



Online



Safety





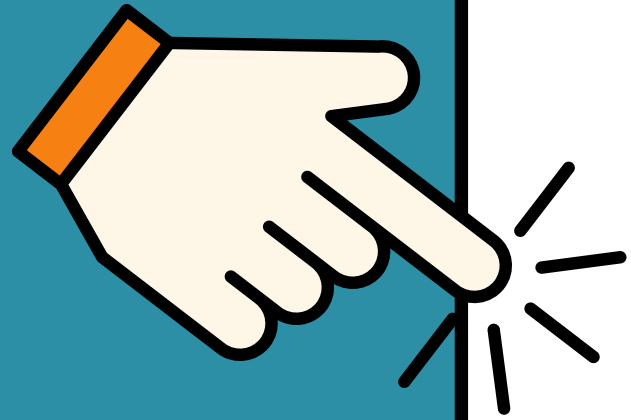
Aims

- Discuss why Online Safety is so important
- Share what we, at Lovington, do to minimise online safety risks
- Share practical advice on how you can minimise online risks at home





Why is online safety so important?



“Today’s pupils are growing up in an increasingly complex world, living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks.”

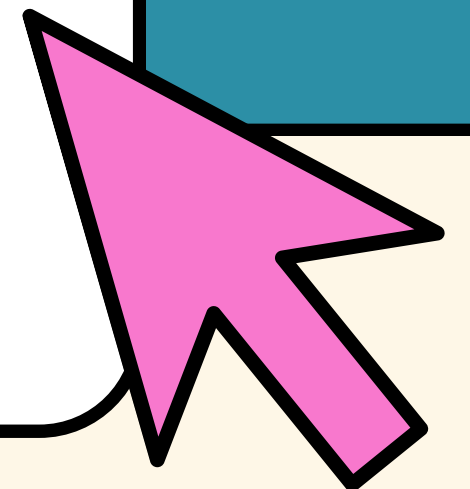
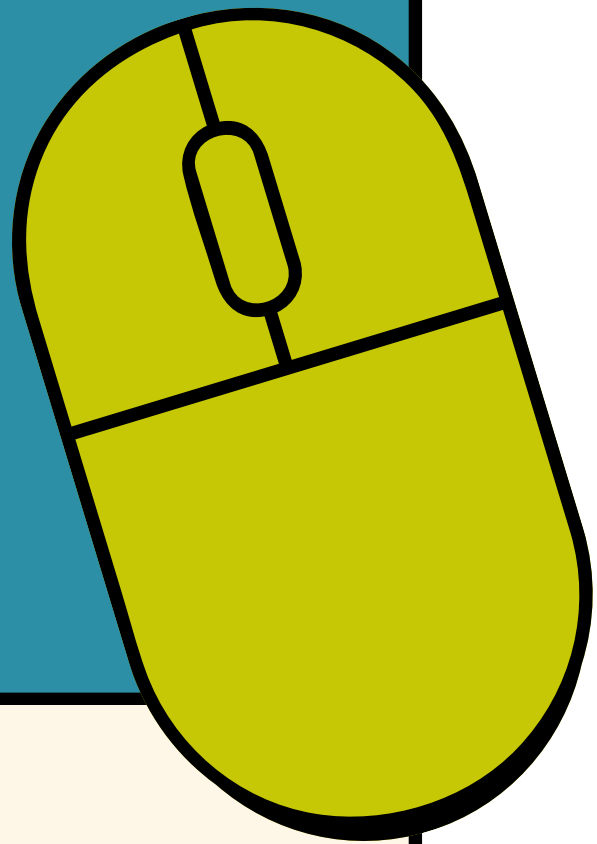


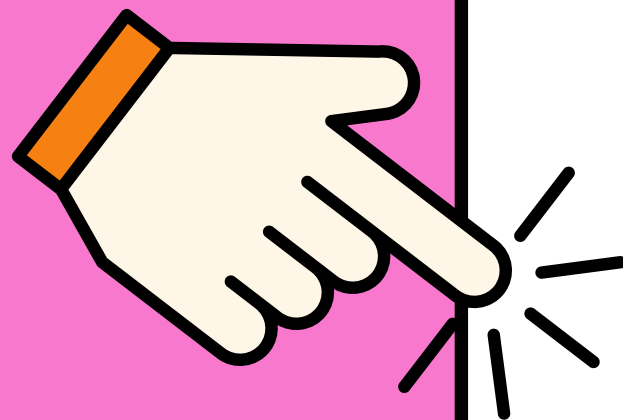


The Stats

- One third of 5-7 year olds use social media unsupervised
- Three-quarters of parents talk to their children about online safety (one-quarter do not!)
- 32% of 8-17 years olds say they have seen something upsetting online but only 20% of parents report that their children have told them about upsetting things they have seen online

[Ofcom: A window into children's online worlds](#)





What are the risks for children at Lovington?

content: being exposed to **illegal**, inappropriate, or **harmful** content, for example: **fake news, racism, misogyny,**

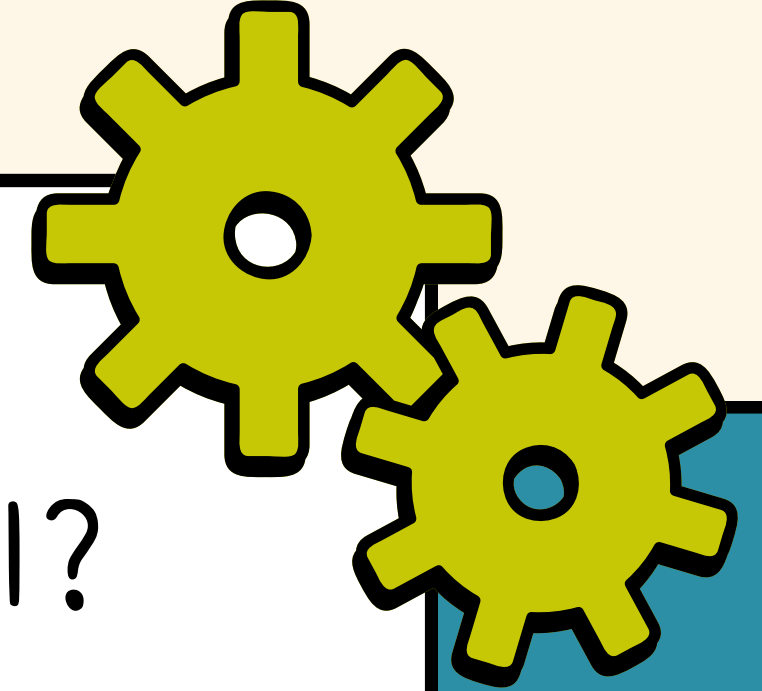
contact: being subjected to harmful online **interaction** with other users; for example: peer to **peer pressure**, commercial **advertising** and **adults posing as children** or young adults

conduct: online **behaviour** that increases the likelihood of, or **causes, harm**; sharing and receiving **explicit images**, online **bullying**

commerce: risks such as online **gambling, inappropriate advertising**



How do we promote Online Safety in school?



- Monitoring and Filtering
- Online Safety lessons & assemblies
- Part of our Computing lessons
- Safeguarding procedures
- Ensure we have a picture of Lovington pupil's online lives (e.g. pupil voice)

But we need your help!



Pupil Voice

“Sometimes it’s annoying when my mum or dad say the video’s I’m watching are inappropriate. It’s embarrassing.” Y5



“If I saw something scary, I’d probably just show my older sibling and ask them what to do about it” Y6



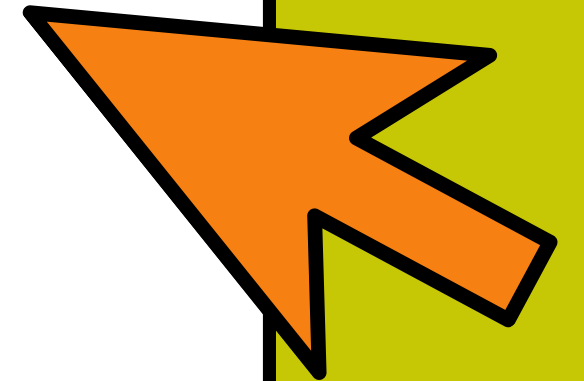
“Make sure you know what your children are playing on. Keep an eye on them...”

Y4



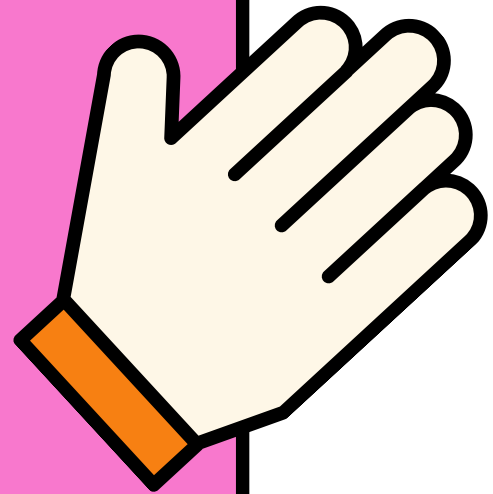
What can parents and carers do at home?

1. Set digital boundaries
2. Explore together
3. Be a positive digital role model





Set digital boundaries



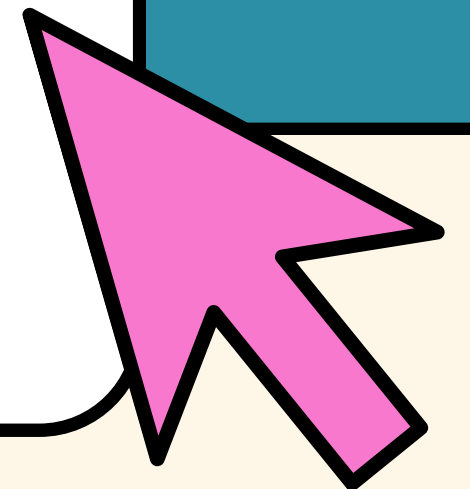
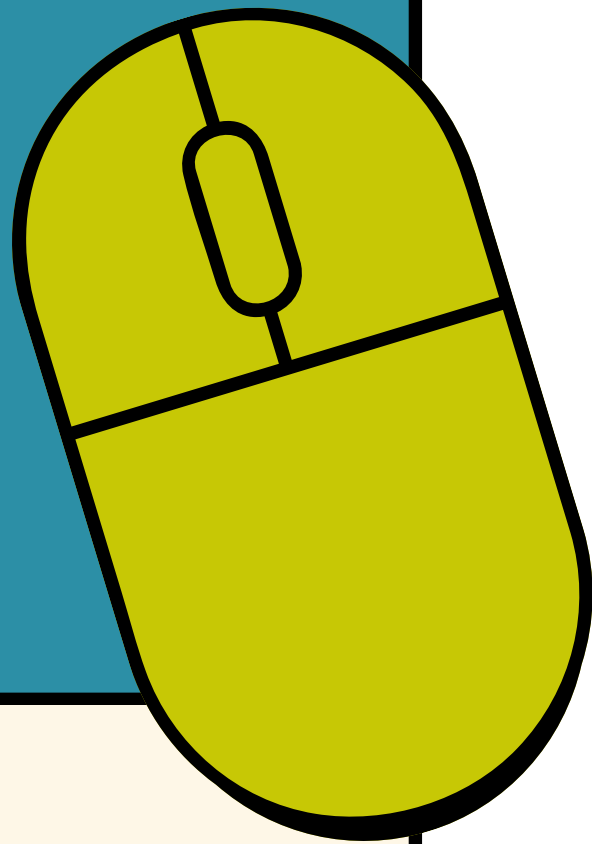
- Screen time limits
- Parental settings
- Establish clear guidelines on access (age limits)
- A digital contract
- Tech-free times and places



Parental settings

Parental settings allow you to:

- Block and filter upsetting or inappropriate content or sites
- Plan what time and how long your child can go online for



Parental Settings

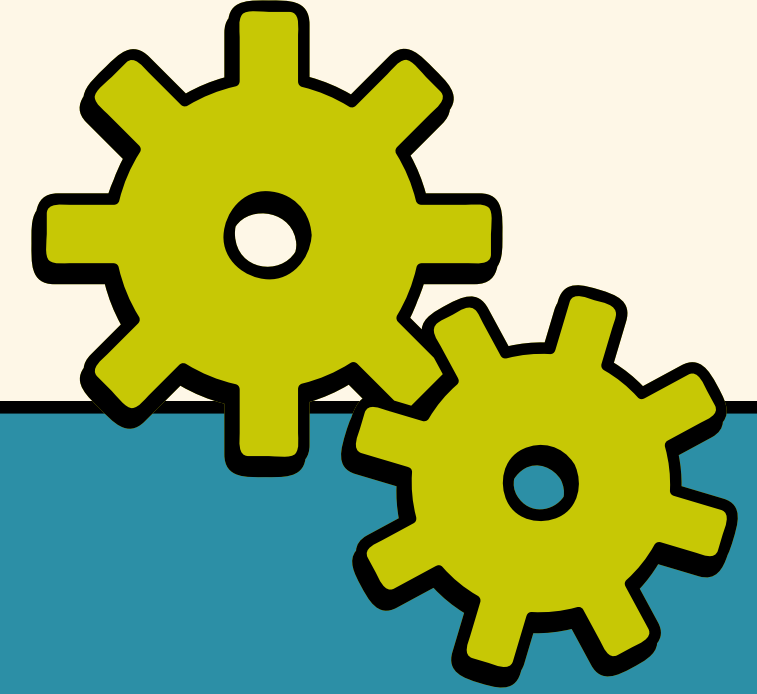
Have you set up parental controls/privacy settings for all devices and networks?

Controls have to be setup on both the broadband connection and EACH individual device.

These aren't standard so do check.



Visit www.internetmatters.org/parental-controls/ to find out how to set controls on devices:



Smartphones & other devices

Select the smartphone, other device or OS from the dropdown list:



VIEW ALL

Broadband & mobile networks

Select your network provider from the dropdown list:



VIEW ALL

Social media

Select the social media app or platform from the dropdown list:



VIEW ALL

Video games & consoles

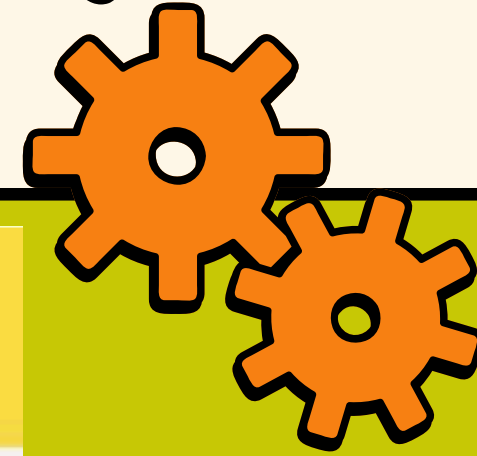
Select the video game or console from the dropdown list:



VIEW ALL



Parental control apps like Google Family Link, Screen time and Microsoft Family. These can let you set limits across devices, apps and platforms.



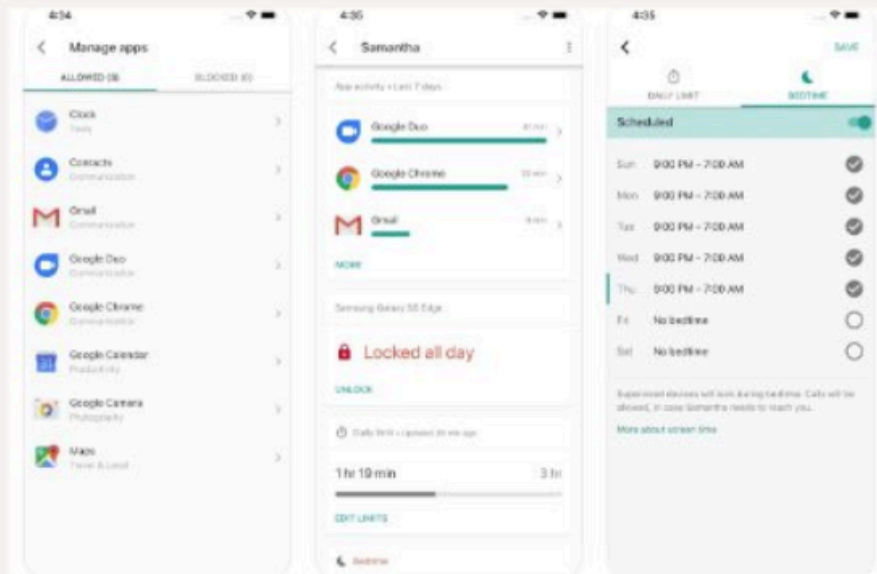
SAFE SETTINGS, CONTROLS & MONITORING

Apple, Android and Microsoft have tools to help you control what younger children can use and how long for. Click the images below for details. Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).



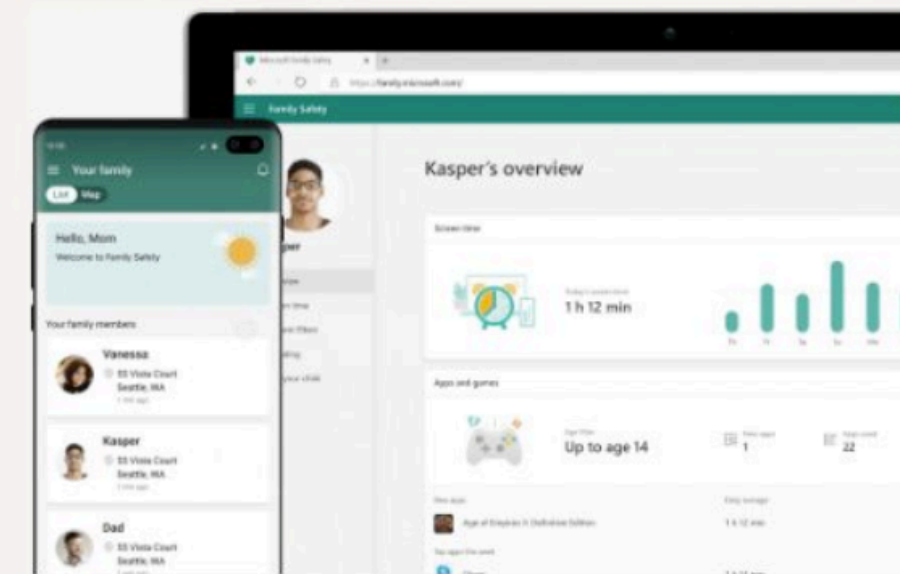
Apple Screen Time

Great for both parental controls and teen self-regulation



Google Family Link

Digital Wellbeing is the next step for the older ones after Family Link

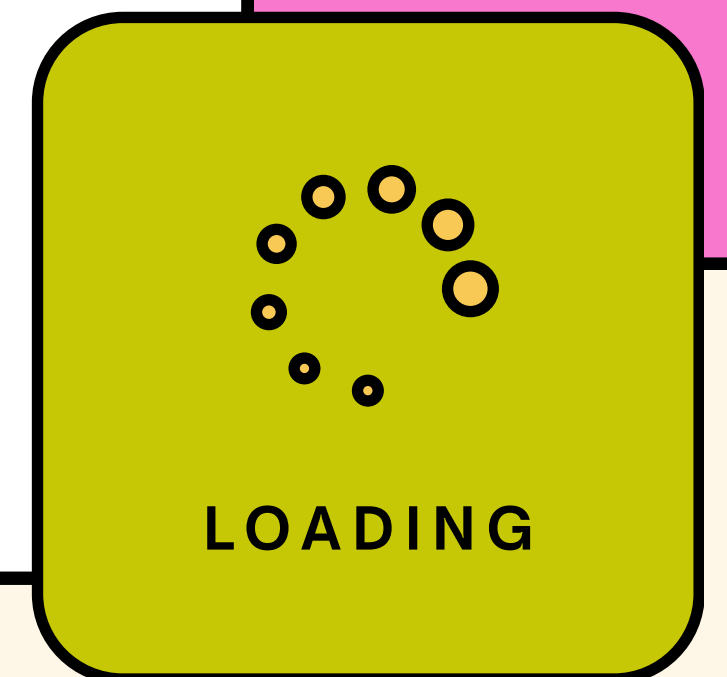
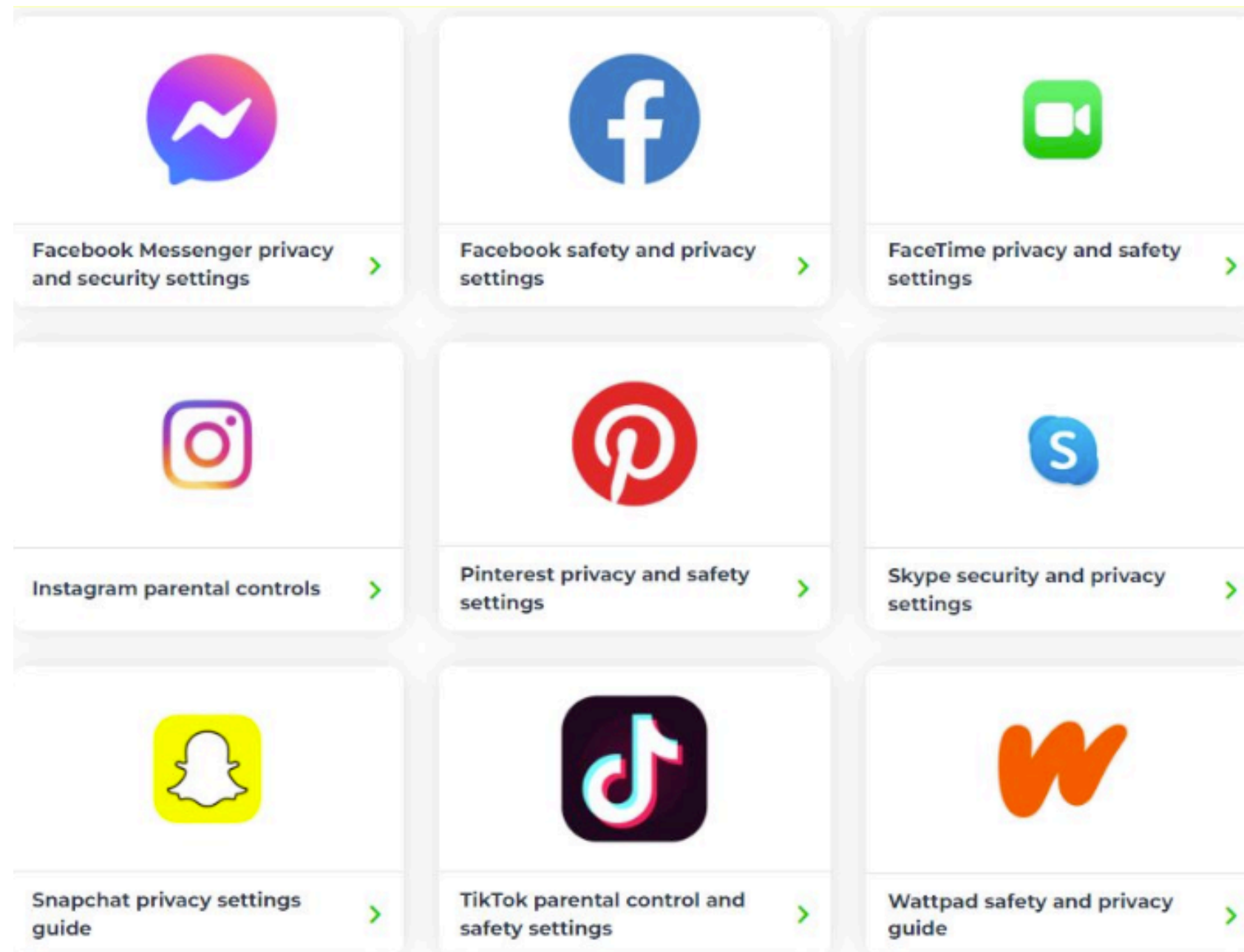
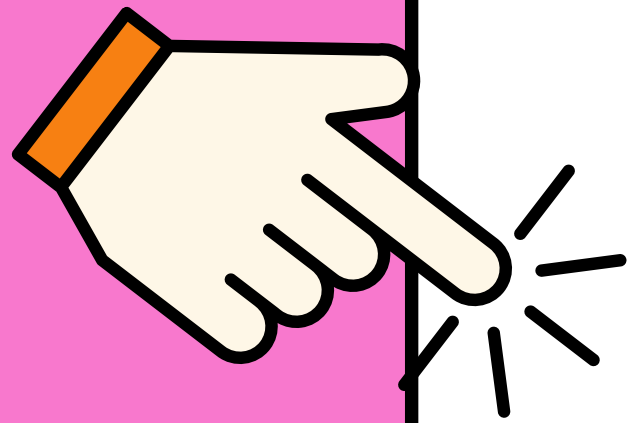


Microsoft Family Safety

There are no self-regulation features for older teens, but Family Safety is great for the younger ones



Privacy settings on individual apps





Age Limits

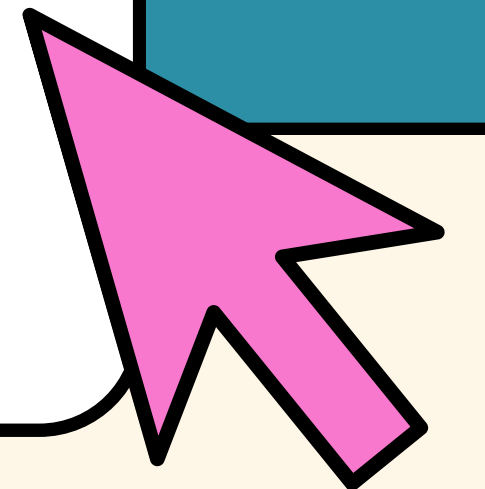
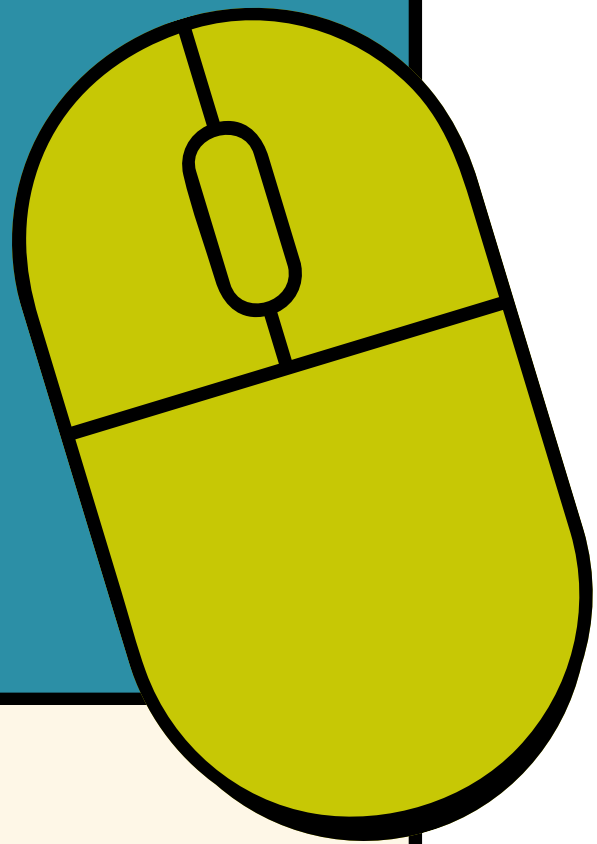
Facebook: 13+

Instagram: 13+

Snapchat: 13+

TikTok: 13+

X: 13+





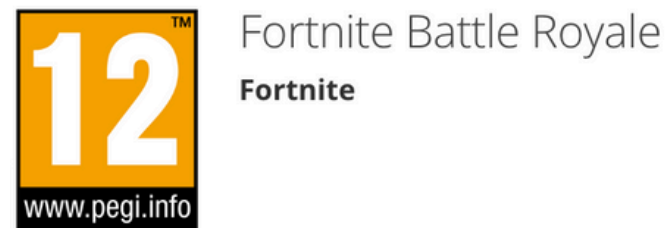
Age Limits

PEGI helps parents to make informed decisions when buying video games:

- Age rating confirms that the game content is appropriate for players of certain age
- Considers the age suitability of a game, not the level of difficulty



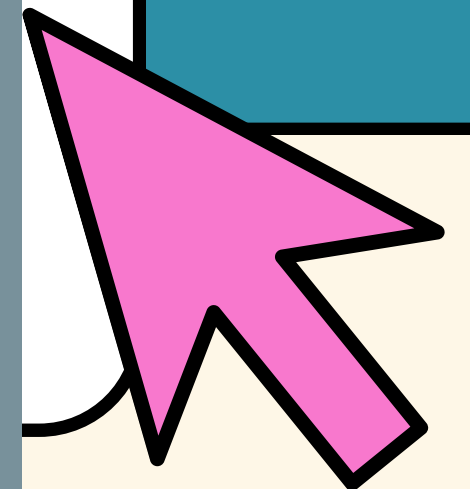
<https://pegi.info>



TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS



THE CONTENT DESCRIPTORS





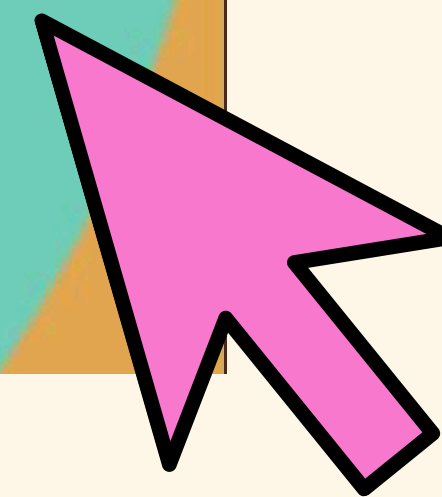
PEGI : Tips for Parents



Share

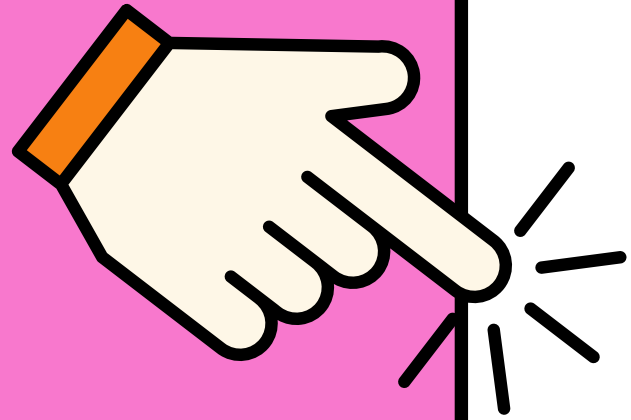


Watch on  YouTube



Apps

Find ratings and reviews for parents on apps, games and social media at commonsensemedia.org



GAME

Minecraft

✓ age 8+ ★★★★★

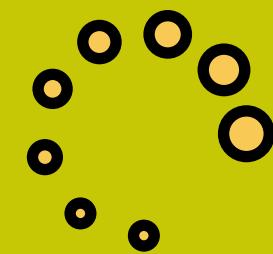
Sandbox-style game with open online play fosters creativity.

Platforms: [Linux](#), [Mac](#), [Nintendo Switch](#), [Nintendo Wii U](#), [PlayStation 3](#), [PlayStation 4](#), [PlayStation Vita](#), [Windows](#), [Xbox 360](#), [Xbox One \(2011\)](#)

[▶ Watch our review](#)



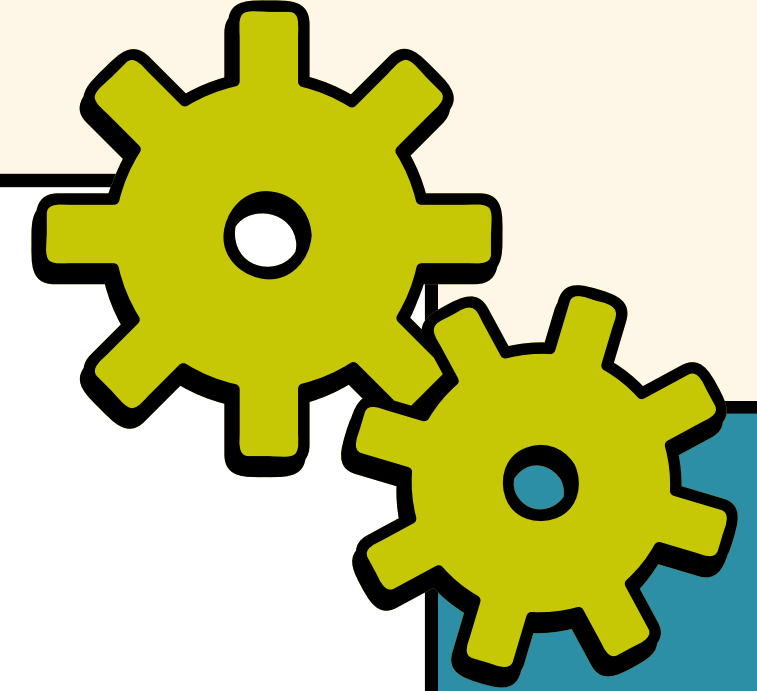
See full review



LOADING



Digital Contract



Why not have a family agreement to:

- clarify what is allowed...or not
- establish ground rules e.g. no phones at the table, in the bedroom, at night-time
- agree shared expectations to reduce arguments and keep everyone safe & healthy



<https://www.childnet.com/resources/family-agreement/>

Online safety agreement

The internet is a very important part of our lives today and setting up an agreement can help ensure that everyone within your organisation/ group are safe when navigating the online world. It gives you the opportunity to discuss together how to behave in a positive way and what to do when things go wrong. Bear in mind it is difficult to have complete control over anyone's internet usage, however an online safety agreement is a great way to set clear expectations for positive and safe internet use.


Please note this agreement is to support your organisation in working to keep young people safe online and should never be used in place of a safeguarding policy or acceptable use policy.



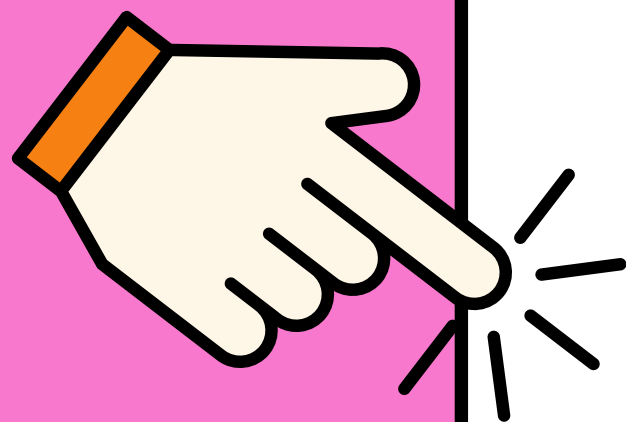
Explore together

- An open and honest dialogue
- Discussions on what is true or not
- Show an interest
- Play games and use the internet together



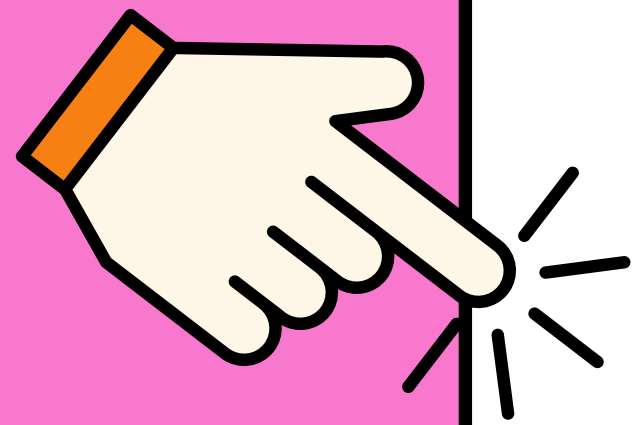


Open and honest dialogue



Privacy settings are effective to some extent.

32% of 8-17 years olds say they have seen something upsetting online but only 20% of parents report that their children have told them about upsetting things they have seen online (Ofcom)

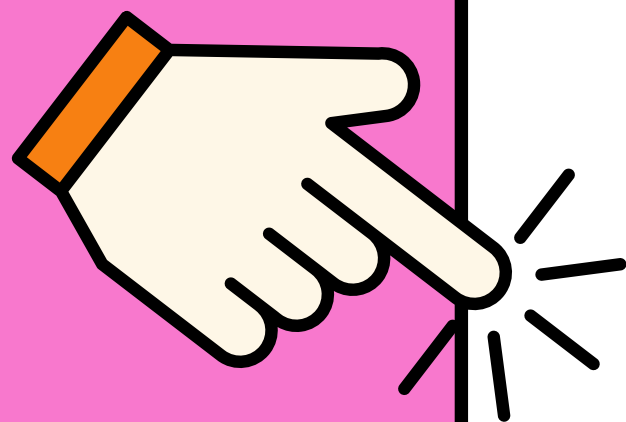


●●● Open and honest dialogue

- Stay involved – make time to communicate. What do they enjoy?
- Don't quiz them – instead have regular conversations.
- Join in
- 'Show me how...' conversation starter!
- Reassure them - tell them that they won't get in trouble and that you are always there to help.



Open and honest dialogue



PARENTSAFE
Keeping your children safe: online & beyond

This page is for parents - if you are a teacher, click [here](#)

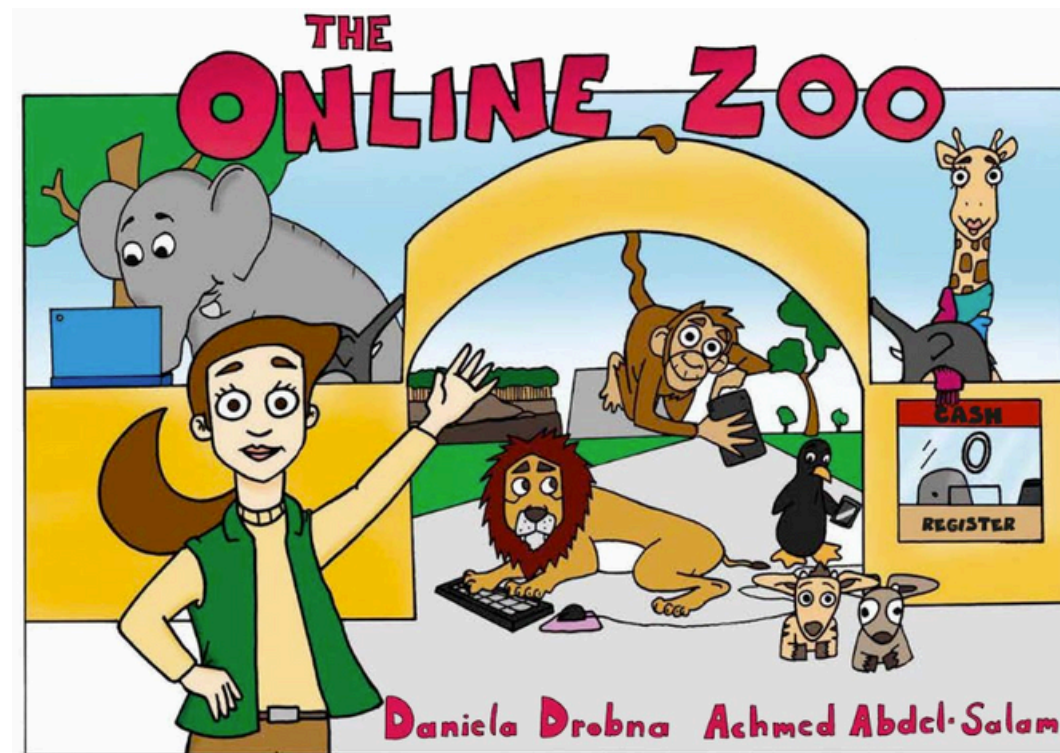
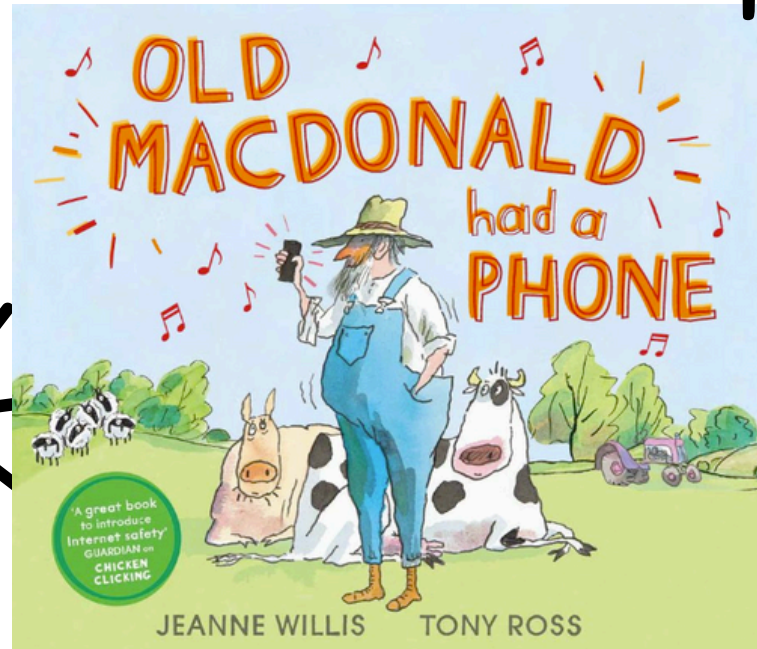
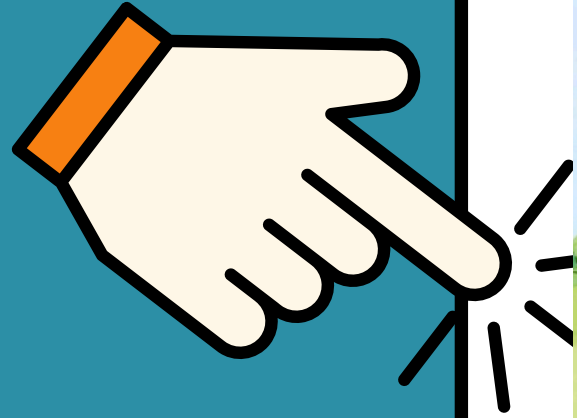
It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when are, if we don't know what's happening in their lives or on their devices! Who are they talking to, what are they doing, are they okay? Don't despair though...scroll through this page for help or click a button to go straight to a particular topics.

TOP TIPS RIGHT NOW	SAFE SETTINGS & CONTROLS	WHAT'S THAT APP?	TALKING TO CHILDREN
SCREENTIME	TOP TOPICS (porn, bullying, ...)	SEX & RELATIONSHIPS	HELP & REPORTING

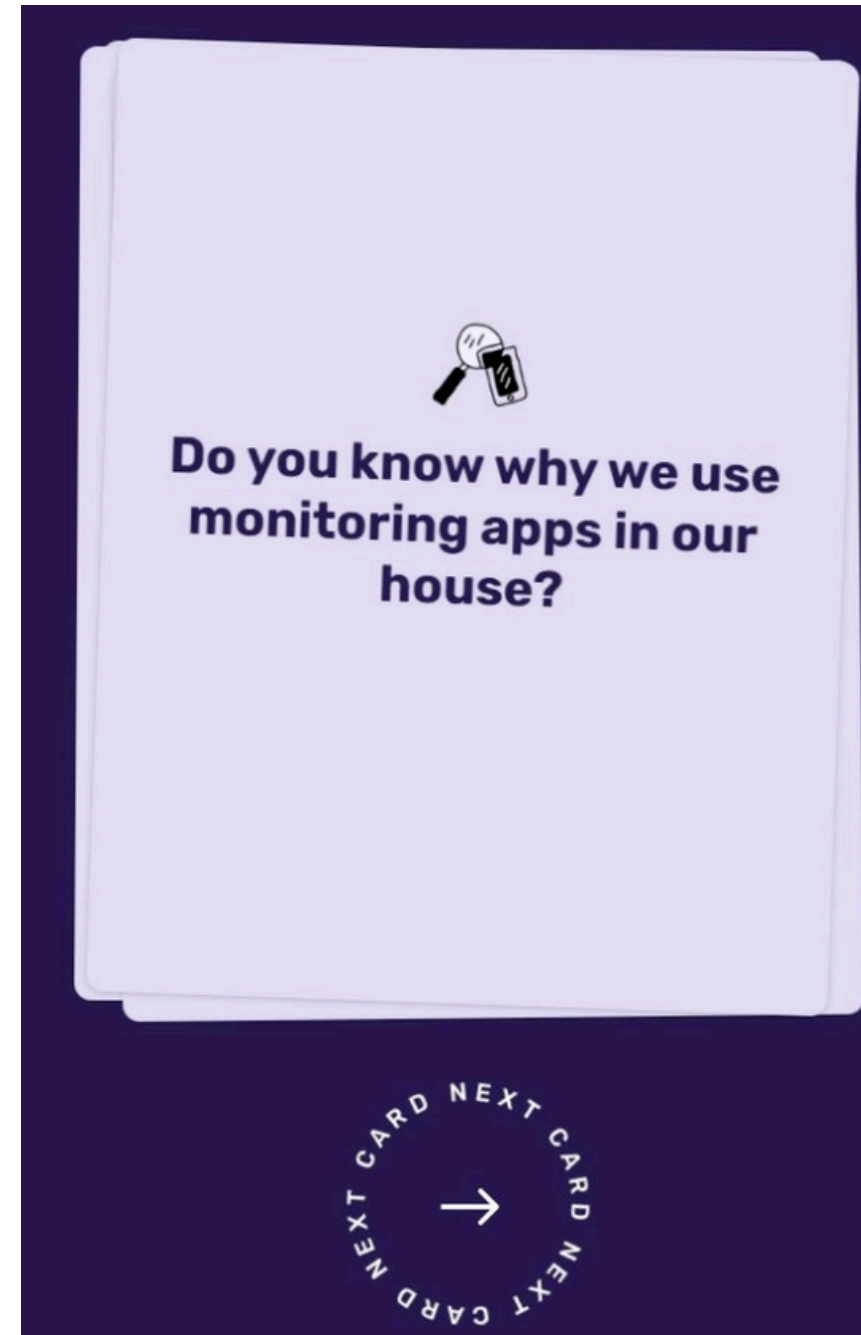
<https://parentsafe.lgfl.net>



Resources



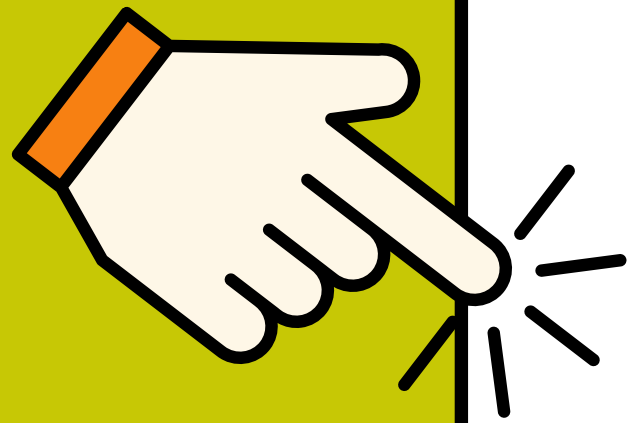
<https://parentsafe.lgfl.net>



Discussion Guides -
Thorn for Parents



Online Bullying



If your child reveals abuse (or if you are worried your child is experiencing abuse online):

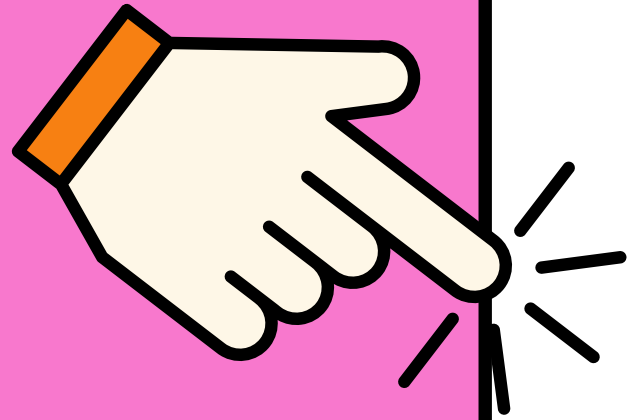
- listen carefully
- reassure them
- tell them they've done the right thing
- ask open questions
- explain what you'll do next
- get support and report it

Signs and impact of online bullying

- Sudden and unexplained changes in behaviour and mood
- Withdrawal from online and offline activities
- Fear of taking part in online or offline activities
- Low self-esteem and highly self-critical
- Problems with sleeping or eating
- Impact on wellbeing and mental health
- In extreme cases, self-harm



Online Bullying



If your child has bullied someone online:

- ✓ remind them what cyberbullying is
- ✓ help them to think about how their actions affect others
- ✓ talk to them about what they should do differently
- ✓ tell them what will happen
- ✓ help them to say sorry

●●● Be a positive digital role model

- Be a good digital citizen yourself!
- Turn off 'ping' notifications
- Phones on silent (when possible)
- Take screen breaks
- Openly question what you see, hear and share online
- Have tech-free places, times or (even) days!





Reflect on your screen time...

- 45% of 8-11s feel that their parents' screentime is too high
- 35% of 8-17s feel that their own screen time is too high



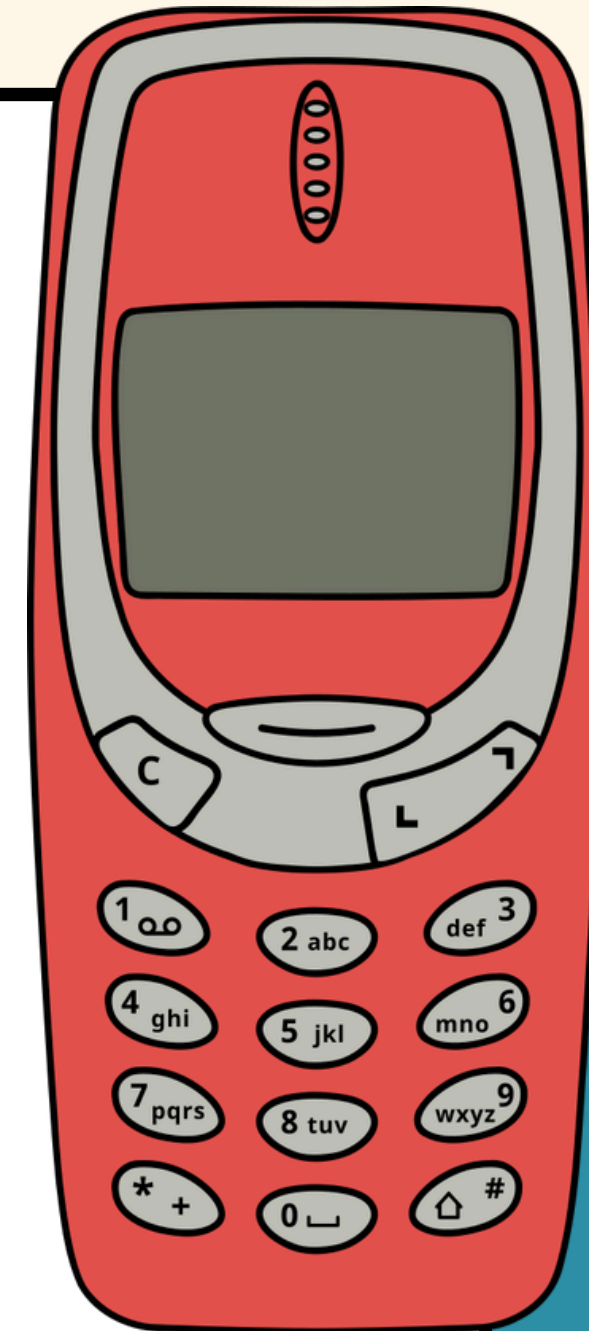
“ When I grow up, I want to be an iPhone so my mum will talk to me ”

~ London pupil

Phones



- Internet access
- Apps and games
- Connection anytime
- A range of parental controls



- No internet access
- No (or few) apps and games
- Messages and calls any time
- Limited parental controls



Phones

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/phones>

<https://smartphonefreechildhood.co.uk>

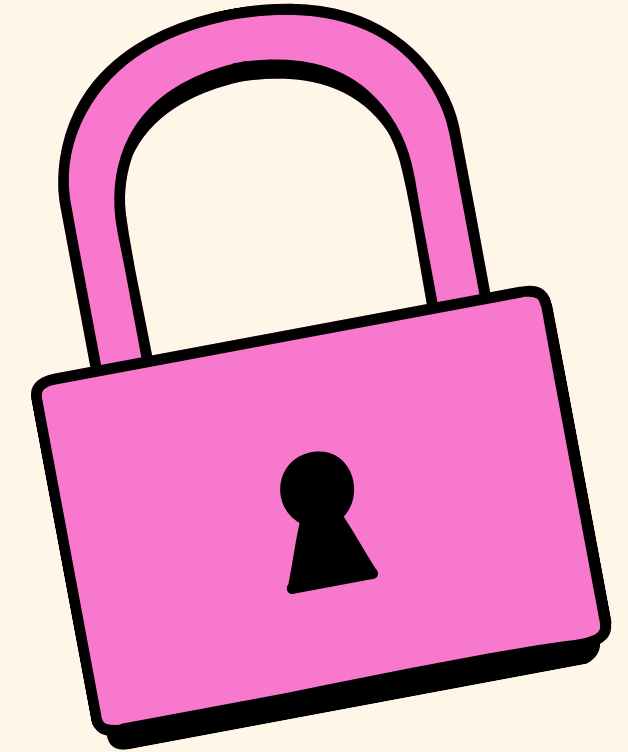


<https://www.internetmatters.org/resources/tech-guide/mobile-phones-for-children/>

<https://www.barnardos.org.uk/blog/keeping-your-child-safe-their-smartphone>



<https://www.ceop.police.uk/ceop-reporting/>



<https://reportharmfulcontent.com>

childline

<https://www.childline.org.uk/get-support/contacting-childline/>



<https://www.screen-safe-resources.co.uk/podcast>

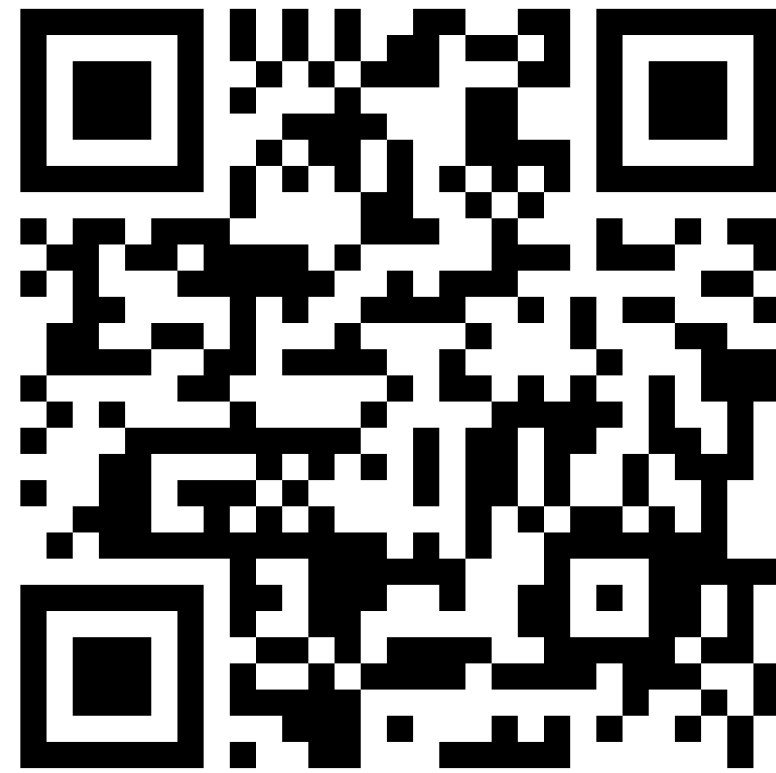
Worried about a child?

Contact our Helpline by calling 0808 800 5000

or emailing help@NSPCC.org.uk



Thank you!



<https://forms.gle/fAoDt6DjZ2xSuXjK9>