Grange Park Primary School

Parent e-safety workshop

January 2020

Aims of the session

❏ Introduce how online safety is taught and the online safety content of the school website

❏ Share ways to support with online safety at home

❏ Questions

Why is teaching online safety important?

- One quarter (24%) of UK 9-16 year olds say that they have seen sexual images.
- Four in ten (39%) 9-16 year old internet users have looked for new friends on the internet.
- 29% of UK children have had contact online with someone they have not met face to face.
- The main misuse of personal data experienced by UK children is when someone has used their password or pretended to be them (10%).
- 12% of 11-16 year old internet users have received sexual messages.
- A third of 5-10 year olds have been the victims of cyberbullying.
- Children below 12 are being exposed to unsuitable or harmful material online.

Why is this information important in Primary education?

Grange Park website

- ❏ Parents' tab

- ❏ Keeping your child safe

- ❏ Online safety

CEOP - Police

The **Child Exploitation and Online Protection** Centre is part of the police force and provides news and articles surrounding internet safety.

CEOP - Police

What kind of things do people report to CEOP?

Some of the things children and young people have reported to us include:

- Someone online has asked me to send them nude images

- I shared a nude image with someone online and they are threatening me

- I did something that I was embarassed about on webcam and someone has turned nasty towards me

- Someone I don't know is asking me to live-stream and do things I don't want to do

- Someone online kept asking me to meet them face-to-face and I feel pressured by them

- Someone online was talking to me about sex and it made me feel uncomfortable

- Someone online is putting pressure on me to do things I don't want to do

- Someone I met in an online game keeps trying to talk to me privately

CEOP - Police

What will CEOP do with my report?

- Your report will be read by a Child Protection Advisor at CEOP. Our Child Protection team are specialist workers who have helped thousands of children. They will immediately start thinking about how they will help you.

- If you are reporting sexual abuse or grooming, a Child Protection Advisor will contact you by phone or email using as soon as they can and will work with you to make a plan to keep you safe.

- The Child Protection Advisor may need to talk to other adults about what you tell them to help keep you safe. They will only share what you tell them if they really need to and will always take your feelings into account when deciding the best ways to help you.

CEOP - Police

Who are CEOP Child Protection Advisors?

A CEOP Child Protection Advisor is someone who:

- Will try to help you
- Will listen to what you have to say
- Will not be shocked by what you tell them
- Will be honest with you
- Will not judge or blame you

- Will make decisions jointly with you wherever possible
- Will work with other professionals to keep you safe
- Will talk to your parents/carers for you, if you want them to, to explain what has happened

E Safety

Thinkuknow provides guidance on internet safety and safe surfing for young people and their parents/ carers.

Have a concern?

It is important to stay calm and consider the steps below:

Find out more

Before doing anything, take a deep breath and try to remain calm. There's lots of information and advice on this site to help you keep your child safe and access support. **Further support if you are concerned about your child.**

Talking to your child

Having a calm and open conversation is one way for you and your child to explore what is happening in an honest and supportive way. There's advice on this site on how to help your child and how to start the conversation if you are concerned that they are being sexually abused. **Concerned that your child is being sexually abused?**

Take action

Discuss your concerns with someone you trust, for example a friend, partner or your child's school. You can also talk to a professional at the NSPCC helpline on 0808 800 5000. Talking about it will help you decide the best action to take to ensure your child is safe. If you are concerned that a child has been, or is being sexually abused, you should report it. You can report directly to CEOP or your local police force. If you think your child is in immediate danger call 999. **Report an incident to CEOP.**

Seeking support for yourself

Whatever your situation it is likely that you will need support for yourself, as well as for your child. Talk to a friend or relative who you trust, who will listen and support you, or call the NSPCC helpline on 0808 800 5000. **Advice on on how to look after yourself.**

internet matters.org

In partnership with

BBC

familyeducation

Educating children...

Having an understanding of your child's online activity is important in keeping them safe.

As a school, we educate children as much as we can to make sensible choices in regards to all of the different apps, software and sites available.

There are a massive range so we aim to focus on popular apps - here are a few we strongly advise for you to know and learn more about.

Educating children... specific apps for parents to know

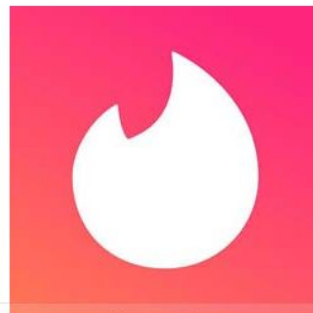**TikTok**

Tellonym

IMVU

Ask.fm

Snapchat

Tumblr

Houseparty

YouTube

Tinder

Kik Messenger

WHATSAPP

Instagram

Advertisement

Advertisement

Very concerning apps...

MONKEY

MONKEY is an app that allows users as young as 12 to chat with people all over the world during a brief introductory call, then users are given the chance to add each other on SNAPCHAT.

Omegle
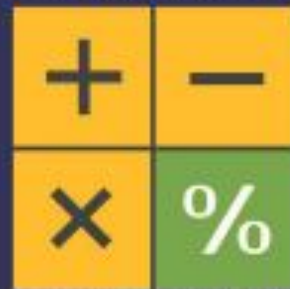A free online chat website that promotes chatting anonymously to strangers.

Burn Book
Post anonymous rumors about people through audio messages, texts, and photos.

Wishbone
An app that allows users to compare kids against each other and rate them on a scale.

CALCULATOR%

CALCULATOR% is one of several "vault" style apps that appears to be a harmless app, but is used to hide photos, videos, files and even browser history.

LIVE.ME

LIVE.ME allows users to livestream videos using geo-location to share the videos so other users can find the broadcaster's exact location. Users can earn "coins" to "pay" minors for photos.
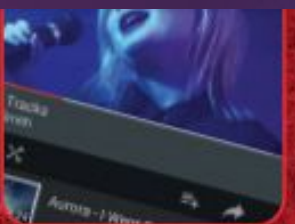
WHISPER

WHISPER is a social network that allows users to share secrets anonymously and it reveals the users' location so strangers can meet.

Website and gaming support

What are the age restrictions set for Youtube?

YouTube

YouTube is a video sharing site/application that enables you to upload, view, rate, share and comment on a wide variety of videos. Consisting of a huge resource of information, advice and entertainment, YouTube now has 1.9 billion logged-in monthly users who watch a billion hours of video daily. Most of the content on Google-owned YouTube is uploaded by individuals, but organisations and media companies also offer some of their content via this platform.

AGE RESTRICTION 13+

What parents need to know about YouTube

SPENDING A PREMIUM

YouTube Premium (formerly YouTube Red) is a new paid streaming subscription service in the UK, offering a three-month free trial to tempt viewers into a £12-per-month plan. This includes the ability to download videos, stream videos with the app in the background, gives exclusive access to original content and a separate music streaming service and gaming app.

DANGEROUS 'CHALLENGE' & VIRAL VIDEOS

On YouTube, 'challenge videos' are shared quickly and can be very dangerous. One person may post a video of themselves doing something unusual like eating a hot chilli or jumping in a river and before you know it, the video goes viral and everyone wants to join in and share their videos. The speed in which challenge videos spread across the Internet makes it difficult to keep up with the latest ones.

SHARING VIDEOS

As well as watching videos, many children are keen to share their own videos online, emulating their YouTube heroes, such as Stampy or DanTDM. However, if they post something on YouTube, they may later regret it or feel embarrassed about what they have shared. There is also a risk that they will receive hurtful or negative comments regarding not only their content, but also their appearance. YouTube's comment section is infamous for being one of the most opinionated on the Internet.

IN-APP MESSAGING

When your child is logged into their Google account and browsing the YouTube website, they can share and talk about videos with their friends using the chat bubble. This can be found at the top right of the desktop site or through in-app messaging on their mobile or tablet. When they tap on the 'Friends' icon, they have a list of suggested people from their contacts – which can be any contact they've had on Google or somebody who has sent them an invite link.

AGE-INAPPROPRIATE VIDEOS

As YouTube is the biggest video sharing website in the world, there is content available for all ages, meaning that some content will not be appropriate for your child. If you think that content is unsuitable, there is a flagging feature to submit it for review by YouTube staff, but you will need to be aware that just because video is not appropriate for a younger audience, it may not violate YouTube's policies. YouTube has mechanisms in place to automatically remove explicit and harmful content, yet offensive content may still slip through.

Website and gaming support

What are the age restrictions set for Instagram and Snapchat?

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the last 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty".
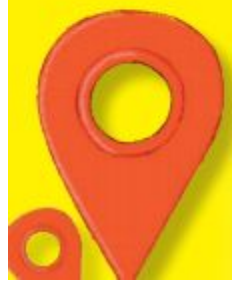
AGE RESTRICTION 13+

What parents need SNAP

Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang', 'Hyperlapse' and 'Layout', which can be used to enhance their feed. Users can choose to add filters and make adjustments to their photos, such as brightness/contrast. To make their content more 'searchable', users can include hashtags in their uploads to make them easier to find.

AGE RESTRICTION 13+

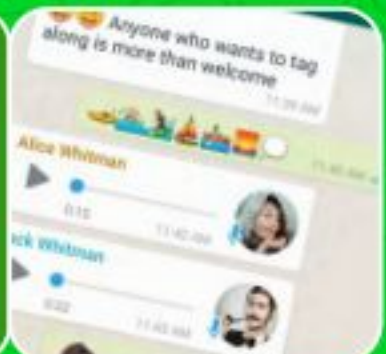What parents need to know about INSTAGRAM

Website and gaming support

What is Whatsapp's restricted age?

WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.

AGE RESTRICTION 16+

What parents need to know about

WhatsApp

Website and gaming support

What about tikToK? How old do you need to be to use it?

TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1billion monthly active users worldwide.

AGE RESTRICTION

12+

If under 18, supervision of a parent or legal guardian required.

What parents need to know about

TIKTOK

MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorious have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny

e-safety in school

As well as learning how to stay safe online in specific e-safety sessions, pupils are supported to consider safe and appropriate use of digital technology in whichever context they use it. Our curriculum drivers of **growth mindset, community and environmen**t shape every aspect of our use of digital technology, are embedded in teaching and learning and develop the child as a whole.

e-safety in school

Taught through our personalised Kapow curriculum units - sessions are taught weekly and focus on digital literacy, thinking and hardware - safety is taught through outcome but also reviewed during the sessions

PSHE scheme units are linked to e safety and making responsible choices - talking to the children about how their choices affect others as well as themselves, reflecting upon decisions

Safer internet day (Tuesday 11th February 2020)

Theme: Together for a better internet and online profiles. Sessions focussing on what to share and what not to share when creating a profile online and how you can use that profile sensibly. How your profile is important in protecting yourself online.

Cyber bullying

Grooming

Friendship

Flattering a child into talking in a private chatroom/game where they will be isolated

The child will often be asked for a **non-sexual** picture of themselves

Forming a relationship

Gaining information asking the child what problems /needs they have to create the illusion of being their

best friend and that they can help They begin to fill the needs of the child

Risk assessment

Asking the child about **the location of their computer/tablet and who else has access to it**

in order to assess the risk of being detected. The desire is to **create situations where they are alone together** to help reinforce a **special connection**

Exclusivity

Building up a sense of **mutual love and trust with the child**

suggesting that they can discuss "anything"

Sex talk / Meet

Engaging the child in **explicit conversations & requesting sexually explicit pictures from them**

At this stage the predator will usually try to **arrange a meeting with the child**
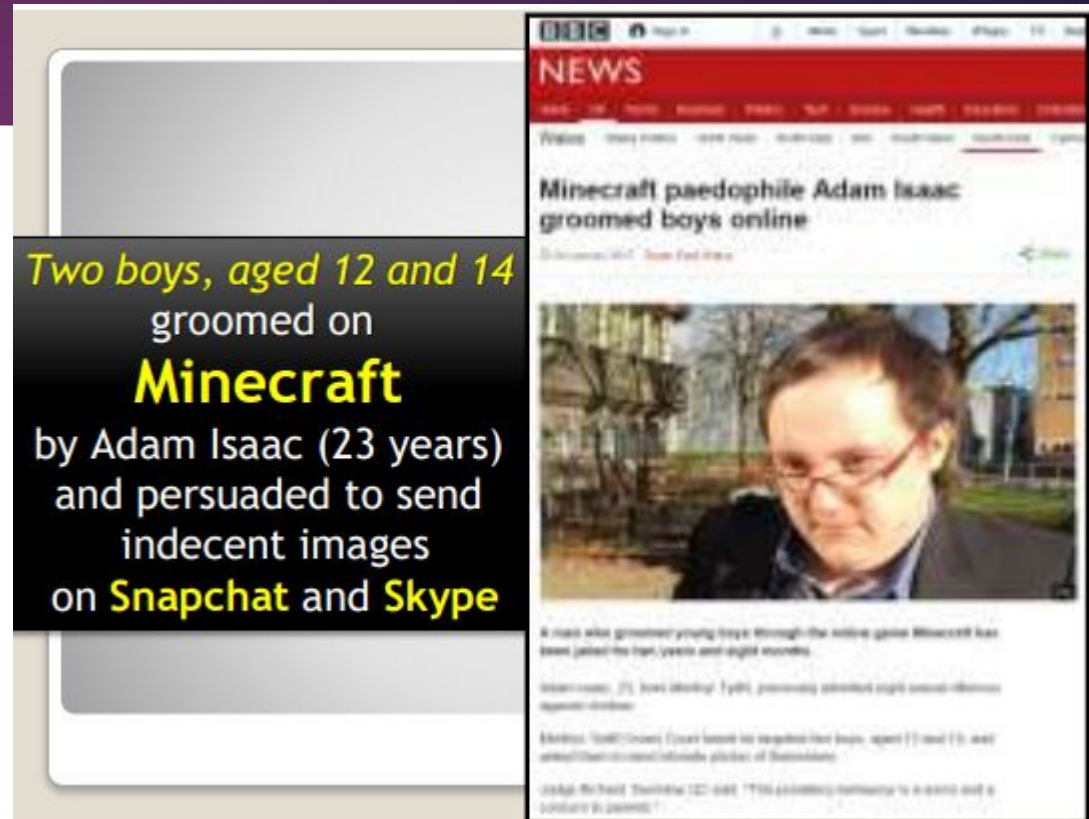
Grooming

ITV NEWS

Man pretending to be boy to pester young girls is jailed

Mark Taft (27) used **Facebook** under a fake account of a child who he called **Luke Carlisle**.

Sentenced to **3 years, 3 months** in prison.

Also given a *Sexual Harm Prevention Order* and will sign the **Sex Offenders Register** for life.

Two boys, aged 12 and 14 groomed on **Minecraft** by Adam Isaac (23 years) and persuaded to send indecent images on **Snapchat** and **Skype**

BBC NEWS

Minecraft paedophile Adam Isaac groomed boys online

Sexting

Why do children send inappropriate images / videos?

There are many reasons why a young person may want to send a naked/semi-naked picture, video or message to someone else...

A joining in because they think that *'everyone is doing it'*

B boosting their self-esteem

C flirting with others and testing their sexual identity exploring their sexual feelings

D to get attention and connect with new people on social media

E they may find it difficult to say 'no' if somebody asks them for an explicit image, especially if the person asking is persistent

Threat comes mostly from peers

Sexting is often coercive

Statistics range between 15 and 40 % of young people being involved in sexting, depending on their age and the way sexting is measured.

Girls are the most adversely affected
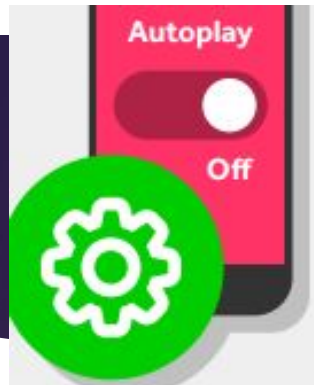
Technology amplifies the problem

How you can help support your child's understanding of staying safe online...

Set clear boundaries on website and app use

Organise screen time settings for devices

Monitor your child's activity (history, discussion, checking online friends..)

Set consequences, lead by example and say no

1. **Set a good example** with your own device use

2. Have **discussions about the risks** that they may face based on their online activities

3. Put in place **a family agreement** and agree an appropriate length of time they can use their device

4. **Help them build critical thinking** to understand that some features on platforms are design to keep you watching or playing

5. Encourage them to **switch off auto-play** on platform to remove the temptation to binge on programmes

6. **Use tech tools** and parental control to manage the time they spend online and the apps they use

7. Get the **whole family to unplug** and create 'screen free' zones at home

8. Together find apps, site and games that will help children **explore their passions** and make screen time active

9. For younger children find ways to **combine touch screen use** with creative and active play

10. **Encourage children to self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing

Autoplay

Off

internet matters.org

Screen time

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result.
47% of parents said they thought their children spent too much time in front of screens

Settings > Screen Time

Check on how much time has been spent and when
Block apps and websites
Create timed locks (no screen time at night, only using the internet as specific times in specific rooms)

THINK U KNOW
.co.uk

I would like advice on...

Home   Get Advice ▫   Concerned about your child?   How to get help ▫   Who are we?   Support tools ▫

Using parental controls

Parental controls are a great tool to help protect your children online and there's plenty of advice available to help you use them. Find out how you can use them effectively.
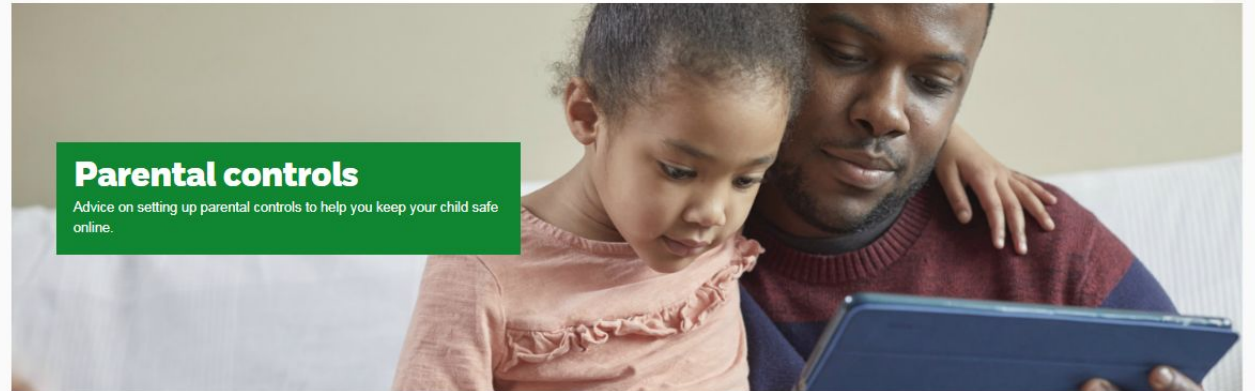
NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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What is child abuse?   What we do   Keeping children safe   What you can do

☎ Helpline   🔍 Search

Home | Keeping children safe | Online safety | Parental controls

Parental controls

Advice on setting up parental controls to help you keep your child safe online.

What are parental controls?

Parent help and advice...

Simple checklist for parents:

I have visited www.thinkuknow.co.uk with my child (I have bookmarked the CEOP website and told my child what is there)

Open and honest dialogue - show an interest and learn about what your child does online

Stay in control as much as you can through parental filters, Family Sharing, and apps like Screen Limit

Advertise yourself as one of the people your child can turn to - without being chastised...

Education is better than saying to your child "you are not doing this anymore..."

CEOP

THINK U KNOW .co.uk

familyeducation

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Questions?

Thank you for your continued support