



A Parent's Guide to e-Safety

What is e-Safety?

e-Safety is about the protection of children whilst they are using the internet and digital technologies. This includes: risk-taking and inappropriate behaviour by children and young people; risks and inappropriate behaviour by others to children and young people; illegal activity.

“Research shows the outcomes for children are better if they benefit from connected technology.” EU Kids Online 2013



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

Key Life Moments

Children

Age 3-4
1% own a mobile phone, 16% own a tablet, 0% have a social media profile



Age 5-7
67% of children are online.
Average time spent per week: 8 hours 42 minutes
3% have a social media profile
Children start to browse internet for school work and general browsing

Learn to read & write



Under 10
Internet use limited to gaming, streaming video and TV and video calling



Age 8-11
90% of children are online, 49% own a tablet
Average time spent per week: 12 hours and 54 minutes
56% play games online, 12% against people who they've never met

Age 10-11
Phone ownership rises from 21% to 43%



43% of 11 year olds have a social media profile and are messaging, sharing and liking throughout the day

Age 12-13
Phone ownership rises from 50% to 74%
74% of 13 year olds have a social media profile

12-15
98% of children are online
Average time spent per week: 20 hours and 6 minutes
27% play games against people they've never met

Secondary school children use an average of 5 social networks



Start Secondary school

Parents

Age 3-4
55% of parents think the benefits of the internet outweigh the risks
10% think their child knows more about the internet than they do

Age 5-7
35% of parents have never spoken to their children about managing risks online
4% never supervise online access and use

Under 10
Parental concern is limited to sexual content, inappropriate content, violent content and strangers/grooming

Age 8-11
68% of parents think the benefits of the internet outweigh the risks
41% think their child knows more about the internet than they do
34% are concerned about their child being bullied through their mobile phone

Age 10-13
Parental concerns around online bullying increase



Age 5-15
42% of parents have no awareness of content filters



Age 5-15
16% of parents have never spoken to their child about managing risks online



Age 12-15
8% of parents do nothing to regulate or monitor their child's activity online

The Risks

	Content	Contact	Conduct
Aggressive	Violent	Harassment	Cyberbullying
Sexual	Pornographic	Grooming and Sexual Abuse	Sexual harassment
Values	Hateful, Racist, Sexist, Extreme	Extreme Views	Harmful user generated content
Commercial	Marketing	Personal Data Misuse	Gambling and copyright infringement

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

Up to 40% of
young people
are involved in
sexting.

48% of secondary
school aged
children admit to
having talked to
strangers on social
media.

11
The average
age to first
view porn
online.

Education and positive actions can prevent risks to children online.

- Understand the risks but keep them in proportion.
- Communicate regularly
- Agree rules for internet usage, including how the internet can be used and when it can be used
- Empower children with the knowledge to deal with and prevent risks
- Use parental controls and filters
- Consider age ratings

How to Deal with Inappropriate Content

- Keep the lines of communication open so children are comfortable talking to you about the things they see online
- Teach children what to do if they see inappropriate content. They can turn off the screen, use the back button, use CEOP button, tell a trusted adult, or report it to the website or app where they found it
- Safe search on Google (& other browsers) & YouTube; child –friendly search engines
- Parental controls on home broadband
- Content lock on mobile networks



How to Deal with Inappropriate Contact

- Discuss fake profiles. Do you know for sure a person is who they say they are? Discuss the reason why some people may create fake profiles.
- Agree how they will respond to requests from people they don't know in real life.
- Never agree to meet up with anyone they don't know in real life.
- Set up safe social media profiles that don't share personal information.
- Regularly monitor your child's accounts.
- Turn off geo location settings on devices.
- Use the strongest privacy settings on social media.
- Teach children how to report / block/ mute.



How to Deal with Inappropriate Conduct

- Ensure children can talk to a trusted adult if they experience anything upsetting online.
- Think carefully about sharing images of others.
- Be kind.
- Be responsible online, remembering they are creating their own digital footprint.
- Report inappropriate posts/content to the social media providers.
- Ensure children know how to report inappropriate behaviour.
- Think carefully about using monitoring apps that identify inappropriate behaviour.
- Consider monitoring your child's accounts.

e-Safety and the Computing Curriculum



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

KS1



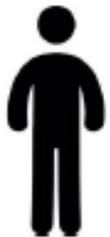
Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

KS2



Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns

KS3



Understand how changes in technology affect safety, including new ways to protect their online privacy and identity, and how to report a range of concerns

KS4

Rules for using the Internet safely

I will :

- only visit websites suitable for children my age;
- be polite and show respect when communicating with others;
- keep my personal information secret (including passwords);
- report any unpleasant messages/inappropriate websites to a member of staff.

Filtering and Monitoring

<https://www.internetmatters.org/parental-controls/broadband-mobile/> - For step by step instructions about how to set up a filter on your home broadband and mobile devices.



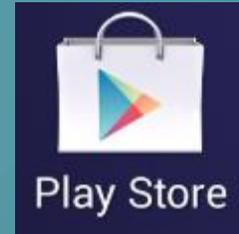
<https://families.google.com/familylink/> - Family Link App Recommended by Google

Runs on iOS9 and Android devices 6.0 and 7.0

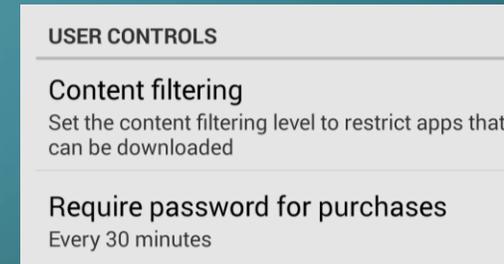
Allows you to monitor your children internet use, approve apps for use and keep an eye/restrict screen time.

Set up different profiles with restricted content.

Parental Controls for Play Store (android)



1. Tap the Menu icon to go to the apps list.
2. Locate and tap the Play Store from the displayed list of apps.
3. On the opened window, tap the Menu icon (icon with the three horizontal lines) at the top-left corner of the interface.
4. From the displayed list, tap the Settings option.
5. On the Settings window, tap Content filtering under the USER CONTROLS section.
6. On the Allow apps rated for pop up box, tap the appropriate radio button as per your requirement. (E.g. Medium maturity in this demonstration.)
7. Tap OK when done.
8. On the Content PIN pop up box, tap the Type PIN field and enter a new security PIN to restrict access.
9. Tap OK to continue.
10. On the Confirm content PIN pop up box, re-enter the PIN in the required field, and tap OK to complete the process.



Note: You will be required to provide the PIN number wherever needed while using Play Store.

Where to go for Help and Advice

- <https://www.net-aware.org.uk/> - A complete guide to social networks popular with children
- <https://www.ceop.police.uk/Safety-Centre/police-and-private-sector-reporting/> - For reporting abuse online
- Childline 0800 1111 – 24 hour helpline for children and young people
- <https://www.thinkuknow.co.uk/> - Advice for keeping children and young people safe online.