



Keeping children safe online





Parents/carers often worry that their children know more about the internet than they do and feel disempowered. They want to protect their children but don't have the confidence to manage their child's online experiences or know where to go for help.

The following slides are designed to address any concerns parents/carers may have and to help parents/carers feel more informed about what their child is doing online.



Why is online safety important?

The following are reasons that parents/carers need to be actively engaged:

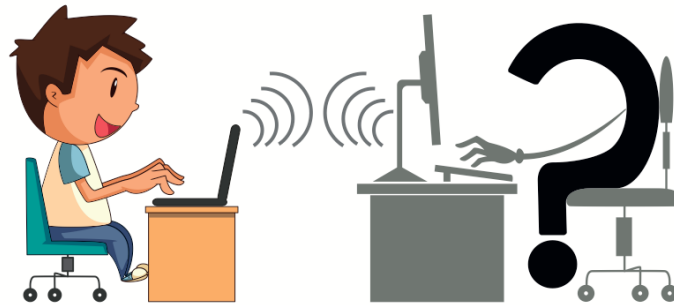
- children may spend a large amount of time online,
- many children access the internet at home,
- children and young people want their parents to be interested and involved,
- parental mediation and protection is crucial to supporting children to stay safe online,
- there can be a gap between what parents/carers consider to be online risk and what those risks actually are.





The most common adult worries about children spending time online are...

- spending too much time online
- sexting (sexting is when people send or receive sexual pictures, messages, or videos through technology, e.g. mobile phone, app, email, or webcam. The word sexting comes from a combination of the words sex and text.)
- being bullied
- seeing inappropriate content
- encouraging self harm
- grooming
- radicalisation
- being pressured into spending money









What can parents/ carers do to protect children online?

- 👍 Be aware of technical tools including content filters, pins, passwords safe search and other forms of technical mediation
- 👍 Talk to your child about managing online risks
- 👍 Make sure you have rules and restrictions around online use
- 👍 Supervise your child when they are online
- 👍 Depending on age and maturity, parents may favour one or all of these approaches.










What can parents/ carers do to protect children online?

-  Foster an **understanding** with your child. See online activity as part of your children growing up.
-  Just as you would take an interest in their offline world, **ask** them about their online activities.
-  **Spend time together online**, let them show you how to play games or use certain apps.
-  Once this understanding is there, you can find out more about the websites your child is using and **check apps and games for suitability**.



What can parents/ carers do to protect children online?

-  It is important to enable positive communication.
-  Set rules and routines as you would in offline world to ensure a balance of activities.
-  Encourage regular conversations about their online world.
-  Remember your child will want more freedom as they get older - discuss this with your child in advance. For example refer to their next birthday as a time to consider a request for more online time or a device in their room rather than just say 'no'.
-  Children need to be able to talk to parent if something scares or upsets them online. Offer support and do not over react. Consider your own online behaviour - are you being a good online role model?



What can parents/ carers do to protect children online?

Using technical tools, alongside conversation is a good way to establish rules.

Some suggestions are:

Parental controls: home wifi, devices and search engines. These filter and block content and block adverts, as well as finding suggested ages for apps and blocking specific apps.

Privacy settings: children should know how to block and report people. Turn off geolocation data (GPS).

Time settings: set when and how long child is online.

Limit spend and password protection: talk about limits to spend and help children understand about extra charges. Turn off in-app purchases.





We can promote internet safety with our children by working as a



TALK about staying safe online

Do they know:

- How to report and block someone?
- How to keep information private?

EXPLORE their online world together

Ask them questions like:

- What are your favorite apps?
- Who do you talk to when you play games?

AGREE about what is okay and what is not

- Involve them in the conversation
- Explain your concerns and agree what safety rules may look like in different places such as a friend's home.

MANAGE your family's settings and controls regularly

- Review your security settings and parental controls.
- Disable GPS location on photos and apps.





Did you know...

the average 8 -11 year old
spend 13 hours 36 minutes
online a week?



Online abuse

def·i·ni·tion

Online abuse is any type of abuse that happens on the internet, facilitated through technology like computers, tablets, mobile phones and other internet-enabled devices.

(Department for Education, 2018; Department of Health, 2017; Scottish Government, 2021; Welsh Assembly Government, 2018).



Online abuse

Online abuse can happen anywhere online that allows digital communication, such as:

- social networks
- text messages and messaging apps
- email and private messaging
- online chats
- comments on live streaming sites
- voice chat in games





Online abuse

Children and young people can be revictimised (experience further abuse) when abusive content is recorded, uploaded or shared by others online. This can happen if the original abuse happened online or offline.

Children and young people may experience several types of abuse online:

- [bullying/cyberbullying](#)
- [emotional abuse](#) (this includes emotional blackmail, for example pressuring children and young people to comply with sexual requests via technology)
- [sexting](#) (pressure or coercion to create sexual images)
- [sexual abuse](#)
- [sexual exploitation](#).



Children and young people can also be groomed online: perpetrators may use online platforms to build a trusting relationship with the child in order to abuse them. This abuse may happen online or the perpetrator may arrange to meet the child in person with the intention of abusing them.



‘Online life’ and ‘offline life’ is just life

For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet and for them, there isn't a difference; online life and offline life is just life.

Technology can move at an extraordinarily fast pace and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.

The following slides are descriptions of some of the well known apps.

IT IS WORTH LOOKING AT THE RECOMMENDED AGE FOR USERS...



Well-known apps



Facebook

Age rating: 13 +

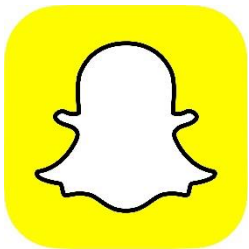
Main features: newsfeed to share text, photos & videos, instant messaging, marketplace, friends, likes and comments.



Instagram

Age rating : 13+

Main features: photo & video sharing, livestreaming, stories, DMs, hashtags.



Snapchat

Age rating: 13+

Main features: photo & video messaging, Shazam, snaps.



Well-known apps



TikTok

Age rating: 13+

Main features: making & sharing short videos, lip-syncing.



Twitter

Age rating: 13+

Main features: tweets (text with restricted character count), photo and video sharing, hashtags.



Wink

Age rating: 13+

Main features: messaging, friends, photo sharing.



Popular chat apps



WhatsApp

Age rating: 16+

Main features: text, photo & video sharing, one to one and group chats, disappearing messages. End to end encrypted. Live location sharing.



Omegle

Age rating: 13+

Main features: text chat or video call with strangers.



Popular chat apps



Telegram

Age rating: 16+

Main features: text, photo & video sharing, one to one and group chats. End to end encrypted.



Viber

Age rating: 13+

Main features: text, call, share photos and send video messages, secret chats. End to end encrypted.



Popular chat apps



Signal

Age rating: 13+

Main features: text, photo & video sharing, one to one and group chats, disappearing messages. End to end encrypted.



Facebook Messenger

Age rating: 13+

Main features: messages, photos, videos and audio recordings, and play games with your Facebook and Instagram friends and phone contacts. You need a Facebook or Instagram account to use Messenger.



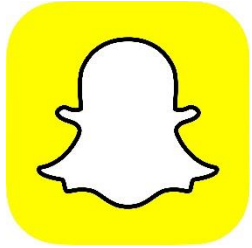
Discord

Age rating: 13+

Main features: a chat app that's popular with gamers. It is often used to talk to other players while playing games.



Popular chat apps



Snapchat

Age rating: 13+

Main features: photos, short videos or messages, disappearing messages called Snaps.



Kik

Age rating: 13+

Main features: text, photo and video messages one to one or groups. The 'Meet New People' feature lets you start a conversation with random users



Age-appropriate apps

All of the following are apps designed for a younger audience and are age appropriate for children attending junior school:



Messenger Kids



JusTalk Kids



Stars Messenger



Fennec Messenger



GeckoLife



**Be smart on the
internet**

