



Safer Internet Day

Together for a better internet

www.saferinternetday.org.uk



Do you want to be able to keep up with your kids online?

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“My kids know more about the internet than I do...”

What happened in an Internet minute - 2020?

Google

4.1m search queries



1.3m logged in



698k scrolls



194k tweets



59m messages sent



1.4k downloads



1.2m views



400k apps downloaded



1.1m spent online

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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

89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends

2020 Ofcom

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But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**
- Children today are **more forgetful** than OAP's
- One study found that the **more distracted** you are, the less able you are to experience empathy
- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.



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Media usage by age



Reference: Ofcom (2019) <https://www.ofcom.gov.uk/consult/condocs/children/children-media-use-2019/condocs/>

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And there are risks...

High-Risk Online Scenarios					
Risks	Contact	Content	Conduct	Cyber scams	Overall risk - all 4Cs ¹ together
Vulnerabilities					
Special Educational Needs	Predicts contact risks. Includes sexting under pressure, coercion, blackmail, or threats to send more images.				Significantly higher score for basket of all high-risk online scenarios.
Communication			Predicts conduct risks. More likely to visit gambling sites and chat rooms.	May struggle to understand T&Cs - can leave them more susceptible to scams.	Significantly vulnerable to the basket of all high-risk online scenarios.
Family / Social (care-experienced)		Higher exposure to harmful content.		Particularly susceptible to cyber scams. This can lead to being a victim of online aggression.	High overall risk for the basket of all high-risk online scenarios.
Mental health difficulties					Significantly high risk for the basket of all high-risk online scenarios.
Physical disabilities			Predicts conduct risks. More likely to visit sites with adult content.		Significantly more likely to experience a basket of all high-risk online scenarios.

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Risks parents are concerned about

Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%



Reference: Ofcom (2021) <https://www.ofcom.gov.uk/consult/condocs/children-and-parents-online/children-and-parents-online-2021/21.pdf>

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Risk is not harm

Positive action can limit risks becoming harmful. Here are 5 tips for parents:

- 1 Understand the risks
- 2 Communicate regularly
- 3 Keep the risks in proportion
- 4 Agree on helpful mediation strategies
- 5 Develop coping strategies that foster resilience



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Dealing with inappropriate CONTENT

4.7
million

URLs showing
pornographic content –
more than 12% of the internet

11
years

Average age to first
view porn online

1/3

of children have seen explicit
images by age of 10

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Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines



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Dealing with inappropriate CONTACT



of secondary school children
have talked to strangers
on social media



of 11 year olds have a
social media profile

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Dealing with inappropriate CONTACT

What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

Top tips / tools to use

- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute

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Dealing with inappropriate CONDUCT



of children will
experience cyberbullying



of children say someone
has been nasty online

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Dealing with inappropriate CONDUCT

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

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Dealing with 'SEXTING'

15-40%

of young people are involved in sexting
Threat comes **mostly from peers** and is often coercive

What to talk about

- It's hard to control where images might be shared
- It's illegal to create or share a sexual image of a child under 18



Top tips / tools to use

- **The T-shirt test** – if you wouldn't wear the picture on your T-shirt, don't share it online
- If your child is involved in sexting, contact CEOP & Childline who can help to remove images

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Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 'No phones at the table' rule or 'no phones between 6 and 7' rule
- 5 Family tech-free days!



Controlling tech time

And there are tactics you can put in place **to help manage** their screen time....

- 1 Set a good example
- 2 Talk together about the time spent online
- 3 Agree on appropriate length of time they can use their device
- 4 Get the whole family to unplug & create screen-free zones
- 5 Use technology/apps to help manage screen time e.g. Forest App



Guide to Monitoring apps

<https://www.internetmatters.org/resources/monitoring-apps-parents-guide/>

Toolkit for families

<https://www.internetmatters.org/digital-family-toolkit/>



How Do I?

<https://oursafetycentre.co.uk/>

<https://www.internetmatters.org/inclusive-digital-safety/advice-for-parents-and-carers/supporting-children-with-sen/>

<https://www.internetmatters.org/?s=SEN>

Family agreement

A family agreement is a great way to start a conversation with your whole family about how you all use the internet and discuss together how to behave in a positive way when online at home, at school or at a friends house. Our family agreement advice provides a list of things to consider when creating a family agreement and some examples. The family agreement template provides a framework that will help families set clear expectations for positive and safe internet use.

Family agreement

A great way to start positive family conversations around safe and responsible internet use, and to agree clear expectations and boundaries.

Things to consider

Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- What devices, tech, toys or games do we have with internet access?
- Do we already have any rules about use of tech we want to include in our family agreement?

Managing time online

- How long do we spend on our devices?
- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

Sharing

- What is or isn't okay to share online?
- What should we check before posting images and videos online?
- How do we keep personal information belonging to ourselves and others safe?
- Do we need a family email address to use when signing up to new accounts?
- Do we know how to use privacy settings and strong passwords, and why these are important?
- How can we use features like livestreaming and disappearing content safely?

Online content

- What can we do if we see something online which seems unreliable or untrustworthy?
- When is it okay to download files, games or apps, or click on a link?
- Do we know what the age requirements, or ratings, on the games and apps we use mean?
- Do we need any restrictions on making in-game or in-app purchases?
- Which websites are okay for us to use?

Use the questions below to help guide your conversations, focusing on those most relevant for your family.

Turn over the page for a template where you can record your agreements and expectations in writing.

Communicating online

- Who can we talk/chat/play games with online?
- Do we only know them online, or offline too?
- How can we keep ourselves safe when communicating with people who we only know online?
- How can we be a good friend when we are online?

If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, to meet up, or to share personal information?
- Do we know where the report and block buttons are online?

To finish...

- How could parental controls help our family?
- What will happen if one of us breaks the family agreement?
- When should we review our family agreement?

Once you've talked about your family's use of technology and the internet, think about what simple steps you can take going forward.

We've given some examples for different ages below...

We agree to... (Under 11s) I will use my tablet for _____ minutes a day. I will make sure the children's parents/guardians are best placed for them to get to school.	Who is responsible for this? Hannah and Izzy Nan
---	---

We agree to... (Pre-teens) I will tell you and Dad when I see something that worries me. I will get parental controls on phone and devices if no children game up.	Who is responsible for this? Tom, Ella and Nanna Mum
--	--

We agree to... (Teenagers) I will make sure all my social networking sites are private. I won't post photos of our children without their permission.	Who is responsible for this? Amar and Yusuf Dad
---	--

Family agreement

Use this template to put your agreement down in writing. Why not display it somewhere at home like on the fridge or in a notebook?

Who is this agreement for?

We agree to

E.g. Be kind and respectful online.

Who is responsible for this?

E.g. We will all make sure we only post kind comments.

What happens if someone doesn't follow the agreement?

How long will our agreement last for and when will we review it?

Signatures



For further advice and resources, visit www.childnet.com/have-a-conversation

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<http://www.familylives.org.uk/advice/>



<http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers>



https://www.parentsprotect.co.uk/files/LFF_eResource_Pack_for_Parents_JUNE17.pdf

**Let children know
you're listening**

Supporting children to talk about their feelings helps them understand their world and makes it easier to learn. There are many simple strategies to remember.

<https://learning.nspcc.org.uk/research-resources/2019/let-children-know-you-re-listening/>

NSPCC

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/talking-about-difficult-topics/>



<https://www.gransnet.com/life-and-style/technology/online-safety/online-safety-for-grandparents>