Helping Children have Fun and Keep Safe On line

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Pre school internet users

- 37% of 3-4s use YouTube website or app. Among younger children this is mostly used to consume traditional, 'TV-like' content

- Children are spending more time online, with the estimated time 3-4s spend online increasing to 8 hours 18 min per week

- Younger children (3-7) are most likely to watch TV programmes, films, cartoons, mini-movies, animations or songs.

- Sixteen per cent of 3-4s also have their own tablet

- Parents' estimate of the volume of time spent gaming by children aged 3-4 is comparable to that for 5-7s, at 6 hours 48 minutes per week.

- Nearly all parents of 3-4s (98%) supervise their child when online

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5-15 Online Activity

- For the first time 5-15s now spend more time online than watching TV(15hrs a week)

- Children 5-15 are more likely than in 2015 to use a tablet to watch television programmes or film

- Three quarters (75%) of parents of 5-15s thought that their child has a good balance between screen time and doing other things.

- Almost 58% of parents of 5-15s with home broadband, whose child goes online, are aware of home network-level content filters provided by ISPs, and around a third   use them.

- Parents of 5-15s whose child uses a mobile or tablet   have changed the settings on tablets or mobile phones to prevent apps being downloaded with 15% having done this.

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What are older young people doing online today?

- More children are watching TV content on tablets, smartphones and games consoles

- Older children prefer YouTube to watching TV on the TV set

- Tablets and mobile phones are now the most popular devices for going online, knocking laptops back into third place

- The preference for mobile phones over other devices begins at age 11

- The number of children with a social media profile doubles between the ages of 10 and 11

https://www.ofcom.org.uk/__data/assets/pdf_file/0034/93976/Children-Parents-Media-Use-Attitudes-Report-2016.pdf

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Some of the issues for parents

- Screen time gets harder to manage as children get older

- One in ten 11-15s are still communicating via social media at 10pm

- One in eight social media site users aged 12-15 say that getting followers is more important to them than keeping their information private

- The extent to which children applied critical understanding skills changes depending on the circumstances

- Children are saying say they dislike seeing content that makes them feel sad, frightened or embarrassed, and to say they are worried about people being nasty, mean or unkind to them

- 12-15s are as likely to be bullied via social media or group chat or text message services as they are face to face, while for 8-11s face to face bullying is more likely

How can we support young people?

- The majority of parents continue to feel that the benefits of the internet outweigh the risks, with parents of older children more likely to say this

- With older children parents need to be moving towards mediating their children's online behaviour rather than preventing usage,

Four Approaches to Online Mediation

- regularly talking to children about managing online risks,

- rules about children's online activities,

- supervision when online,

- awareness and use of technical tools.

Digital footprints do you set a good example?

Areas upon which we need to work with children and young people

- Too much personal information given online
- Contact with unsuitable people
- Young people's behaviour towards each other (Netiquette)
- Inappropriate posting including sexting
- Grooming leading to sexual exploitation, radicalisation and criminal activity
- Exposure to inappropriate content (including age inappropriate sites, games and apps)
- Cyberbullying
- Damage to online reputation
- Not following safety advice

Risky Behaviour

Some of the risky behaviour identified includes

- Meeting up in real life with people they met online

- Sexting

- Cyberbullying

- Seeing inappropriate sites such as pornography,violent images, hate sites, suicide sites and pro anorexia sites

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But what about the benefits?

Children today

- enter formal school years with significant experience in computers and use of the internet
- Have skills in assessing, understanding, viewing and creating in multiple, digital formats
- Have digital social skills
- Are digital citizens
- Enjoy online play

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Young people need to become e-competent, socially aware citizens

They need

- Skills, responsibility and knowledge
- They need to be able to navigate risky situations
- Understand advertising
- Be critical of content
- The rules for safe sharing
- Shopping and financial safety advice

Building resilience

We can't shield children from all risks online, any more than we can offline. But not all those risks have to turn into harm.

To help prevent the harm, young people need to develop digital literacy, and it has three elements:

- technical literacy - knowing your way around technologies and having technical skills;

- media literacy - understanding different platforms and being able to judge the quality and reliability of online sources;

- social literacy - understanding online etiquette and the way things are done online.

Here are some tips for helping your child to regulate their own use

- Rather than making inflexible rules, have a conversation. Research shows that children who have very restrictive parents are generally less resilient than their peers.

- Create a supportive environment for exploration and learning. Make it clear you support your child seeking out new opportunities. Encourage them to research topics that interest them, use the internet for homework and connect positively with friends and family via social media.

- Get involved- Research shows that parental interest and involvement is positively correlated with online resilience.Take a real interest in what they're doing. It is children who feel unconditionally supported (but who have clear boundaries) who feel most secure and tend to be safer.

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They need advice about

➢ Social networking

➢ Sharing and messaging Apps

➢ Online gaming

➢ Online grooming and sexting

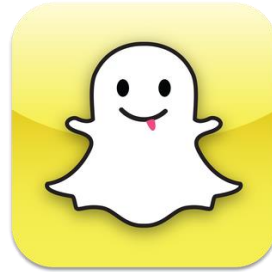# The most popular social networking sites

Apps for Sharing,Chatting and Messaging

What is Cyberbullying?

Threats

Manipulation

Hacking

Exclusion

Prejudice

Stalking

Public postings

Cyberbullying in Nottinghamshire

- 3% of girls and 2% of boys admitted to bullying online

- 22% said they had been cyberbullied

- Boys are more likely to report online. Girls prefer to tell someone

- Of those who said they had been cyberbullied11% said they had been involved in sexting and 30% said they had seen extremist websites.26% had visited pro anorexic websites and 14% self harm and suicide sites. 28% said they had someone who tried to persuade them to be involved in sexual activity . Over half said they had met up with someone they only knew online

Cyberbullying Top Tips for Young People

1. Always respect others:
2. Think before you send
3. Keep it private!
4. Block the bully
5. Don't retaliate or reply!
6. Save the evidence

7. Make sure you tell:
- Your parent/carer or an adult you trust
- Your school: your teacher or the anti-bullying coordinator can help you

8. Report it to the social network or app
9. Remember you can visit ChildLine to chat to a counsellor online, or call 0800 1111.

Finally, don't just stand there, if you see cyberbullying going on, support the victim and report the bullying!

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Online grooming

Lucy and the Boy: Be Share Aware
https://www.youtube.com/watch?v=kwcL-VP3FYcNSPCC

Strangers online

- Children do not always think before chatting to strangers online. This can make them vulnerable to bullying, inappropriate friendships and grooming.

- Grooming is when someone builds a relationship with a child to gain their trust, with the intention of exploiting that relationship for sexual abuse. It can be easier online because the groomer can hide their age, gender and identity.

- Families often fear that their children will meet up with online 'friends' and be abused. But children can also be exploited by being persuaded or forced to:

    have sexual conversations by text or web chat

    send or post sexually explicit images

    take part in sexual activities over a webcam or phone.

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How to talk to children about grooming

- Talk about who they're friends with online, how they choose their friends and what they share. People aren't always who they say they are.

- With younger children, you could talk about it like stranger danger. Talk to older children about healthy relationships and encourage them to think about what sites they visit and what they share.

- Let your child know that they can talk to you, or another adult they trust, if something is worrying them.

- Talk about the privacy settings on their social networking profiles and agree a privacy setting that you're both comfortable with. Remember, the higher the privacy the safer your child is.

- Show your child what strangers can see by searching for their name when you're not logged in.

- If you have a young child playing online, switch off the social and chat features.

- If you're concerned about someone's behaviour towards your child, you can report this to the CEOP or, in an emergency, dial 999.

Stay Safe

Don't do anything on webcam you wouldn't want your friends or family to see.

Sexting

The "exchange of sexual messages or images" and "Creating, sharing and forwarding sexually suggestive nude or nearly nude images" through mobile phones and the internet .

NSPCC Study 2013

- This is usually a result of peer pressure
- It is 'friends' in their social network not usually strangers
- It can lead to bullying and violence
- There appears to be double standards where girls are reluctant to discuss this but boys risk social exclusion if they don't.
- There is a reluctance to ask for help/discuss with adults

Share aware-NSPCC

- www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware Share Aware – is a campaign for parents of children aged 8-12 – it will help to reassure them, and give them everything they need to keep their children safe.
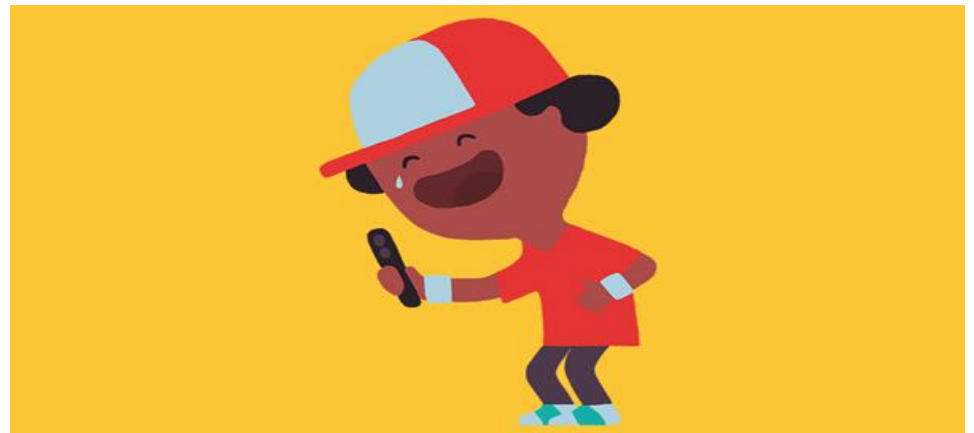
Thinkuknow-Nude selfies
www.thinkuknow.co.uk/Teachers/Nude-Selfies/

CEOP have produced a series of short films for parents   concerned about young people taking and sharing revealing photos and videos.

- There are four videos *Nude Selfies: What Parents and Carers Need to Know.*

- Film 1 helps you understand the reasons why young people create and share nude or nearly nude images

- Film 2 helps you learn about effective strategies for talking to your child about nude or nearly nude images.

- Film 3 helps you understand how to respond if your child discloses that they have shared nude or nearly nude images by risk assessing the different contexts in which images may be shared.

- Film 4 helps you learn about how to get help and support if your child shares nude or nearly nude images.

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Grooming and Radicalisation

There's a chance that your child may meet people online or visit websites that could lead them to adopting what maybe considered to be extreme views, and becoming radicalised. Curiosity can lead children to seek out these people, or they could be befriend by someone in order to encourage them to adopt beliefs or persuade them to join groups whose views and actions could be considered extreme.

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What are the signs to look out for

- A conviction that their religion, culture or beliefs are under threat and treated unjustly

- A tendency to look for conspiracy theories and distrust of mainstream media

- The need for identity and belonging

- Being secretive about who they've been talking to online and what sites they visit

- Switching screens when you come near the phone, tablet or computer
Possessing items – electronic devices or phones – you haven't given them

- Becoming emotionally volatile.

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Talking about radicalisation with your child

- Be approachable

- Be calm and don't get angry

- Tell someone

- Talk to them about their online friendships

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What action should I take?

- If you feel your child or another child may be in immediate danger, a threat to others or there is a risk they may leave the country, contact the police .and ensure that their passport is kept in a safe place.

- You can report any concerns about online grooming to the National Crime Agency's CEOP Command.

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Gaming

Bullying and Grooming through Games Consoles

Some young people have been bullied or groomed through gaming. They have-

- Receiving messages from someone who was not who they said they were

- That tried to make them do something

- Asking to meet up

- Threats, name calling ,insults, sexual language

Tips for online gaming

- Limit the time your children spend playing games.

- Find a healthy balance between gaming and other activities such as meeting friends.

- Decide if the content of a game is fit for your child by looking at the PEGI symbols.

- Set strict rules about making purchases while playing online.

- When playing online multiplayer games, make sure your children do not share personal information.

- Try out the games yourself and possibly play together with your child. You may find you actually enjoy it!

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PEGI ONLINE

PEGI (The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices

3+
7+
12+
16+
18+
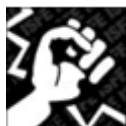
Violence - Game contains depictions of violence

Discrimination - Game contains depictions of, or material which may encourage, discrimination

Sex - Game depicts nudity and/or sexual behaviour or sexual references

Drugs - Game refers to or depicts the use of drugs

Fear - Game may be frightening or scary for young children

Bad Language - Game contains bad language

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Top tips to make sure you know what you're downloading on your mobile or tablet.

- Make sure you check what the app really does, read the reviews and ratings.

- Check the age ratings and content descriptions on apps before you download them, to make sure the app is age appropriate.

- Make sure you are downloading an app from a reputable site such as Apple's App Store, Google Play and BlackBerry App world

- Before you download always check the list of 'app permissions' and be sure to check the app settings to control what you share.

Parental controls for Apps

4+ Applications in this category contain no objectionable material.

9+ Applications in this category may contain mild or infrequent occurrences of cartoon, fantasy or realistic violence, and infrequent or mild mature, suggestive, or horror-themed content which may not be suitable for children under the age of 9.

12+ Applications in this category may also contain infrequent mild language, frequent or intense cartoon, fantasy or realistic violence, and mild or infrequent mature or suggestive themes, and simulated gambling which may not be suitable for children under the age of 12.

17+ You must be at least 17 years old to purchase this application. Applications in this category may also contain frequent and intense offensive language; frequent and intense cartoon, fantasy or realistic violence; and frequent and intense mature, horror, and suggestive themes; plus sexual content, nudity, alcohol, tobacco, and drugs which may not be suitable for children under the age of 17.

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Mobile Phones

➢ Is my child **old enough** to have a mobile phone? Set boundaries

➢ Before buying your child a mobile, find out what **functions** it has – Internet, private messaging, built in applications

➢ Set **parental controls** where required

➢ Set **mobile rules** - no mobile phone in the bedroom at night, mobile free time before bed, no use after lights out

Parental Controls

Set controls on:

- ➢ Computers
- ➢ Laptops
- ➢ Tablets
- ➢ Mobile devices
- ➢ Games Consoles
- ➢ ALL internet enabled devices

> Set on all devices that link to the internet

Remember… they are not 100% accurate and not a substitute for open communication!

How can they help?

➢ Block sites that are not age appropriate

➢ limit inappropriate and illegal material

➢ Set timings – automatic switch off at bedtime

➢ Monitor activity

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How to report

- Most services have rules about what kind of content is allowed on the site. Often if something is harassing an individual, pornographic or violent it breaks the rules. You can report this kind of content using the reporting tools on the sites.

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You can also report to the police and other bodies that regulate content on the internet:

- If you are suspicious about someone's behaviour towards a child report to CEOP www.ceop.police.uk/Ceop-Report

- If you see any criminal content you should report to the Internet Watch Foundation www.iwf.org.uk/report

- If you see any content that incites hatred you should report to True Vision www.report-it.org.uk/your_police_force

- If you want to make a complaint about an advert, television or radio programme, film, newspaper, magazine, video game or other type of content that you think is unsuitable for children to see or hear, you can report it through ParentPort www.parentport.org.uk/

- If you'd like free advice and tips for staying in control of your mobile phone costs, visit the PhoneBrain website www.phonebrain.org.uk, a campaign aimed at young people run by the premium rate phone services regulator PhonepayPlus.

- If you have been 'scammed, ripped off or conned' you can report to Action Fraud www.actionfraud.police.uk , or on 0300 1232040. This service is run by the National Fraud Authority, the UK's government agency that helps coordinate the fight against fraud.

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CEOP is the UK national lead agency who deal with the sexual exploitation of children in the UK and abroad

www.ceop.police.uk
www.facebook.com/ceop

Vodafone Guides

- www.vodaphone.com

•www.vodafone.com

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http://www.o2.co.uk/help/nspcc

- O2 have partnered with NSPCC to help parents keep their children safe.

- On their hub, you will find articles on everything from online bullying, to the apps young people are using.

- They also give tips on how to talk about it with young people including some ideas on ground rules you might want to agree.

- If you need more help on anything, you can call their free helpline on 0808 800 5002, or visit an O2 Guru in one of our stores.

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Some Final Thoughts

- Do you think before you post?

- What is your child's digital footprint?

- Do you know the e-safety and acceptable use policy for your school and do you respect it?

- Do your online and mobile habits set a good example to your children?