INTERNET SAFETY: HOW CAN I PROTECT MY CHILDREN?

WHAT ARE THE BENEFITS OF USING INFORMATION TECHNOLOGY?

- Useful for gathering information

- Ease of communication

- Enjoyment

- Safety and security (many things in the world around us use computing to help keep us safe)

- Convenience (so many things are automated or computer controlled for our own convenience)

WHAT DO YOUR CHILDREN USE?

TV?

Laptop?

Mobile phone?

Tablet?

Games console?

Trends show a year-on-year increase in number and usage of devices, particularly tablets, in the home. This is not just amongst children, although they develop skills so quickly when they start learning at such a young age!

More hours are spent online, using social media and gaming, across all age groups in the country.

WHY ARE CHILDREN SO VULNERABLE?

Because children grow up using these devices and just being able to freely access a world of information, they are so accustomed to using them.

They have so much knowledge about computing, using a touchscreen and even navigating the internet.

However, they do not have the wisdom to do so safely (YET).

Adults may have less knowledge about which apps are good, which social media is currently 'trending' and what filters to use on their selfies, but they do have the wisdom to use the internet safely.

It is important for adults and children to work together to combine their knowledge and wisdom.

E-SAFETY: SUMMING UP THE RISKS

- **<u>Content</u>** – Internet use: Inappropriate/ unreliable/plagiarism i.e. safety of children's minds

- **<u>Commerce</u>** - scams, phishing, downloads which steal information– even on 'educational websites'

- **<u>Contact</u>** - via interactive technologies –DS multiplayer games, games consoles, online games

- **<u>Culture</u>** – blogging, social networking …cyber - bullying

WHAT WE TEACH IN SCHOOL

Across the school, children are taught about keeping their personal information safe. This includes their real name, pictures and details of where they live or go to school.

We teach children to evaluate the digital content they come across, deciding if what they read is reliable and not accepting things they are sent online.

Most importantly, children know they must tell a trusted adult about any problems they have or things that make them uncomfortable whilst online.

We are really proud of how sensible our children are when using the internet in school, and we know that you want to keep them safe at home too!

HOW DO WE EMPOWER CHILDREN TO BE ONLINE UPSTANDERS?

- Set an open, realistic example yourself; the internet is not a secret and children and parents should have an open and trusting relationship with each other about how they use it. Children need to see technology and internet usage as part of daily life in a healthy context. The internet is not 'bad', so let them see how it can be used well. Why not let them see how you use your mobile phone/ tablet/ laptop and how you use social media?

- Make sure they know what would happen if…It is important to send a positive message about the internet, but children also need to know what the ramifications could be if something went wrong.

- Share time online with your child and talk about online activities they (and you) are engaging in.

HOW DO WE EMPOWER CHILDREN TO BE ONLINE UPSTANDERS?

- Put in the necessary filters and protections but know that these aren't foolproof! (Web filtering via your router will allow you to choose Family Settings).

- Use the tools on sites to protect your personal information and show children how to do the same.

- Be a critical thinker; don't trust everything online.

- Know that you can trust your child, but you can't possibly trust everyone else online! Don't assume that they won't come across risks.

- Encourage a tell, tell, tell ethos; both at home and at school! Talk to your child regularly about the benefits and risks of the internet and be willing to openly discuss their worries or concerns.

SCREEN TIME

- Part of helping children to be online upstanders is also teaching them about effective screen time.

- It is so easy to come across a screen to watch, play or interact with but it is important that children get a good balance of other daily activities too.

- In 2013 the US Department of Health recommended that children under two years of age should not be in front of a screen at all, and over that age the maximum leisure screen time should be no more than two hours a day. This has since been revised, although recommendations remain that screen time should benefit the children's learning and development.

- This is difficult, especially when so much time at school is also spent using screens!

- We can, however, ensure that children enjoy toys and games by themselves and with others, play outside and get enough exercise. Social situations are important too, and these are more valuable without a screen involved.

- A typical evening after school might involve some homework time, some non-screen leisure time, a family meal and a short screen activity such as TV together or an online game. Use screen time to be together as a family!
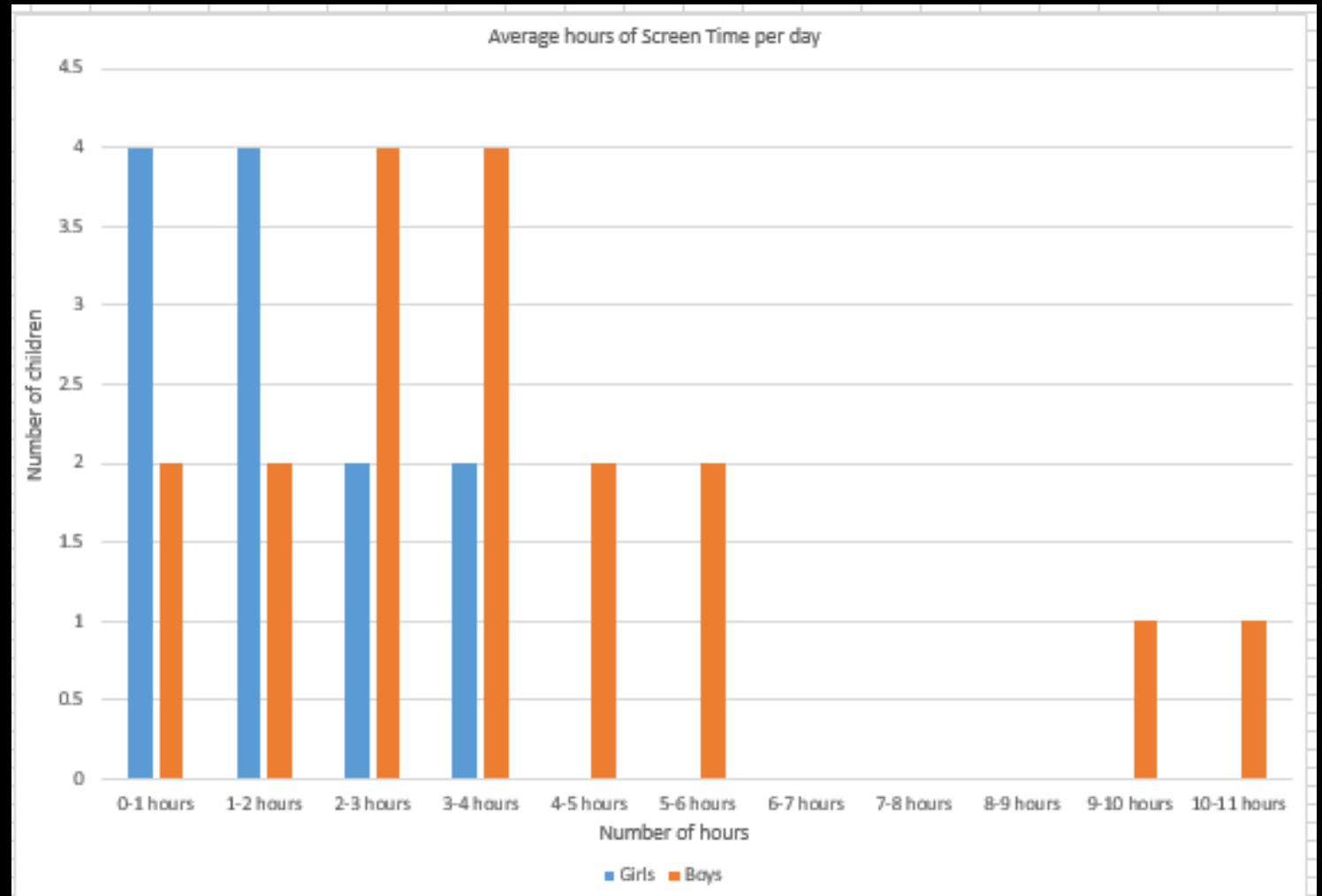
A SMALL SAMPLE

We kept track of screen time amongst children in Sapphire class for a week. Here are some of our findings.

No girls spent more than 4 hours per day on a screen, whereas most boys spent up to 6 hours, with some spending up to 11.
Over the course of a week, some children will have spent more than an entire day on a screen.

The most popular activities were games consoles and watching TV on a mobile device.

FURTHER PLACES TO GET HELP

Know It All for Parents – an interactive guide to protecting your family online

www.childnet.com

www.getsafeonline.org

www.theparentzone.co.uk

www.internetmatters.org

www.nspcc.org.uk/onlinesafety

www.net-aware.org.uk

PERHAPS MOST USEFUL?

Find out all about different apps and sites. Age restrictions, ratings and what they're good for can be found here:

www.commonsensemedia.org

Social Media Library

Chatroulette	chatroulette	Chatroulette is a website which lets you talk to another person anywhere in the world. When you go onto the site, Chatroulette connects you to someone at random. You can talk to people via video or text. Unknown data sharing protocol at present – contact SPoC so information can be obtained prior to submitting an application.	MESSAGING	http://chatroulette.com/	Jan-2017
Clash of Clans	CLASH of CLANS	Clash of Clans is a combat game where players build their own armies (clans) and battle against other armies from around the world. You can join forces with other armies or simply battle against others on your own. Unknown data sharing protocol at present – contact SPoC so information can be obtained prior to submitting an application.	GAMING	https://clashofclans.com/	Jan-2017
Club Penguin	CLUB PENGUIN	Club Penguin is an online multiplayer game where you can explore a virtual world using a cartoon penguin character. You can also talk to other players. Unknown data sharing protocol at present – contact SPoC so information can be obtained prior to submitting an application.	GAMING	http://www.clubpenguin.com/	Jan-2017
Curse		Combines instant messaging and content hosting. Made popular since the integration with games such as MineCraft, League of Legends, and World of Warcraft.	MESSAGING	www.curse.com	Feb-2017
Cyber Dust	CYBER DUST	End to end encrypted messaging app. Not only are the messages locked away and inaccessible even to Cyber Dust but, similar to Snaps on Snapchat, they are also deleted from the users' device immediately after they have been read.	MESSAGING	https://www.usedust.com/	Jan-2017
DeviantArt		DeviantArt is an online community where you can post your art and comment on other people's work.	CONTENT SHARING	http://www.deviantart.com/	Jan-2017
Dischord		A Voice-Over-IP (VoIP) and messaging program popular with gamers. Clients connect via their own account and can post media content in addition to communicating with other members. A server can be set up by anyone for free and is persistent after all clients have logged out.	MESSAGING	www.discordapp.com	Feb-2017
Disqus	D	Disqus is a worldwide blog comment hosting service for web sites and online communities that uses a networked platform. The company's platform includes various features, such as social integration, social networking, user profiles, spam and moderation tools, analytics, email notifications, and mobile commenting.	MESSAGING	https://disqus.com/	Jan-2017
Dot429	dot429.com	Dot429 is a professional community designed for the gay, lesbian, transgender and bisexual community and those who support them. The site provides a variety of content, including updates on issues and stories related to the LGBTA community.	CONTENT SHARING	http://fourtwonine.com/	Jan-2017