



Greswell Primary School and Nursery

A practical guide for
parents, guardians,
and children

KEEP YOUR KIDS SAFE Online



Never too early!

Latest Ofcom research has shown that children are using more connected devices than ever before. 50% of ten-year-olds now have a smartphone and by the time they are 15, almost all children have one. Older children are using a wider range of social media platforms than ever before. WhatsApp has grown in popularity, despite having a minimum age limit of 16. 27% of children now use smart speakers such as Alexa.

Children can be enthusiastic users of technology. The challenge can be to harness this enthusiasm and ensure a balance, so that the use of technology does not negatively impact on other important areas of young children's lives.

Added risk during lockdown

Britain's top police officer dealing with child protection says he fears a huge rise in cases of child grooming, when children have been alone and vulnerable online.

Remember, the internet can be accessed from a number of portable devices. Being portable may allow parents and guardians to ensure your children are using them where you can see them and still be supervised.

Apps and Games content ratings

Content ratings for apps and games help you understand an app's maturity. These PEGI ratings show what age groups are appropriate to play a game. The eight descriptors below show what is being depicting in the game.



You can set parental controls to restrict apps appearing in available downloads.

Be aware of what games and apps your child is playing. Just because it is popular amongst friends does not make it appropriate. Certain games also allow in-game purchases, which present players with the option to purchase digital goods (e.g. bonus levels, music, upgrades, surprise items) for real-world currency. Be careful you don't get a huge bill!



Useful Contacts



Childnet
International

www.childnet.com A UK charity that aims to make the internet a safe place for children. Free lessons and resources are available.



**UK Safer
Internet
Centre**

www.saferinternet.org.uk You can find online safety tips, advice and resources here.



www.ceop.gov.uk is The Child Exploitation and Online Protection Centre. If you want to report someone who is behaving suspiciously online towards a child, you can report them here.



If you have concerns about the safety of a child, contact the NSPCC helpline on [0808 800 5000](tel:08088005000) or email help@nspcc.org.uk



Children can talk to someone for advice 24/7 on [0800 1111](tel:08001111) or visit www.childline.org.uk

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

1 Ask your children to tell you about the websites and apps they like to use and what they enjoy doing online.

2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

4 Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

5 Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Talk about young people's experiences, responsibilities and boundaries

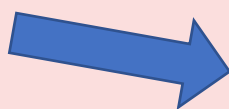


1. Has your child seen or heard of any incidences where someone did not feel safe online? What would they do if that happened to them?

2. Digital footprints (the information you use or upload online) start very early. A 2018 study showed that proud parents are giving away an alarming amount of their children's personal information without their consent and that children will have an average of 1,300 pictures and videos shared online by the time they are 13. In fact, some digital footprints start before children are born, when parents upload ultrasound photos.

3. Ask your child how they can tell if an image or video is truthful. For example, have they seen images edited to make people look better, or videos that are fake? Can we always tell? Should these pictures or videos change the way we think about ourselves?

TIPS TO STAY SAFE ONLINE



Take Back Control



Become familiar with the parental controls and settings of devices in your home and use them to keep your children safe.

Visit

- www.childnet.com/parents-and-carers/hot-topics/screen-time-boundaries
- www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider

• **Think before you post**

Don't upload or share anything you wouldn't want your parents, carers, teachers, or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.

• **Don't share personal details**

Keep things like your address, phone number, full name, school, and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo to find out a lot about you.

• **Watch out for phishing and scams**

Phishing is when someone tries to trick you into giving them information, like your password. Never click links from emails or messages that ask you to login or share your details. If you're asked to log into a website, go to the app or site directly instead.

• **Think about who you are talking to**

There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school.

• **Keep your device secure**

• **Never give out your password**