

# E-safety

---

TUESDAY 21<sup>ST</sup> JANUARY 2025



# Aims of this session.

---

Shared experiences of the Internet and best practices on how to keep safe.

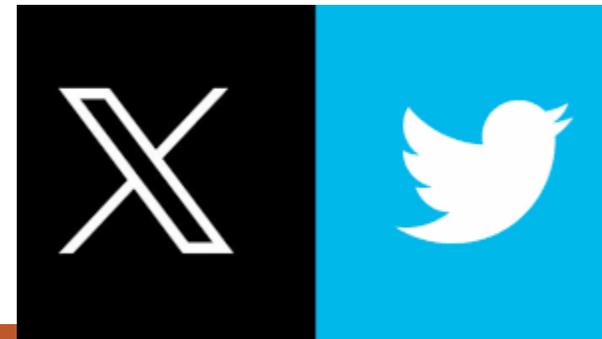
Open forum to discuss and problem solve.

To create a positive culture around Internet use with our children in school and at home.

Links to resources which can help develop our children's awareness of e-safety, as well as our own.



Which of the following do your children use?



# E-safety is...

---

E-safety is the responsible and safe use of digital technologies, focusing on protecting individuals (especially children) from potential online risks while enabling them to use digital resources effectively and positively. It covers:

- Staying safe online.
- Protecting personal information.
- Understanding potential digital risks.
- Using technology responsibly and ethically.
- Maintaining digital well-being.



# Why e-safety is crucial for our children?

---

## Technology is a tool that requires responsible use.

Young children lack the critical thinking skills to fully understand online risks- unless we educate them on this.

**Rapid Technology Exposure:** Children are accessing digital devices earlier than ever before.

### **Potential risks:**

- Inappropriate content
- Online abuse
- Cyberbullying
- Privacy breaches
- Mental health impacts

**Developmental Protection:** Early education prevents future risky online behaviours.

**Digital Literacy:** Building safe technology habits from a young age.



# Our e-safety is split into different topics.

---

We have a weekly Internet fact- to celebrate the joy and wonder of the Internet or inform.

We have a true or false question- children discuss and answer in pairs.

We have a weekly scenario- of incident which have happened to children their age. They discuss how to respond.

Mention it within our computing content- when there's a natural link.

Some topics are covered via our PSHE curriculum as well.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Self-image and identity Online relationships	Online reputation	Online bullying	Managing Online information.	Health, well-being and lifestyle	Privacy and security (copyright and ownership).



# It could be us!

---

When thinking about e-safety it is easy to think scenarios are not going to affect you.

It is vital we are vigilant and open to the idea these things can happen.

We take measures to pre-empt situations and educate our children which helps them recognise the dangers and respond in the correct way.

It is not about scaring children but making sure they make the correct choices when using technology.



# What are your views on the following article:

## Australia approves social media ban on under-16s



GETTY IMAGES

The ban will be enforced by the nation's internet regulator

**Hannah Ritchie**

BBC News, Sydney

What are the possible drawbacks?

What are the positives?



Source: BBC news 2024



# Social Media:

---

Why children like it?

Becoming older children's most desired use of technology/ the internet.

It enables people to keep in touch no matter where they are in the world.

Can share exciting things you are doing- which children enjoy.

Potential Drawbacks:

Gives children unrealistic expectations.

Body image issues- particularly for older children.

Children have access to communicate with strangers.



# Privacy settings- how it can help your digital footprint:

---

The following link provides guides on the most used social networking sites.

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

Look up on relevant apps to see how to do it.

All networks have this information displayed on their website also.

Think before you share.



# Digital footprint

Your digital is a timeline of how you post/interact with the Internet.

---

Something you write on the Internet can possibly be seen by a huge audience, and a negative impact YEARS down the line.

## England cricket in chaos as host of offensive social media posts unearthed



# Recognising online dangers.

---

We educate children on communicating online and how it links to our digital footprint.

Children must know who they're talking to. Because they cannot always see who they're talking to, they must be cautious about information shared.

Being sure who you're communicating with is the safest practice.

No sharing personal information- usernames shouldn't give away important information about you.

Best way to steer clear of these dangers is make sure your child is accessing age-appropriate content.

We discuss the importance of not sharing information and to be report if someone is asking for invasive information.



# Cyberbullying

---

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation

To prevent this, we can do the following:

- Encourage children to share this with a trusted adult.
- Not react to the hurtful comments and respond negatively.
- leave the chat if feeling uncomfortable.



# Group chats

---

Group chats cause issues with children. It enables children to be bystanders to possible cyberbullying.

WhatsApp age requirement is 13. This is because children need to develop the maturity in communicating through technology before they partake in group chats.

The issues arise because children can share inappropriate content which you may not want your child seeing.

It is strongly recommended not to give children access to group chats immediately when getting a phone.



# YouTube:

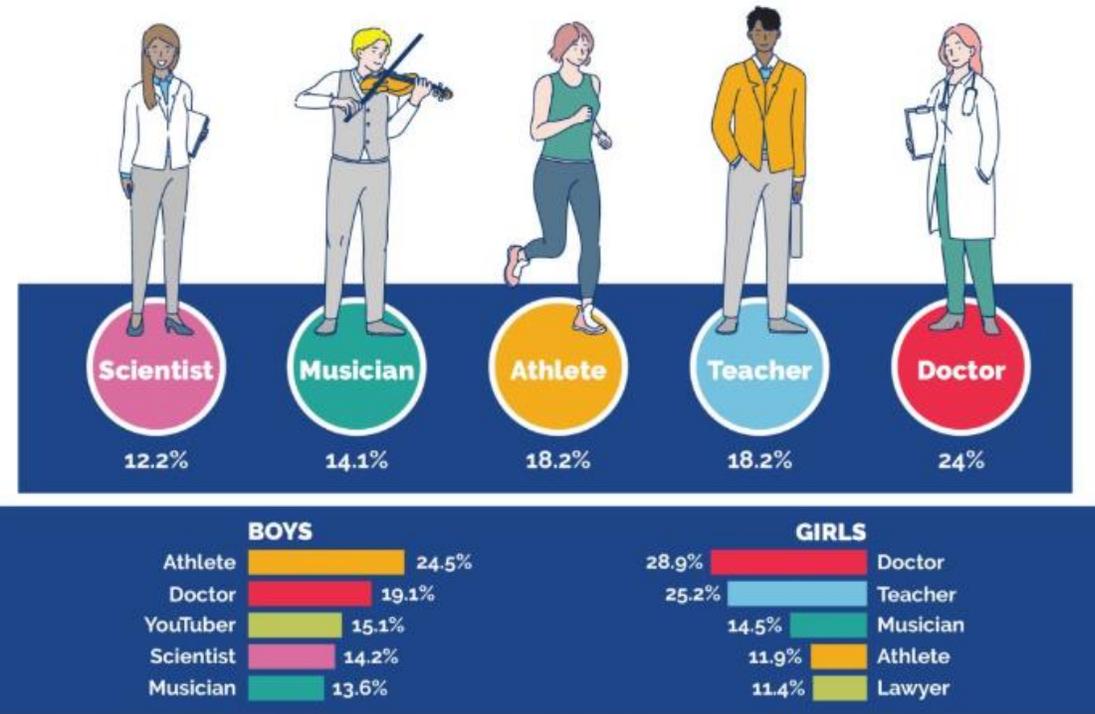
We know what it is and we probably all use it.

In the last 15 years children have changed who they look up to. Many children look up to and aspire to youtubers.



Source: Daily Mail

## TOP FIVE Childhood Aspirations



Source: Vocovision.



# Guidance for children under 13

---

YouTube has a kids version of their website.

Keeps the videos age appropriate. This is possibly too 'babyish' past ks1 age. So setting up parental controls on the youTube app is advised.

Family link account (Google) can help you monitor what videos your child is able to access.



# Online gaming

---

## **What children like about it?**

It has positives for problem solving skills and developing designing skills.

Communication skills can become improved when playing with friends online.

Minecraft has a minimum age of 7 which is popular in schools.

## **Potential drawbacks:**

Many of the most popular games with primary aged children have a minimum age of 13.

Children become addicted.

Inappropriate communication.

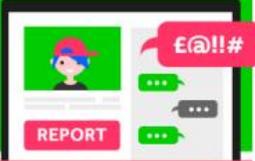
Can create moments of poor behaviour (rage quitting).



# Internet Matters-Top tips for keeping children safe whilst gaming.

Children safe while online gaming

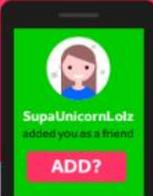
- 

Take an active interest in the games your children are playing to get to grips with how they work and why they enjoy playing them
- 

Ask who they play with online, who they meet and talk to, and talk about what kind of language is being used. Make sure your child knows how to do report abusive or anti-social behaviour
- 

For younger children, use 'airplane' mode settings on your tablet or smartphone. That way, they can play offline without making accidental purchases or connecting with someone they don't know
- 

Use PEGI ratings and App store ratings to ensure your children are playing age appropriate games. Help children understand why some games are allowed and others aren't
- 

Gaming can be very addictive, so agree boundaries and how long they're allowed to play for and with whom they are allowed to play online with. Remind them that people may hide behind fake profiles and not be who they say they are
- 

Teach your children to protect themselves by thinking critically – remind them not to share personal information and to keep gaming friends in the game only rather than adding them to their other social networks

Page 1 / 1



# Screen time

Quick task have a look at your screen time. You don't have to share if you don't want to.

---

View your Screen Time summary

Go to [Settings > Screen Time](#). Tap See All App & Website Activity, then tap Devices to select which device you want to see usage for.



Apple Support

<https://support.apple.com> › [guide](#) › [iphone](#) › [ios](#) ⋮

[Get started with Screen Time on iPhone - Apple Support](#)

## Manage your time in apps

1. Open your device's Settings app.
2. Tap Digital Wellbeing and parental controls.
3. The chart shows your device use today. For more info, tap the chart. For example: Screen time: What apps you've had on screen and for how long. ...
4. To get more info or change app settings, tap a listed app.



Google Help

<https://support.google.com> › [android](#) › [answer](#) ⋮

[Manage how you spend time on your Android phone with ...](#)



# Screen time

---

In the UK children aged between 5-16 years spend an average of 2-3 hours per day watching television, 1-3 hours on the internet, 1-2 hour playing video games and over an hour on mobile phones (not talk), a total of 6.3 hours of screen time per day.

By the time they get to teenagers, over 40% of children are spending up to 8+ hours a day on their phone.

## Reflection:

*Do you have a screen time allowance in place for your child and their devices? Does it meet the recommendations?*



# Timers on devices.

---

On mobile phones you can limit apps you don't want your child spending too long on.

You can get apps to monitor your child's device which helps you feel confident they're not overusing their devices. According to Pcmag here are the top 6 rated.

	<b>Bark Premium</b> Best for Monitoring on Multiple Devices	<a href="#">Jump To Details ↓</a>	<a href="#">See It</a>
	<b>Boomerang</b> Best for Android Device Monitoring	<a href="#">Jump To Details ↓</a>	<a href="#">See It</a>
	<b>FamilyTime Premium</b> Best for Mobile Monitoring	<a href="#">Jump To Details ↓</a>	
	<b>Mobicip</b> Best for Activity Scheduling	<a href="#">Jump To Details ↓</a>	<a href="#">See It</a>
	<b>Symantec Norton Family Premier</b> Best for Establishing Online Rules	<a href="#">Jump To Details ↓</a>	<a href="#">See It</a>
	<b>Qustodio Parental Control</b> Best for Web Filtering	<a href="#">Jump To Details ↓</a>	<a href="#">See It</a>



# Family agreement

## Childnet Family Agreement

A great way to start positive family conversations around online safety, and to agree clear expectations and boundaries.

Childnet have an excellent template for creating a family technology use agreement.

Start by discussing the questions that are most relevant to your family.

### Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

### Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

### Sharing

- What should we check before posting images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

### Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

### Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we look after our friends when we are online?

### If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

### To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

## Want expert advice?

[www.childnet.com/parents-carers-advice](http://www.childnet.com/parents-carers-advice)

Examples for different ages:

Our agreement: (Under 11s)

I will use my tablet for \_\_\_ mins a day.

I will make sure the children's favourite games are bookmarked for them to get to easily.

Our agreement: (Pre-teens)

I will tell mum and dad when I see something that worries me.

I will put parental controls in place but review it as the children grow up.

Our agreement: (Teenagers)

I will make sure all my social networking sites are private.

I won't post photos of our children without their permission.



# Advice for parents

---

Create a culture of openness about how your child (and you) use technology. Family agreements (written collaboratively) are a good way to achieve this.

Discuss their digital footprint and why this is important.

Consider website, game and app safety settings.

Stick to recommended ages for games and websites- they're in place for a reason.

Timers on apps and games.

Children to use technology in an open part of the home- where they're visible.



# Thanks

---

ANY QUESTIONS?



# Useful links

---

<https://www.common sense media.org/> - evaluate appropriateness of websites based on your children's age.

<https://saferinternet.org.uk/guide-and-resource/social-media-guides> - Social media guides for most commonly used apps.

[YouTube parental controls and supervised accounts | Internet Matters](#) –how to link your google account and your child's to filter youtube.

<https://support.google.com/families/answer/7101025?hl=en#zippy=%2Csupervise-your-childs-device%2Cmanage-your-childs-google-account%2Cset-screen-time-limits> – set up google family link.

<https://www.ceopeducation.co.uk/parents/> -some good resources and a good place to report internet concerns to an organization.

