

E-Safety for Parents

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Plan for this session

- i) E-Safety: current issues, finding and dangers**
- ii) What does an e-safe household looks like?**
- iii) A case study**

Break

- iv) Demo and support from technical staff about technical restrictions and safeguards.**
- v) Resources for parents to take away and parents that were unable to attend.**

Online risks facts and statistics



LGFL Findings (2018)



Risks

**Content: what online content
children see**

**Contact: Who young people
communicate with online and what
they say**

Risks: Content

Self harm
and suicide

Hate speech,
bullying, fighting

Violent and obscene videos

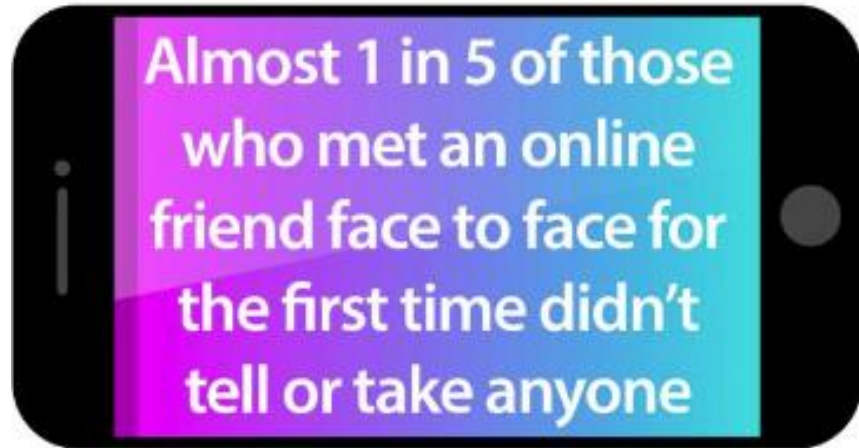
Animals
being hurt

Pornography



Almost 1 in 6
pupils have
seen
something
that
encourages
self-harm

Risks: Contact



Risks: Cyber Bullying

- Contact using communication technologies to cause anxiety and distress to others



Risks: Games Contact, Content and addiction

- **Games with a PEGI rating of 16 or 18 will have content which includes violence, fear, bad language, discrimination, nudity / sexual behaviour, drugs and gambling.**
- **Online gaming means you can play in real time with people across the world through a computer, games console, tablet or smartphone connected to the internet.**
- **Walkthroughs: pre-recorded video footage and commentary normally with live comments. Hugely popular.**

Grand Theft Auto



Extreme violence - Violence towards defenceless people - Sexual violence - Strong language

Addiction



Additional risks for young people with ASD

Autistic Spectrum Disorder (ASD) affects how a child makes sense of the world, and how they relate to and communicate with others. This means they can be additionally vulnerable to risks online.

Young people with ASD may:

- **Sometimes struggle to distinguish fact from fiction. Many young people with ASD take things literally. Understanding the difference between fact and fiction is a vital skill when using the internet, where anybody can post content and it can be difficult for your child to determine whether it's true or not.**
- **Have difficulty in interpreting social cues. Many young people with ASD prefer interacting over a computer than face to face. Using social networks safely, however, can be particularly difficult for them as they may struggle to interpret social cues in online chat.**

Online risks: What can we do about it? What does an e-safe household look like?



What can parents do?

- **Be aware and enforce age restrictions for social media sites**
- **Be aware of content and age restrictions of computer games**
- **Set parental controls**
- **Discuss, restrict and monitor your children's use of the Internet**
- **Be informed and aware of where to get help, support and further information**

Age restrictions and social media

Facebook, Twitter, Snapchat, and Instagram all require that a person must be 13 years of age and above to register.

WhatsApp requires that a person must be 16.

YouTube has a minimum age requirement of 18 to subscribe, although children aged 13-17 can watch content.

Children under 13 should not have a Gmail account

[NSPCC Net Aware](#)



Be aware of content and age restrictions of computer games



Discuss and monitor your children's use of the Internet with them and agree restrictions on screen time and activities.

Discuss

- **Speak openly and regularly about their online activity and online dangers such as contact and content.**
- **Find a good time and place. Try to choose a good moment. Pick an opportunity when you know you're not going to be interrupted and you are both going to feel comfortable and have enough time**
- **Think about how you are going to introduce the subject. You could mention a recent news story or an incident involving other children.**
- **Explain to them why you are worried. Your child might think that you are getting worried for no good reason, but if you explain why something is troubling you they will understand why you want to talk to them.**
- **Let them talk. Listen more than you talk. It's important you listen to them and that you explain you'd like them to listen to you.**
- **Be loving and supportive. The most difficult conversations can be made easier if your child understands that you care about them and whatever the outcome you will love them just as much.**

Restrict

- **Agree boundaries together**
- **Agree which social networks your child is allowed to use and discuss appropriate and safe rules.**
- **Agree limits for time spent online and on devices.**
- **Ensure that devices are used in family spaces and not in bedrooms.**
- **Agree a set of family rules such as no devices at the dinner table**
- **Ensure devices are switched off at least one hour before bedtime.**

Monitor

- **Agree a monitoring agreement together**
- **This should cover mobile phones and other devices**
- **Sit down weekly with your child and go through their Internet activity with them**
- **Use monitoring apps such as [Life 360](#) or [Teensafe](#)**

Be informed and aware of where to get help, support and further information

- **CEOP**
- **Internet Matters**

- **The Rise School**

Set Parental Controls

- **If your child has their own smartphone then they're likely to have access to the internet not only at home on the home broadband network, but also through their mobile network and on public WiFi.**
- **Parental controls are an extremely important tool for helping keep your child safe online.**
- **Information on setting parental controls for most broadband and mobile phone providers can be found in the Internet Matters.org website**

Set Parental Controls

EMAIL M

The infographic is shaped like a house with a pink outline. The roof contains logos for BT, sky, TalkTalk, and Virgin. The main body is divided into four rooms: 'DEVICES' (Apple and Android icons), 'ENTERTAINMENT' (Google, YouTube, Netflix, iTunes, iPlayer, sky go), 'GAMING' (PS3, PS4, PSVITA, Xbox Live, Switch, Wii, WiiU, etc.), and 'MOBILE' (3, Vodafone, EE, O2, TESCO, Virgin, TalkTalk). A 'Share This' button is at the bottom.

BROADBAND

BT sky TalkTalk Virgin

DEVICES

APPLE APPLE ANDROID ANDROID

ENTERTAINMENT

Google Google+ YouTube NETFLIX iTunes iPlayer sky go

GAMING

PS3 PS4 PSVITA PLAYSTATION BEATS XBOX LIVE SWITCH Wii WiiU

MOBILE

3 Vodafone EE O2 TESCO Virgin TalkTalk

Share This ▾

Websites and Resources

LGFL Hopes and Streams 2018 Report

<https://www.lgfl.net/online-safety/hopesandstreams>

Net Aware (Age restrictions on social media)

<https://www.net-aware.org.uk/networks/?order=-popularity>

CEOP Advice for parents

<https://www.thinkuknow.co.uk/parents/>

CEOP (Know your Friends animation)

<https://www.youtube.com/watch?v=ecr6OJmT3Mg>

PEGI (game content and restrictions)

<https://pegi.info/what-do-the-labels-mean>

Internet Matters (restrictions and filters)

<https://www.internetmatters.org/parental-controls/interactive-guide/>

Teensafe (monitoring software)

<https://cp.teensafe.com/users/home?url=helps/contact>

Life 360 (monitoring software)

<https://www.life360.com/>