



Shoreham Beach Primary School E-Safety Presentation

Learn, aspire, achieve

Importance of E-Safety

How aware of e-safety are you?

How involved are you in your
child's use of the Internet?

The internet is great

for so many reasons including for:



Education



Social



Express individuality



New skills

There are lots of positives...



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

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



Some of the technologies

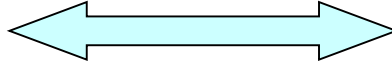


What is E-Safety?

- Safeguarding young people (and indeed adults!) in the digital world.
- Learning to understand and use new technologies and information communication technology (ICT) in a positive way.
- NOT about restricting children, but EDUCATING them about the risks as well as the benefits so they can feel confident and happy online.
- Being educated to be able to support and help young people.

What about E- Safety at school?

School



Home

- Supervised
- Monitored
- Filtered
- Curriculum



97% of children have access to Internet enabled devices

29% of parents allow their children to download Apps without their permission.

52% of young people report being cyber bullied.

95% of teens that witnessed bullying on social media report that they have ignored the behaviour.

More than 50% of young people surveyed say that they never confide in their parents when cyber bullying happens to them.

Where do we start?

The most important place to start is with
a question?

**Do you know what
your child is doing
online?**



How children are using the internet

Average child spends 4 hours a day on a screen.
What are they doing?



Social Networks



Homework



Email



Gaming



YouTube



Google

Browsing



Instant Messaging



Downloading Apps



Internet use by young children is increasing

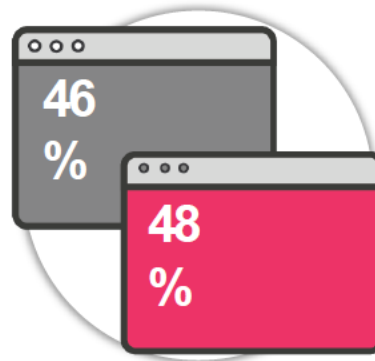
6 is the new 10



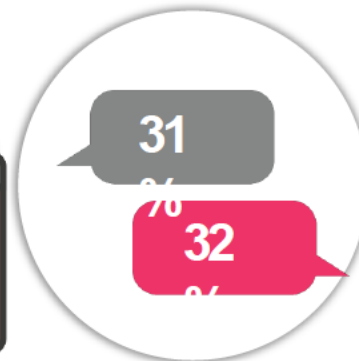
Age 10
in 2013



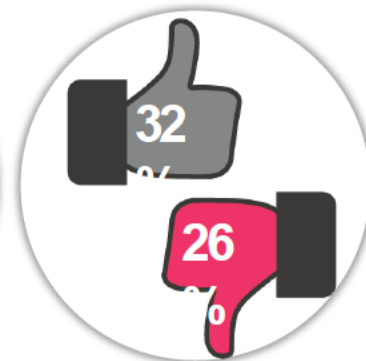
Age 6
today



General
browsing



Instant
Message

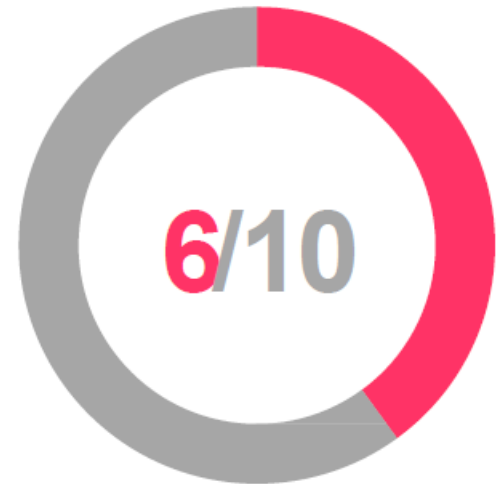


Social
media

Social media is their online playground

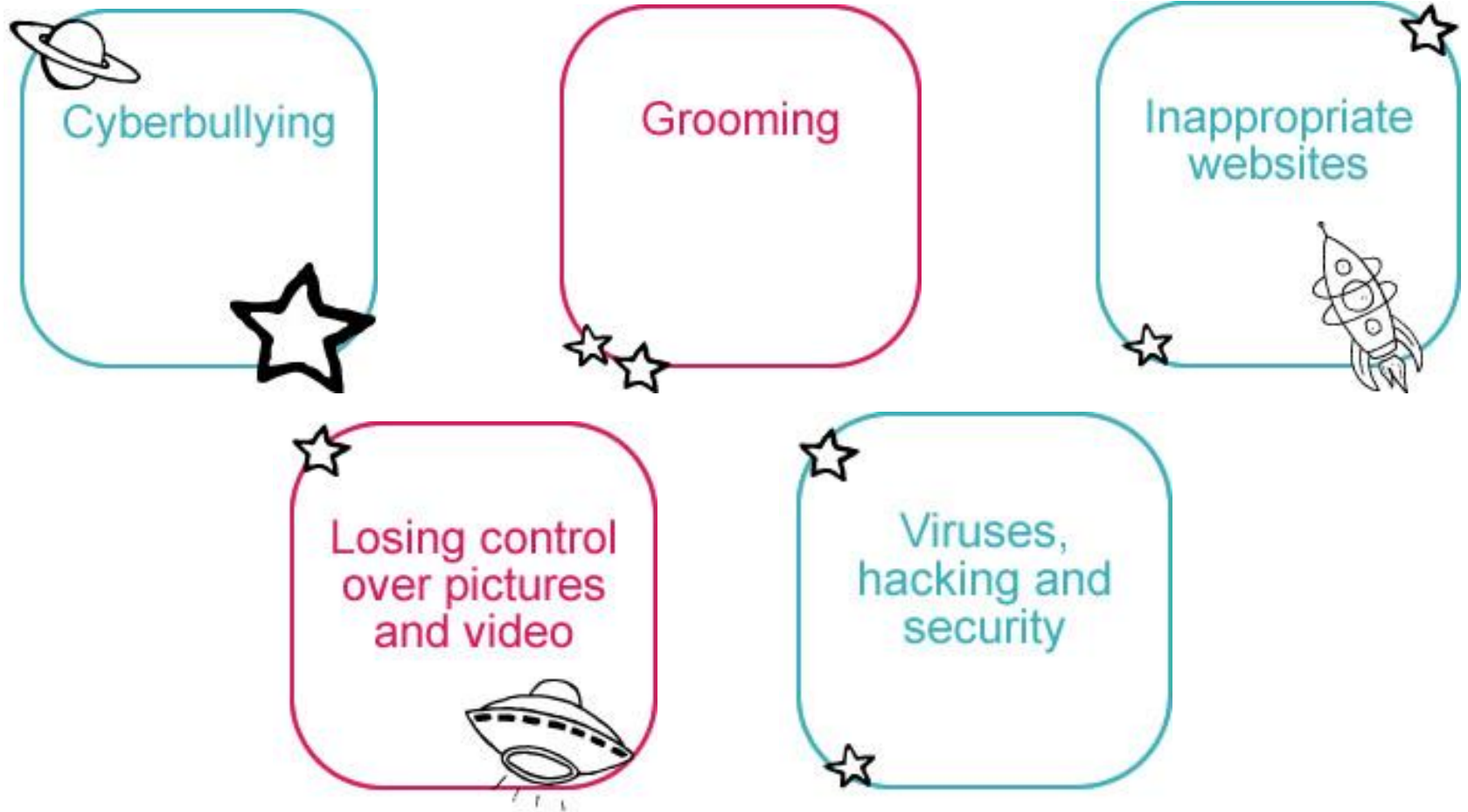


The average child posts 26 times per day on social media



6 out of 10 followers are friends in the 'real world'

Risks your child may face online.
As with the real world, there are risks online
and it's important that you teach your child
how to navigate them.



Age appropriate: this is so important as these ages are based not just upon ability but also upon maturity to understand. When children have not the maturity to understand what is going on in their world it can have a huge impact upon their mental and emotional health.



Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)

Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret



YouTube
Keek
Foursquare
WeChat
Kik
Flickr

Age appropriate – not just for social media.



It is not suitable for persons under 12 years of **age**. The VSC expand on the PEGI **rating** by stating that “Violence consists of you using whatever weapons you can find or make to fend off the monsters of the Storm and save the survivors.

Common Sense Media said **Fortnite** is **appropriate** for players aged 13+

**So what can we
do about
keeping our
children safe
when using the
Internet?**

Talk to your child about what they're up to online.

Encourage your child to go online and explore!

Keep up-to-date with your child's development online.

Set boundaries in the online world just as you would in the real world.

Keep all equipment that connects to the internet in a family space.

Know what connects to the internet and how.

Help your child to realise that what they see and read on line is not necessarily true.

Anyone can post information on line and it is not vetted.

Photos can be 'doctored' to show whatever a person wants it too.



**Use parental controls
on devices that link
to the Internet, such
as the TV, laptops,
computers, tablets,
game consoles and
mobile phones.**



Dealing with inappropriate CONDUCT

25%

of children will
experience
cyberbullying

50%

of children say
someone has been
nasty online



Definition



The **Anti-bullying Alliance** define bullying as:

The **repetitive, intentional** hurting of one person or group by another person or group, where the relationship involves an imbalance of **power**. Bullying can be **physical, verbal** or **psychological**.



....**Cyberbullying** is the new kid on the block.

Why is cyberbullying different?



Hard to escape



Instantly reach audience



24 hour



Anonymity



Repetative



Hard to police

If you think your child is the victim of cyberbullying there are signs you can look out for. Obviously this does not replace your knowledge of what your child is accessing on line (incl. on their mobile phones).

Spotting the signs

62%

of parents worry
about Cyberbullying

1 in 10

parents are aware
their child has been
bullied



How can you help?

Talking is the best way to help



Remember this is an emotionally-charged problem



Stay calm, patient, and ask how you can help



Believe them, refrain from judging or belittling and acknowledge their feelings



Encourage them not to treat bullying as a secret - they can use you as release for their emotions; importantly keep the dialogue open



Praise them for being brave enough to share with you



Think very carefully about approaching other parents

Mobile phones

Mobile phones have become the main way that adults and children access the internet over tablets, laptops and desk tops. It is also the most difficult to monitor.

Anytime ⇔ Anywhere

Camera phones

Text messages

Internet access

e-mail

MP3 player

Chat and IM

Downloads

Mobile TV



Mobile phones

Things to consider:



- Is my child **old enough** to have a mobile phone? Set boundaries. A good time to allow your child to have a phone is when it is needed, i.e. leaving the house alone
- Before buying your child a mobile, find out what **functions** it has – Internet, private messaging, built in applications
- Set **parental controls** where required - talk to the service provider
- Set **mobile rules** - no mobile phone in the bedroom at night, mobile free time before bed, no use after lights out; insist that they need to be charged overnight in **your** bedroom or the kitchen. Research shows clearly that when children use electronic devices just before bedtime it impedes sleep.

E-safety at school

Filtered through an e-safety program

Certain amount of directing by adults.

Monitored

Lessons on e-safety
in each year group.



I do hope this presentation has been useful and thought provoking.

Online safety is so important for keeping our children mentally and emotionally safe.

There are so many organisations now that support parents in trying to keep their children safe while online.

Here are a few recommended ones.

Home

Primary

Secondary

Advice for carers

Advice for Adoptive Parents

Nude Selfies: What parents and carers need to know

What to do if you find out your child has been sexually abused or exploited

The Parents' and Carers' Guide

Keeping up with the Joneses

Visa



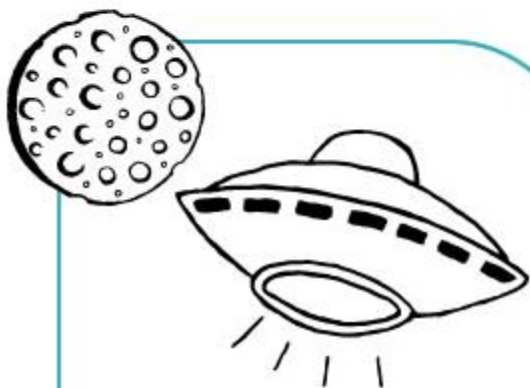
Supported by

VISA

Browser Safety

download the ClickCEOP tools

Welcome to CEOP's Thinkuknow for Parents and Carers



Advice if your children are in
Primary Education



Advice if your children are in
Secondary Education

Watch our new animated films for parents and carers



Nude Selfies:
What Parents
and Carers
Need to Know



NSPCC



Free online safety workshops

Along with O2, we're holding free workshops to help parents learn how to keep children safe online.

[Sign up now](#)



Safety net Kids

[Home](#)[Personal Safety](#)[School Safety](#)[Community Safety](#)[Your Wellbeing](#)[Extras](#)[About Us](#)

Are you worried about online bullying?

We've done some research about staying safe online that you can find here: [stay safe in cyber space](#)



Helping parents keep their children safe online



[LEARN MORE](#)

Supporting families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

[I need help with an online issue](#)



[I need to report something](#)



[I need help setting controls and privacy settings on a child's device](#)



See new campaign **talking to real parents** about managing children's online safety



eSafety - resources

- www.thinkuknow.com
- www.NSPCC.org.uk
- www.safetynetkids.org.uk
- www.internetmatters.org

- <https://www.net-aware.org.uk/>



Facebook & Messenger

[Messaging](#) | [Photo / video sharing](#) | [Audio / video calling](#) | [Content sharing](#) | [Live streaming](#) | [Location sharing](#) | [Gaming](#)



Minimum age according to Facebook & Messenger

This is Facebook and Messenger's minimum age. What do you think is the right age for this network? [Share your thoughts](#)✓

Facebook is a social network which lets you create a page about yourself. You can add friends, write on people's pages, share photos and videos including live videos. Messenger allows you to instant message in group chats or one to one. Facebook allows gaming and live streaming.

What do I need to know about Facebook & Messenger?

We've spoken to parents to find out what they think about Facebook & Messenger. We've also asked children and young people what they think. Here's what they said:

Children's views

Finally,

Let us remember that the Internet is an amazing invention with huge amounts of possibilities. When used sensibly it can open up a whole world.

