

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



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.

There are lots of positives



Online games can enhance team work and creativity



Add to the child's store of knowledge



Improve both visual intelligence and hand eye coordination

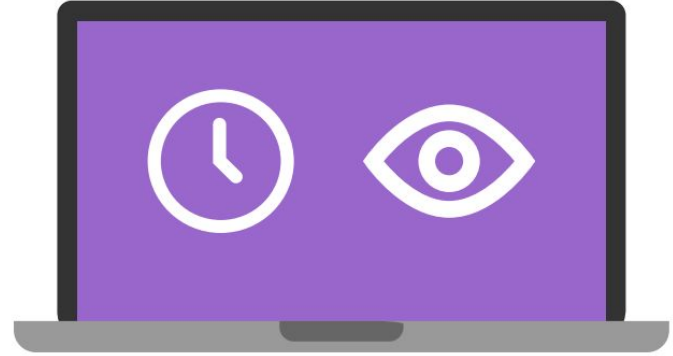
But technology can affect children's development...

Sleep cycles are affected by blue lights from screens.

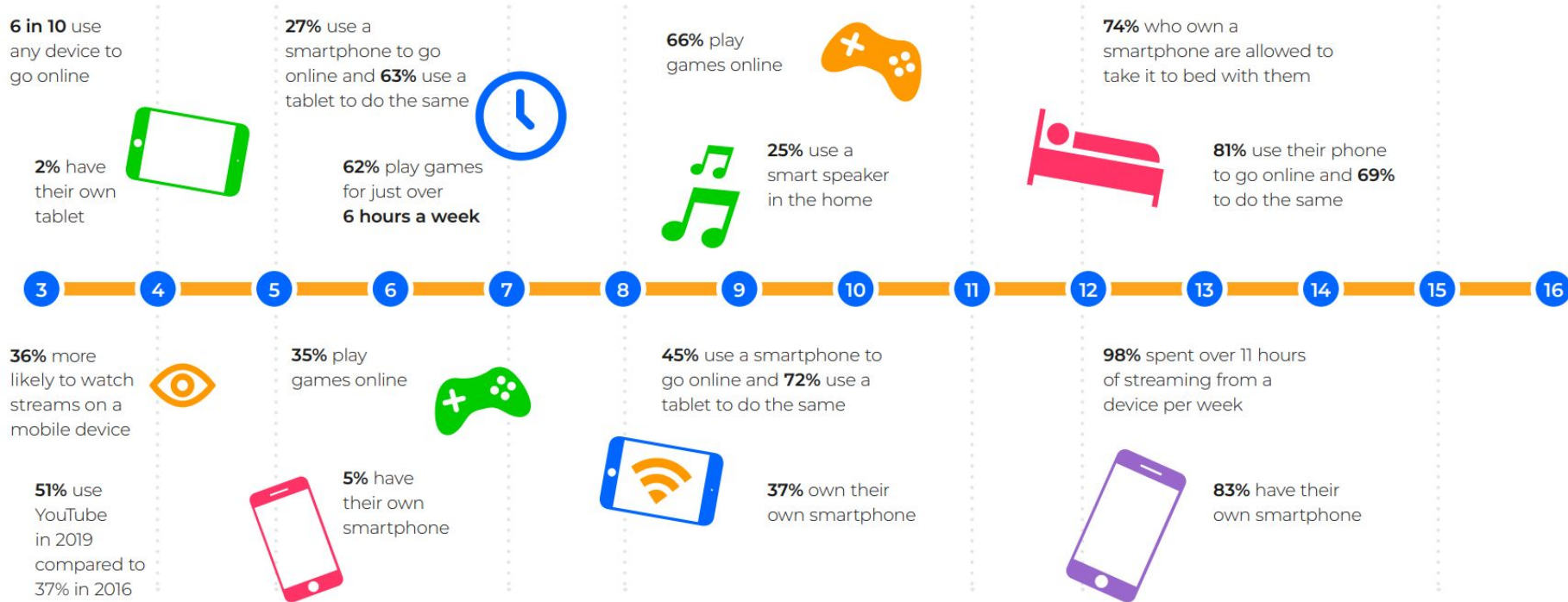
Screen based entertainment increases central nervous system arousal

One study found the more distracted you are, the less you are able to experience empathy

Gaming platforms use persuasive design in order to keep people using their products and children are particularly vulnerable to these tactics.

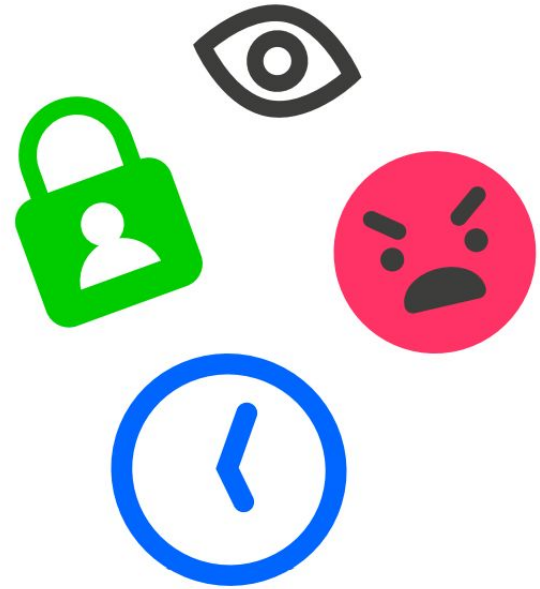


Media usage by age



Risks parents are usually worried about

Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%



Risk is not harm

Positive action can limit risks becoming harmful.
Here are 5 tips for parents:

1

Understand the risks

2

Communicate regularly

3

Keep the risks in proportion

4

Agree on helpful mediation strategies

5

Develop coping strategies that foster resilience

Content

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed through social media, online games, streams and websites.

Live comments and chats alongside other content including videos, streams and games can be hurtful, harmful or unreliable.

It is important for children to consider the reliability of online material and be aware that it might be written with a bias. Photos and videos can also be edited or inaccurate.

1/3 of children have seen explicit images by the age of 10

Dealing with Inappropriate Content

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography that it represents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips/ tools to use

- Parental controls
- Content lock on mobile networks
- Safe search on google (& other browsers) & YouTube; child friendly search engines



Contact

It is important for children to realise that new friends made online may not be who they say they are.

They should know that once a friend is added to an online account, you may be sharing personal information with them.

Dealing with Inappropriate Contact

What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever meet up with anyone they don't know in real life.

Top tips/ tools to use

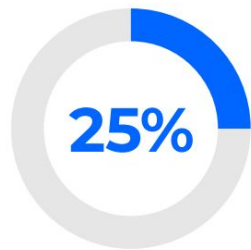
- Learn how to report, block, mute
- Turn off geo location settings on any device
- Use the strongest privacy settings on social media
- If you have concerns that your child has been the subject of inappropriate sexual contact or approached by another person (e.g. a request to meet up, a request to share images)- report to police through CEOP

Conduct

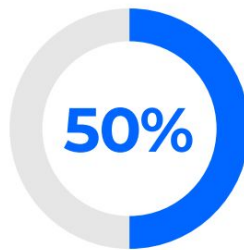
Children need to be aware of the impact of their online activity can have on both themselves and others, and how other people may perceive them because of what they say and do online.

It's easy to feel anonymous online and its important that children are aware of who is able to view, and potentially share, the information, photos and videos they have posted.

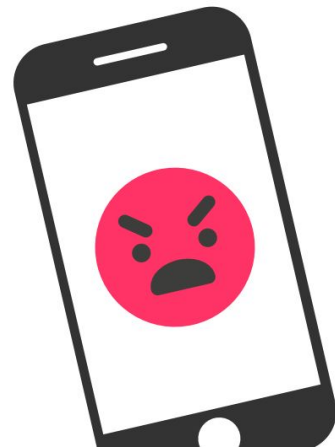
When using the internet, it's important to keep personal information (that could identify who they are) safe and not share it with strangers.



of children **will**
experience **cyberbullying**



of children **say someone**
has been nasty online



Dealing with Inappropriate Conduct

What to talk about

- Talk to a trusted adult if they experience upsetting things online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

Top tips/ tools to use

- Use online tools to report and block
- Don't deny your child access to a device, they may feel punished when they are already the victim.
- Don't retaliate

Dealing with Sexting

What to talk about

- It's hard to control where images might be shared
- It's illegal to create or share a sexual image of a child under 18

Top tips/ tools to use

- The T shirt test - if you wouldn't wear the picture on your T shirt - don't share it online
- With younger children, discuss which parts of the body should be kept private
- Do report to the police or CEOP

What are the children taught in school?

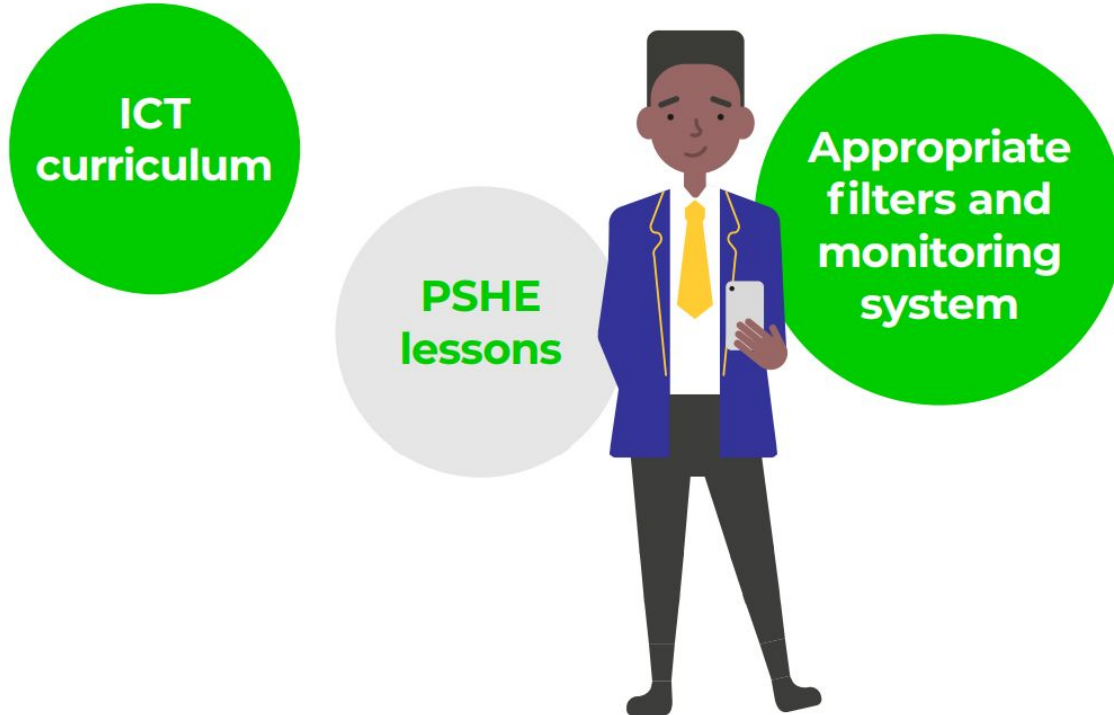
KS1

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

KS2

Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

What are the children taught in school?



Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour

1

Turn off notifications on apps to avoid that constant 'ping'

2

Buy an alarm clock so you don't have devices in the bedrooms

3

Keep phone on silent in your pocket or bag when you pick the kids from school

4

'No phones at the table' rule or 'no phones between 6 and 7' rule

5

Family tech-free days!



Controlling tech time

And there are tactics you can put in place to help manage their screen time

1

Set a good example

2

Talk together about the time spent online

3

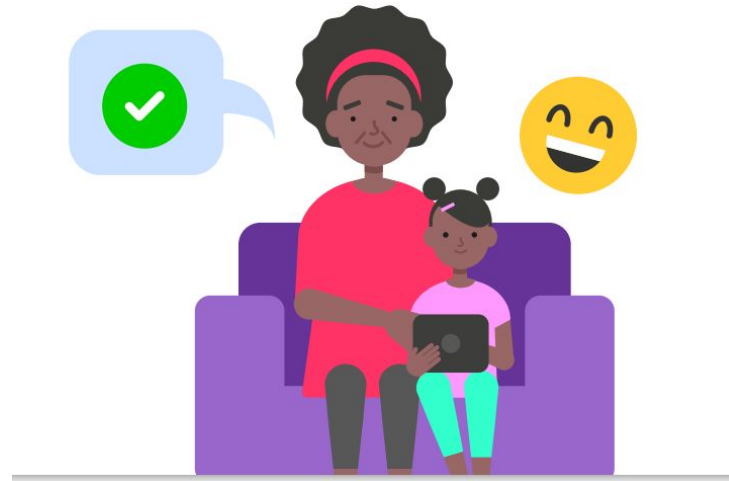
Agree on appropriate length of time they can use their device

4

Get the whole family to unplug & create screen-free zones

5

Use technology/apps to help manage screen time e.g. Forest App



Three things to teach your child



**Be a confident
communicator**

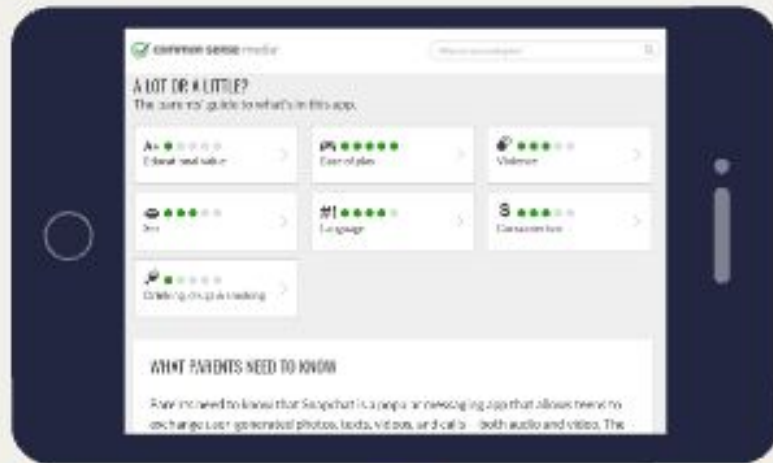


**Be a critical
thinker**



**Be a capable
tools user**

Other useful things to know



commonsensemedia.org



askaboutgames.com

An open and honest dialogue with your child is absolutely key.

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

Talk to them about their internet use and let them know you are interested in what they do online.

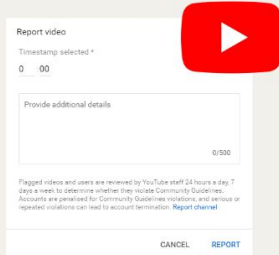
Play their favourite games with them



Reporting

Making a report

Look out for these symbols on the post, comment or user profile you want to report



Report video

Timestamp selected *

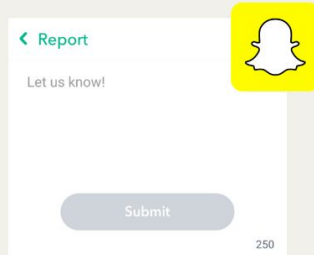
0 : 00

Provide additional details

0/500

Flagged videos and users are reviewed by YouTube staff 24 hours a day, 7 days a week to determine whether they violate Community Guidelines. Accounts are penalized for Community Guidelines violations, and serious or repeated violations can lead to account termination. [Report channel](#)

CANCEL REPORT

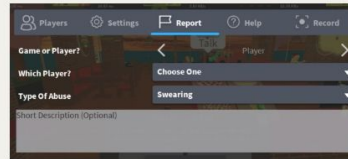


< Report

Let us know!

Submit

250



Players Settings Report Help Record

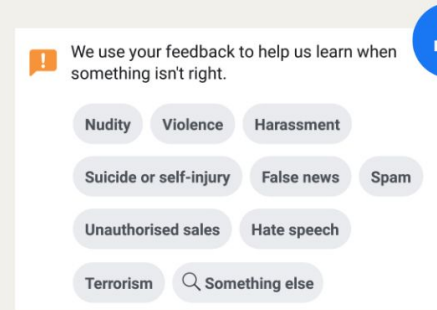
Game or Player?

Which Player? Choose One

Type Of Abuse Swearing

Short Description (Optional)

ROBLOX



We use your feedback to help us learn when something isn't right.

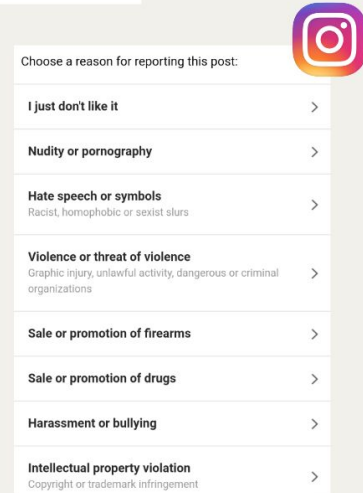
Nudity Violence Harassment

Suicide or self-injury False news Spam

Unauthorised sales Hate speech

Terrorism Something else

Choose a reason for reporting



Choose a reason for reporting this post:

I just don't like it >

Nudity or pornography >

Hate speech or symbols
Racist, homophobic or sexist slurs >

Violence or threat of violence
Graphic injury, unlawful activity, dangerous or criminal organizations >

Sale or promotion of firearms >

Sale or promotion of drugs >

Harassment or bullying >

Intellectual property violation
Copyright or trademark infringement >

Fill out the form with as much detail as possible and press send to inform the platform's safety team.

Keep the conversation going...

Do you have any tips for how to be positive and show respect online?

What could you do if someone online is making you or someone you know feel worried or upset?

How might you know if you are using the internet/technology too much?

How does the internet make you feel? Do different apps/games makes you feel differently?

Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

Help me!
Can your child show you how to do something better/safer online?

Useful websites



KeSOU

Teachers & p

Help, advice and
resources for
parents and carers

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

What is child abuse? | Keeping children safe | Support us | About us | Events

Home | [Keeping children safe](#) | [Keeping children safe online](#) | Talking to your child about online safety

Talking to your child about online safety

Advice on how to start the conversation and get support if you're worried.

Internet matters.org

In partnership with

ONLINE ISSUES | ADVICE BY AGE | SETTING CONTROLS | GUID

Helping parents keep their children safe online

digital matters

Supported by: **eset** Digital Security Progress. Protected.

VISIT DIGITAL MATTERS

CEOP

I would like advice on...

Home | Get advice | Concerned about your child? | How to get help | Home Safety Activities | #AskTheAwkward

Help your children get the most out of the Internet

I'm concerned about my child

Reporting an incident to CEOP

I'd like information and advice on keeping my child safe

I'd like information and advice on keeping my child safe

