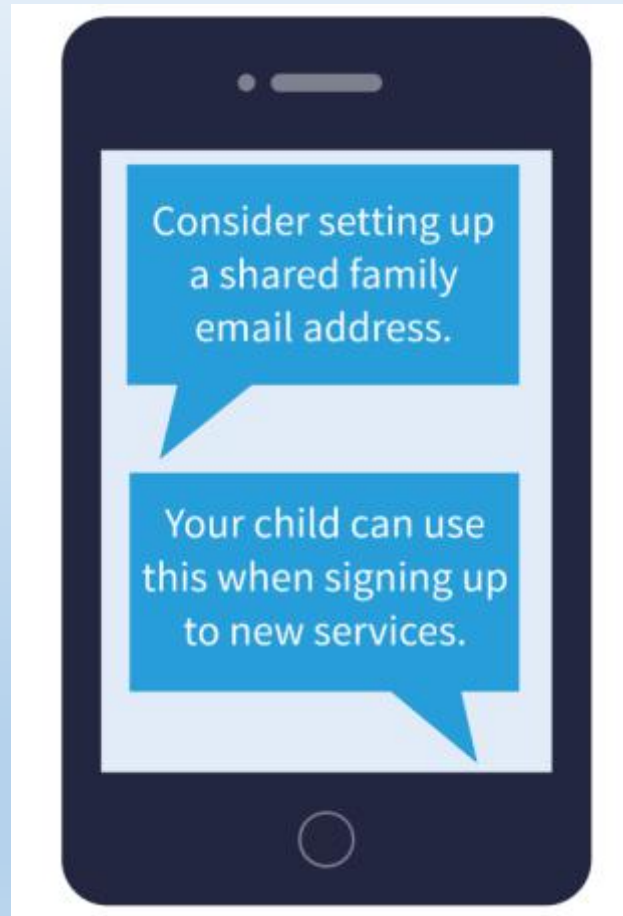www.commonsensemedia.org

www.askaboutgames.com

Agree

Consider setting a family agreement to open discussion.

Establish boundaries and your expectations as a family.

www.childnet.com/resources/family-agreement

Manage….controls, settings etc

If you're worried about a child...

NSPCC 0808 800 5000

For online safety advice...

O₂ ☺ NSPCC
Let's keep kids safe online
0808 800 5002

For mental health advice...

YOUNGMiNDS 0808 802 5544

For parenting and family support...

family lives 0808 800 2222

www.saferinternet.org.uk/advice-centre

In School…

- Program of study spring term
- Worry Boxes, assemblies, PSHE
- We WILL deal with any incidents of inappropriate online behaviour
- Police
- CEOP