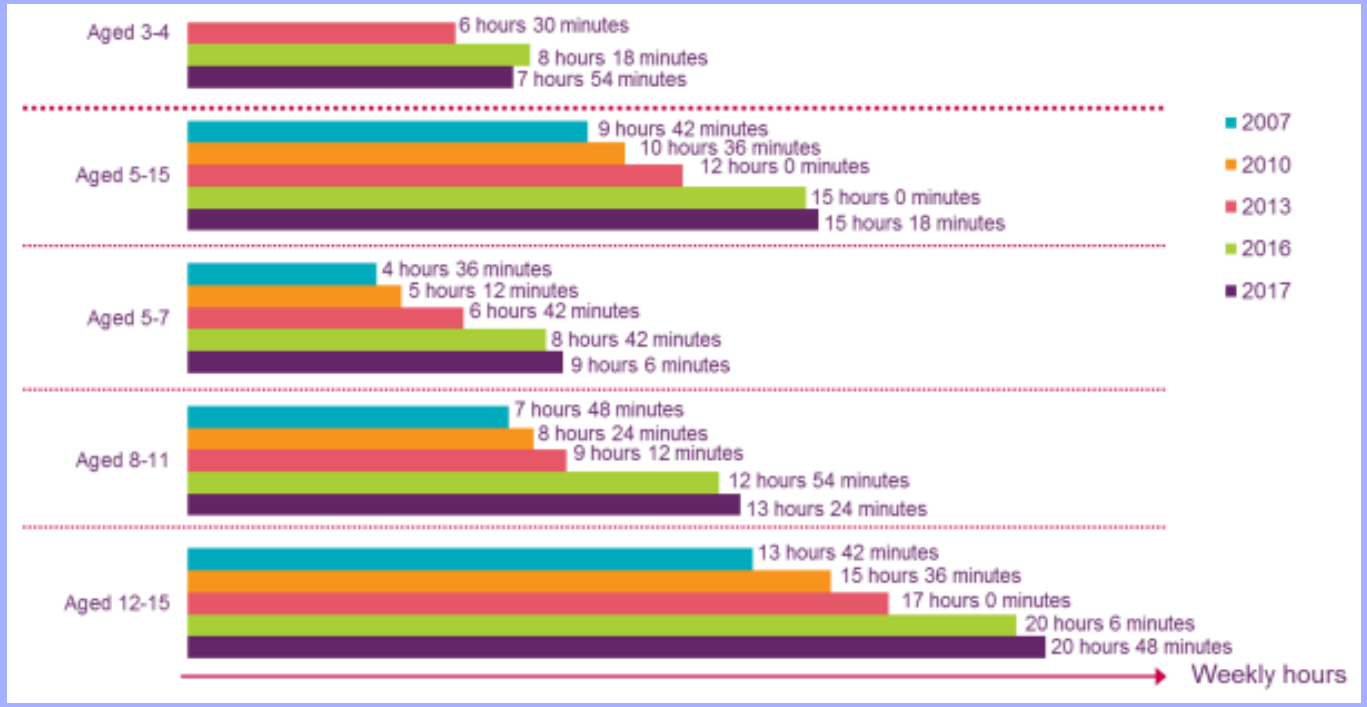
E-Safety Parental Workshop

25.03.19





Estimated weekly hours of internet consumption by age, at home (2007, 2010, 2013) or elsewhere (2016, 2017)

[redacted]

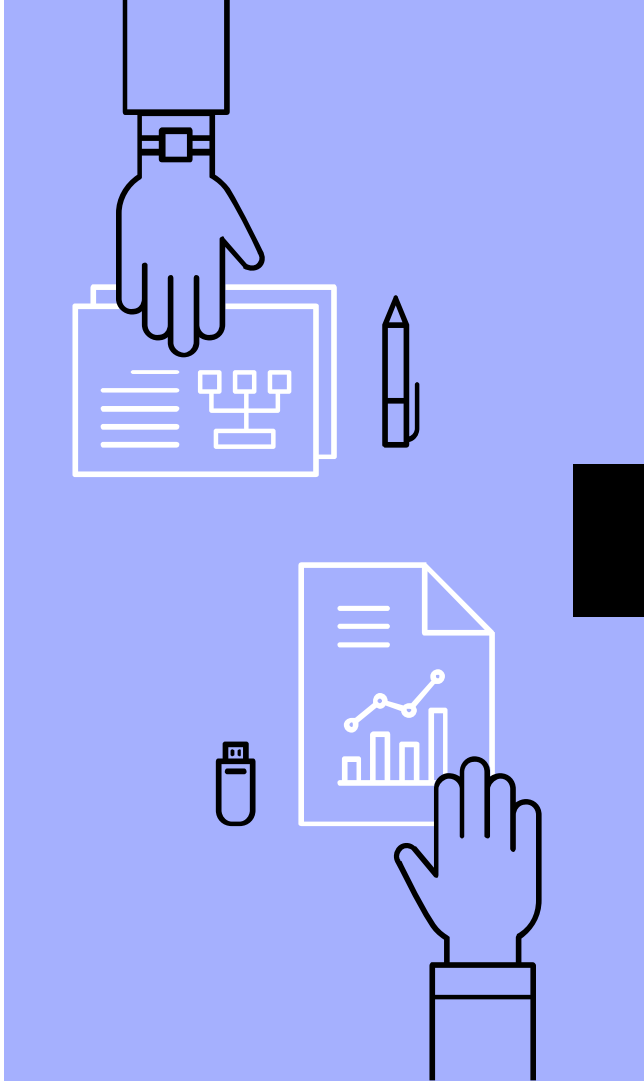
Aims of the session

- E-safety in the Computing Curriculum.
- Reflect on the potential risks of internet use for children.
- Be aware of the importance of communication with children about the time they spend online.
- Understand how to find out about setting up parental controls on home and mobile devices.
- Know what to do if your child encounters problems online.

E-Safety in the National Curriculum

The Computing Curriculum is divided into 3 strands:

- **Computer Science**
- **Information Technology**
- **Digital Literacy**



E-Safety in the National Curriculum

Within the **Digital Literacy** strand, pupils will be taught to:

"use technology safely and respectfully, keeping personal information private and identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies".



Why Is it Important?

- Latest Ofcom research has shown 53% of 3-4s are now online, as are 79% of 5-7s and 94% of 8-11s. Ninety-nine per cent of 12-15s are also online.
- 25% of 8-11s and 75% of 12-15s have a profile on a social media or messaging site or app
- 40% say Facebook is their main social media profile while 32% say Snapchat is their main profile

facebook

Children Online - Potential 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 - Potential Risks

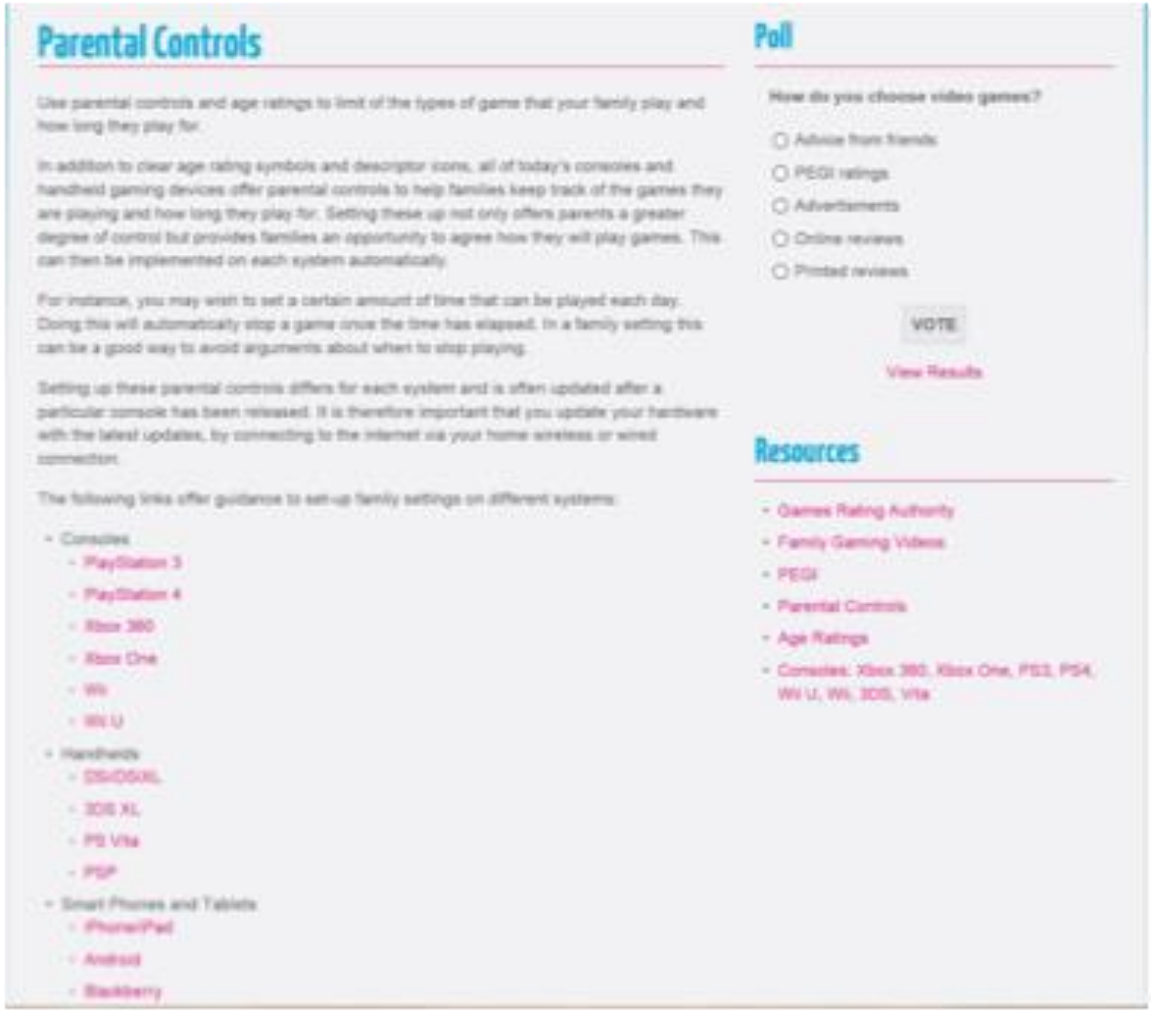
- Cyber bullying
- Grooming
- Access to inappropriate websites (via pop-ups)
- Losing control over pictures and video / Giving out too much information online
- Viruses, hacking and security



Hidden Risks of Gaming



- Many online games have communication features which allow their users to interact anonymously e.g. Minecraft and Fortnite (all devices).
- Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information.
- Some game consoles allow internet access as well, so it is important to be aware of their communication features.



Parental Controls

Use parental controls and age ratings to limit of the types of game that your family play and how long they play for.

In addition to clear age rating symbols and descriptor icons, all of today's consoles and handheld gaming devices offer parental controls to help families keep track of the games they are playing and how long they play for. Setting these up not only offers parents a greater degree of control but provides families an opportunity to agree how they will play games. This can then be implemented on each system automatically.

For instance, you may wish to set a certain amount of time that can be played each day. Doing this will automatically stop a game once the time has elapsed. In a family setting this can be a good way to avoid arguments about when to stop playing.

Setting up these parental controls differs for each system and is often updated after a particular console has been released. It is therefore important that you update your hardware with the latest updates, by connecting to the internet via your home wireless or wired connection.

The following links offer guidance to set-up family settings on different systems:

- Consoles
  - PlayStation 3
  - PlayStation 4
  - Xbox 360
  - Xbox One
  - Wii
  - Wii U
- Handhelds
  - DSi/DSiXL
  - 3DS XL
  - PS Vita
  - PSP
- Smart Phones and Tablets
  - iPhone/iPad
  - Android
  - Blackberry

Poll

How do you choose video games?

- Advice from friends
- PEGI ratings
- Advertisements
- Online reviews
- Printed reviews

VOTE

View Results

Resources

- Games Rating Authority
- Family Gaming Videos
- PEGI
- Parental Controls
- Age Ratings
- Consoles: Xbox 360, Xbox One, PS3, PS4, Wii U, Wii, 3DS, Vita

Links to useful websites such as:

http://www.askaboutgames.com/parental-controls/

Tips for Parents

- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor mobile phones, gaming devices, and laptops.
- Surf the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.
- Check the browser search history on a regular basis.



Communication is Key

- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.
- No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.
- Create a family agreement for internet use



Family agreement

A family agreement is a great way to start a conversation with your whole family about how you all use the internet, and discuss together how to behave in a positive way when online at home, at school, or at a friend's house etc. Bear in mind it is difficult to have complete control over your family's internet usage, however a family agreement is a great way to set clear expectations for positive and safe internet use.

Top tips

1. Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.
2. Make sure your agreement works for your whole family and everyone is happy with it.
3. Review your agreement in the future to make sure it reflects the current needs and ages of your family.
4. Consider your tone - Are you focusing on negative behaviour or promoting positive behaviour?

Starting questions

Who is this agreement for?

What do we use the internet for? (Favourite websites, apps and games)

Adult's use	Young people's use

Why are we creating this family agreement?

We agree to...

Eg, I will use kind words when online	Who is responsible for this? Eg, We will all make sure we only post kind comments

Final thoughts

What happens if someone doesn't follow the agreement?

Eg, revisit the agreement and discuss how it was broken

How long will our agreement last for?

Eg, 6-12 months

How often will we review our agreement?

Eg, every time we download a new app or get a new device

Signatures

Date:

Discussion Starter Ideas

- What are your favourite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- Do you know how to block others in chat rooms and Instant Messenger? Can you show me how to do this?

Go to http://www.netsmartz.org/InternetSafety for further examples.

What to do if your child sees inappropriate material online

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again.
- ALWAYS keep records of abusive messaging.
- Report abusive or inappropriate behaviour to the website and if serious, to the police. **Keep the school informed too.**
- If you come across illegal content, such as images of child abuse, you can report this to the **Internet Watch Foundation** at www.iwf.org.uk.

DESIGNATED SAFEGUARDING LEADS (DSL)

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