# Parents Meeting E-Safety

Key Targets for session

- Understand what children do online and what risks they may come across
- Develop ideas about how to approach your child about their usage on the internet

What children do online and through social networking

- Children and young people go online to connect with friends, and make new ones, to browse the internet for information, chat with others and play games. They may:
- search for information or content on search engines like Google and Bing
- share images and watch videos through websites or mobile apps like Instagram, Pinterest, Vine and YouTube
- use social networking websites like Facebook and Twitter
- write or reply to messages on forums and message boards
- play games alone or with others through websites, apps or game consoles
- chat with other people through online games, BBM (Blackberry Messenger), game consoles, webcams, social networks and tools like Whatsapp
- When online, children and young people can learn new things, get help with homework, express themselves creatively and connect with friends and family.
- There are also risks, but by understanding and talking about the dangers you can help keep your child safe online.
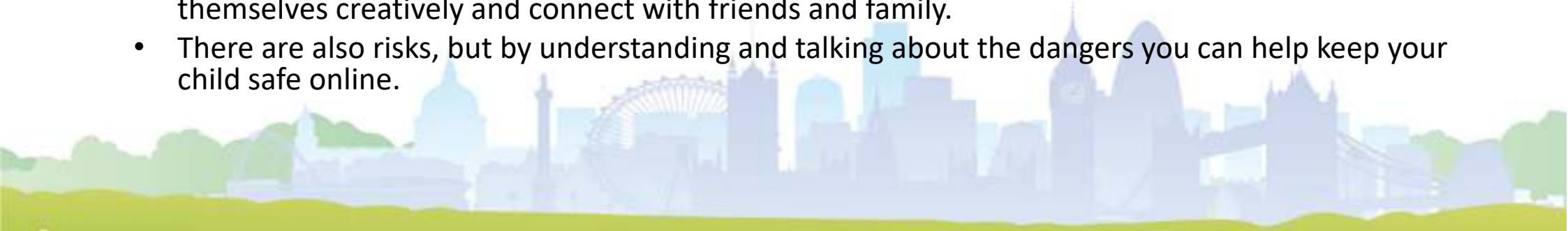
Instagram
Instagram is a picture and video sharing app. Users can post content and use hashtags to share with others.

Facebook
Facebook is a social network, which lets you create a page about yourself.

Snapchat
Snapchat is an app that lets you send a photo or short video to your friends.

YouTube
YouTube is a place to watch, create and share videos. Videos include things like music, animation, online blogs and TV clips.

Minecraft
Minecraft is a game that lets you build and create a virtual world using building blocks.

chatroulette

What social networks are children using?

From Facebook and Instagram to Snapchat and Tumblr, Net Aware is a simple guide for parents to the most popular social networks, apps and games

Visit Net Aware

The risks and dangers of being online

Ignoring age restrictions

- Some websites and games use age restrictions and checks to make sure that children don't see unsuitable content.

- Children must be at least 13 to register on most social networking websites. But there's not a lot standing in the way of children joining at a younger age.

- Age limits are there to keep children safe so you shouldn't feel pressurised into letting younger children join these websites.

Making friends with people that children don't know

- Children and young people may chat or become 'friends' with people on social networks or online games, even if they don't know them or have never met them in person.

- The percentage of online friends that children didn't know outside of being online was:

12% for 8-11 years olds in 2012

29% for 12-15 year olds in 2013

- This makes children vulnerable to bullying, grooming and sharing personal information.

- Children in the UK have the 2nd highest number of social networking contacts in Europe:
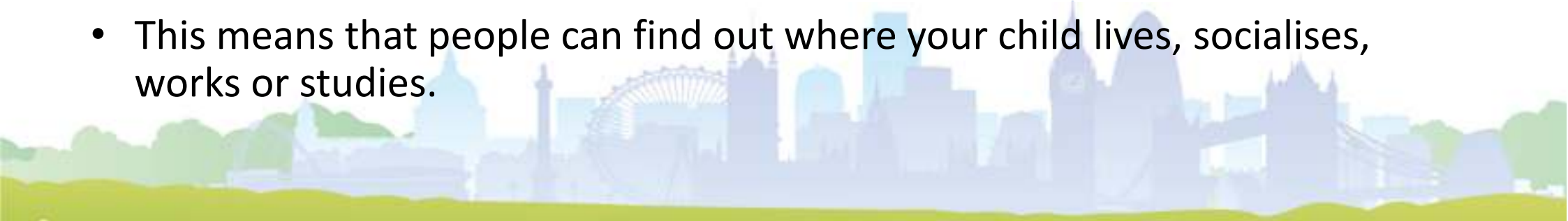
26% of children had between 100 and 300 'friends'

16% had more than 300 'friends'

Sharing personal information

- Privacy controls can limit who can see your child's details, like their name, age and where they live. But when your child connects to someone as a 'friend', that person will have access to your child's personal information.

- Some 'free' games might ask your child to fill out lots of details before they can play and then illegally rent or sell this data on to others.

- **Switch off or adjust settings using GPS or location tracking**
  Lots of apps and social networking sites use software to locate where the user is. Children and young people can also reveal their location by tagging photos, such as on Instagram, or checking in on Facebook or Foursquare.

- This means that people can find out where your child lives, socialises, works or studies.

Talking to your child about staying safe online

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/

Explore sites and apps together

- Talk about what might be OK for children of different ages. Ask your child what sites or apps they like. Write a list, and look at them together.
- Be positive about what you see, but also be open about concerns you have: "I think this site's really good" or "I'm a little worried about things I've seen here".
- Talk to your child about what you think is appropriate – but also involve them in the conversation. Ask what they think is OK for children of different ages – they'll feel involved in the decision-making.
- Be aware that your child might talk about friends who use apps or visit sites that you've decided aren't suitable. Be ready to discuss your reasons, but recognise that they may not agree with you. Listen carefully for the reasons why.
- Go through a final list of sites you both agree are OK, and work out when you'll next discuss it.

Ask about things they might see online which make them feel uncomfortable

- Talk about things they, or their friends, have seen that made them feel uncomfortable:
- Be specific. What exactly made them feel uncomfortable and why? Is it people or animals being hurt? Nasty comments about others?
- Link these to things in the real world, and explain that you're always here to protect and help them online and off.
- Reassure your child that they can always talk to you about anything that makes them feel uncomfortable.
- Show them how to report or block on the sites and apps they use. Use [Net Aware](#) to find out how.
- Tell them you'll help them to report anything upsetting they've seen, or to deal with [online bullying](#).

Net aware

You can download and install a number of parental control apps to your child's device which can filter the content they see and the apps they can install. These apps vary in price and offer everything from basic web page blocking to full-scale monitoring.
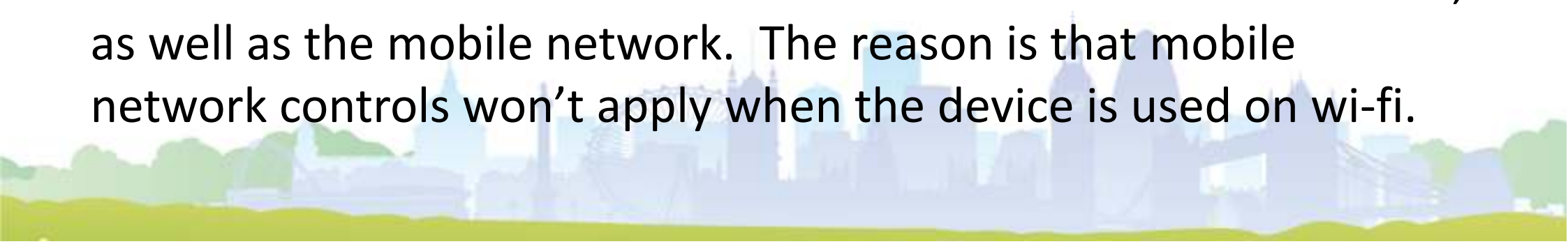
# What to do if you're worried about your child online

Mobile phones

Mobile operators let you set restrictions on what can be accessed through their networks. Most are automatically set to block 18+ content and require the account holder's permission to change this. It's worth checking with your mobile provider exactly what is and what isn't blocked, and whether this applies to pay-as-you go handsets as well as pay monthly contracts. We also recommend that controls are set on the mobile device itself, as well as the mobile network. The reason is that mobile network controls won't apply when the device is used on wi-fi.

All UK mobile phone companies have to provide an Internet filter on their phones to help block potentially harmful stuff like pornography. But - and this is the important bit for parents - most operators don't activate the filter unless you ask them to.

If the phone is registered to a child user, it will automatically not be able to access content rated 18+. But if your child has a phone that has been passed down to them from you or another adult, no such block will be in place
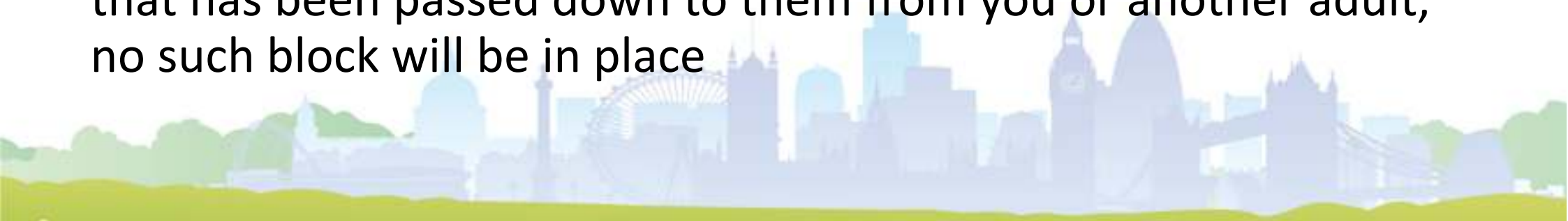
However, mobile operators can't filter content your child receives directly from their friends, for example via text or picture messages. Mobile operators typically can't filter content accessed via apps, as opposed to via an internet browser. Discuss with your child the types of content you'd be unhappy for them to receive or share with others and the kinds of apps they should and should not install.

Any Questions?