

Parent - Online Safety

Online Safety Dilemmas for Parent Discussion



Parents - 30 Minutes

What is your reaction to new technology?
Love it, loath it, you can't ignore it!



Fanfare of fevered excitement or Klaxon of terror and alarm!

1

Content Risks

Illegal, inappropriate, harmful, e.g. Fake news, deep fake images, racism, misogamy, self-harm, extremism, pornography.

2

Contact Risks

Bullying, grooming, sexual harassment, exploitation, influencing, 'end-to-end encryption.

Conduct Risks

Acting in ways that might hurt others or being victims of this behaviour—privacy, digital footprint, health and wellbeing, nudes and semi-nudes, copyright and live streaming.

Contract Risks

Contracts, membership agreements, or terms and conditions that they aren't aware of or don't understand. Online gambling, advertising, phishing scams, financial scams and micro-transactions.

Internet safety risks for school-age children

There are 4 main kinds of internet safety risks for children.



3



4



What does your child's Digital Playground look like?



Over the 30 minutes, we will explore a slice of the digital landscape primary-aged children inhabit.

Do you recognise these?



Screen Time Management

& Device
Management

Mabel and Billy spend too much time on their tablets, especially on weekends. Their parents are concerned about balancing educational content with entertainment and ensuring their children do not become overly dependent on screens.

Discussion Points:

How can we establish a healthy balance between screen time and other activities?

What tools or apps can we use to monitor and limit their daily screen usage effectively?



Did you know?

The average person spends 4.8 hours a day on their handset.

Did you know?

Most of us check our phones 55 times per day and some of us even 100 times.

Culturally we have become addicted to these tools!



British kids spend obsessive amount of time on TikTok, new study finds

British children spend 127 minutes a day on TikTok – more than in any other country.

Children in the UK are using TikTok for more than two hours a day, making British youngsters some of the heaviest users of the social media app worldwide, a new report has claimed.

In the last four years, the average watch time on TikTok has doubled since back in 2020, children spent 70 minutes every day on TikTok.



Jan 25, 2024

TikTok used by 16 per cent of British toddlers, Ofcom report reveals



Rise of the **five**-year-old 'TikTots'

With 16 per cent of British toddlers using TikTok, should we be worried about raising a smartphone-reliant generation?

An annual study into media habits, [from Ofcom](#), highlighted the mini social-media mavens, with a third of parents of five- to seven-year-olds revealing their child had a social-media profile.

The report noted even younger children - TikTots as Ofcom dubbed them - were watching videos on TikTok, including 16% of the three- to four-year-olds.



Digital Family Agreement



Digital Family Agreement LGfL DigiSafe

I will:	Why?	Parent/carer will:	Why?
<p>Check with mum before getting a new app or game or buying an add-on so she can check it's safe</p> <p>Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry</p> <p>Check with mum or dad before going live and explain what I can do to avoid any risks</p> <p>Not post or share any personal information, e.g. mobile, address, to stay private and safe</p> <p>Put my phone down when we're eating together or mum or dad want to talk, as it's respectful</p> <p>Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep</p> <p>Come off my devices an hour before bedtime to unwind and sleep well</p>	<p>Check with mum or dad before going live and explain what I can do to avoid any risks</p> <p>Not post or share any personal information, e.g. mobile, address, to stay private and safe</p> <p>Put my phone down when we're eating together or mum or dad want to talk, as it's respectful</p> <p>Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep</p> <p>Come off my devices an hour before bedtime to unwind and sleep well</p>	<p>Put our devices down when you want to talk to me/us so we can model good behaviour</p> <p>Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk</p> <p>Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy</p> <p>Ask permission before sharing any photos of you, to respect your privacy</p>	<p>Put our devices down when you want to talk to me/us so we can model good behaviour</p> <p>Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk</p> <p>Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy</p> <p>Ask permission before sharing any photos of you, to respect your privacy</p>

If there are any issues:
 We will talk about it calmly and respectfully
 I may have to show you more about what I am doing on devices, or other consequences

If I'm worried by anything:
 I can tell mum or dad and they won't judge me
 I can talk to Mr Patel at school
 I can contact Childline or The Helpline

 Safer Internet Day

 ISLINGTON
Digital Charter

 Children's
Digital 5 A Day



Islington wants to promote the safe, happy and creative use of technology. In consultation with our children, parents and staff we have developed our very own 'Digital Charter'


Mobile-free mealtimes


Real books at bedtime


Be kind online


Create, don't consume


Balance online and physical activity


Think before you share


If something upsets you, tell an adult


Age appropriate content only

<https://islington.gov.uk/bloggy.com/islington-computing-online-safety/>

We recommend a family agreement to make clear what is allowed...or not, how much time you can spend on devices, and ground rules like no phones at the table or in the bedroom at night-time. Shared expectations will reduce arguments and keep everyone safe & healthy.

Advice: Screen Time Management

Establish a "Family Media Plan" that allocates specific times for screen use, ensuring a balance between physical activity, homework, and family time.

Use device settings or apps to set daily screen time limits and monitor usage.

Encourage activities like reading or outdoor play when limits are reached.

Designate screen-free zones in the home, such as bedrooms and the dining room, to encourage family interaction and ensure restful sleep.



Discussing Digital Life & Vocabulary

Terms every parent should know



Deepfakes

AI-generated fake videos or images that allow people's faces or bodies to be swapped or digitally altered.

Disinformation

False information that is intended to deliberately mislead people.

Cancel Culture

On social media, this often refers to the withdrawal of supporter celebrities or other public figures.

Digital Activism

Using digital platforms - like social media - to encourage social or political change. E.g. Black Lives Matter.

Misinformation

False information that hasn't necessarily been created to intentionally mislead people.

Chatbot

A chatbot is an app or web interface that aims to mimic human conversation through text or voice interactions.

Accessing Inappropriate Content

While searching for a game, Billy accidentally stumbled upon a site with inappropriate content. His parents want to prevent this from happening again without scaring him away from using the internet.

Discussion Points:

What parental control tools effectively filter content without overly restricting access to educational resources?

How do we have a calm and reassuring conversation with Billy about internet safety?

Can we implement regular checks on their browsing history without invading their privacy?





Have you ever played Roblox?

[24 million games](#) within the platform.



Piggy Roblox

ROBLOX PIGGY STORY:

In Roblox Piggy, you are a **police officer investigating the disappearance of George Pig**. When you arrive on the scene, you get knocked out by a mysterious pig and wake up in a bedroom you have never seen before. You must escape the room before you are tracked down and killed by the strange pig. 10 Jan 2022

How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media – provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider.

We know that children, particularly younger children, can be bothered by things they see online, and filters can be a helpful tool in reducing the chances of coming across something upsetting.



How to set up the parental controls offered by BT

Video guide from BT about how to set up parental controls.



How to set up the parental controls offered by Sky

Video guide from Sky about how to set up parental controls.

Parental Controls

Give your child a safe space to explore their curiosity online.

Our step by step parental controls guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience.

[SEE SET UP SAFE CHECKLIST](#)

What are parental controls?

Parental controls are the names for a group of settings that put you in control of what content your child can see. Combined with privacy settings, these can help you protect your children from inappropriate content, online grooming, cyberbullying and other **online safety issues**.

Remember that parental control settings are only one part of online safety. Make sure to keep having **regular conversations about their online lives** to stay on top of any issues that come up.

Smartphones and other devices

Select the device from the dropdown list



[VIEW ALL](#)

Broadband & mobile networks

Select the device from the dropdown list



[VIEW ALL](#)



Advice: Accessing Inappropriate Content

Implement parental controls to filter and block inappropriate content on all devices, tailoring restrictions to each child's age and maturity level.

Create an open dialogue about internet safety, encouraging Billy to come to you if he encounters anything online that makes him uncomfortable.

Regularly review and adjust parental controls based on your children's online activities as they age.



Online Bullying

Mabel mentioned in passing that a classmate was being teased online. Her parents are concerned about her understanding of online bullying and her ability to cope if it happens to her.

Discussion Points:

How do we educate Mabel and Billy about the importance of kindness and empathy online?

What steps can we take to ensure they feel comfortable coming to us if they encounter or witness online bullying?

Should we set up guidelines for their online interactions and discuss the importance of privacy settings?



917
minutes

Average time
children spend
online a week

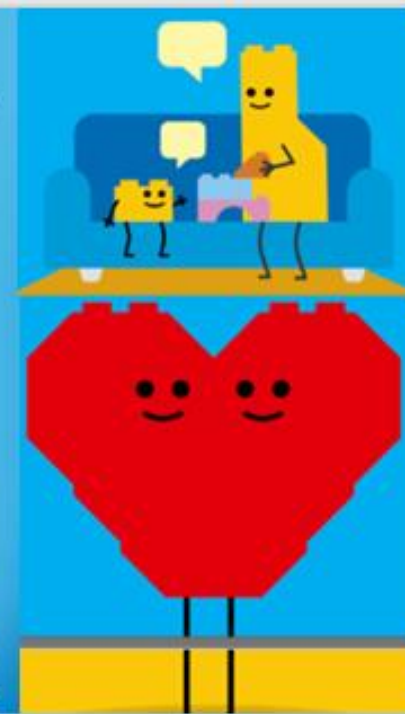


Average time
we talk to them
about digital
safety in their
entire childhood



46
minutes

Rough estimate of time we
spend talking to children about:





Platforms Flagged for Severe **Bullying** 🥲



1. Discord



Twitch

2. Snapchat



3. Instagram



4. WhatsApp



5. Tik Tok



Bullying in Games



This could include:

Sending upsetting messages to another player.

Making someone lose a game on purpose.

Stealing another player's game currency.



Report, Block & Leave!

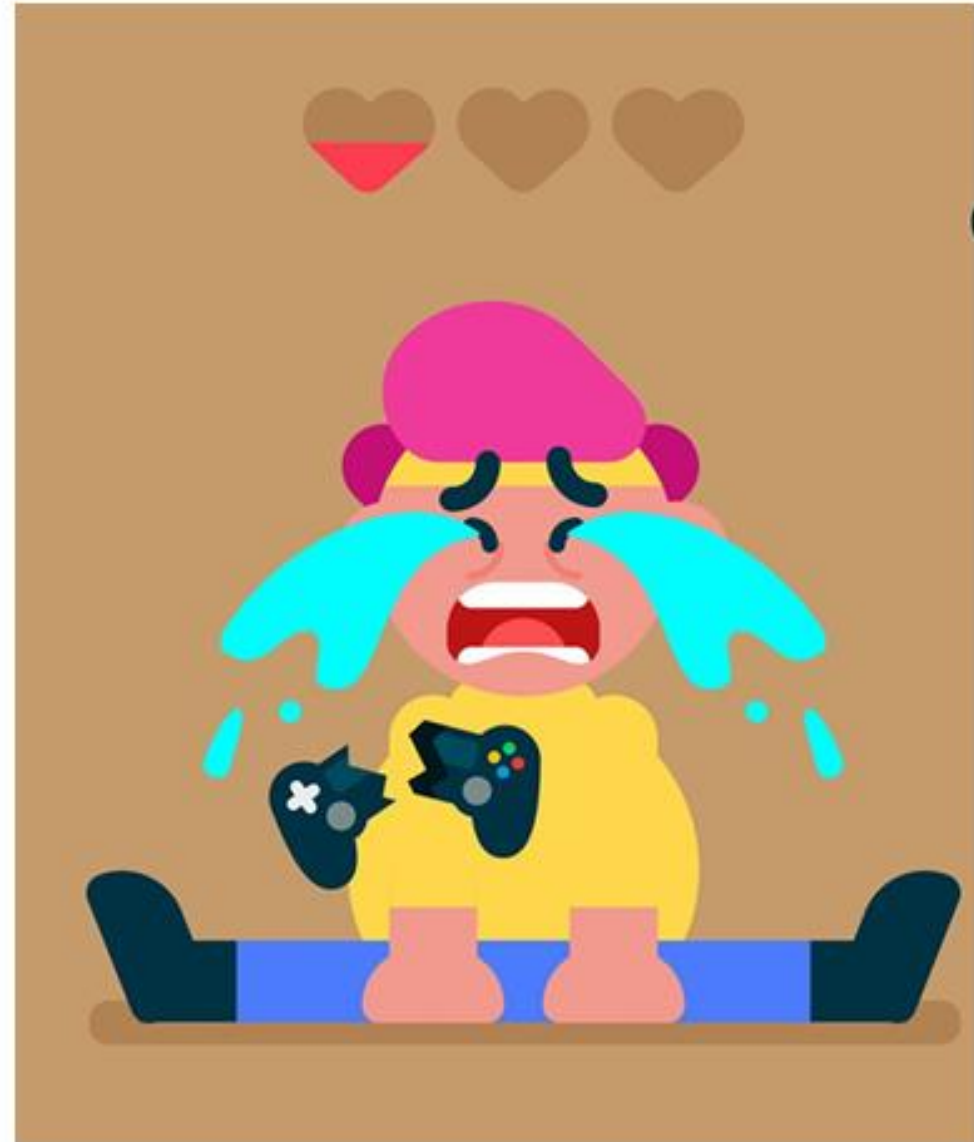


What can you do if you are being bullied online?

Check the safety settings on a game.

Only play games with people you know.

Do your parents know about private games or servers?



What should you do if you are being bullied online?



Don't respond or reply!



Save the evidence... take screenshots



Tell a trusted adult



Block the bully



Report it!



Advice: Online Bullying

Educate Mabel and Billy about empathy and the impact of their words online, fostering an environment where they feel comfortable sharing their online experiences.

Establish clear rules for online behaviour and the importance of privacy settings to control who can see and interact with their online profiles.

Please encourage them to speak up about any bullying, whether they're witnessing or experiencing it, and discuss appropriate actions.





National
Online
Safety®

78%

of young people have received
friend requests in an online game
from people they didn't know

Source: UK Safer Internet Centre



Advice: Online Grooming Risks

Discuss the concept of stranger danger in the context of the online world, emphasising that not everyone is who they claim to be.

Regularly review friend lists and messages with Mabel and Billy, ensuring they only interact with known and trusted individuals.

Educate them on never meeting online friends in person without parental knowledge and supervision.





facebook



instagram



pinterest



twitter



SnapChat



Periscope



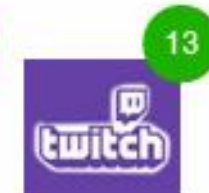
Tik Tok



Facetune



Kik



Twitch



Minecraft



WhatsApp



Meow Chat



you tube



messenger



Dubsmash



Chatroulette



Flickr



YoLo



Vimeo



Oovoo



skype



yubo



viber



omegle



Roblox



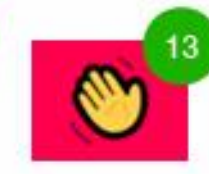
Fortnite



MeetMe



Whisper



Houseparty



Live.Me



YouNow



Monkey



Skout



Linkedin



among us



Discord



WeChat



smule



miniclip



fifa football



mixer



triller



Tumblr



Reddit



MySpace



Ask FM



Club House



Tagged



Telegram

