E-Safety Workshop

23rd February 2016

The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your children have better technical skills than you do, however children and young people still need advice and protection when it comes to managing their lives online and using the internet positively and safely.

Aims of today

To make you aware of the risks your child may encounter whilst online.

To offer you some practical advice to get you thinking about how you can support your child to get the most out of the internet.

To know more about some of the websites and APPs your child may be using.

On the desk in front of you, there is a large sheet of paper. We would like you to list all of the ways you and family use the internet at home.

What do you and your family use the internet for?

Conduct

- Digital footprints
- Respect and manners
- Who can view their content?
- Keep their personal information safe
- Reporting

Conduct

Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprints that they create on the internet. These footprints can be perceived positively or negatively by people viewing the content, and for young people this may have a longer term impact on their online reputation, well-being and future career prospects. Encourage your children to put their best foot forward online and to show respect for others as they would be expected to do offline.

It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it's important to keep personal information safe and think carefully about who information is shared with. If your child uses services that include privacy settings then support them in putting these in place to ensure they have greater control over who can see their messages, photos and other content posted online. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done. Remind them that they can always tell an adult if something online has worried or upset them.

- **18** Adult content
- Hurtful and harmful content
- Reliable information
- Illegal downloading

Content

Some online content is not suitable for children. Some content is intended for adults, such as pornographic websites and gambling websites. Other content may be hurtful or harmful such as content expressing extreme views or promoting harmful behaviour. This content could be accessed and viewed via social networks, online games, apps, blogs and websites. There are filtering options that can be activated on home broadband connections and controls on individual devices that can restrict the content children may discover online. These may be useful tools for your family but it is important to also discuss with your children what they might see online.

It is also important to remember that there can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

Contact

- ♥ Online friends
- 🔒 Privacy settings
- ⚠ Grooming
- ⚡ Cyberbullying
- 💬 Tell someone they trust!

Contact

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, they may be sharing their personal information with them. Regularly reviewing friends/followers lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access.

Remind your child to always tell you or another trusted adult if they ever receive any messages from other users that try to coerce or persuade them to do anything that makes them feel worried or uncomfortable.

If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre If your child is the victim of cyber bullying, this can also be reported online and offline. Remind your child that they should save all the messages, photos and other content received as evidence, and should never retaliate against malicious comments made towards them online. Reinforce with your child the importance of telling a trusted adult if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

Commercialism

- £ Advertising
- 📱 In-app purchases
- ✕ Pop ups
- ✉ Spam

Commercialism

Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within smartphone or tablet apps. Encourage your children to keep their personal information private; you could suggest using a family email address when filling in online forms and this will mean they will avoid being inundated with spam and junk email. Learn how to block pop ups, most web browsers have these now turned on as default but double check on the browser you and family use.

You may have heard news stories in the past of children running up huge bills as a result of buying coins or gems in-game? To avoid this happening, especially with younger children, explore the options for turning off or restricting in-app purchasing on devices.

What APPs or sites is your child using?

What can I do right now?
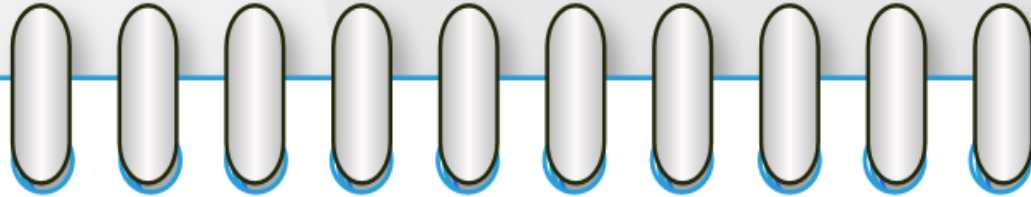
- [ ] Open dialogue with your child
- [ ] Family agreement
- [ ] Consider filtering and blocking software
- [ ] Think before you/they post
- [ ] Understand the laws
- [ ] Privacy settings and reporting
- [ ] Save the evidence and report the incident
- [ ] Age ratings on apps and games
- [ ] Protect their personal information

Sign up to the UK Safer Internet Centre newsletter at:

saferinternet.org.uk