

# Online Safety

Ashford Park Primary June 2016

- Look at and think about the potential risks of internet use for children.
- Discuss the importance of communication with children about the time they are spending online.
- Think about what parental controls on home and mobile devices can be used.
- Know what to do if your child encounters problems online.
- Questions

Children aged five to 16 spend an average of six and a half hours a day in front of a screen compared with around three hours in 1995, according to market research firm Childwise.

March 2016

Screen time is made up of time spent watching TV, playing games consoles, using a mobile, computer or tablet.



Eight-year-old girls spend the least - three-and-a-half hours, according to the study.

Teenaged boys spend the longest, with an **average** of eight hours!



A survey by the BBC's news programme for children, Newsround, found that more than three-quarters of younger children at primary-leaving age were using at least one social media network. For 13 to 18-year-olds, 96 percent used social media networks.

The most popular site for the under 13-year-olds was Facebook, which 49 percent said they used.

Instagram was also popular, with 41 percent of the youngsters saying they used the photo sharing site.

# Do you know your social media rules?

Twitter doesn't ask your age when you sign up, but Facebook does, and on Facebook the minimum age requirement is a hard and fast 13.

It's the same number on Instagram, Pinterest, Tumblr, Reddit and Snapchat too.

The minimum age on LinkedIn is 14.

On WhatsApp it's 16, and on Vine it's 17.

Some platforms, such as YouTube, WeChat and Kik, have a minimum age required of 18, although kids aged 13-17 can sign up with parent's permission.

A survey of 13 to 18-year-olds found 24 percent reported that they were targeted on the internet because of their gender, sexual orientation, race, religion, disability or transgender identity.

One in 25 said they are singled out for abuse "all or most of the time".

More than four in five (82 percent) of the 1,500 youngsters polled said they had seen or heard "online hate" in the previous 12 months.

Researchers at the UK Safer Internet Centre defined online hate as behaviour targeting people or communities via the internet because of their gender, transgender identity, sexual orientation, disability, race, ethnicity, nationality or religion.

# Children Online

## Potential Risks

What are the key online risks?

**Contact:** children can be contacted by bullies or people who groom or seek to abuse them

**Content:** age-inappropriate or unreliable content can be available to children

**Conduct:** children may be at risk because of their own behaviour, for example, by sharing too much information

**Commercialism:** young people can be unaware of hidden costs and advertising in apps, games and websites

# Children Online Sources of Risk



Smart Phones



Tablets



Laptops & PCs

Also  
Games consoles





# Children Online

## Games Console a hidden risk

Children and young people love playing games. In fact, it is often through games that children first start to use technology. According to Ofcom, 41% of young people aged between 5-15 have a games console in their room.

**Handheld Games:** Handheld games are played on small consoles. Some of the popular handheld consoles are the Nintendo DSi, 3DS, Sony PlayStation Portable (PSP) and the PS Vita. These devices can access the internet wirelessly, and allow for playing games with others online.

**Consoles:** These devices, like the PS3, PS4, Xbox 360, Xbox One, Nintendo Wii and WiiU, are designed to work with a TV. Consoles like these are capable of connecting to the internet via a home internet connection just like other computers. This allows users to download games or 'expansions' to existing games as well as playing online, although a subscription may be required for this. All of the three main manufacturers (Nintendo, Sony and Microsoft) include parental control functions in their consoles that are linked to age ratings systems.

## Four steps:

1. Have ongoing conversations with your children about staying safe online
2. Use safety tools on social networks and other online services, eg Facebook privacy settings
3. Decide if you want to use parental controls on your home internet
4. Understand devices and the parental control tools they offer in our Parents' Guide to Technology

## Have a conversation

Speaking to children about staying safe online is the most important thing you can do as a parent.

## Safety tools on social networks and other online services

Get to grips with the different safety tools available on online services like YouTube, Facebook, BBC iPlayer and Google Chrome.

## Parental controls offered by your home internet provider

Video guides from BT, Sky, TalkTalk, Virgin Media about how to set up parental controls and filter your home internet.

Also most TV's have inbuilt pin numbers and controls

## Parents' Guide to Technology

Advice about smartphones, gaming devices, tablets and other internet-connected devices like the iPod Touch.

## Basic ideas for internet safety

Keep all online devices out of bedrooms and try to put in communal areas.

Set clear rules and draw up a contract of how they are going to stay safe online

### Staying Safe Online:

1. I will ALWAYS tell a parent or another adult immediately, if something is confusing or seems scary or threatening.
2. I will NEVER give out my full name, real address, telephone number, school name or location, schedule, password, or other identifying information when I'm online. I will check with an adult for any exceptions.
3. I will NEVER have a face-to-face meeting with someone I've met online. Unless parents decide it's OK, then I will make sure we meet in a public place and that a parent or guardian is with me.
4. I will NEVER respond online to any messages that use bad words or words that are scary, threatening, or just feel weird. If I get that kind of message, I will tell an adult immediately.
5. I will NEVER go into a new online area that is going to cost additional money without first asking permission from my parent.
6. I will NEVER send a picture over the Internet or via regular mail to anyone without my parent's permission.
7. I will NOT give out a credit card number online without a parent present.

Check browser history and make children aware that you can track everything they do online

Use parental control software and apps specifically designed for the devices the children have.

# Parental Control Software for Windows

K9 Web Protection



Spyrix Free Keylogger



Windows Live Family Safety



Kidlogger



Naomi



# Parental Control Apps

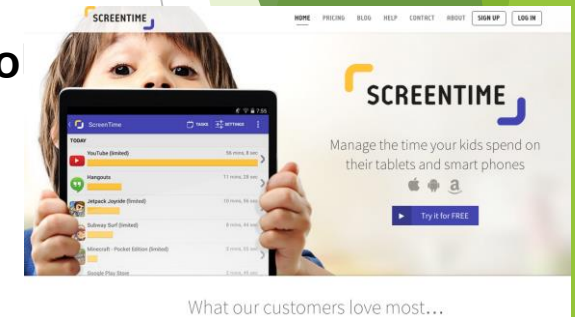
MM Guardian Parental Control



AppLock



Screen Time Parental Control



Funamo Parental Control



Kids Place - Parental Control





# Cyberbullying

Cyberbullying is the act of harming or harassing using information technology networks in a **repeated** and deliberate manner.

1. Types of cyberbullying
2. Reporting cyberbullying on social media
3. Reporting cyberbullying on messaging apps
4. What you can do if your child is being cyberbullied
5. Useful websites



# 1 . Types of cyberbullying

**Harassment** - This is the act of sending offensive, rude, and insulting messages.

**Denigration** - This is when someone may send information about another person that is fake, damaging and untrue. Sharing photos of someone for the purpose to ridicule, spreading fake rumours and gossip.

**Flaming** - This is when someone is purposely using really extreme and offensive language and getting into online arguments and fights. They do this to cause reactions and enjoy the fact it causes someone to get distressed.

**Impersonation** - This is when someone will hack into someone's email or social networking account and use the person's online identity to send or post vicious or embarrassing material to/about others.



**Outing and Trickery** - This is when someone may share personal information about another or trick someone into revealing secrets and forward it to others.

**Cyber Stalking** - This is the act of repeatedly sending messages that include threats of harm, harassment, intimidating messages, or engaging in other online activities that make a person afraid for his or her safety.

**Exclusion** - This is when others intentionally leave someone out of a group such as group messages, online apps, gaming sites and other online engagement.



## 2. Reporting cyberbullying or abuse on social media



### Facebook

Facebook does not tolerate bullying and say they will remove bullying content when they become aware of it and may disable the account of anyone who bullies or attacks another. They have a set of community standards that they adhere to and it states that they will not tolerate:

- Pages that identify and shame private individuals,
- Images altered to degrade private individuals,
- Photos or videos of physical bullying posted to shame the victim,
- Sharing personal information to blackmail or harass people and
- Repeatedly targeting other people with unwanted friend requests or messages.

You can report bullying on Facebook using the report links which appear near the content itself, normally on a drop down arrow which gives you menu option to report the image, post or comment.



# Instagram

Instagram take all incidents of bullying very seriously and have plenty of advice on their pages if you or someone you know is being bullied or abused on Instagram. Their advice initially is to block and unfollow the person who is being abusive. However, if it continues or it has gotten worse, you can use their [in-app reporting tool](#). This page has details on how to report the abuse directly to them.



### 3. Reporting cyberbullying on messaging apps

#### Snapchat



Snapchat

Snapchat is an app that allows users to send pictures to each other that disappear off screen within a set amount of time.

Bullying can happen on Snapchat in the form of screenshots, sending pics without permission and sending negative comments. If this is the case for you or someone you know they can block a user, tap the Menu icon, select “My Friends,” locate their name in the list and swipe right across their name. If you would like to delete a friend from your contacts, press “Delete.” Even if you haven’t added the user as a friend, their name will still appear in the “My Friends” list under “Recent” if they have sent you a message recently. If you receive an inappropriate photo or someone's harassing or bullying you, report it by filling out their [online form](#).



# WhatsApp

WhatsApp Messenger lets people send instant messages, videos, photos, and short audio messages to either one person or within a group chat. Messages can only be sent to other smartphone users who also have WhatsApp. Once you install the app, it checks your address book to see if anyone else you know is already using WhatsApp, and connects you automatically.

You have to be over 16 to use WhatsApp legally. If you receive any unwanted messages it is possible to block or delete the contact. You can find out more by emailing them at [support@whatsapp.com](mailto:support@whatsapp.com).



## 4. What you can do if your child is being cyberbullied

- Don't reply to any messages and keep a record of anything you consider serious or relevant.
- Make the school aware so they can support your child emotionally. You can do this by contacting the child's class teacher.
- Contact the sender's ISP (internet service provider) or social media host they should all have a contact email to report incidents of cyberbullying or abuse.

Contact the police if messages have content that contains

- harassment and intimidation over a period of time including calling someone names or threatening them, making abusive phone calls, and sending abusive emails or texts (one incident is not normally enough to get a conviction)
- anything involving hate crimes



# General safety tips

- Keep it private
- Protecting your tweets
- Location settings
- Hashtags
- Inappropriate behaviour
- Removing or blocking friends
- Closing your account
- Don't get into an argument or post offensive material
- Spreading rumours



## 5. Useful links

<https://www.common sense media.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook>

(This gives you a simple guide to the possible dangers of social media sites)

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology>

( This is a simple guide to the safety aspects of Tablets, Smart Phones and Gaming Consoles. )

<http://www.bullying.co.uk/>

<http://www.kidscape.org.uk/>

[www.childline.org.uk](http://www.childline.org.uk)

[http://safe.met.police.uk/bullying/consequences\\_and\\_the\\_law.html](http://safe.met.police.uk/bullying/consequences_and_the_law.html)

If information is found about an internet site that is being visited by children and is suspected to contain information of a sexual nature or a person is being contacted and it is suspected that 'grooming' is occurring then the 'Child Exploitation and Online Protection' unit can be contacted at <http://www.ceop.police.uk/>

