



Source: internetmatters.org




YEAR 7 SETTLING IN EVENING E-SAFETY - ROOMEE AHMAD OCTOBER 2020

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What we will cover

- Top tips for safety on the internet
 - Risks
 - How to set up parental control
 - How to limit screen time
 - My child knows more about the internet than me, what can I do?
 - Social media
 - Online game
 - Cyberbullying
 - Top tips for safety on the internet
 - Further information
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Top tips

- Talk to the children about their use of technology
- Take time to explore the sites, apps and games your children like to use
- Acknowledge your children as experts, ask them to show you how to use the sites they use most often.
- Ask them if they know how to block or report people or things they see when they are online.
- Ask them if they know what personal information is and why they shouldn't give it away online.

Risks

- **Contents** – being exposed to illegal, inappropriate or harmful material; for example pornography, fake news, racist or radical and extremist views;
- **Contact** - being subjected to harmful online interaction with other users; for adults posing as children or young adults; and
- **Conduct** personal online behaviour that increases the likelihood of, or causes, harm; for example making, sending and receiving explicit images, or online bullying.

<https://www.youtuberepeat.com/watch?v=VtCl1tqP5io> — Visit

Content Warning

This video may be inappropriate for some users.

Sign in to confirm your age




wikiHow to Bypass Age Restrictions on YouTube Videos





Conversation

1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
 2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
 3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
 4. Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
 5. Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?
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How to setup parental control

Parental controls can be used to block upsetting or harmful content, control in-app purchases or manage how long your child spends online

Android device

<https://www.youtube.com/watch?v=KwoydY66rq>

Apple Device

<https://www.youtube.com/watch?v=mO1TYt5FAoo>

Other

<https://www.internetmatters.org/parental-controls>



Android



Apple



Other

How to limit screen time?

- Talk to them about the signs e.g. that they are feeling tired or have a headache, their device runs out of charge or feels hot.
- present the topic in a subtle and sympathetic way. Instead of phrasing your issue negatively by saying 'you're spending far too much time online' or 'turn off your phone' (which can often lead to arguments), you could first bring up the topic of things they like to do both online and offline, and together develop strategies for managing their time.
- come to a mutual agreement about the amount of time that you each spend online. A timetable always helps



My child knows more about the internet than me, what can I do?

- It is becoming increasingly normal that parents feel that their child knows more about technology than they do.
- Parents and carers are the experts in keeping their children safe
- A lot of the rules that you apply in the offline world also apply online, such as keeping personal information safe from strangers or reminding your child to always come to you or a trusted adult if anything worries them.



Social media

- For most social network sites users must be over the age of 13 to register for an account.
- If anyone reports them as an underage user, their account will be deleted and any content on the service such as videos or photos will also be removed.
- Encourage them to wait until they are the correct age to register for these sites, and to be truthful about their age. One key reason for this is that there are more safety features applied to accounts of younger users, which will not apply if they have put in an incorrect age.



Online games

In order for you to make a decision about what kinds of games you allow your child to play, it is important that you do three key things; research, discuss, and explain.

1. Research – Look at the age and content ratings , check out the parent reviews on [Common Sense Media](#).
2. Discuss – Speak to your child about why they want to play the game, is it the style, the graphics, the social aspect or something else? If you decide that the particular game is unsuitable from your discussion you could offer some more age appropriate alternatives.
3. Explain - If you've decided the game isn't suitable, then it's important to explain to your child why



Parents say
age 11+



Based on 439 reviews

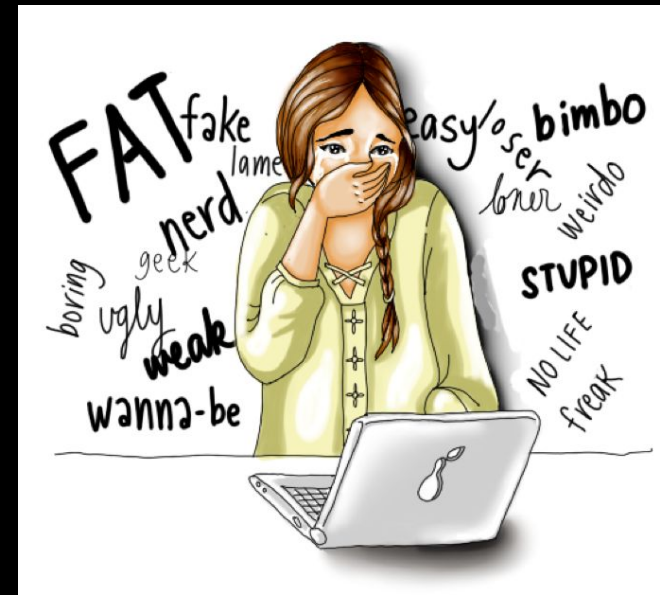
Kids say
age 10+



Based on 403 reviews

Cyberbullying

Cyberbullying is when someone uses technology, such as the internet or a mobile device to bully others.



- **Don't deny access to technology:** this may prevent your child from speaking to you about cyberbullying
- **Discuss cyberbullying with your child:** ask them what their understanding of cyberbullying is, and how it is different to physical and face to face bullying. Often young people can confuse bullying with 'banter' and are reluctant to talk to others for fear of being seen to 'not be able to take a joke'
- **Don't reply:** most of the time the bully is looking for a reaction when they're teasing or calling someone nasty names. Tell your child not to reply

Further information

- Childline - <http://www.childline.org.uk/>
- Child Exploitation & Online Protection Centre
<http://www.ceop.gov.uk>
- Childnet International <http://www.childnet.com>
- Internet Matters
<http://www.internetmatters.org>
- Think you know
<https://www.thinkuknow.co.uk/>
- Internet Safety Zone
<http://www.internetsafetyzone.com>