



KEEPING CHILDREN SAFE ONLINE

Beechwood Parent Workshop

February 2024

Led by Mrs Furby and Mr Davis

MODERN TECHNOLOGY

- Phones
- Tablets
- Game consoles
- Smart Speakers
- Smart Televisions
- Smart Watches
- VR headsets
- Air tags
- Smart earbuds
- Smart Glasses
- Smart cars
- Smart toys
- Computers
- Laptops
- Cameras
- Smart houses



THE RISKS

- Mental Health Concerns
- Seeing inappropriate content
- Not in control of images and identity
- Becoming isolated from peers and family
- Spending money
- Normalising violent, aggressive or sexual behaviours
- Grooming (sexually and for crime)
- Coercion
- Influencers
- Pornographic content
- Self-harm content
- Damage to friendships
- Cyberbullying
- Impersonation
- Harassment
- Addiction
- Lack of respect for others.
- Lack of understanding that they are still responsible for what they do online and can be held accountable.



IN THIS WORKSHOP

How to manage time online and ensure your child is safe.

How to talk about the online world

What to do if something happens

The biggest concerns we have seen currently

Where to look for supports and guides when navigating this incredibly fast paced, changing world.

HOW TO MANAGE TIME ONLINE

Childnet Family Agreement

A great way to start positive family conversations around online safety, and to agree clear expectations and boundaries.

Start by discussing the questions that are most relevant to your family.

Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

Sharing

- What should we check before posting images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we look after our friends when we are online?

If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

Want expert advice?

www.childnet.com/parents-carers-advice

Examples for different ages:

Our agreement: (Under 11s)

I will use my tablet for ___ mins a day.

I will make sure the children's favourite games are bookmarked for them to get to easily.

Our agreement: (Pre-teens)

I will tell mum and dad when I see something that worries me.

I will put parental controls in place but review it as the children grow up.

Our agreement: (Teenagers)

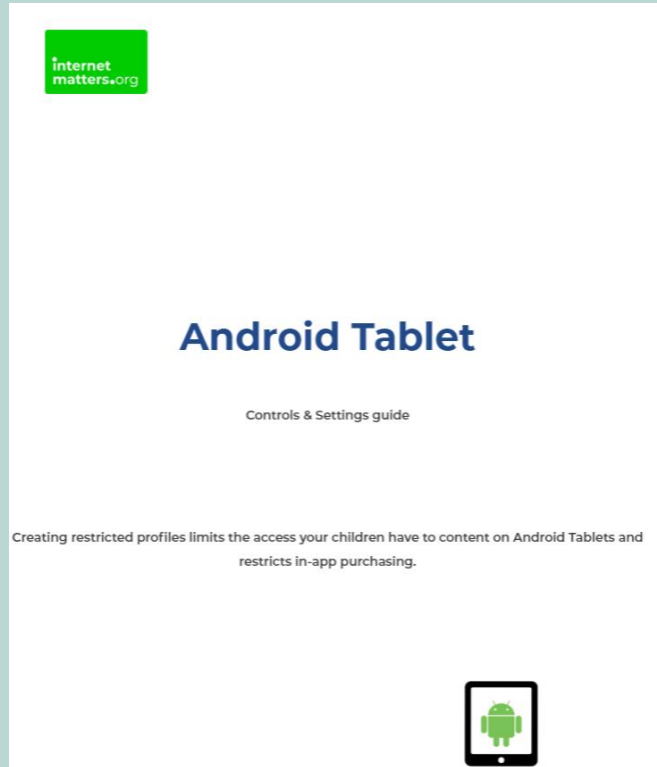
I will make sure all my social networking sites are private.

I won't post photos of our children without their permission.

Benefits

- Everyone knows what the expectations are.
- Children feel valued, trusted and part of the decision-making process.
- Allows you to be online role models for your children.
- Gives you a good starting point for a conversation about managing activities online.
- Reassures the children that you will be there if it goes wrong, or something makes them uncomfortable and you will support them.
- Supports you with consistency.

HOW TO MANAGE TIME ONLINE



[Use parental controls on your child's iPhone, iPad and iPod touch - Apple Support \(UK\)](#)



[WiFi Blocker - Parental Control App - parental control app for your home router \(wifi-blocker.com\)](#)

[How to set parental controls on PlayStation consoles](#)

MONITORING APPS

What to consider when choosing monitoring apps

Rather than rating the technical prowess of innovation of these differing approaches to online safety, we have four simple measures that make a difference to real families:

Control

—

For families, the devil really is in the detail. Parents need to be able to specify limits for particular activities rather than blanket cut off times on everything. They also need to be able to control devices and apps available when they don't need internet data, to avoid children downloading everything in the morning and then spending the rest of the day browsing offline.

Coverage

—

Internet safety apps need to address the multi-device and multi-platform reality of family life. To avoid repeatedly setting up controls on different systems, parents need one device that controls everything, as much as possible. This also means fewer ways for children to cruise devices when time limits have been used up.

Simplicity

—

Families need simple ways to solve complex problems. The best apps and services to keep children safe don't require long manuals or hours of setting up and installing.






Value

—

Cost is always important to families. However, it doesn't necessarily mean that cheaper is better. Parents are happy to spend money on solutions that work efficiently and simply freeing up their time and reducing time spent arguing about technology.

The Best Parental Control Apps of 2024

After comparing 16 parental control apps and testing their performance, we believe Bark is the best option.


Best overall	Best contact management	Best free version	Most management tools	Best for full access
 Bark ★★★★★ 4.5 ✔ Excellent social media monitoring ✔ Geofencing ✔ Unlimited devices View Pricing	 MMGuardian ★★★★★ 4.5 ✔ Some social media monitoring ✘ No geofencing ✔ Up to 5 devices View Pricing	 Qustodio ★★★★★ 4 ✘ No social media monitoring ✔ Geofencing ✔ Up to 5 devices View Pricing	 FamilyTime ★★★★★ 4.5 ✘ Limited social media monitoring ✔ Geofencing ✔ Up to 5 devices View Pricing	 SentryPC ★★★★★ 4 ✔ Key logger for social monitoring ✔ Geofencing ✘ Surcharge for every device View Pricing


HOW TO TALK ABOUT THE ONLINE WORLD

- Make sure you don't forget the positives and spend time exploring them together.
- Let them talk about what you do online and why it is helpful- e.g food shop, keeping up with family and friends and streaming your favourite shows etc.
- Make it an open conversation and listen to their choices if they want to try something new and link it back/update your family agreement.
- Make it ok to ask questions and to explain why you've decided and whether there is a time you can rediscuss.
- Don't be afraid to say that you need to go and think about it/do your own research before deciding.


Have a chat...


 What makes you happy when you use technology?

 How do you find videos/profiles/games you like online?

 What is it that you like about this....? (e.g. app/website/game)

Talk it over...

 Are there any updates/new features to your favourite apps/games? Can you show me how they work?

 What can we do as a family to help keep each other safe online?

 What would you do if..? (e.g. you watched a worrying video, you were sent a mean message)

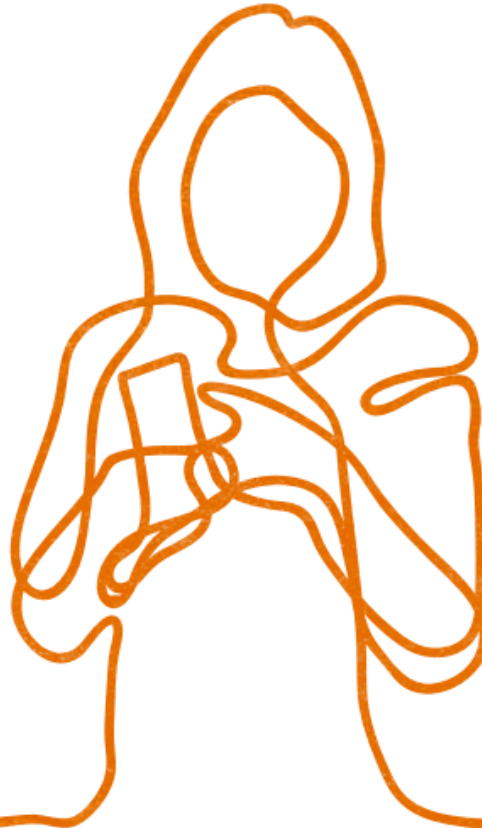
Keep it relevant

As they get older, children will use technology and the internet differently. The challenges they may face will change too. To get a sense of how much they know and what support they still need, ask open-ended questions to let your child lead the conversations you have.


Consider the purpose of any discussion you start with your child, and use this to guide the direction it takes. There are appropriate ways to approach all online safety topics with different ages. For example, with a teenager, nude images can be spoken about in wider conversations around consent and healthy relationships. For younger children, you could discuss what types of images are okay to share online, and what areas of our bodies are private.





You can find guidance on how to address different topics with children of all ages at [childnet.com/parents-hot-topics](https://www.childnet.com/parents-hot-topics).



Why not try...


How do you spend your time online?


What have you heard about... online?
(e.g. sharing photos, bullying)


What worries you about life online?

If you go onto the Beechwood website you will find exactly what the children are learning in computing and PSHE around keeping safe online.

Tackling difficult conversations

Often, difficult topics of conversation can be planned for, but with online content being so accessible, occasionally they can be needed earlier than anticipated.

Seek support and information so that you feel prepared. This could be from family, friends, school staff, websites or helplines. Choose a time your child is relaxed, with no distractions nearby such as technology or siblings. Plan what you want to say, and consider how your child might react to keep the conversation calm and positive.

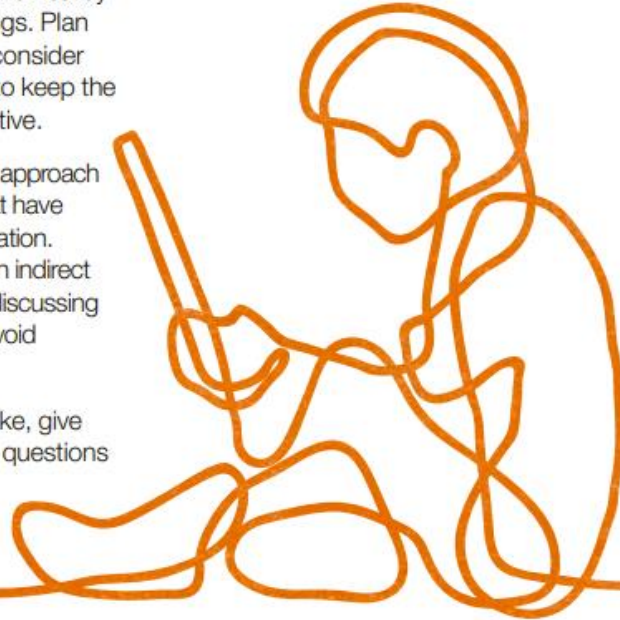
You may wish to take a direct approach and explain the concerns that have led you to start this conversation. Alternatively, you might feel an indirect approach is more suitable - discussing young people in general to avoid additional pressure.

Whichever approach you take, give your child time to think, ask questions

and share their thoughts without interruption or blame. Listen carefully to any confusion or concerns. Reassure them you are always there to help and even if you don't know the answers, you can find these out together.



You can find helpful links to advice on difficult topics at [childnet.com/have-a-conversation](https://www.childnet.com/have-a-conversation).



Open with...

I'd like to talk about... with you, but first I'd like to hear your thoughts about it.

What do you think young people your age think about...?

Are there any questions you want to ask me about...?

WHAT TO DO IF SOMETHING GOES WRONG.

They come to you

- Make sure they know that they have done the right thing by being honest and that this helps to keep trust between you.
- Let them talk and explain.

You discover it

- Make sure checking their devices is not a secret thing. This should be a part of your family agreement and help them to understand that deleting things that they know are wrong is not the answer.
- Get their side of the story first- it can be very easy to be shocked, angry and in some ways hurt that they haven't told you/you want to protect them.
- Try and understand why they didn't feel able to discuss it.

- Make sure they know you still love them and that you will support them.
- Seek help and advice yourself if you are not sure what to do.
- Make sure you keep them included in what you are doing to do to help support any anxiety.
- Give them the opportunity to make it right if they need to.



REPORT HARMFUL CONTENT

We can help you to report these online harms



Threats		Online Abuse	
Impersonation		Violent Content	
Bullying and Harassment		Unwanted Sexual Advances	
Self-Harm and Suicide		Pornographic Content	

reportharmfulcontent.com

If it is illegal, you must inform the police. We will do everything we can to support you in school.



There is a report button on the front page of the Beechwood Website.

Reporting online safety concerns | NSPCC

Dealing with different safety concerns

Inappropriate contact from an adult	
Nude images of children online	
Online gaming abuse	
Online hate content	
Other types of online abuse	
Inappropriate adverts or videos	
Online terror content	
Any other concerns	

WHAT ARE THE BIGGEST CONCERNS PRIMARY
SCHOOLS ARE CURRENTLY FACING?

SOCIAL MEDIA

The concerns:

- Age-inappropriate content which is not controllable.
- Cyberbullying
- Loss of control of pictures that are shared.
- Profiles not properly locked down leaving them open and vulnerable.
- Children feeling worried and overwhelmed and deleting content, comments and messages rather than sharing them.
- Group chats.
- People deliberately adding harmful content and labelling it as something suitable for children.
- Mental Health concerns

Advice:

- Stick to the age restrictions. They have been put in place for a reason.
- Have time limits for video chats and a cut off time for your child to have their devices (group chats have been known to continue long into the nights).
- Ensure children only accept friend requests from people they know in the real world and are known to you.
- Ensure your child knows they can and should tell you if anything happens to upset them or make them feel uncomfortable.
- Understand these apps. Each one is different and each one has different restrictions (or lack of) in place.
- Don't assume that no harmful content will get through the filters.

GAMES

The concerns:

- Age-inappropriate content which is not controllable.
- Cyberbullying especially through gaming chat
- Addiction to the games
- Profiles not properly locked down leaving them open and vulnerable.
- Children feeling worried and overwhelmed and deleting content which makes them uncomfortable.
- People deliberately adding harmful content and labelling it as something suitable for children.
- Normalising violence and acts of aggression.
- Grooming and predatory behaviours.
- Pressure (other children are playing that game, their friends are playing).
- Mental Health concerns

Advice:

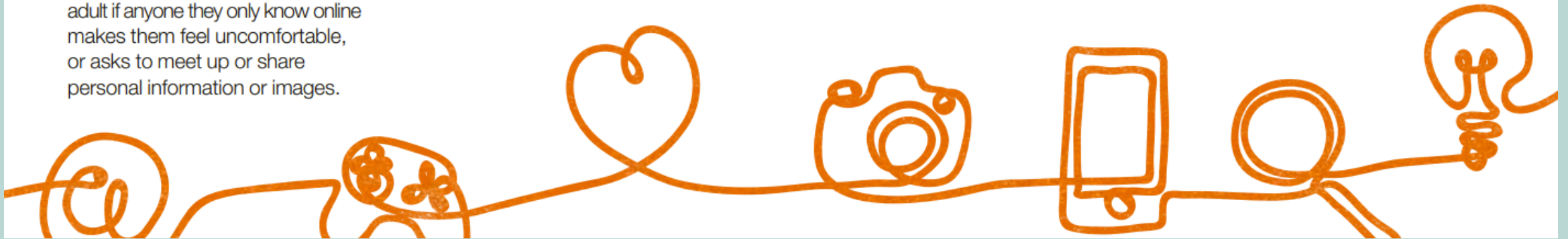
- Stick to the age restrictions. They have been put in place for a reason.
- Have strict playing times and ensure a proper screen free time before sleep.
- Do not let them play their games in their bedrooms.
- Be aware of who your child is speaking to on their headsets and listen out for inappropriate language.
- Ensure children only accept friend requests from people they know in the real world and are known to you.
- Ensure your child knows they can and should tell you if anything happens to upset them or make them feel uncomfortable.
- Play these games yourself- do you know for sure what your child will be seeing and viewing?

- <https://www.askaboutgames.com/>

10 Key messages to share with your child

However and wherever you have a conversation with your child, here are 10 top tips you can share to support them in staying safe online.

1. "You can always come to me if you need help." This is the most important thing to let your child know, and a way to give them confidence to speak to you when they need support.
2. "What would you do if this happened...?" Give your child strategies to deal with upsetting experiences online.
3. "Remember that not everyone is who they say they are online." Remind your child to always tell an adult if anyone they only know online makes them feel uncomfortable, or asks to meet up or share personal information or images.
4. "Keep your personal information safe, and other people's too." This includes full names, contact details, and real-time locations.
5. "Be respectful to others online." Remind them if it's not okay offline...
6. "Think before you post." Help your child to be aware that their online actions can have consequences for themselves and others.
7. "Remember to ask if it's okay." Asking for, and receiving permission from others online is important before sharing images, adding people into group chats, etc.
8. "Remember not everything is true online." Help your child to be a critical thinker to find accurate information.
9. "The things other people post online might not always show what their life is really like." Reassure your child that nobody's life is as perfect as it may seem online, and judging yourself against other's online lives isn't a fair comparison.
10. "Recognise how going online makes you feel and take a break when you need to." Your child may need support in doing this, such as timers and reminders.



VERY USEFUL WEBSITES

- [Parents and Carers - UK Safer Internet Centre](#)
- [Keeping children safe online | NSPCC](#)
- [Support for Parents - Beechwood Junior School](#)
- [Support for parents and carers to keep children safe online - GOV.UK \(www.gov.uk\)](#)
- [Keep Children Safe Online: Information, Advice, Support - Internet Matters](#)
- [Parents and carers | CEOP Education \(thinkuknow.co.uk\)](#)

TIME FOR SHARING AND QUESTIONS

- There are a number of printed guides at the back for you to take to look at.
- All of these guides will also be uploaded to our Online Safety Support page on the website.
- Please come and talk to us if you need support.