



Parents and Carers (Primary)

Protect your children online

www.thinkuknow.co.uk/parents



This presentation will cover:



- What we do at school
- Children online
- What can you do?
- Thinkuknow resources for primary
- Thinkuknow resources for parents and carers
- Reporting to NCA-CEOP

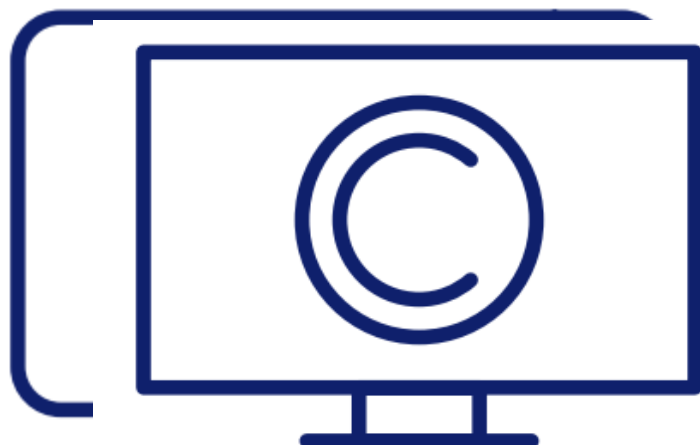


What we do at school



	Managing online information	Privacy and security	Copyright and ownership	Online relationships	Online reputation	Online bullying	Self-image and identity	Health, wellbeing and lifestyle
EYFS	Planning is linked to topics that arise from the children's interests and national events (Anti-bullying week November & safer internet week February). With a focus on: how to be good friends online, Why we say kind things to others, and make sensible choices. Children are aware that some online content is inappropriate and how to tell an appropriate adult if they see something on the computer that upset them.							
	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2	
Year 1	Pop ups and in app purchasing, inappropriate websites	Cyber-bullying What is cyberbullying		Safer internet week Upsetting images	Unreliable information	Talking to strangers	Going places safely Using child friendly search engines	
Year 2	Sharing online safely The S rule	Cyber-bullying Forms of cyber bullying Meeting up with people online - The M rule		Safer internet week Accepting content or help from others online -The A rule	Reliable trust worthy information online The R rule	Tell others, learning how to report The T rule	Watching videos online, Sharing pictures, playing games,	
Year 3	What to accept online?	Cyber-bullying A comparison between traditional bullying and cyber-bullying What is reliable?		Safer internet week What should you keep safe?	Who should you tell?	Be careful when meeting up.	Talking safely online	
Year 4	Online friendships	Cyber-bullying When is cyber-bullying actually cyber-bullying Being kind online		Safer internet week Sharing photos and videos.	Live streaming Using	Gaming	They have fans but we have friends.	
Year 5	Protect your stuff How to build a strong password	Cyber-bullying Effects of Cyber-bullying & ways of getting help Respect each other How can I stand up to others on line		Safer internet week Check if it is real Who are you really	Think before you share Whose profile is this anyway?	Respect each other Mixed messages	Challenges Relevant to current online challenges.	
Year 6	Password phishing	Cyber-bullying Enhancing empathy & Netiquett Social media platforms		Safer internet week Online games game age rating	Content: How it can be used and shared	Disinformation, misinformation and hoaxes	Knowing how to identify when online behaviours stop being fun and begin to create anxiety	
Online Safety in Year 6 evolves, as app use and programmes are released and the children become engaged in new media and apps.								

Areas we cover



Copyright and ownership

This strand explores the concept of ownership of online content. It explores strategies for protecting personal content and crediting the rights of others as well as addressing potential consequences of illegal access, download and distribution.

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Children Online

www.thinkuknow.co.uk/parents



Parents and carers

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

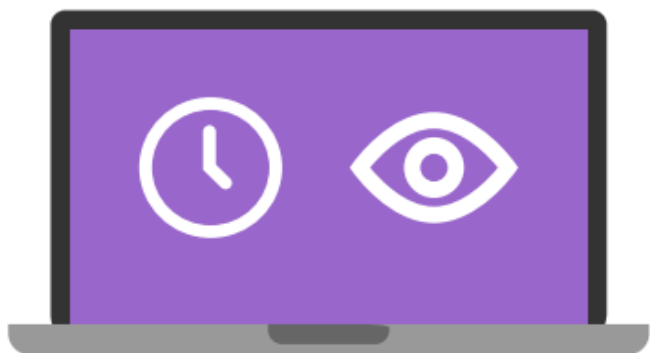
89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends

2020 Ofcom

internet
matters.org

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.



Media usage by age

6 in 10 use any device to go online



2% have their own tablet

27% use a smartphone to go online and **63%** use a tablet to do the same



62% play games for just over **6 hours a week**

66% play games online



25% use a smart speaker in the home

74% who own a smartphone are allowed to take it to bed with them



81% use their phone to go online and **69%** to do the same



36% more likely to watch streams on a mobile device



35% play games online



45% use a smartphone to go online and **72%** use a tablet to do the same



37% own their own smartphone

98% spent over 11 hours of streaming from a device per week

51% use YouTube in 2019 compared to **37%** in 2016



5% have their own smartphone



83% have their own smartphone

Reference: Ofcom (2019) https://www.ofcom.org.uk/_data/assets/pdf_file/0023/190616/children-media-use-attitudes-2019-report.pdf

internet matters.org

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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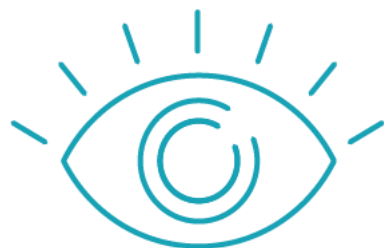
Understanding apps, sites and games



Sharing



Chatting

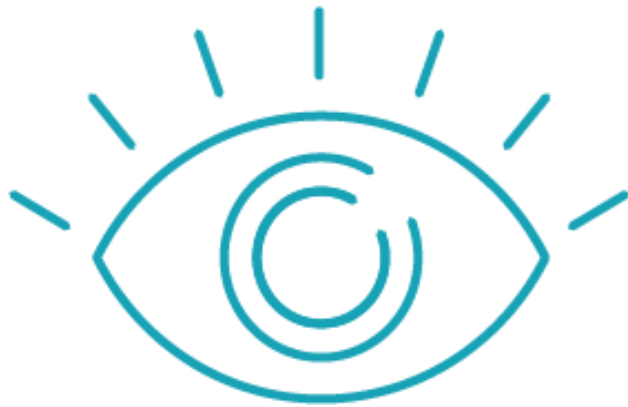


Viewing



Friending

Understanding apps, sites and games



Viewing

- Anyone can post and share content
- There may be inappropriate, sexual or violent content online
- Most apps and games include privacy and security settings
- Parental controls and filters can also help manage online activities

Understanding apps, sites and games



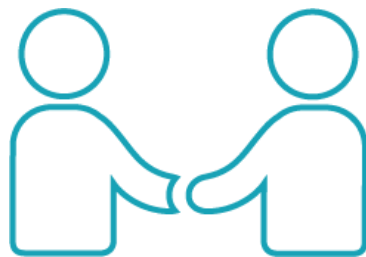
Sharing

- It's easy to share online
- Younger children – seek permission before they share
- Children should never feel pressurised, uncomfortable or blackmailed
- Look out for others by not sharing inappropriate content

Understanding apps, sites and games



Chatting



Friending

- Chatting and meeting new people can be fun and appealing
- Most people just want to chat or be friends, but some seek to harm
- Advise them not to share too much personal information
- Talk to a trusted adult if anything worries them

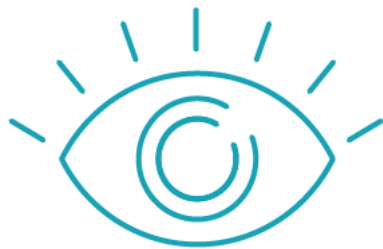
Understanding apps, sites and games



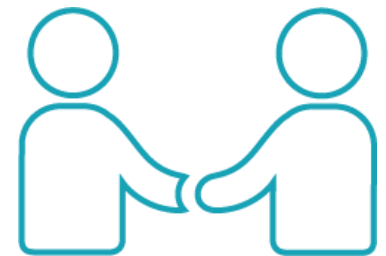
Sharing
What can you share?



Chatting
Who can you talk to? How? Where?



Viewing
What kinds of content do you see?



Friending
Who can you be friends with?



Viewing videos online

www.thinkuknow.co.uk/parents



In appropriate video content



The risks

- They may, accidentally, see something not intended for them
- They can be exposed to unsuitable videos through a link they've found or been sent, or an app they've downloaded
- They are curious and they may go looking for content



Viewing videos online



What can you do?

- **Talk to your child** - about the videos they like to watch, what makes a video inappropriate and what to do if they see anything they shouldn't.
- **Look up the age ratings** - before your child uses them for a guide as to whether it's appropriate.
- **Set up parental controls and filters** - to help you manage the content your child may see.



www.thinkuknow.co.uk/parents/articles/parents-guide-to-watching-videos-online



Gaming online

www.thinkuknow.co.uk/parents



Gaming online



The risks

- Chatting with people they don't know
- Inappropriate or unmoderated chat
- Requests to chat in private
- Offering gifts or trades



Gaming online



What can you do?

- **Play with them** - to understand how they talk online, who they talk to online and what you're comfortable with.
- **Talk to them** - about the games they play, who they talk to and how.
- **Use family controls** - to manage, limit or turn off in-game chat.
- **Encourage reporting** – of inappropriate chat in game and anything in the game makes them feel worried or uncomfortable.



www.thinkuknow.co.uk/parents/articles/in-game-chat



Live streaming

www.thinkuknow.co.uk/parents



Parents and carers

Live streaming



The risks

- Exposure to age inappropriate content, including sexual or violent content
- Negative or inappropriate comments
- Acting on impulse, and saying or doing something they'd be less likely to do offline
- Inappropriate contact



Live streaming



What can you do?

- Talk to them – have an ongoing conversation as part of your family life.
- Use devices in public spaces.
- Go through privacy and safety settings.
- Be wary of requests to chat in private.
- Know where to get support and how to report.



www.thinkuknow.co.uk/parents/articles/what-is-live-streaming



Social media

www.thinkuknow.co.uk/parents



Social media



The risks

- Inappropriate content
- Inappropriate behaviour
- Over-sharing
- Making friends with people they don't know



Social media



What can you do?

- Make sure they are ready.
- Be a great role model.
- Get involved and support them.
- Talking about safe social media use.



www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media

Doxxing



What is doxxing?

Doxxing means someone on the internet has posted private information about someone else for the world to see. This information is personally identifiable and therefore sensitive. As such, someone can use it to figure out who someone really is, where they live and how to contact them. Being doxxed is a form of **cyberbullying**.

The information can be the victim's real name, home address, phone number, email address, photos or other personal information.

<https://www.internetmatters.org/hub/news-blogs/what-is-doxxing-and-how-can-you-keep-your-child-safe/>



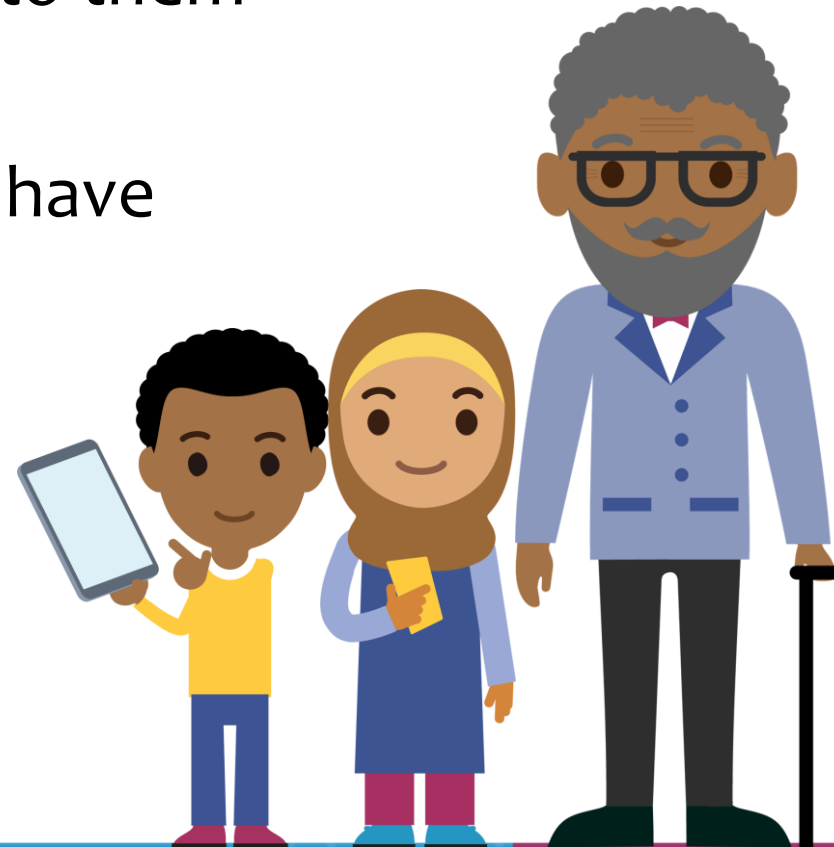
What can you do?

www.thinkuknow.co.uk/parents



Chat little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



Report anything that worries them

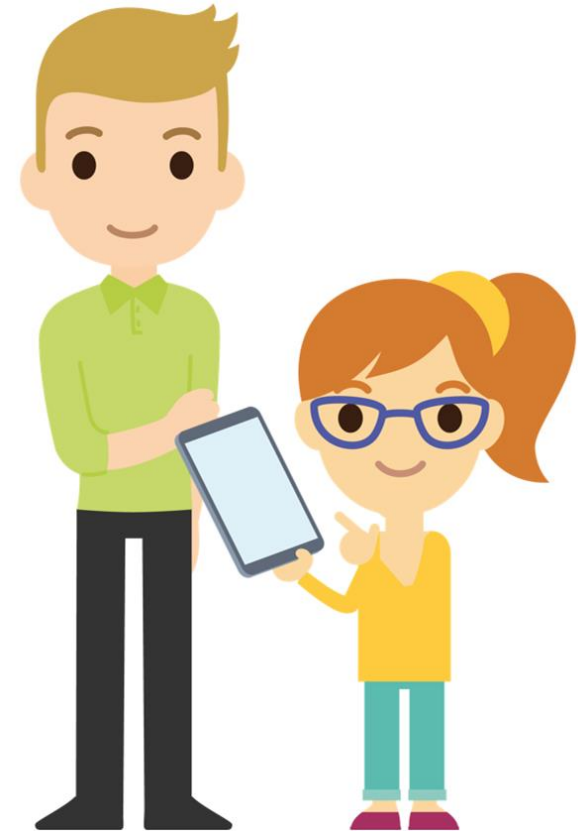


- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them



Take some practical steps

- Use parental controls
- Direct your child to age appropriate information





Thinkuknow resources

www.thinkuknow.co.uk/parents



Parents and carers

Resources for primary aged children



4-7s: Jessie & Friends

8-11s: Play Like Share & Band Runner Game



4-7s: Jessie & Friends



- [Home](#)
- [Get Advice ▾](#)
- [Concerned about your child?](#)
- [How to get help ▾](#)
- [Who are we?](#)
- [Support tools ▾](#)



Watch Jessie & Friends: online safety education for 4- 7 year olds



This series of three animations aims to give 4-7 year olds knowledge, skills and confidence to help them respond safely to risks they may encounter online.

8-10s: Play Like Share



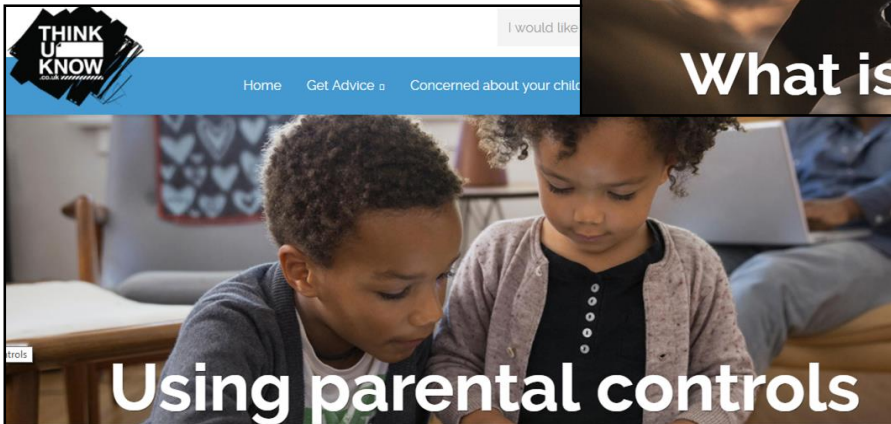
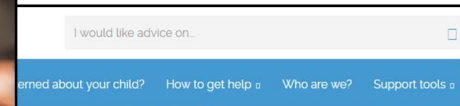
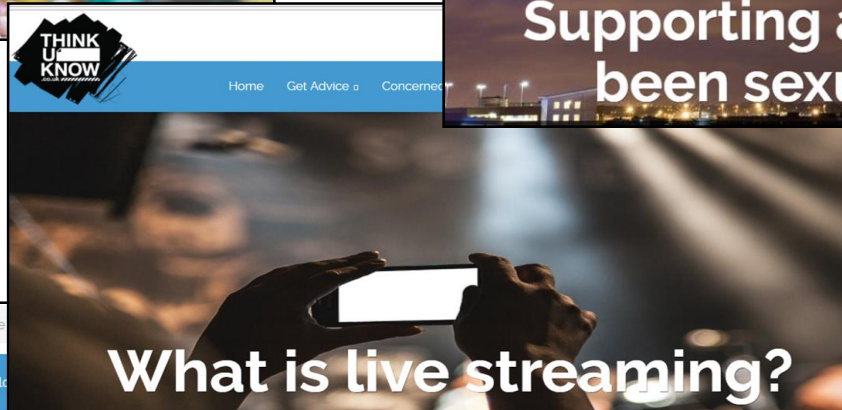
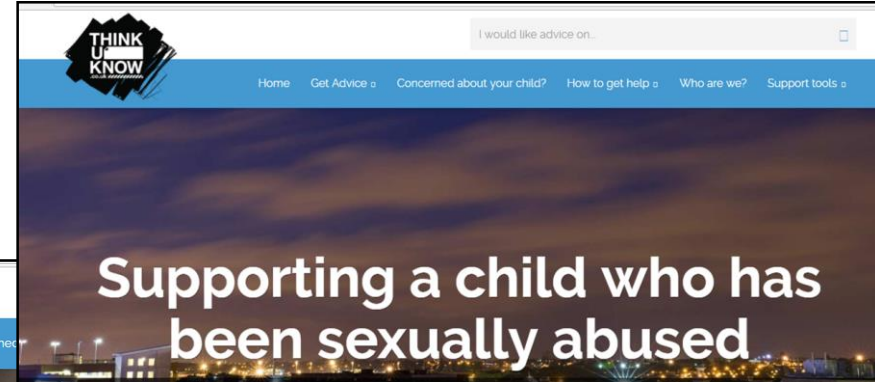
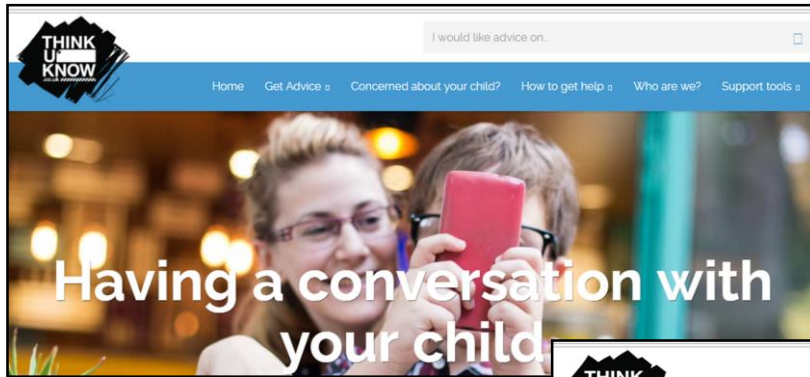
FILM 1: BLOCK HIM RIGHT GOOD ALFIE!



Band Runner



Resources for Parents and Carers





Help and advice for families in a digital world

Parent Info is a collaboration between [Parent Zone](#) and [NCA-CEOP](#), providing support and guidance for parents from [leading experts and organisations](#).

Games, apps
and tech

Parenting

Safety and
settings

Relationships
and sex

Education and
the future

Health and
wellbeing

Reporting to NCA-CEOP – www.ceop.police.uk



The screenshot shows the CEOP website's reporting page. At the top left is the CEOP logo, which includes the text 'A National Crime Agency command'. To its right is the text 'Child Exploitation and Online Protection command'. On the top right, there is a dark blue bar with the text 'If you need to hide this site quickly, just click here' and a red 'Quick exit' button with a white person icon. The main content area has a white background with a blue header. The central text asks, 'Are you worried about online sexual abuse or the way someone has been communicating with you online?' and 'Make a report to one of CEOP's Child Protection Advisors'. Below this are three grey boxes with blue text and arrows: 'Should I make a report to CEOP?', 'What happens when I make a report?', and 'How can CEOP help me?'. Each box contains a brief description of the service. At the bottom of the page, there are three blue boxes with white icons: a computer monitor with a sad face, gears, and a pencil with a question mark, and a speech bubble with a smiley face.

Internet Matters



Excellent advice and support for parents on a range of issues.

Toolkit to give you ideas at home

App and game advice, controls and settings.

Chat little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



Remind them to report anything worrying

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them

Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information



Staying up to date:



@CEOPUK

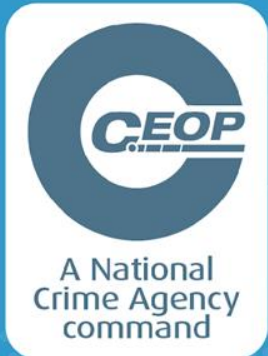


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www.ceop.police.uk/safety-centre

Please contact the CEOP Education team directly at ceopeducation@nca.gov.uk if you have any queries or feedback on the training you have received.