



Internet Safety

Helping to keep children safe online



The internet is an extraordinary force for good where you can find the answers to so many questions instantly, immerse yourself in other worlds and keep in touch with friends and family from around the world. However, this force can also be used against us so we have to make sure we know how to keep ourselves, and our loved ones, safe.

Social Media and the Dopamine hit

Social Media is a great way to keep in touch with people. It's the little hit of dopamine (the natural drug within our bodies that makes us feel good and is motivational) that we get when someone 'Likes' what we have posted that can make Social Media addictive. We can become obsessed with waiting for someone to 'Like' our post and check our devices regularly—for some children this can be hundreds of times per day.

How you can support your child:

- Talk to your children about how Social Media sites work—they need you to log on to their site so they hit their advertising targets
- Talk to your children about what people post and why
- Check out the popular sites/games/apps and discuss 'skins' - layers that sit on top of apps/programs to disguise what the app is really about—with your child.

FOMO—Fear Of Missing Out & Self Image

For many youngsters (and even some adults) there is huge pressure to be in with the crowd and up-to-date with the latest trends, knowledge and gossip. This can lead to children spending hours on their devices checking if their friends have posted updates and is a side-effect of our 'always connected' society.

How you can support your child:

- Keep devices out of bedrooms, making sure charging happens elsewhere in the home
- Set time limits for being online
- Talk to your children about issues that worry them and the reality of what people post and the truth
- Remind children that the internet is a business and companies need you to be using data and sending pictures. It's their job to make it attractive and to make you feel like you are missing out
- Show examples of images that have been photo shopped and originals.



Online Gaming

Gaming can be a great way for young people to relax, socialise with their friends and have fun. Children can play on games consoles, apps or websites, and chat to other players or watch them play through live-streaming.

But there are some dangers. With so many games available online, it can be hard for parents to know how to keep their child safe.

What are the risks of online games?

Children may view inappropriate or upsetting content if they play games that aren't suitable for their age. This could include sexual or violent material. It might be in-game content or produced by other players.

- Some players can be abusive towards others or try to exclude them from the game
- Some players may also hack another user's account or try to steal and destroy their virtual possessions. This can be as upsetting for a young person as if it happened in real life
- Children may play with adults they don't know. People of all ages play games. Some adults may exploit this and try to build an emotional connection with a child for the purpose of grooming
- Some children may find it hard to stop playing games or find that gaming is getting the way of them doing other activities.

How you can support your child:

- Set up your Parental Controls on all devices and talk to your child about your concerns. Explain what they should do if something did happen
- Remind children how to report abuse.





Parental Controls

Parental controls can be used to block upsetting or harmful content, control in-app purchases or manage how long your child spends online. And the good news is Parental Controls are really easy to set up.

Innocent searches sometimes reveal not so innocent results. So if you're worried about what your child is searching for online, who they're talking to or what they're seeing, set up controls on your devices.

What are Parental Controls?

Parental controls are software and tools which you can install on phones or tablets, games consoles or laptops – and even your home broadband.

You can also use them to help you block or filter the content your child sees when searching online. And family-friendly public WiFi can help when you're out and about.



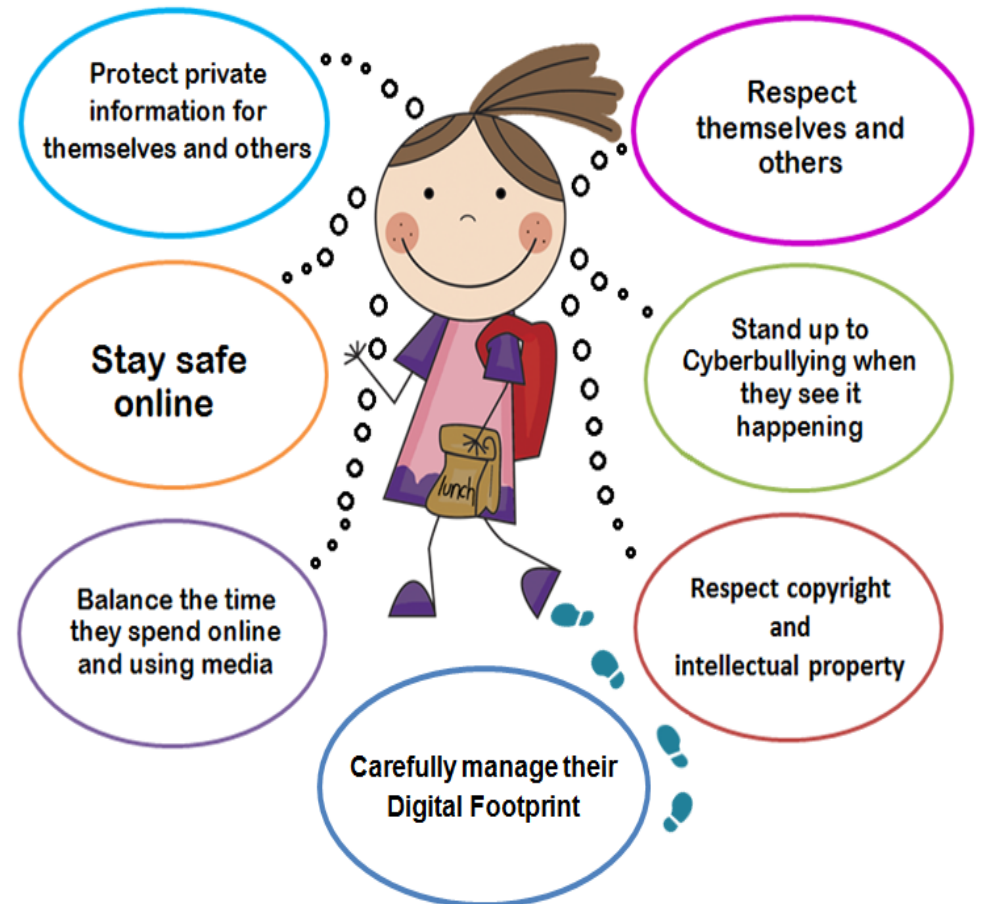
How you can support your child:

- plan what time of day your child can go online and how long for
- stop them from downloading apps they're too young for
- manage the content different members of the family can see
- So whatever your child is doing online, there's a way that you can help keep them safe.

You can normally find Parental Controls under the Settings or Services button on your devices.

Can you help us create good Digital Citizens?

All Good Digital Citizens:



A few things to remember



Prioritise safety

Teach children not to give out personal information, like their name, address, telephone number, or which school they go to.



Set parental controls

Agree a list of websites your child is allowed to visit, and remember to check the minimum age limit on services like Facebook and YouTube.



Discuss their activity

Take an interest in their online world. Talk to them about their favourite websites, videos, and their online friends.



Set boundaries

Establish time limits for activities such as using the internet and games consoles. Make sure to set aside time for “unplugged” family activity.



Be open

Let them know that they can tell you about anything that happens on the internet, and that you'll listen without judgement.

A few places where you can find help:

www.thinkuknow.co.uk

A fantastic website for all ages that makes learning about internet safety fun and interactive. As it's run by the National Crime Agency's CEOP command it enables children to identify the risks of being on the internet.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety

Run by the NSPCC, this site offers advice on different aspects of internet safety as well as a phone number to call for further information or to discuss a specific problem.

www.bbc.com/ownit

'Own it' is more for Key Stage 2 & 3 pupils. This site offers real life experiences of internet safety and cyberbullying and gives advice on what to do.

www.bbc.co.uk/cbbc/shows/lifebabble

Is very similar to 'Own it' (the website above) in that it has discussions about internet safety but it also has blogs and vlogs on other life issues for children/teenagers.