

Online Safety



Online Safety. Why?



What our children do online

- Gaming (Console, Smartphone)
- Watching TV/YouTube (All4, Netflix)
- Making Friends (Social Networks)
- Chatting (Messaging Apps Games)
- Sharing (Images, Videos)
- Searching (Google, Bing)
- **Homework**



Britons spend more time on tech than asleep, study suggests

By Joe Miller
Technology reporter

How kids as young as ten spend SIX HOURS a day online - and 74% of parents have no idea what they're up to

Teenagers spend 27 hours a week online: how internet use has ballooned in the last decade

The amount of time young people spend online has trebled in the past 10 years, while 70pc of adults feel comfortable giving away personal information

f 546 t p 0 in 21 567 Email



Almost 40pc of 16-24 year olds regularly use online TV catch-up services Photo: Getty

If Your Kids Are Awake, They're Probably Online

By TAMAR LEWIN
Published: January 20, 2010

The under-5s glued to screens for four hours each day: Fears 'very worrying' figures are showing that children are becoming online addicts

- Pre-school children are online for an average of 71 minutes a day
- Over half of three to four-year-olds use tablets, Ofcom figures reveal
- Children aged five to 15 are glued to screens for five and a half hours a day

UK children watch an average of more than two and a half hours of television a day and spend an hour and 50 minutes online a day, a poll suggests.

Children spend 7 hours 38 mins a day online

Children as young as eight are spending more than seven hours a day absorbed in an 'electronic life', a report claimed.

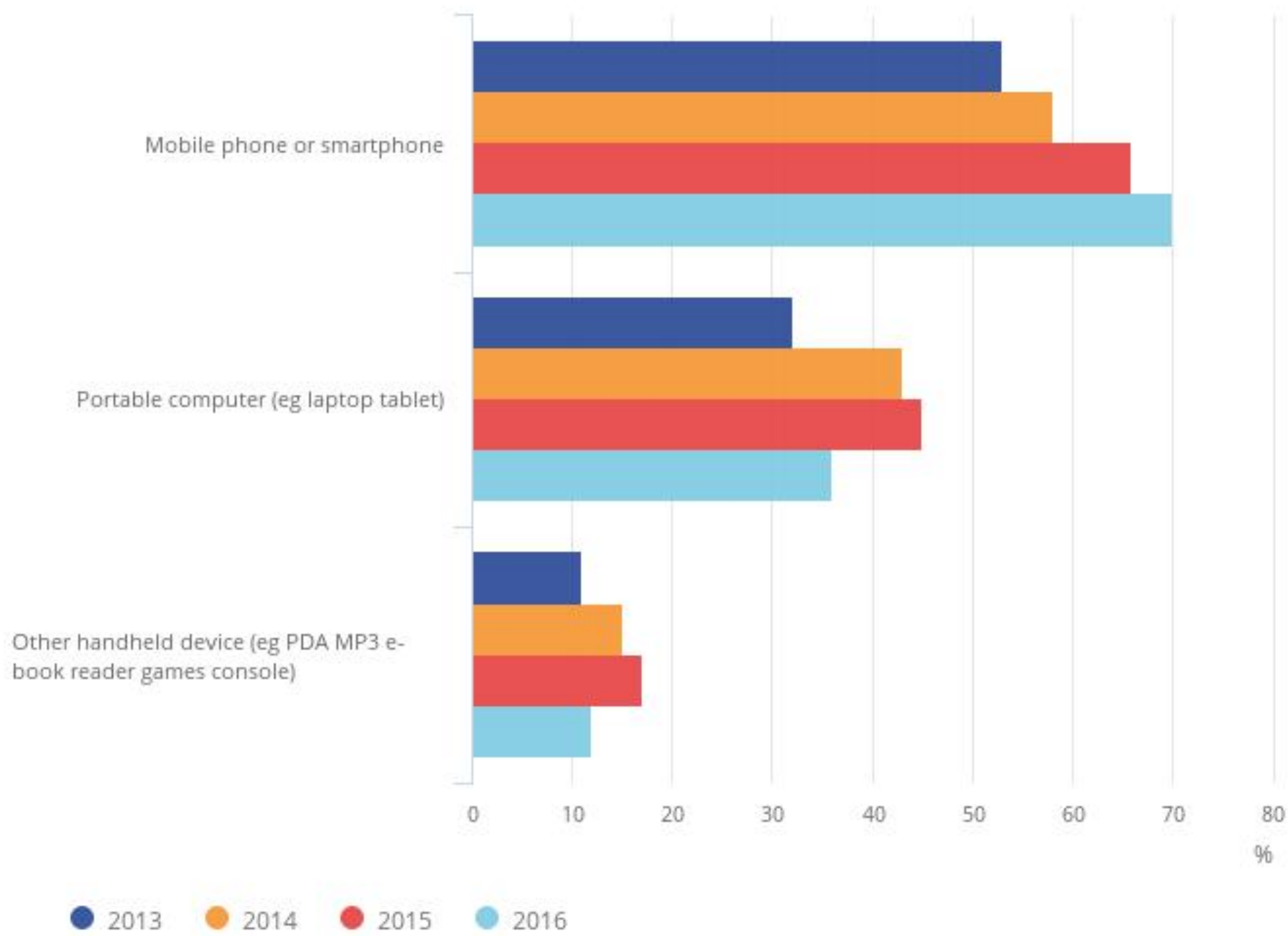
2 hours 11 minutes - OFCOM

How?

- Mobile Phone
- iPod/MP3 player
- Tablet
- Games Console
- Smart TV
- Smart Watch
- PC/Laptop



Internet use 'on the go' by device type



Source: Office for National Statistics

The rise of the smartphone

33% of internet users view their smartphone as the most important device for getting online

Proportion of internet users



Change since 2014

↑ +10pp

↓ -10pp

↑ +4pp

↓ -6pp



Introduction

Social Media

Cyberbullying

Sexting

Online Gaming

Mobile Phones

Threats to our Online Safety

Tips for Parents & Carers

Preventable Cyber Attacks

ISPs

Online Safety at School

Top Tips



Introduction

Social Media

Cyberbullying

Sexting

Online Gaming

Mobile Phones

Threats to our Online Safety

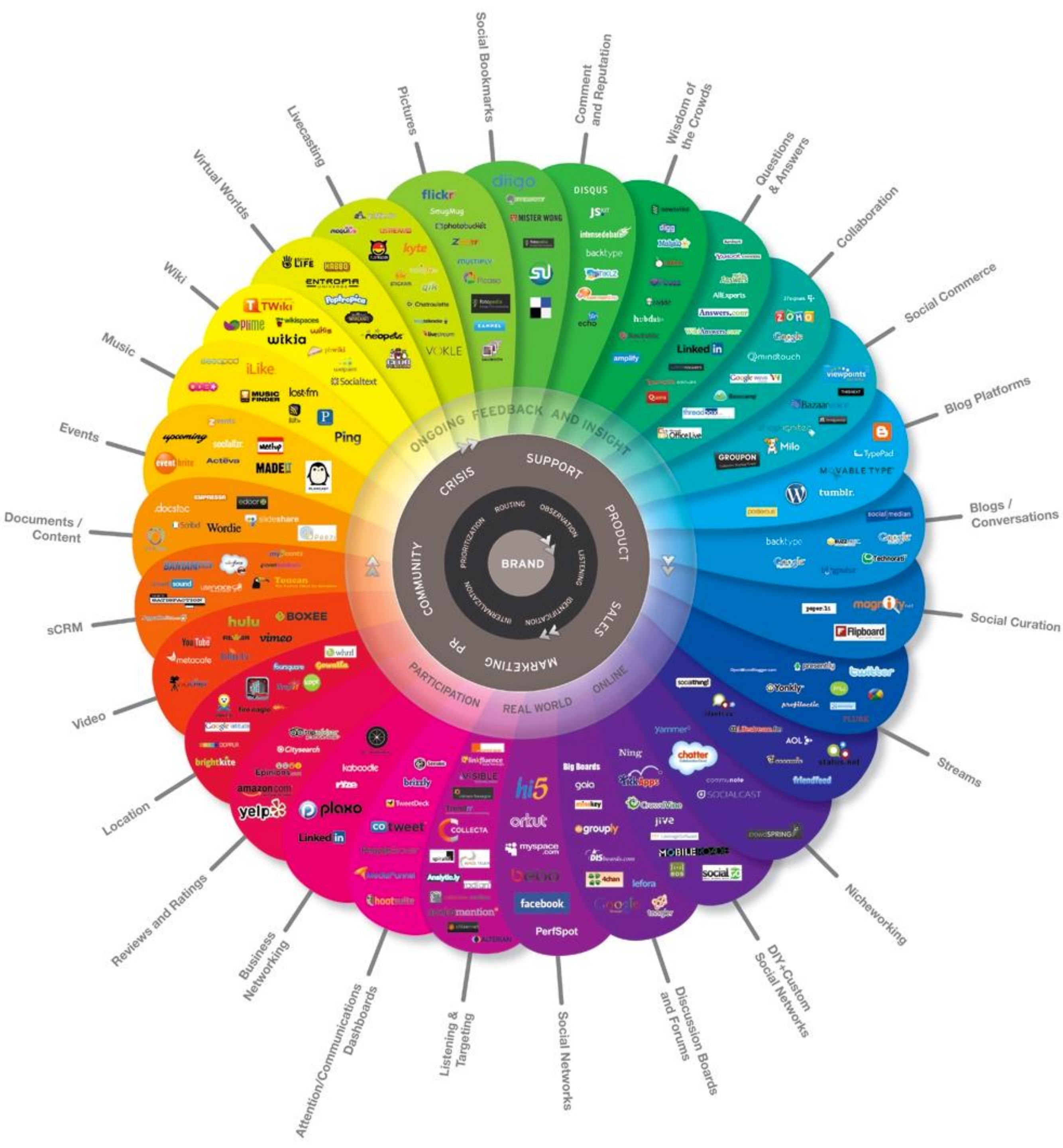
Tips for Parents & Carers

Preventable Cyber Attacks

ISPs

Online Safety at School

Top Tips



Social Media

*“Social media are computer-mediated tools that allow people to **create, share or exchange** information, **ideas**, and **pictures/videos** in virtual communities and **networks.**”*

Video

Don't Panic



What is being shared?





Facebook is the largest free social networking website that allows registered users to **create profiles, upload photos** and **video, send messages** and keep in touch with friends, family and colleagues.

Over 2.7 Billion users!



Twitter is now comparably a much smaller **online social networking** service that enables users to **send and read short 140-character** messages called "tweets".



Facebook

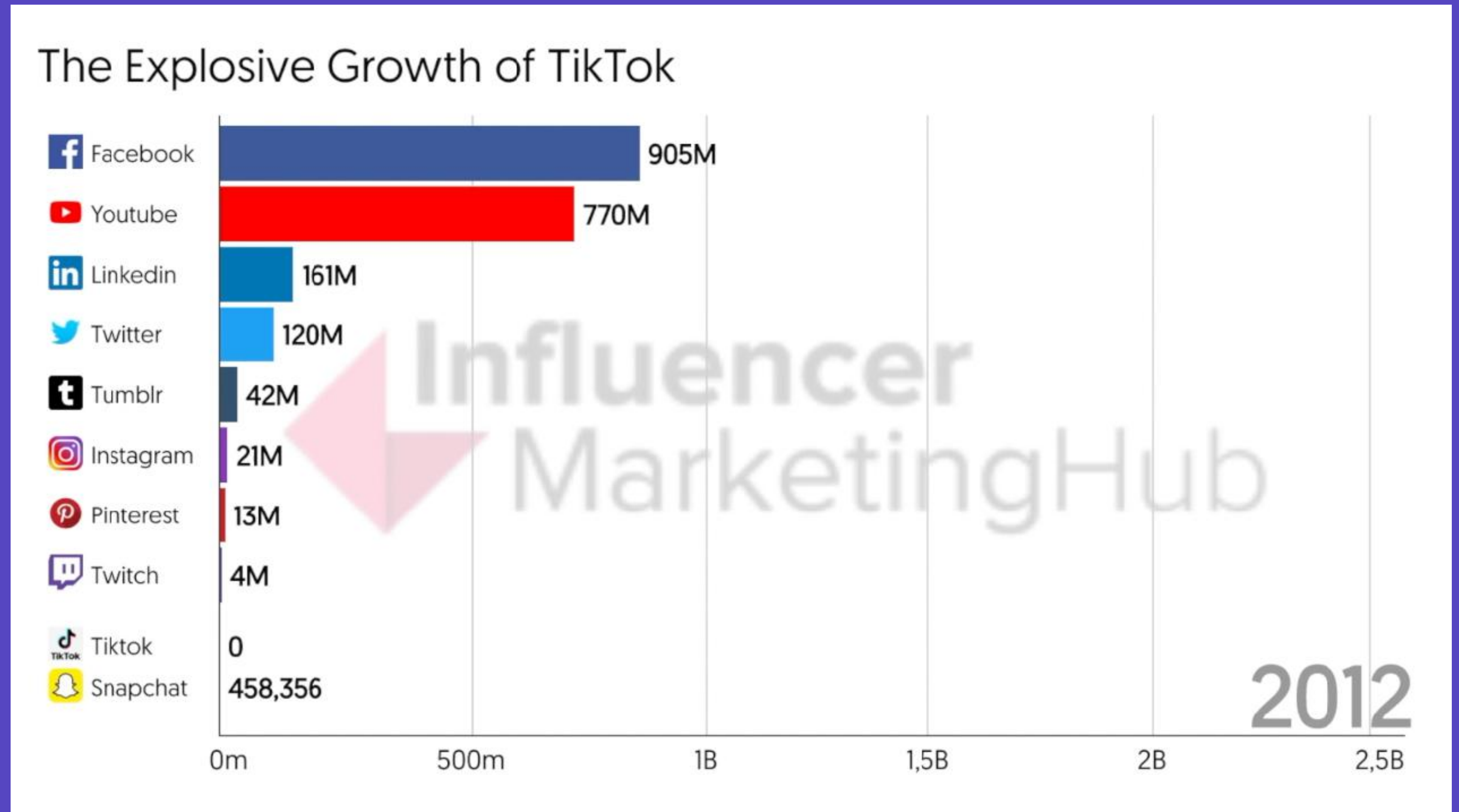
“More than a third of children aged between nine and 12 are thought to be on Facebook, despite the social network’s rule that users must be over 13.” - The Telegraph

Results from a small survey on The Telegraph website





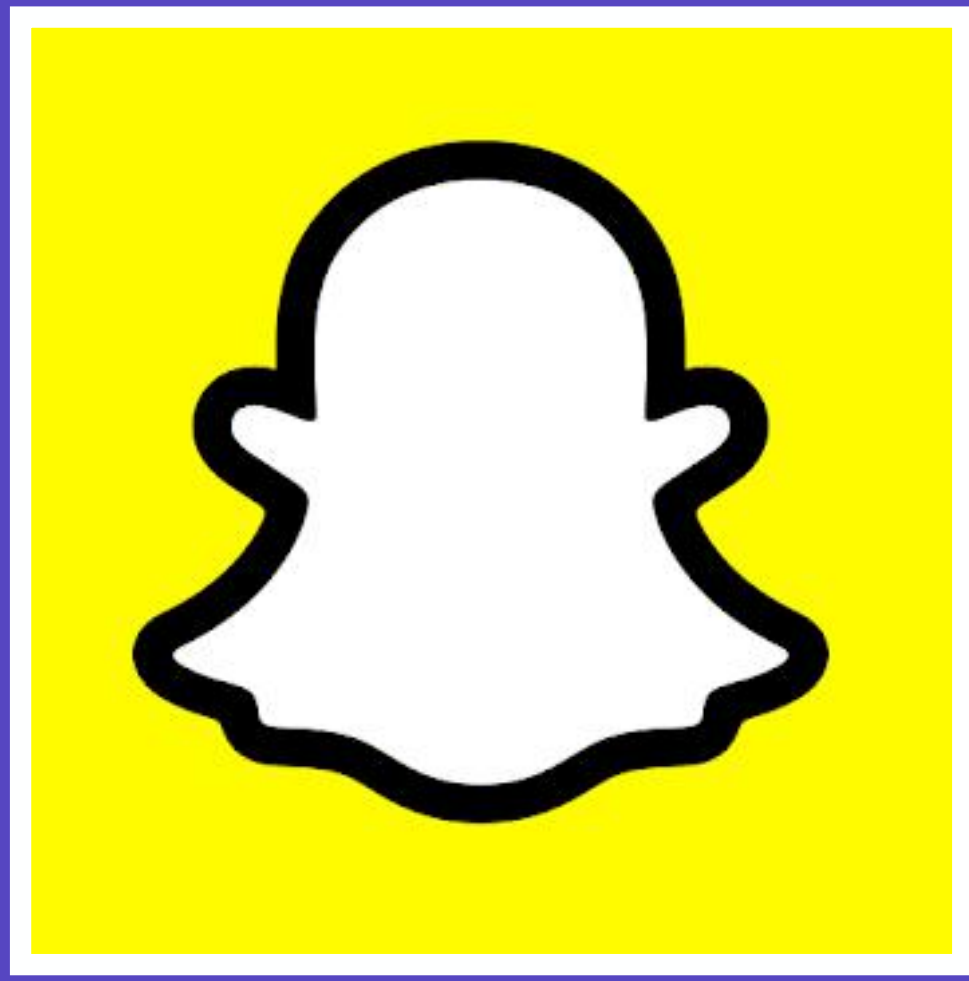
TikTok



founded in Shanghai, China by longtime friends Alex Zhu and Luyu Yang

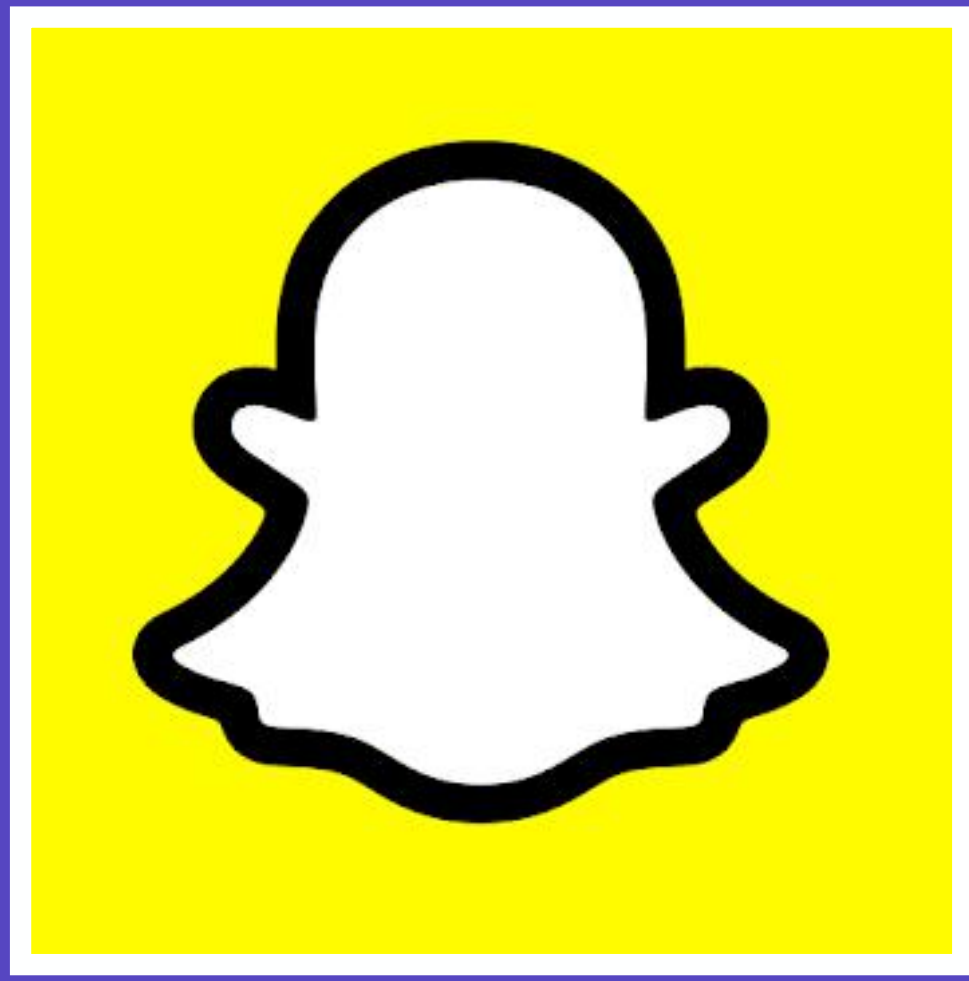


- Downloaded over **1.5 billion** times (previously **musical.ly**)
- **1 billion** active monthly users
- Short lip-sync'd videos and funny sketches
- Unregistered users can view content
- By default all accounts are public
- Tempted to take risks to get more of a following
- New **Family Safety Mode**



Snapchat

- It would take you **10 years** to view all the photos shared on Snapchat just in the **last hour**.
- By the time you'd viewed those, another **880,000 years'** worth of photos would have been shared.



- Content disappears after 24hrs
- There's no feed to scroll, there's not much to monitor.
- Content shared can be saved and shared and may never go away.
- Easy to add friends - you can end up with lots of people you don't know well on your friends list
- Children use this instead of Facebook
- Location easily obtained (Snap Location)



Instagram

Instagram lets registered users upload photos or videos to the service. Users can **apply various digital filters** to their images, and add **locations through geotags**. They can add **hashtags to their posts**, linking the photos up to other content on Instagram featuring the same subject or overall topic.

Users can connect their Instagram account to other social media profiles, enabling them to share photos to those profiles as well.



Instagram

am-selfie.jpg PULSE
**INSTAGRAM RANKED AS HAVING THE
WORST EFFECT ON YOUNG PEOPLE'S
MENTAL HEALTH, REPORT FINDS**

**Social Media 'Likes' Impact Teens' Brains and
Behavior**

UNREAL
**Instagram is the most harmful social
network for your mental health**

**Facebook and Twitter 'harm young
people's mental health'**
Poll of 14- to 24-year-olds shows Instagram, Facebook, Snapchat and Twitter
increased feelings of inadequacy and anxiety

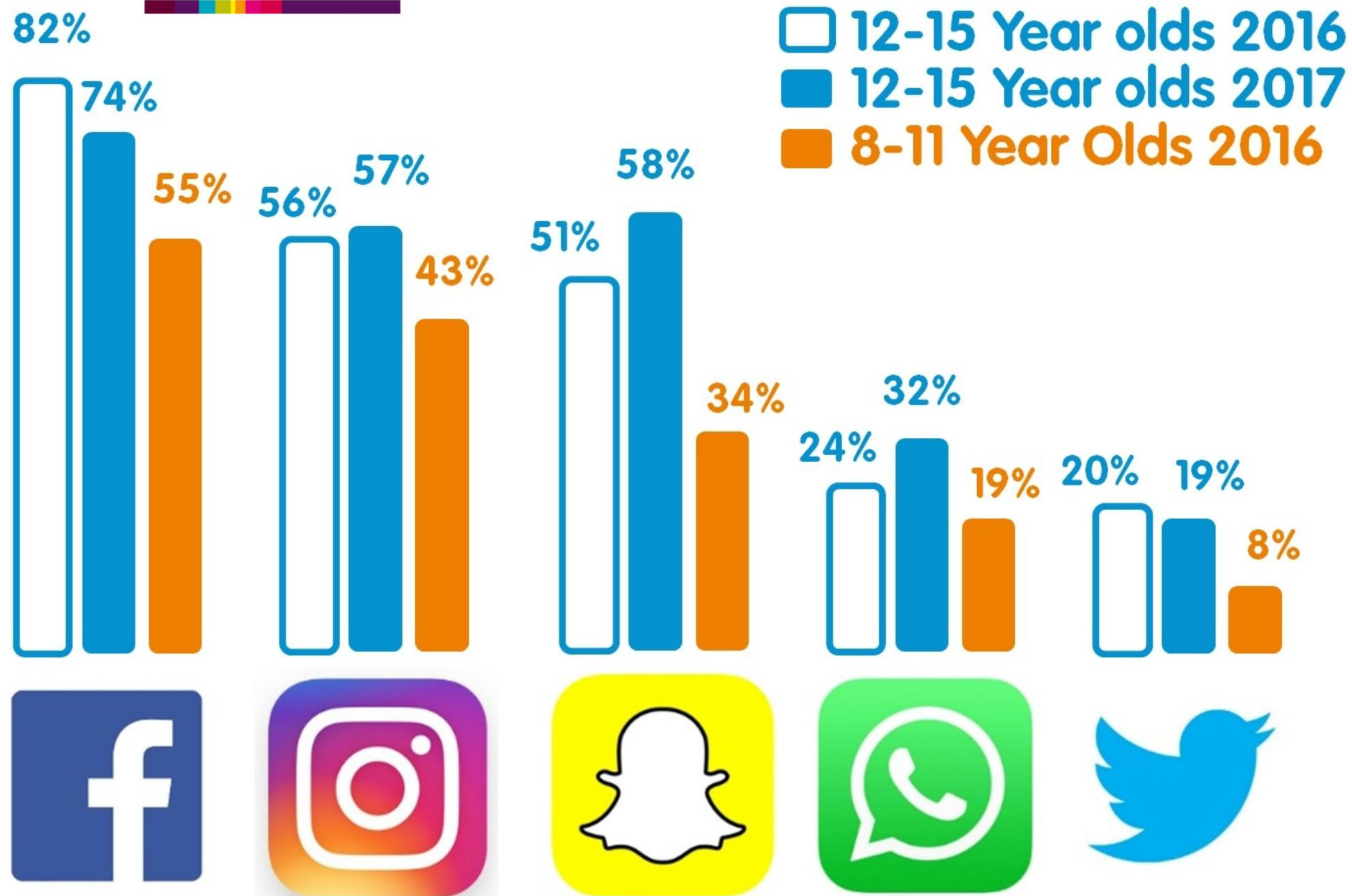


WhatsApp

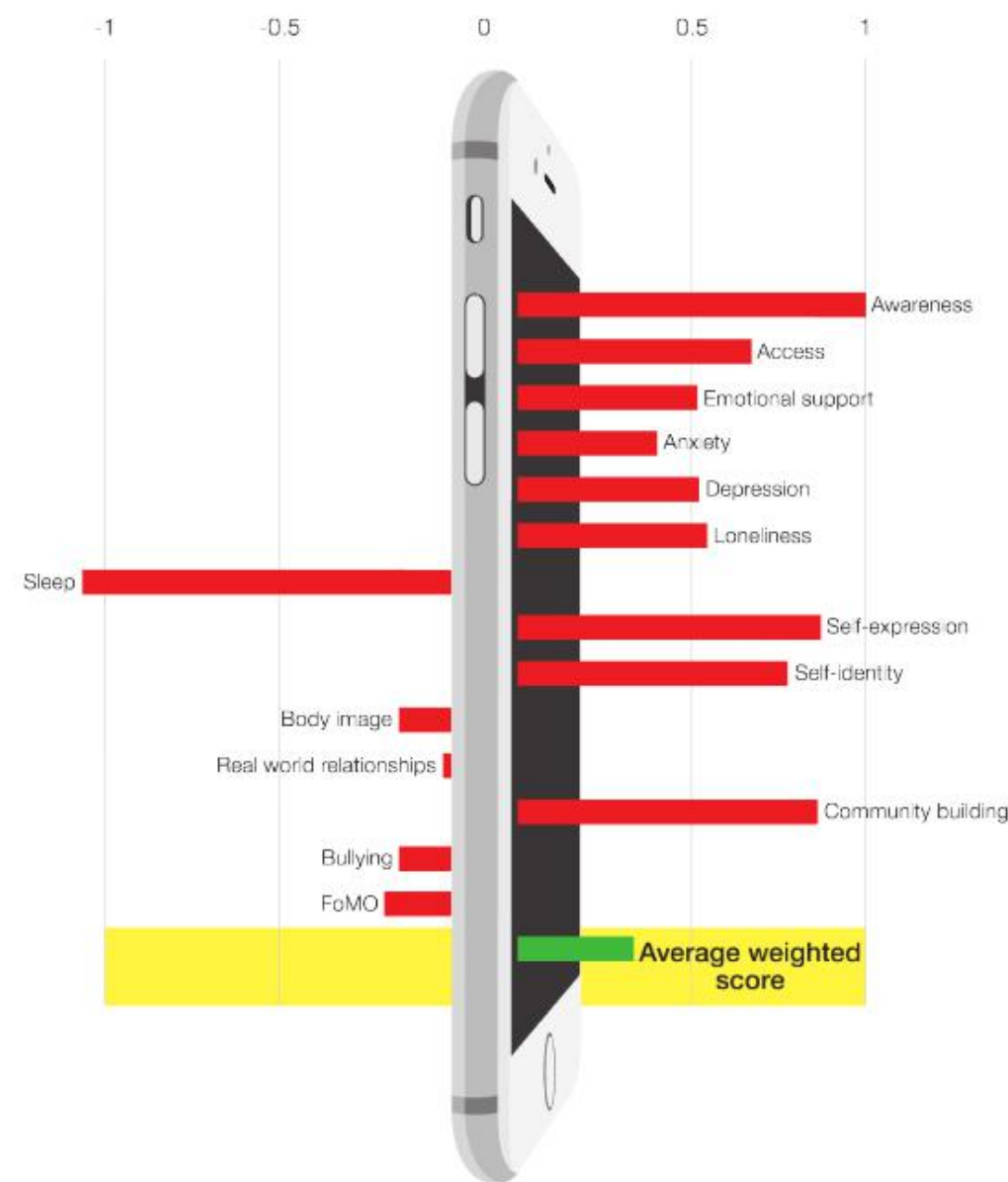
- Users must be 16 or over
- Only talk to existing contacts on their phone, though some could be strangers
- Content easily shared, copied, re-shared
- Group chat with up to 100 people (can talk with strangers)
- WhatsApp shows other users your location



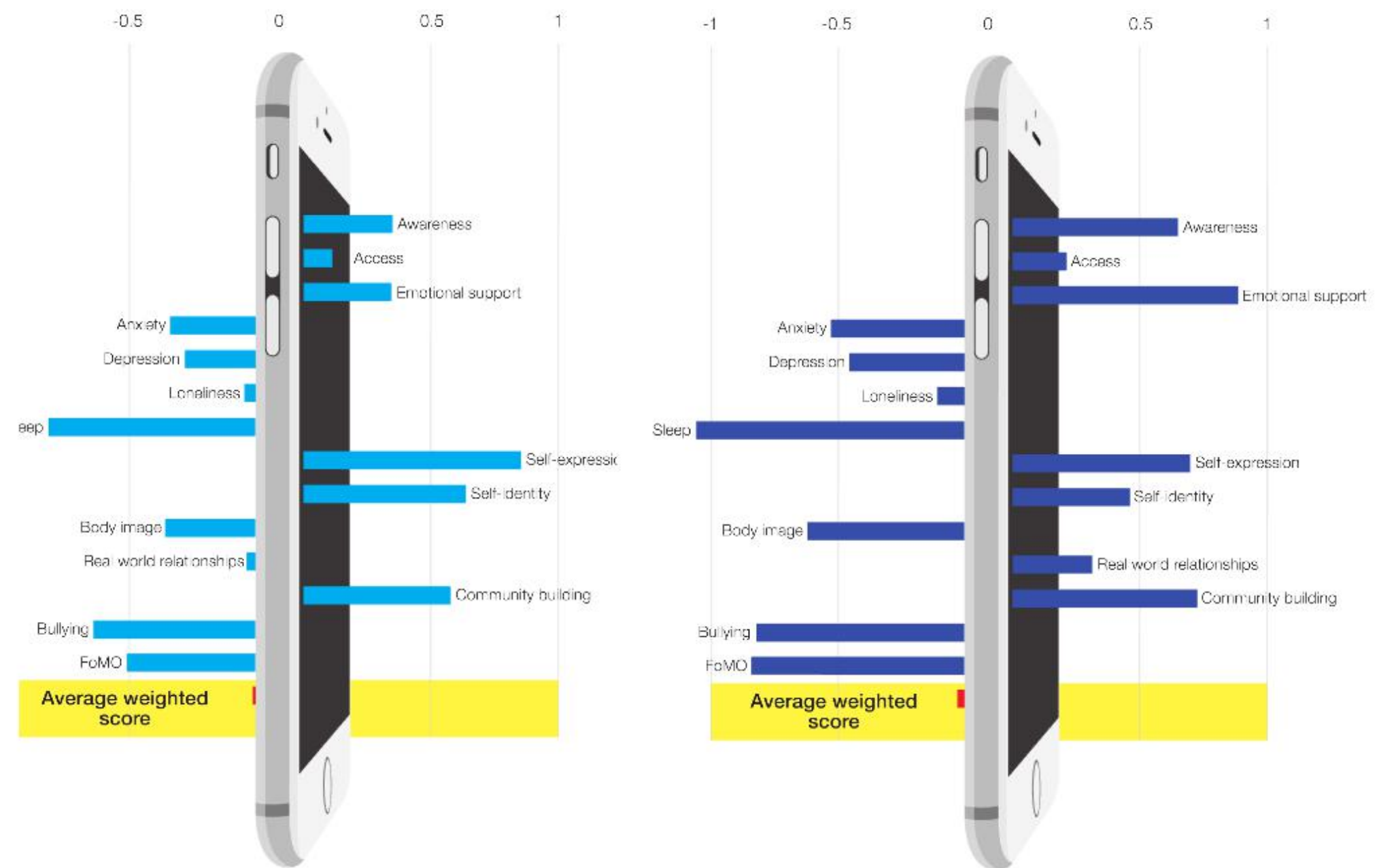
- Most popular Social Media for Children
- **Turn on** restricted mode (or Google Classroom)
- **Turn off** autoplay (or Google Classroom)
- Discuss interests and engage
- Supervise
- User Screen time settings



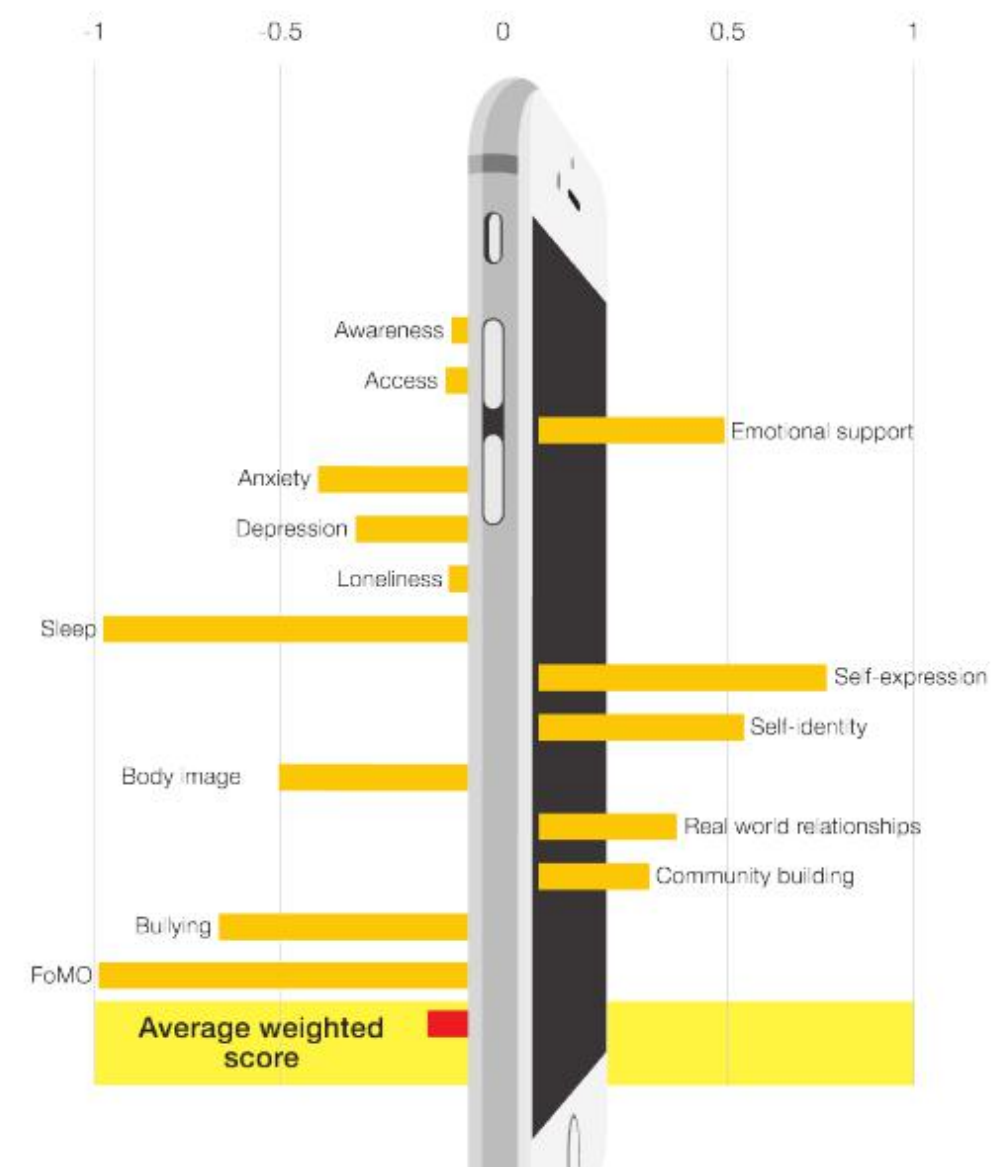
You Tube



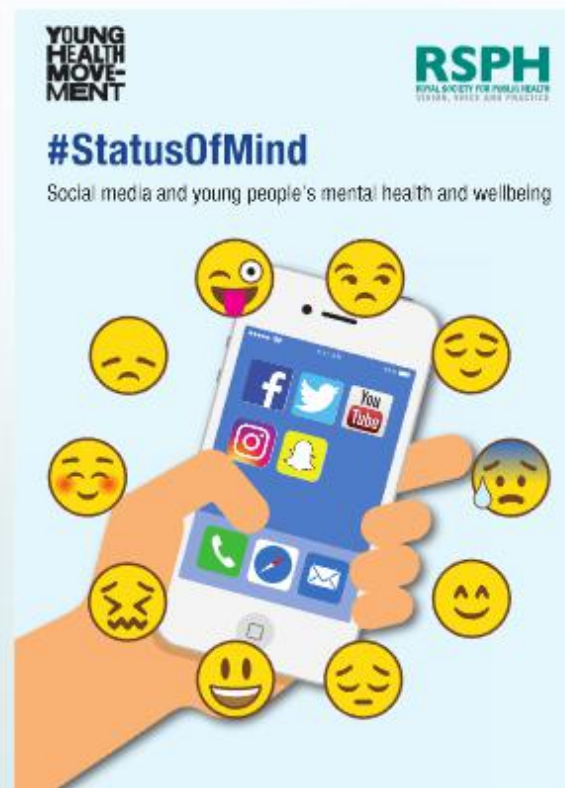
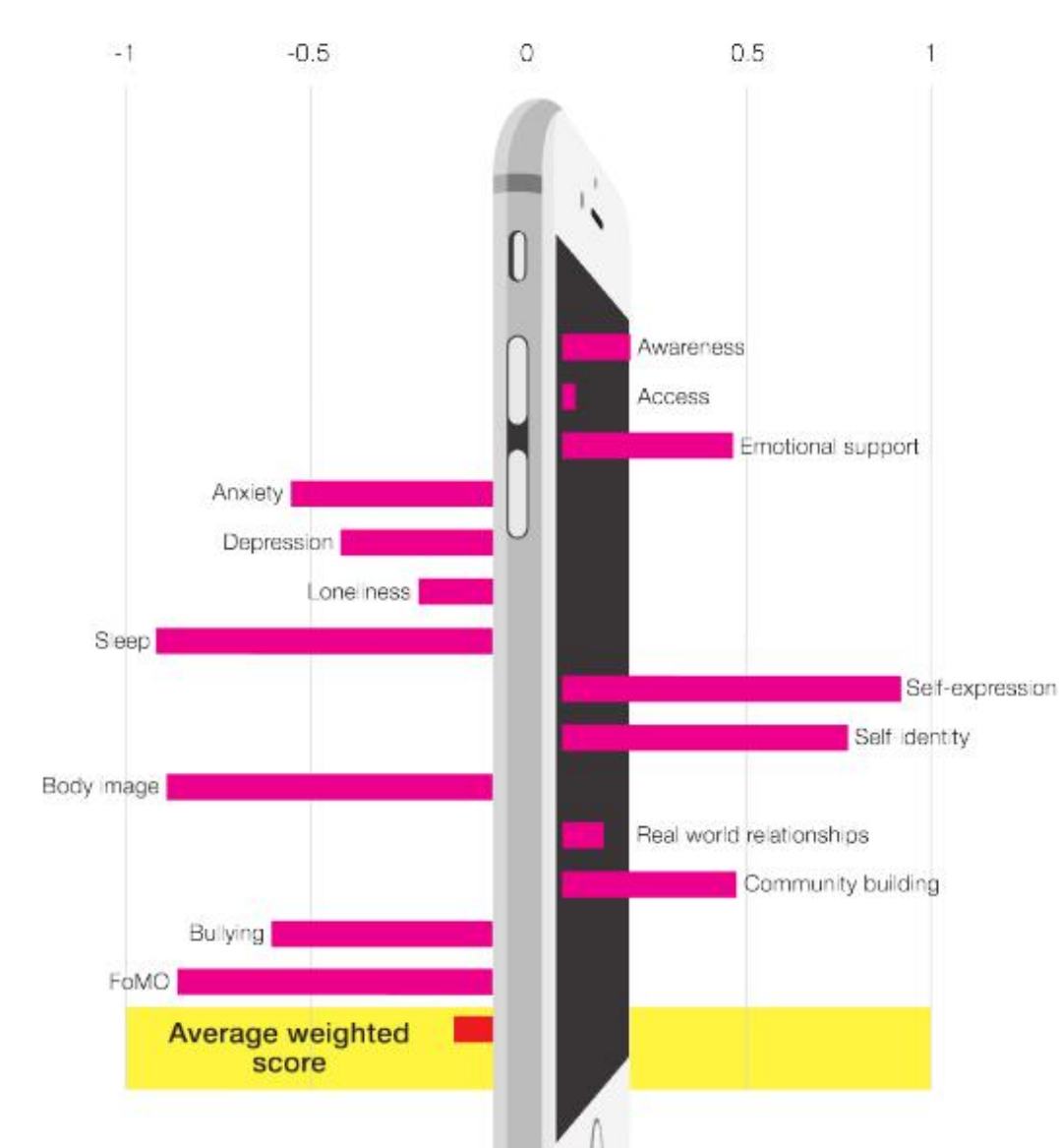
Facebook

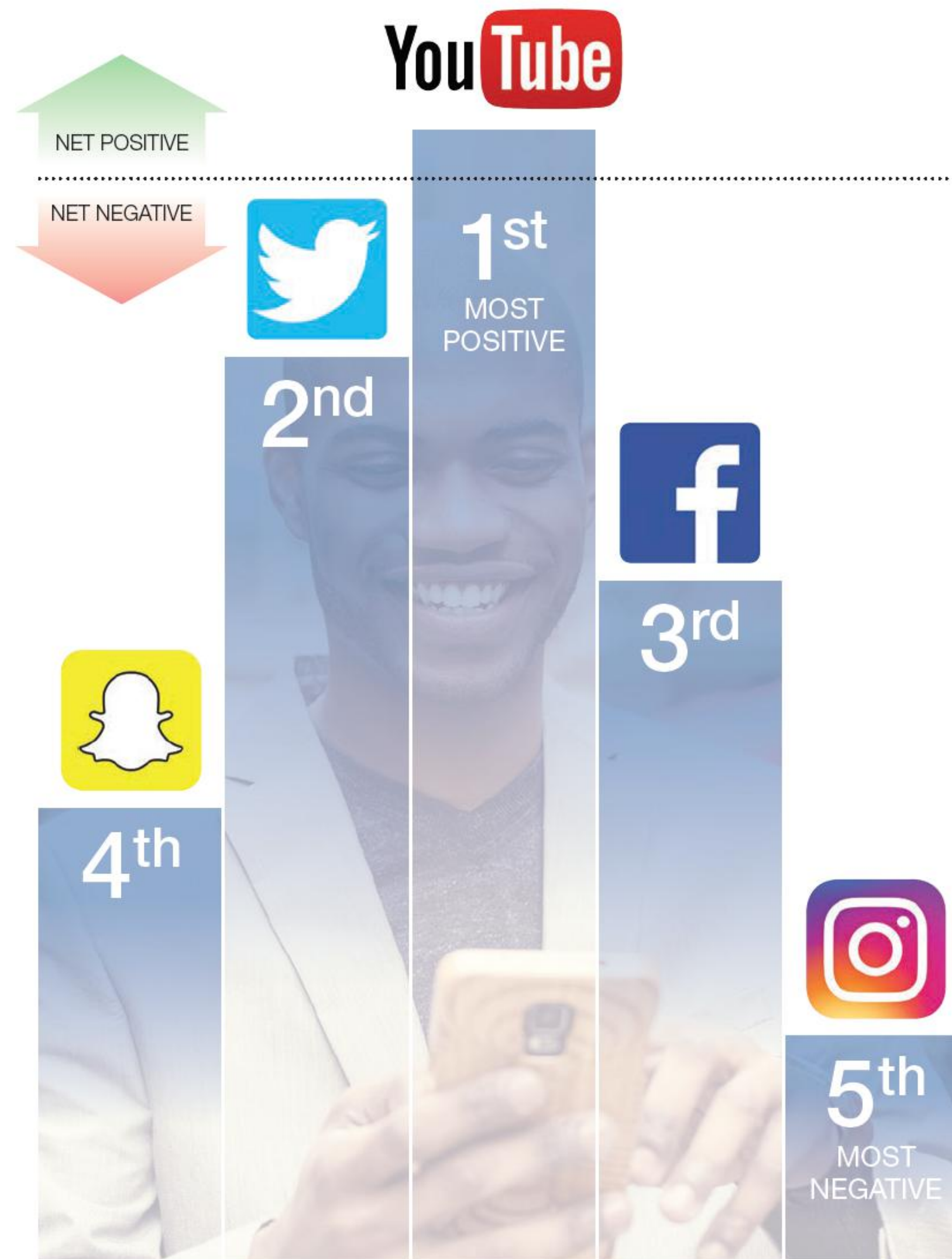


Snapchat



Instagram



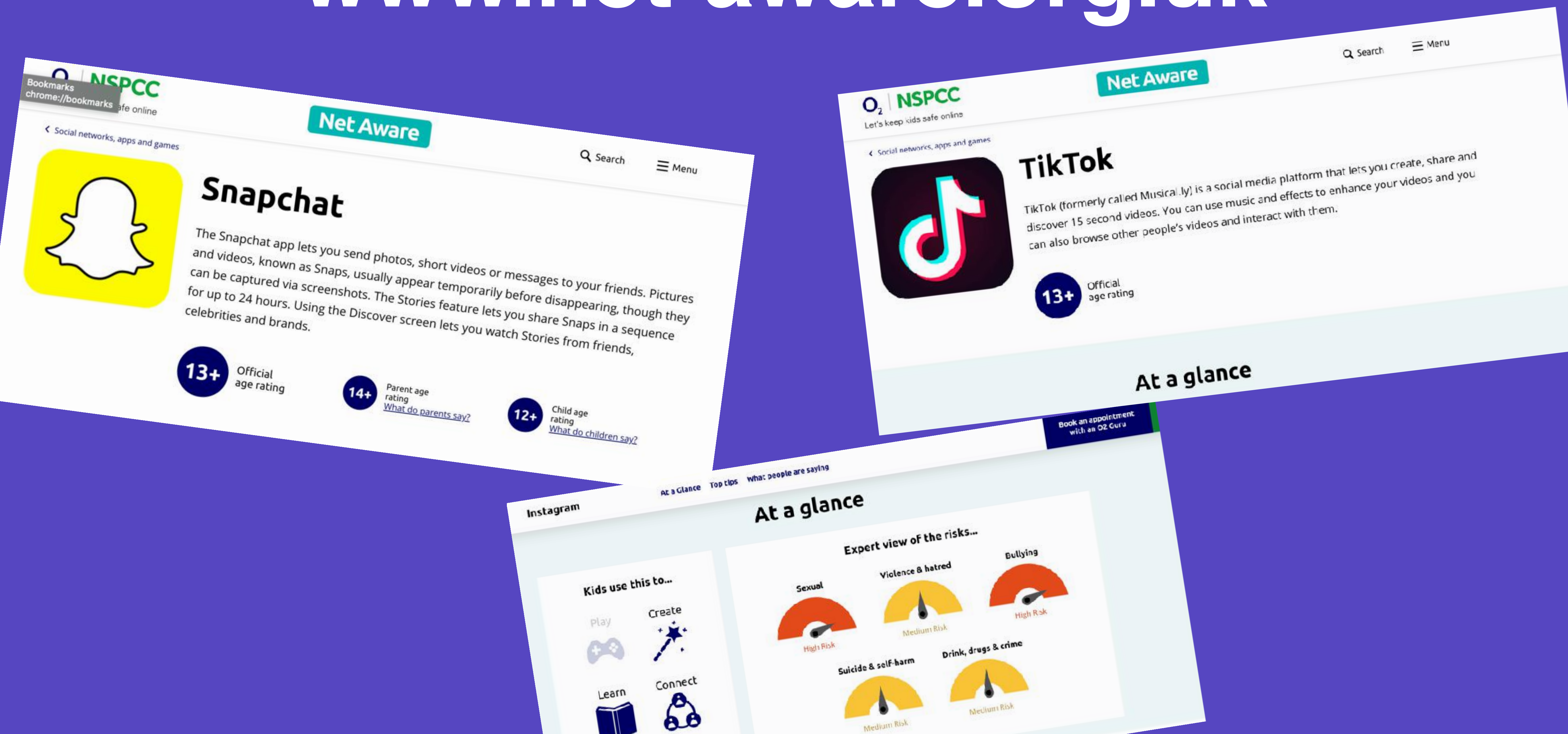


Other Social Media

- LinkedIn - 500 million users
- Edmodo - 40 million users
- Yik Yak
- Tinder
- ePals - 11 million users
- Google+
- and many, many more



www.net-aware.org.uk



A background image showing a person's hands holding a smartphone and a disposable coffee cup. The person is looking at the phone. The background is blurred, suggesting an indoor setting like a cafe or office. The text is overlaid on this image.

Social Media is here to stay

**Social networking is the most
popular online activity
worldwide**

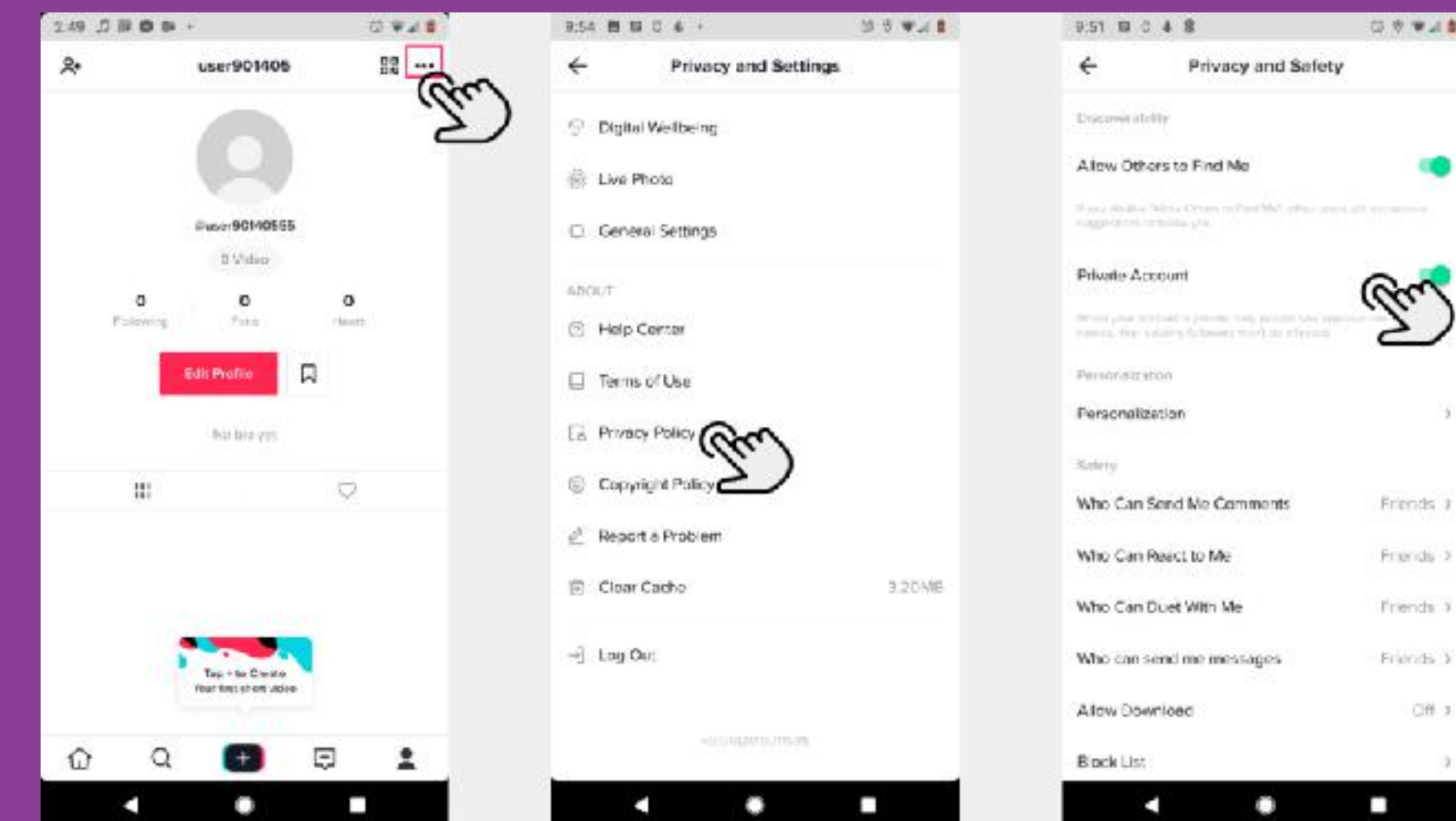
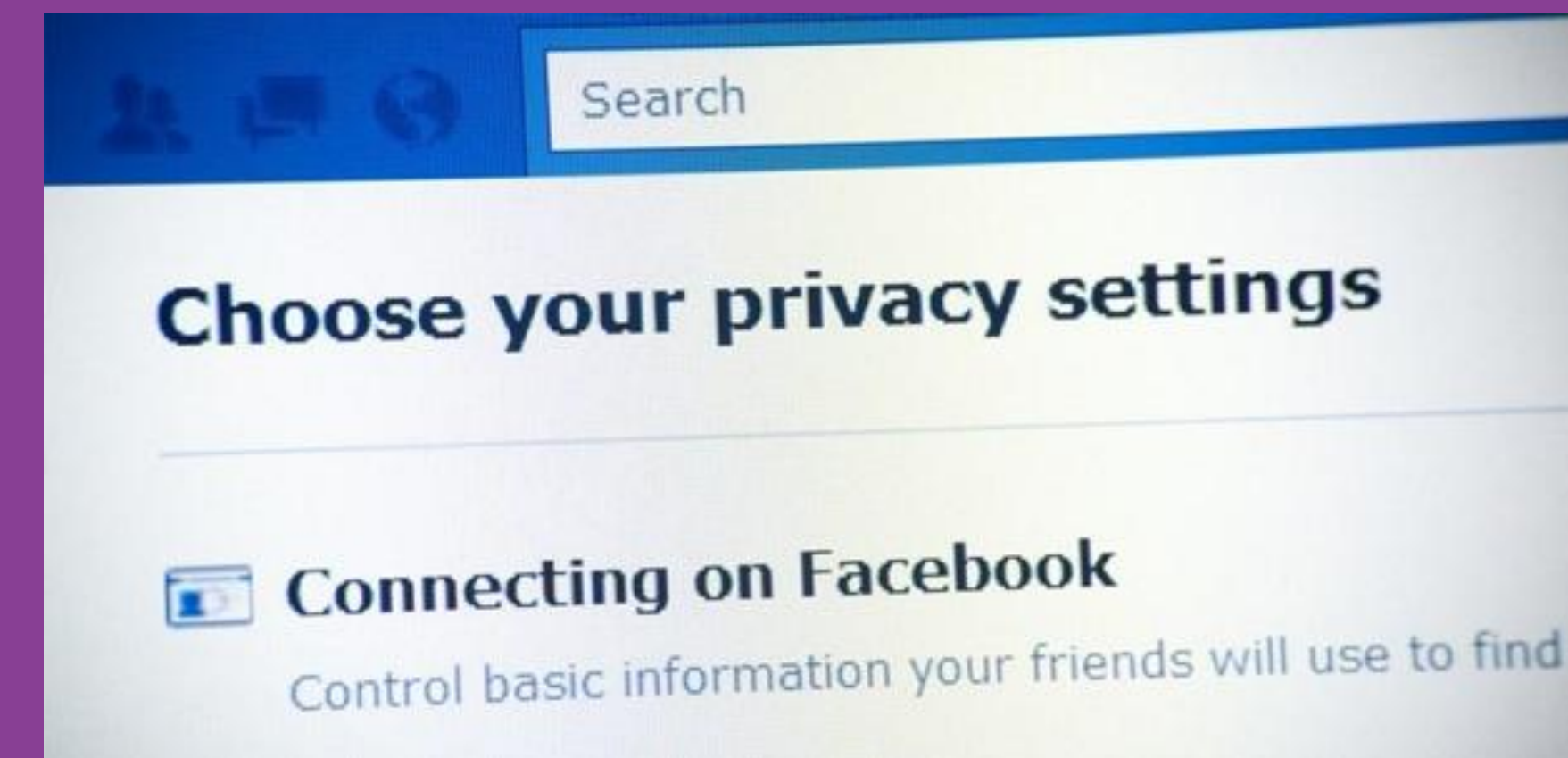
**Social Media is here to
stay...**

...but is your child ready?

Video

Privacy Settings

- All social media sites have **privacy options**
- Default privacy settings are usually **not very secure**
- Check the settings **before** posting



Chatrooms/Open Networks

A chatroom is an **open environment** where people can get together to talk to each other. It's open because usually you can **talk to anyone**.

Children are more vulnerable in open apps and networks

Video

Cyberbullying

Video

Bullying is behaviour that hurts someone else

- Sending threatening or abusive text messages
- **creating and sharing embarrassing** images or videos
- trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games
- **excluding children from online** games, activities or friendship groups
- shaming someone online
- setting up hate sites or groups about a particular child
- encouraging young people to self-harm
- voting for or against someone in an abusive poll
- creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- sending explicit messages, also known as sexting
- pressuring children into sending sexual images or engaging in sexual conversations.

- **It can happen anywhere – at school, at home or online.** It's usually repeated over a long period of time and can hurt a child both physically and emotionally
- A child can feel like there's no escape because it can happen wherever they are, at any time of day or night

Cyberbullying

- Around 80% of children report that they have witnessed or been bullied at some point online
- **Only 1% have reported it**

Things you may notice

If you're worried that a child is being abused, watch out for any unusual behaviour

belongings getting 'lost' or damaged

physical injuries, such as unexplained bruises

being afraid to go to school, being mysteriously 'ill' each morning, or skipping school

not doing as well at school

asking for, or stealing, money (to give to whoever's bullying them)

being nervous, losing confidence, or becoming distressed and withdrawn

problems with eating or sleeping

bullying others.

Cyberbullying: Your input

- Explain to your child what bullying is, and ask if they're being bullied
- If your child is being bullied they might be **scared to ask for help, because they think it'll make the bullying worse**. Let them know they can always talk to you, or another trusted adult such as a teacher or other family member
- If your child is being bullied they may feel down, worried or lack confidence. Help them find things to do that make them feel good like listening to music or playing sport. Give them opportunities to help build their confidence.

Sexting

Sexting

'Sexting' is the exchange of self-generated sexually explicit images, through mobile picture messages or webcams over the internet.

Young people may also call it:

- cybersex
- trading nudes
- dirties
- pic for pic.

'Sexting' is often seen as flirting by children and young people who feel that it's a part of normal life.

How Common is Sexting

'Sexting' is more common than you may think, and has been found to be commonplace amongst children and young people.

There was a 28% increase in calls to ChildLine in 2012/13 (compared to the previous year) that mentioned 'sexting' – nearly one every day.

A large number of young people do not see 'sexting' as a problem and are reluctant to talk to adults about it because they are afraid of being judged or having their phones taken away.

The Dangers

Not Harmless

Young people may see 'sexting' as harmless activity but there are risks. Taking, sharing or receiving an image, even voluntarily, can have a long-lasting negative impact.

Illegal

It may be common but 'sexting' is illegal. By sending an explicit image, a young person is producing and distributing child abuse images and risks being prosecuted, even if the picture is taken and shared with their permission.

No control of images and how they are shared

1) It's easy to send a photo or message but the sender has **no control about how it's passed on.**

2) When images are stored or shared online **they become public.** They can be deleted on social media or may only last a few seconds on apps like Snapchat, but **images can still be saved or copied by others.**

3) These images may **never be completely removed** and could be found in the future, for example when applying for **jobs or university.**

Young people may think 'sexting' is harmless but it can leave them vulnerable to:

- **Blackmail**
- **Bullying**
- **Unwanted attention**
- **Emotional distress**

How to talk to your children

1. Think about the best way of starting the conversation

You know your child best and your approach should be based on your child and your parenting style.

Outline your expectations and explain the rules of having a phone.

Ask your child what they feel is acceptable to send content to people and then ask if they would be happy for you or their grandparents to see that photo.

Make sure your child is comfortable saying no, that they know their body is private and that being asked to 'sext' is inappropriate.

2. Explain the risks of sexting

Tell your child what can happen when things go wrong. Don't accuse your child of 'sexting', but do explain the dangers.

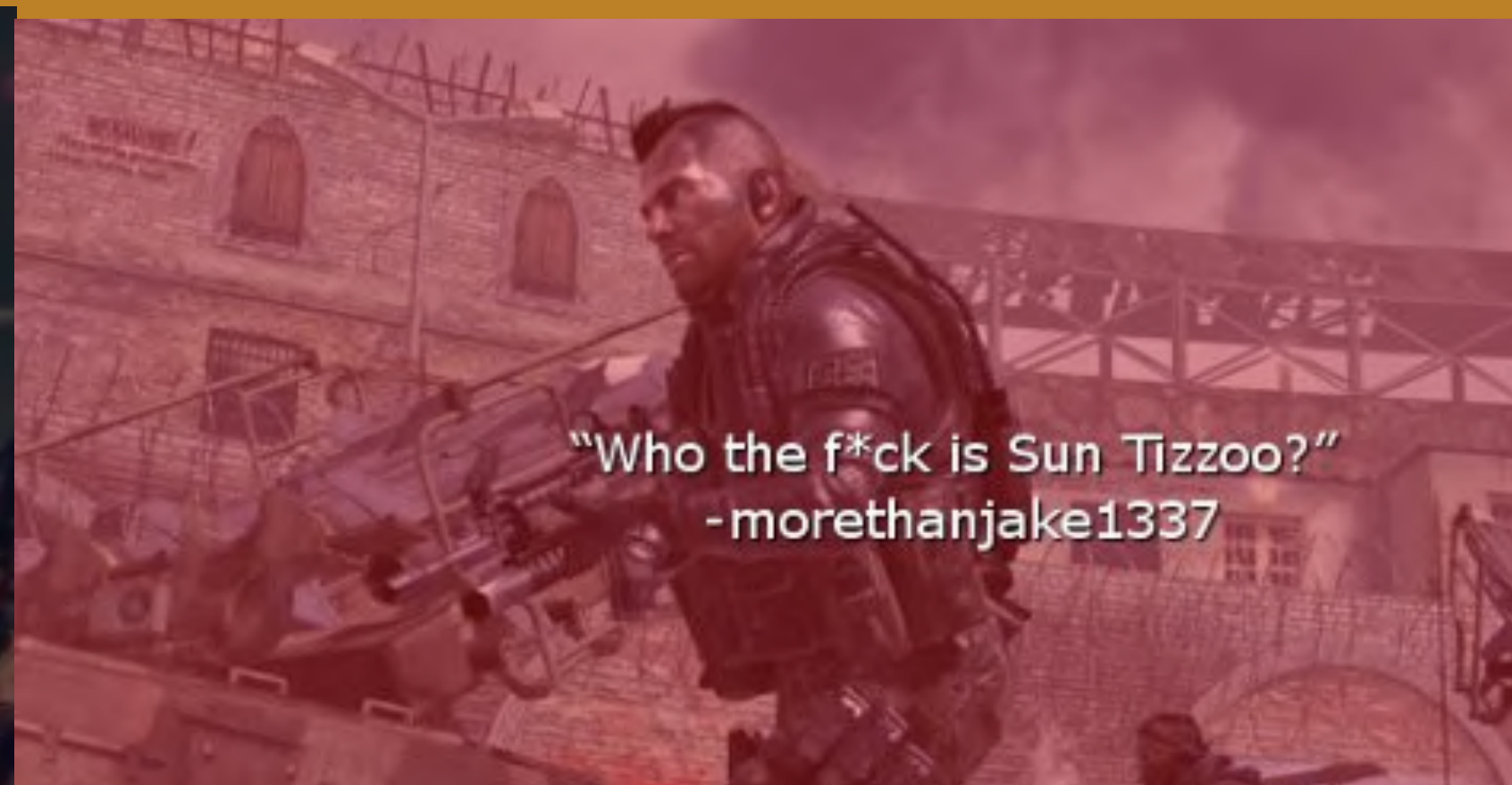
3. Reassure your child that you will be supportive and understanding

Let your child know that you are always there for support if they feel pressured by anyone.

Good source of further information about sexting:

NSPCC Website

Online Gaming



Online Game Dangers

- Age-inappropriate content
- Cyberbullies
- Webcams
- Voice-masking Technology
- Inappropriate adverts
- Violence
- Sexual content / pornography embedded in games
- Predators
- Accidental purchases



Habits

of 3-4 year-olds play games on a tablet device ¹



Behaviour

of parents are worried about aspects of their child's game playing ²



Frequency

of children play online against people they haven't met in person ³

Games & Ratings

The screenshot shows the PEGI website's search results for 'Call of Duty: WWII'. The browser address bar shows the URL: <https://pegi.info/search-pegi?q=call+of+duty&op=Search&filter-age%5B%5D=&filter-descriptor%5B%5D=&filter-publisher=&filter-pla...>. The PEGI logo is in the top left, and navigation links for 'ABOUT PEGI', 'ADVICE', 'CONTACT US', and 'PEGI ONLINE' are in the top right. A search bar contains 'call of duty' with a 'SEARCH' button and an 'EXTENDED SEARCH' link. The main content area shows 'Search results' with 'Found 10 results from your query'. On the left, a 'NEWLY RATED GAMES' sidebar lists: 'Sword Art Online Re: Hollow Fragment' (12, PC), 'Minecraft: Story Mode - Season Two' (7, Nintendo Switch), 'Flight of Light' (3, PlayStation 4), and 'Raining Coins' (3, PlayStation 4). The main result for 'Call of Duty : WWII' is displayed with a large '18' rating icon, the publisher 'Activision Blizzard UK Ltd', a description of the game's setting, and technical details: 'System: PlayStation 4' and 'Release Date: 03/11/2017'.

Secure <https://pegi.info/search-pegi?q=call+of+duty&op=Search&filter-age%5B%5D=&filter-descriptor%5B%5D=&filter-publisher=&filter-pla...>

Click to go back, hold to see history

PEGI Pan European Game Information

ABOUT PEGI ▾ ADVICE ▾ CONTACT US PEGI ONLINE ▾

Q call of duty **SEARCH** EXTENDED SEARCH

NEWLY RATED GAMES

- 12** Sword Art Online Re: Hollow Fragment PC
- 7** Minecraft: Story Mode - Season Two Nintendo Switch
- 3** Flight of Light PlayStation 4
- 3** Raining Coins PlayStation 4

Search results

Found **10 results** from your query

18 www.pegi.info

Call of Duty : WWII
Activision Blizzard UK Ltd

The game is set in a European theatre of the war. The campaign is centered around a squad in the 1st Infantry Division and follows their battles on the Western Front.

System:
PlayStation 4
Release Date:
03/11/2017

“These age ratings provide guidance to consumers, parents in particular, to help them decide whether or not to buy a particular product for a child.” - PEGI

Games & your children

- Know what the equipment is capable of.
- Think about the **location of the game console**. A family room may be best for monitoring and supervision.
- **Discuss the risks with your child**. Don't wait for something to happen before you talk to your child.
- Ensure they have **privacy settings activated** and help them to understand why this needs to be done.

- Familiarise yourself with how the gaming sites work and **make sure that your child knows how to report anything that makes them feel uncomfortable**
- **Play the games yourself** to test them for appropriateness
- **Take an interest** in your child's gaming life.
Watch them playing and **always keep lines of communication open**

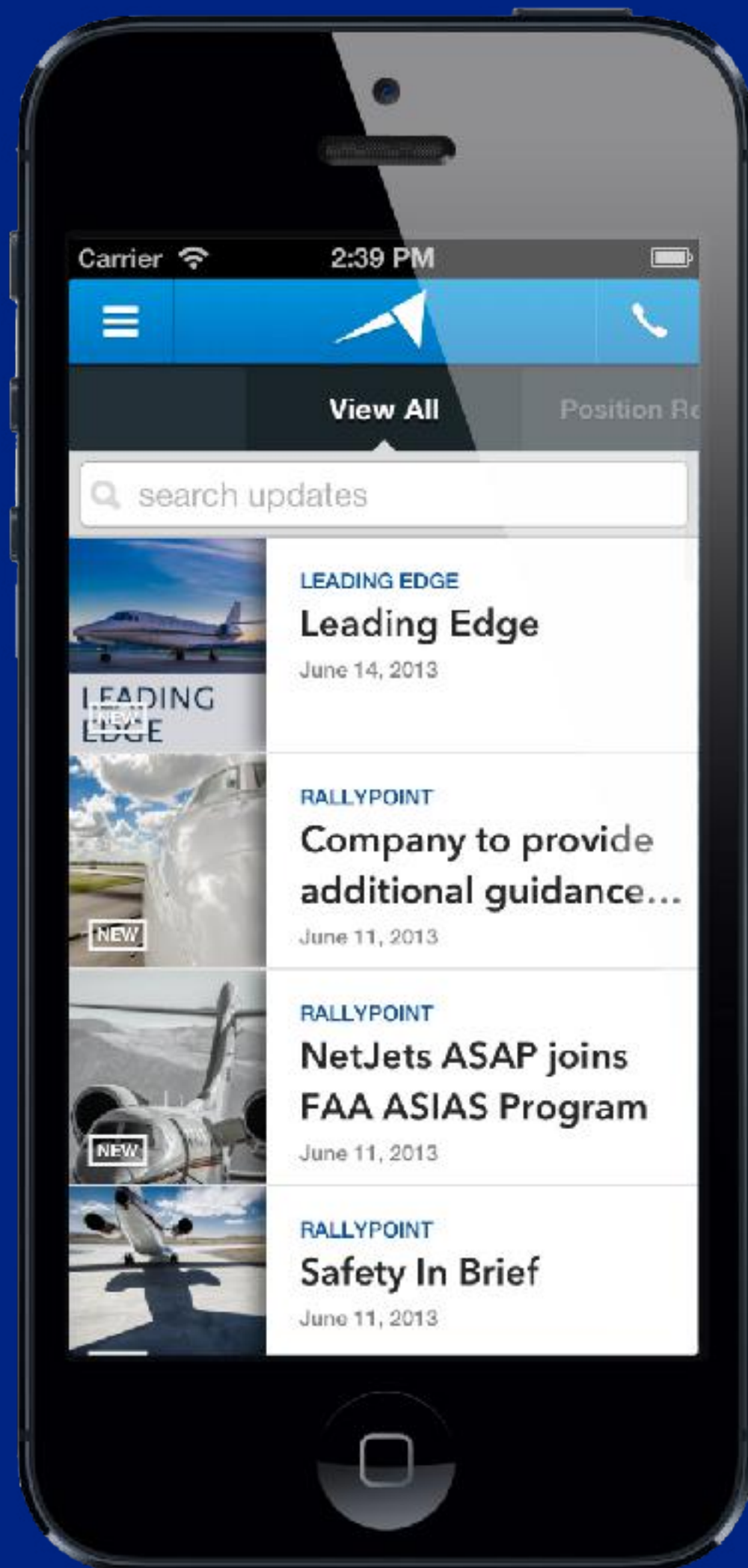


“Gaming is a fun and sociable way to spend time,
encouraging teamwork and developing skills.”

- *internetmatters.org*



Mobile Phone Questions



Key Considerations:

- 1 - At what age is it acceptable & practical for a child to be given a mobile phone?
- 2 - How will you monitor how the phone is used?

Video



Mobile Phones

Research from MobileYouth.org puts the **average age of first phone ownership at 7.1** years in Europe.

Even those young children who don't personally own a mobile phone are still likely to access and use the phones of others.

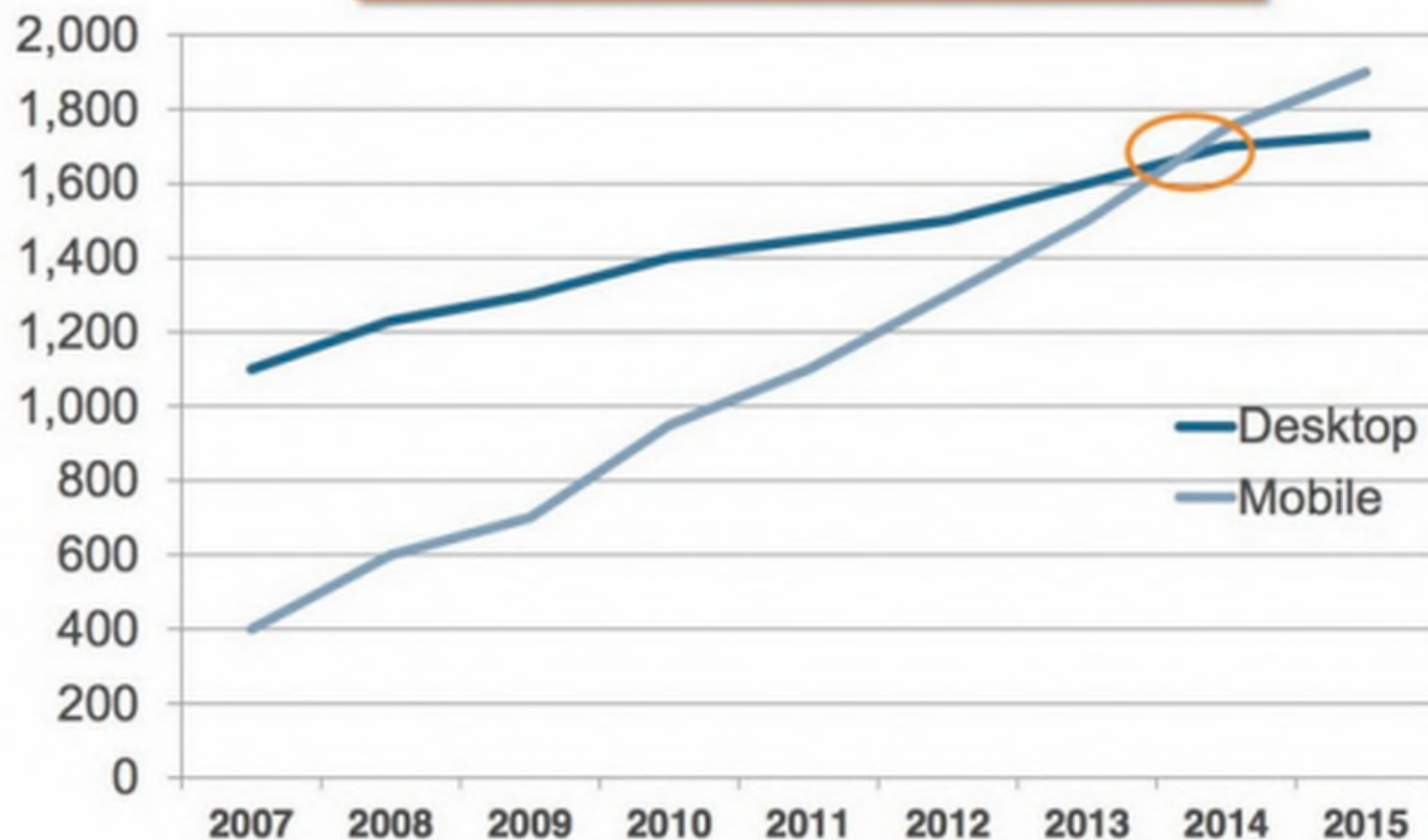
Mobile Phone Use

Privacy Sells Mobile Apps

When asked why they preferred mobile to PC messenger apps, 88% of 14-17 year olds in US, UK and Canada said “parents track my online PC activity”. This was by far the most popular benefit of a mobile based messenger service - Portio Research 2013



Number of Global Users (Millions)



Mobile Phone Use

*“All mobile phone providers offer free parental control services which limit the content children can access via the mobile network to items suitable for under 18s.
However, they may not always be automatically switched on” - OFCOM*

Mobile Phone Use



3G/4G vs. wifi

- wifi hotspots such as cafes, stations, shops and parks may or may not offer 'safe wifi' conditions suitable for children
- Mobile data access means children can access internet content away from home
- Access to a multitude of Apps

Mobile Phone Use

GPS, wifi, 4G & camera

- Can compromise your safety in some way
- Can invade your privacy
- Can be difficult to understand

Parental Control/Supervision Apps



- iPhone, iPad, iPod (iOS 12 & above)
- Set App time limits
- Set content filters (games, apps, books, music and web)
- Limit sharing of Location, mic, camera etc.

- Android phones and devices
- Set content filters (games, apps, books, music and web)
- Limit sharing of Location, mic, camera etc.
- Time limits

[www.internetmatters.org/
parental-controls](http://www.internetmatters.org/parental-controls)

Personal Devices

- Devices are personal
- Sharing a device means sharing its content

Other Threats to children's safety

Threats can arise in the following ways:

- Children and young people inadvertently or deliberately accessing either illegal or inappropriate sexual or violent material – **illegal material could involve children or adults**
- Targeting and grooming of children by predatory adults through chat rooms, possibly **adults posing as children**
- The abuse of children, in some cases in real time using web cams, in order to provide material for paedophile networks
- The use of email & instant messaging to bully and harass others – this may be more likely to occur between children and young people

Video: Personal Information



Safe Searching

Safe Searching Tips

- **Be clear in your online searches** try to use more than one word to describe what you are searching for. For example, if you are searching for information on the planet Mercury, entering 'planet mercury' into the search box will better results than just entering 'Mercury'.)
- **Take care to spell correctly** when typing in a search. Even a small typing error can bring up unwanted results.
- **Remember that not all the information in websites returned in searches is reliable.** Look in books, ask people who might know, and look up at least three other websites to check your info.
- **Make sure you filter your searches online** – especially if you are doing an image search.
- Bookmark your favourite websites or check your history to make sure you are revisiting the same websites.
- If you see something that upsets you, make sure you turn off the screen or make the window smaller on a laptop and tell an adult as soon as possible.

Tips for Parents & Carers

Key Safety Tips

Try to teach your children to:

- Not share pictures and videos without **your permission**
- **Limit the amount of personal information shared** – for example, not to share their address or which school they go to
- Only share personal information with **their friends**
- All contribute to your **‘Digital Footprint’**

Preventable Cyber Attacks

Threat:

Viruses

Precaution:

Ensure you have good Anti-virus and keep it up to date, remembering to scan you computer regularly



see www.getsafeonline.org

Preventable Cyber Attacks

Threat:

Ransomware & Malware

Precaution:

Install and run applications such as Malwarebytes or the Microsoft Malicious Software Removal Tool periodically or if you think there is an infection



see www.getsafeonline.org

Preventable Cyber Attacks

Threat:

Phishing

Precaution:

- Be mindful that banks and other institutions would never request personal information by email
- Delete any suspicious emails and do not click/follow the links unless it is an email you are expecting
- Type the web address directly into your browser, rather than searching for a particular site



Preventable Cyber Attacks

Password Security

- Use hard to guess, strong passwords. **7Hfli^x6sd4!**
- Do not save passwords in your browser
- Change the password regularly

Preventable Cyber Attacks

Check for Updates!

- Software updates **close security loopholes** and back doors

Pop-ups

Pop-ups often look appealing, but usually they are there to force advertising onto the user. This can lead to unwanted and sometimes malicious software and images. **These can be confusing for children**



Video

Pop-ups

Always **click the cross right away** to close anything suspicious!

Emails

Only open emails from people you know and trust and remember to read the subject line carefully. If the subject or the email itself doesn't sound as if it is really from your friend **DON'T open any attachments** contained in the email – it might be a virus! Tell your friend what's going on and run your **anti virus software** to be on the safe side.

ISPs

Internet Service Providers

ISPs

- Urged by the government ISPs agree to offer 'family friendly' home network filters
- BT, Sky, TalkTalk and Virgin Media - covering 90% of the online population



ISPs

They have been urged:

- To apply filters to all new customers accounts by default
- For the filter to be applied at a network-level, meaning once filters are installed they will cover any device connected to that home internet account
- Contact all their existing customers by the end of last year to ask whether or not they wanted to install family friendly content filters - Have you been asked?

Online Safety at School

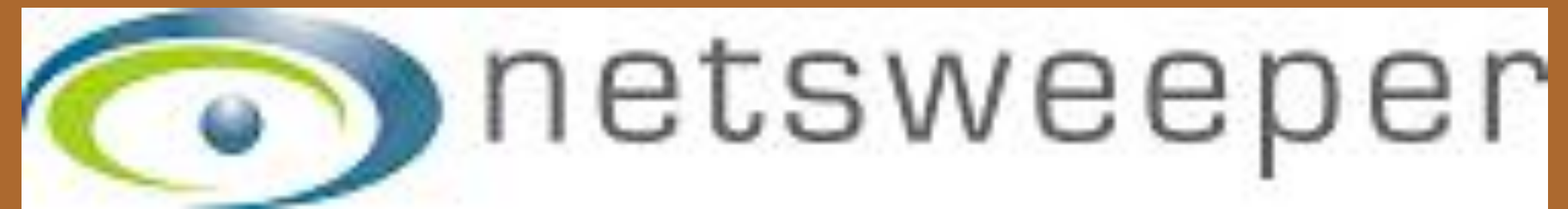
Content Filtering

There was a time when content filtering was just about blocking inappropriate content. Times have changed.

Today, filters need to provide **safe, fast** access to **valuable educational resources** and connections.

The Lightspeed Systems Web Filter meets the growing 21st-century learning needs for today's schools with a focus on safe access rather than just blocking. It provides all the controls, policies and reporting you need and expect from a Web Filter, along with some key differences that make it the right solution for schools.

Content Filtering



Think before you click policy

- Acceptable Use Policy
- Screen freezing/blanking

Parents / Carers

Parents / Carers play a crucial role in ensuring that their children understand the need to use the internet / mobile devices in an appropriate way. The school will take every opportunity to help parents understand these issues through parents' evenings, newsletters, letters, website and information about national / local e-safety campaigns / literature. Parents and carers will be encouraged to support the school in promoting good e-safety/Online Safety practice and to follow guidelines on the appropriate use of:

- digital and video images taken at school events
- access to parents' sections of the website / blog
- their children's personal devices in the school (where this is allowed)

...EXAMPLE ONLY

Our **Golden Rules** for Staying Safe KS1

We only use the Internet when a trusted adult is with us.

We are always polite and friendly when using online tools.

We always make careful choices when we use the Internet.

We always ask a trusted adult if we need help using the Internet.

We always tell a trusted adult if we find something that upsets us.

...EXAMPLE ONLY

Our Golden Rules for Staying Safe with KS2

We always ask permission before using the internet.

We only use the Internet when a trusted adult is around.

We immediately close/minimise any page we are uncomfortable with (or if possible switch off the monitor).

We always tell an adult if we see anything we are uncomfortable with.

We only communicate online with people a trusted adult has approved.

All our online communications are polite and friendly.

We never give out our own, or others', personal information or passwords and are very careful with the information that we share online.

We only use programmes and content which have been installed by the school.

Other Measures

- Supervised Online Access
- Restricted/filtered Access on all devices
- Secure Wireless Network
- Individual User Accounts (creating accountability and accurate reporting)
- Maintained Network/System
- Effective up-to-date Anti-Virus & Anti-Spyware

Top Tips

- **Treat your online space with respect** – only allow your real life friends to link to you...if you haven't met them in real life don't link to them.
- **Use a nickname online** (not your real name) and a nickname that is not going to attract the wrong type of attention!
- **Meeting up with an online friend can be dangerous** – if you really have to meet up with them speak to an adult and make sure that they go with you.
- **ALWAYS have a good look at the privacy settings** of any spaces you post personal information on and make sure you know who can see or copy your stuff!
- **Look out for your friends online** and do something if you think they are at risk.

Top Tips

- **Discuss Online Safety openly** with your children - the good and the bad bits
- Always supervise your child's access to the internet

Set an Agreement

- Limits on the amount of time your child spends online, or playing computer games.
- Encourage regular screen breaks – at least five minutes every 45-60 minutes.
- Not sharing any pictures they wouldn't be happy to share with you.
- Not giving out personal details, such as mobile phone number and address, to people they don't know and trust.
- Coming to you if they are concerned. Or, if not, knowing where they can go for independent help and support.

Video

More Information

- www.thinkuknow.co.uk
- www.nspcc.org.uk
- www.kidsmart.org.uk
- www.swgfl.org.uk
- www.barnardos.org.uk
- www.internetmatters.org



