Woodlands Academy

Online Safety parent workshop

Ms Moxom

Assistant Headteacher/ Wellbeing Lead

Wednesday 8th March 2023

Aims of the workshop

1. Understand the positive opportunities online
2. Understand the risks online
3. The 4 Cs
4. Advice on ways to keep your child safe online
5. Understand how to make a report
6. Identify ways to discuss online safety with your child
7. Learn how we teach online safety in school and ways we deal with any concerns

Our children have grown up in a society that has become **dependent** on powerful computers, including smart phones, iPads, interactive online games and virtual communities.
This comes with positives and negatives.

1. What are the positive opportunities online?

The Positives of the Internet

Staying connected:
Keeping in touch with family and friends. Being connected is good for wellbeing.

Helps the planet:
By sharing content online, there is less need to print paper copies, meaning less paper use, helping our environment.

Research:
Children can develop their research and digital skills.

Widely available:
Children can access the internet in a range of places.

Being creative:
with music, art, expressing themselves.

Learning, knowledge and entertainment:
A vast amount of information is available and children can learn in fun ways to help them be engaged with learning.

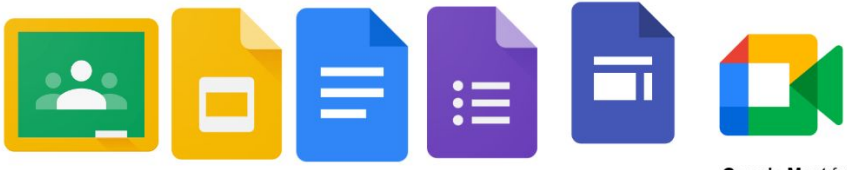
Teamwork:
Collaborating online can encourage and develop teamwork.

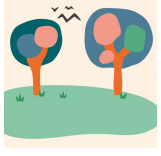
Fast form of communication:
We can communicate much more efficiently.

What new skills have you **learnt** this week? How have you used your digital skills?

How have you stayed **connected** with friends and family in person or online?

At Woodlands, we use Google Education Suite to support our learning in many creative ways…



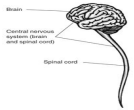


What have you **given** to others this week? How have you shown **kindness** in person or online?

2. What are the risks online?

The risks of the internet

Disrupted sleep cycles: blue light from device screens can disturb sleep patterns.



Central nervous system: The brain can be over stimulated by on screen entertainment.

Marketing/ persuasive tactics: children can be vulnerable to marketing and persuasive tactics used in gaming.

Reliability: Not everything online is accurate. This includes fake news stories and altered images. This can affect children's self esteem if they believe the messages that they are seeing.

Inappropriate content: seeing inappropriate information can affect children's wellbeing. E.g sexual content, swear words, dangerous challenges.

Negativity: Being exposed to negative/rude comments can affect children's self esteem.

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

internet matters.org

Social media risks for children

Oversharing

Sharing their location

Obsessive focus on likes/ comments

Talking to strangers

Unrealistic sense of body image

Sending/ receiving inappropriate content

https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/#

TIKTOK

Main features: making & sharing short videos, lip-syncing.

Risks:

- As Tik Tok uses algorithms to show users new content, it's easy for young people to come across **inappropriate or upsetting videos.**
- The platform also has communication features that allow users to **privately message each other** which could put your child at risk of being contacted by someone they don't know.

https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/child-safe-settings-tiktok/

INSTAGRAM

Main features: photo & video sharing, livestreaming, stories, DMs, hashtags.

https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-on-instagram/

Age: 13+ years

Risks:

- **Unwanted contact** – If you have a public account users can communicate with one another via private and public chat. Even if your account is set to private other users can still request to send you direct messages
- **Exposure to harmful upsetting content** – Because of how the platform shows users content it's easy to come across inappropriate or adult posts on the app
- **Pressure –** Young people might feel pressure to post certain images or videos based on what they're seeing on the app. This could lead them to experience issues with their self-esteem and wellbeing
- **Location sharing** – The platform allows you to share your location with others on the app.

WHATSAPP

Main features: It allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or in group chats.

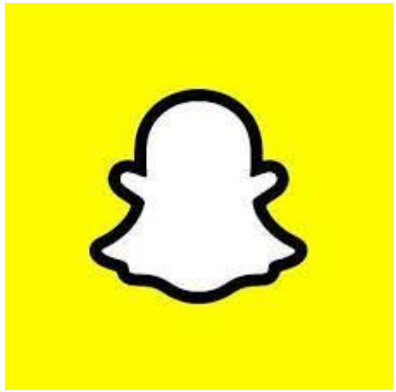
https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/

Risks:

Age: 16+ years

- **Unwanted contact-** To contact somebody on WhatsApp, all you need is their phone number which could mean unwanted messages.
- **Pressure-** visibility features such as ‘online’ means that others know when your child is online,when they were last seen or if they have read the message. This could causes pressure to reply.
- **Location sharing-** The live location feature means that your child could reveal their current location to others.
- **Inappropriate content-** WhatsApp messages are end-to-end encrypted which means that the content cannot be monitored.So your child could see or hear harmful or upsetting content.
- **Cyberbullying-** WhatsApp groups can be controlled by an ‘admin’, who can change settings, such as the name of the group, who is allowed to send messages, as well as being able to invite and remove people from the chat. This could lead children becoming excluded.
- **Oversharing-** Privacy features, such as disappearing and ‘view once’ messages, might mean that your child feels safe to reveal private information or images. However, there is always a risk that an unintended person might see what they have sent, for example if they are with the recipient or that the person might take a screenshot and keep the information.

Age: 13+ years



SNAPCHAT

Main features: photo & video messaging, snaps, location sharing

.

https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/is-snapchat-safe-for-my-child/

Risks:

- **Inappropriate or harmful content-** Children and young people could be at risk of viewing harmful or upsetting video content and images.
- **Location sharing-** Snapchat Map shares your location with other users on the app.
- **Unwanted contact-** Your child could receive unwanted contact from adults or other young people using the app.
- **Pressure to share-** Snapchat messages normally disappear after a short period of time once opened. This could put a child more at risk of sharing something that makes them feel uncomfortable or could harm or upset someone else. It's important to remember that images, videos, and messages can always be screenshotted by the recipient.
- **Pressure to chat-** With streaks, there is a pressure to keep using the app and to achieve a high 'streak score'.

Age: 13+ years

FACEBOOK

Main features: newsfeed to share text, photos & videos, instant messaging, marketplace, friends, likes and comments.

Risks:

- **Cyberbullying-** Facebook seems a perfect place for cyberbullying: offenders can leave nasty comments under someone's posts, send harassment to their private messages, and encourage others to support them.
- **Online predators-** Everyone knows about pedophiles who identify shy or abandoned children to abuse them. However, abusers can groom your child even when both of you stay at home. These groomers are called online predators.
- **Oversharing-** sharing personal information can lead to identity theft.

Age: 13+ years

TWITTER

Main features: tweets (text with restricted character count), photo and video sharing, hashtags.

.

Risks:

- **Cyberbullying-** Any social media platform is a place where cyberbullying and harassment can occur.
- **Grooming-** Twitter is automatically public and you can easily interact with strangers. ...
- **Exposure to sensitive content-** children may see harmful, inappropriate and upsetting content...

What are the implications of these social media platforms?

Children are often creating ‘groups’ to which others are joining. This means that all information is shared with anyone who is in the group, so privacy is lost and in some cases strangers have been added to the group.

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

THE CONTENT DESCRIPTORS

Look beyond the age ratings…

Age ratings do act as a useful guide – especially when it comes to explaining boundaries or supporting conversations with a child about what may or may not be suitable. But parents should always try to find out more about an online platform – including its content, functionalities or other social aspects – to make a more informed decision. There are several aspects to consider…

Pressure to spend-

These include **loot boxes** – virtual chests players pay real money to open, rewarding them with in-game items. With a loot box, you don't necessarily know what you're going to get. This can lead to children continually spending in the hope of eventually getting what they want. **Research** has shown that loot boxes can promote **gambling-like behaviour**.

Functionality-

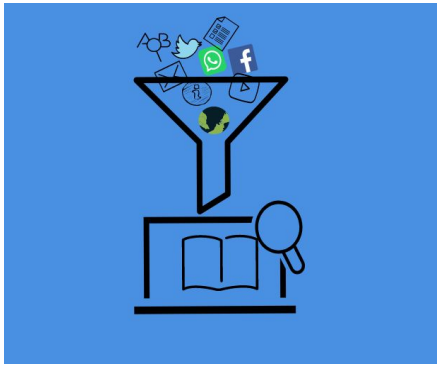
What is the function of the game? For example, **Roblox** is a gaming platform aimed at – although not exclusively for – younger users. But despite being rated 7+ by PEGI ('possibly frightening for younger children') the user-generated games within can have many similar functionalities to social media. This includes chat forums, in-game chat, friending and trading with other users – as well as in-game purchases and loot boxes.

Media Literacy-

When considering online social media and games and age ratings, it helps to think about content and functionality in relation to a child's media literacy. Children and young people will be differently equipped to cope with environments affected by seemingly simple functionalities (for example the '**like button**'). Children need the social-emotional and media literacy skills to understand more mature/complex content – as well as potentially disinformation, influencer marketing and 'perfect-life' depictions.

3. What are the 4 Cs?

CONTENT

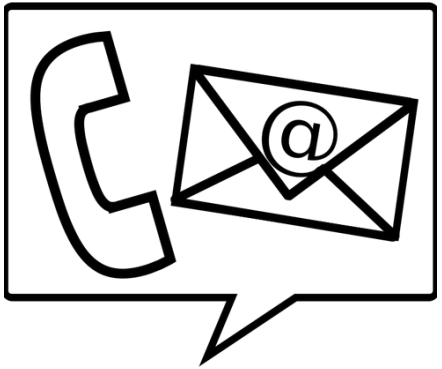


Are you accessing age appropriate information?

CONDUCT

Are you behaving responsibly towards others?

CONTACT



Do you know who you are talking to online?

COMMERCIALISM

Are you aware of the hidden costs and advertising in apps/ websites?

Content

What children see online

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social media, online games, streams and websites.

Live comments and chats alongside other content including videos, streams and games can be hurtful, harmful or unreliable.

It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Photos and videos can also be edited or inaccurate.

Conduct

Online behaviour & sharing

Children need to be aware of the impact that their online activity can have on both themselves and others, and how other people may perceive them because of what they say and do online.

It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information, photos and videos that they may have posted.

When using the internet, it's important to keep personal information (that could identify who they are) safe and not share it with strangers.

Contact

Online communication

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.

If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person (including, but not limited to, a request to meet up or a request for images/videos), it's vital that you report it to the police via:
Child Exploitation and Online Protection Centre (www.ceop.police.uk).

CEOP REPORT
ceop.police.uk

Online bullying

Also known as 'cyberbullying' - takes place online or using technology.

Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarassing photos or exclusion from group chats.

Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.

Nudes and sexting

Sexting is taking and sharing a nude, partially nude or sexually explicit image or video.

If the person in the image is under-18 then it **breaks the law**. The Protection of Children Act states that it is illegal to create, distribute or possess an indecent image of a child, including images or videos taken by the child themselves (e.g. selfies).

The police take a common sense approach and are not seeking to criminalise young people, but do have a duty of care if asked to investigate.

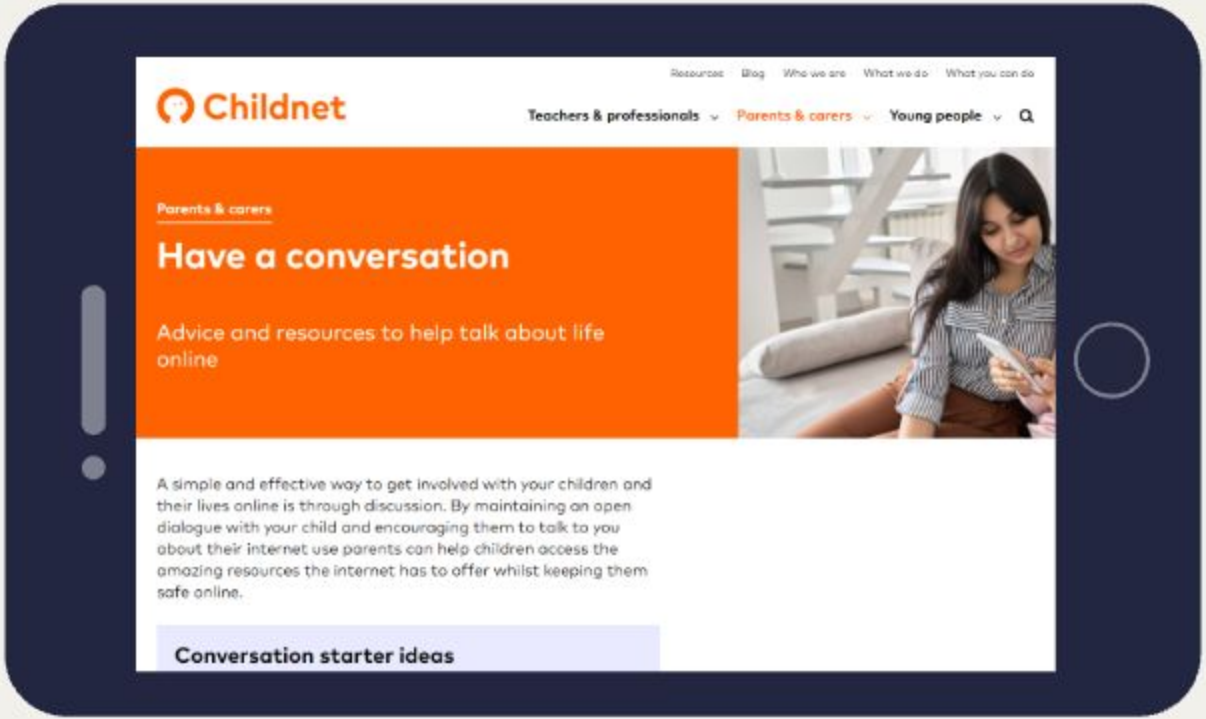
In the online world, content can get very far, very quickly and young people may lose control of who else sees their image. Knowing an image has been seen by others can be very difficult and traumatic for a young person to experience.

Sexting is a risk even for younger children. A child with access to a device, who can take a photo and send it on, may not understand the possible consequences and just think they're being funny.

4. How can you keep your child safe online?

An open and honest dialogue with your child is absolutely key.

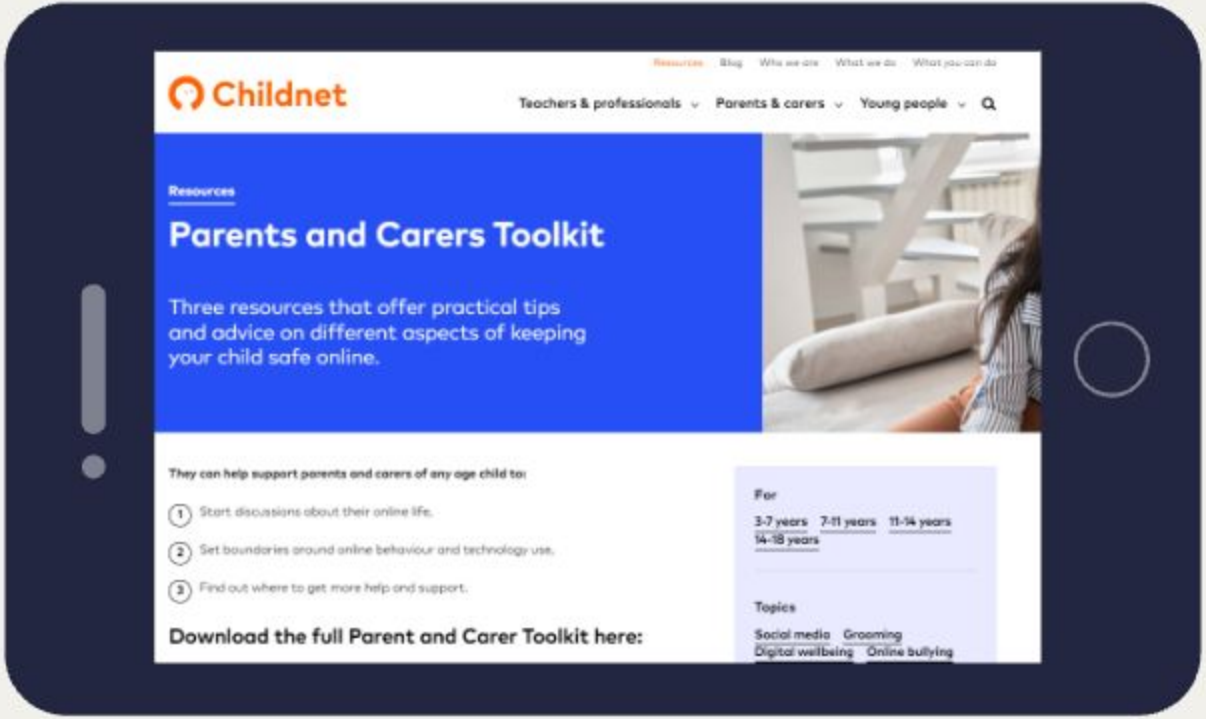
Talk to them about their internet use and let them know they can talk to you.



childnet.com/parents-and-carers/have-a-conversation

Consider setting a family agreement to open discussion.

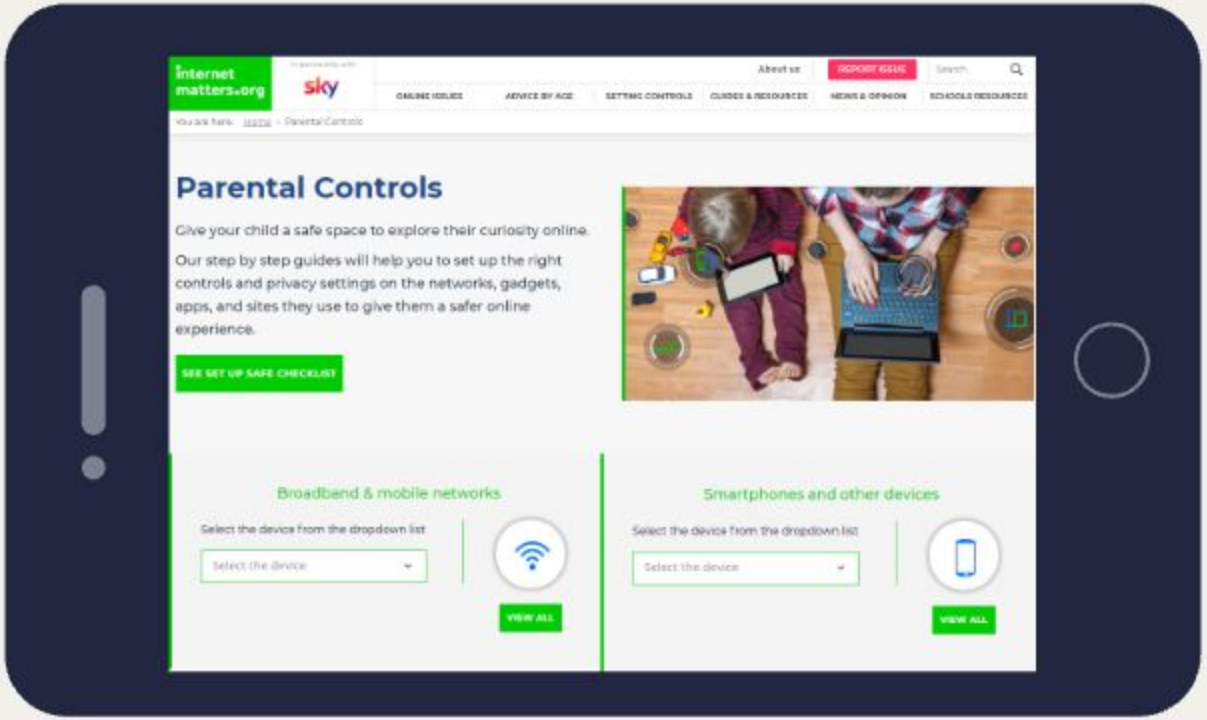
Establish boundaries and your expectations as a family.



childnet.com/toolkit

Filtering software and settings can help block unwanted content.

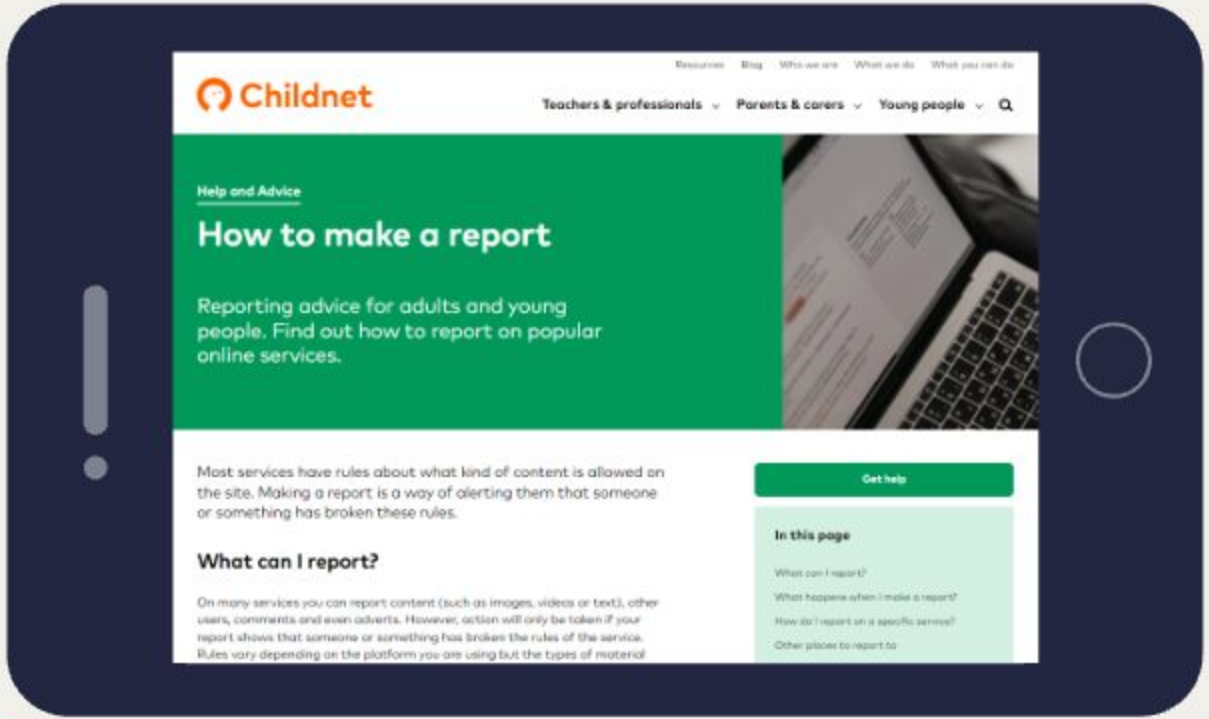
Look at filters on individual devices and from mobile & internet providers



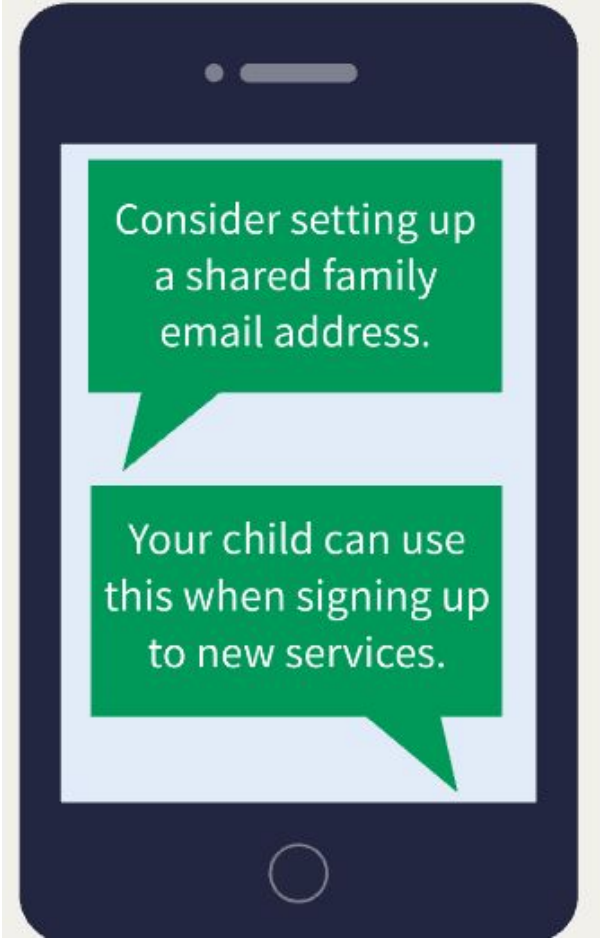
internetmatters.org/parental-controls/

Familiarise yourself with safety and privacy settings on the services your family uses.

Learn how to report, block and mute other users on games and social media.



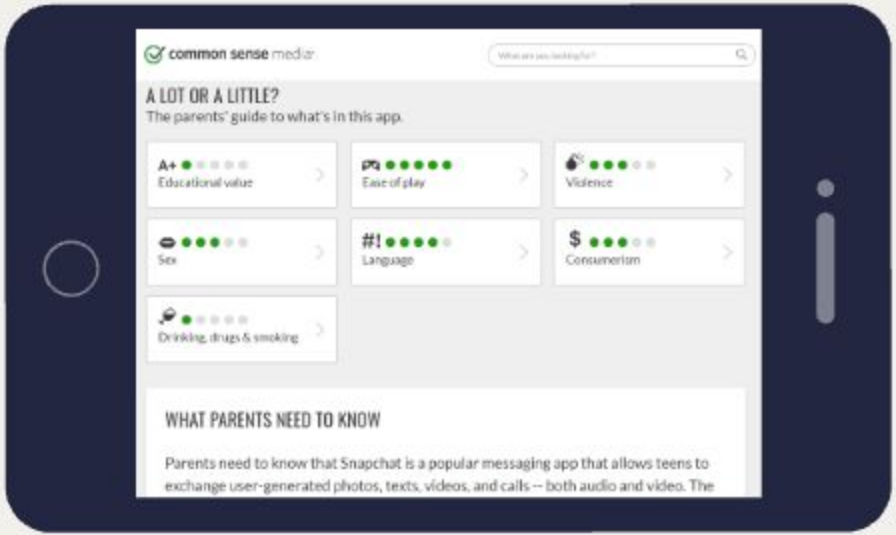
childnet.com/how-to-report


Consider setting up a shared family email address.
Your child can use this when signing up to new services.

Encourage your child to always **'think before you post'**
Lead by example and discuss the content you share on social media too

Give your child strategies to deal with content they don't want to see
For example, speaking to you or turning off the device

Other useful resources...



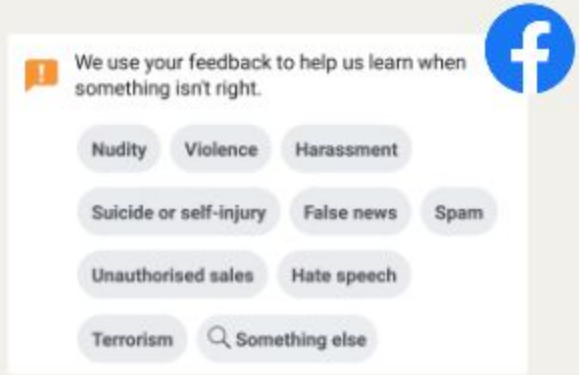
commonsensemedia.org

askaboutgames.com

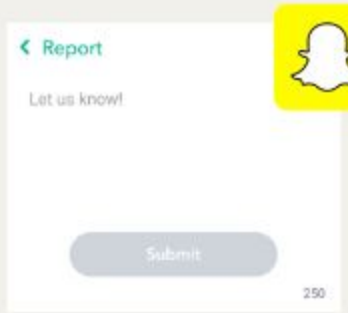
5. How do I report something online?

Making a report

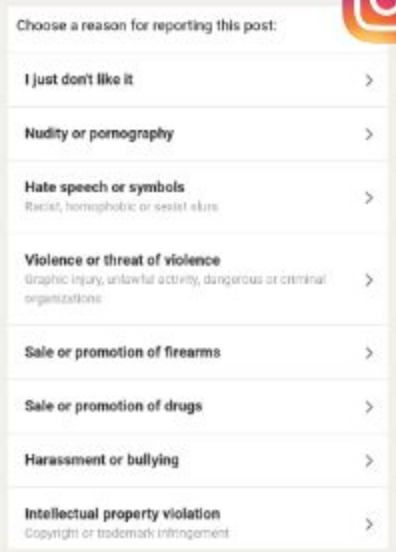
Look out for these symbols on the post, comment or user profile you want to report



Choose a reason for reporting



ROBLOX

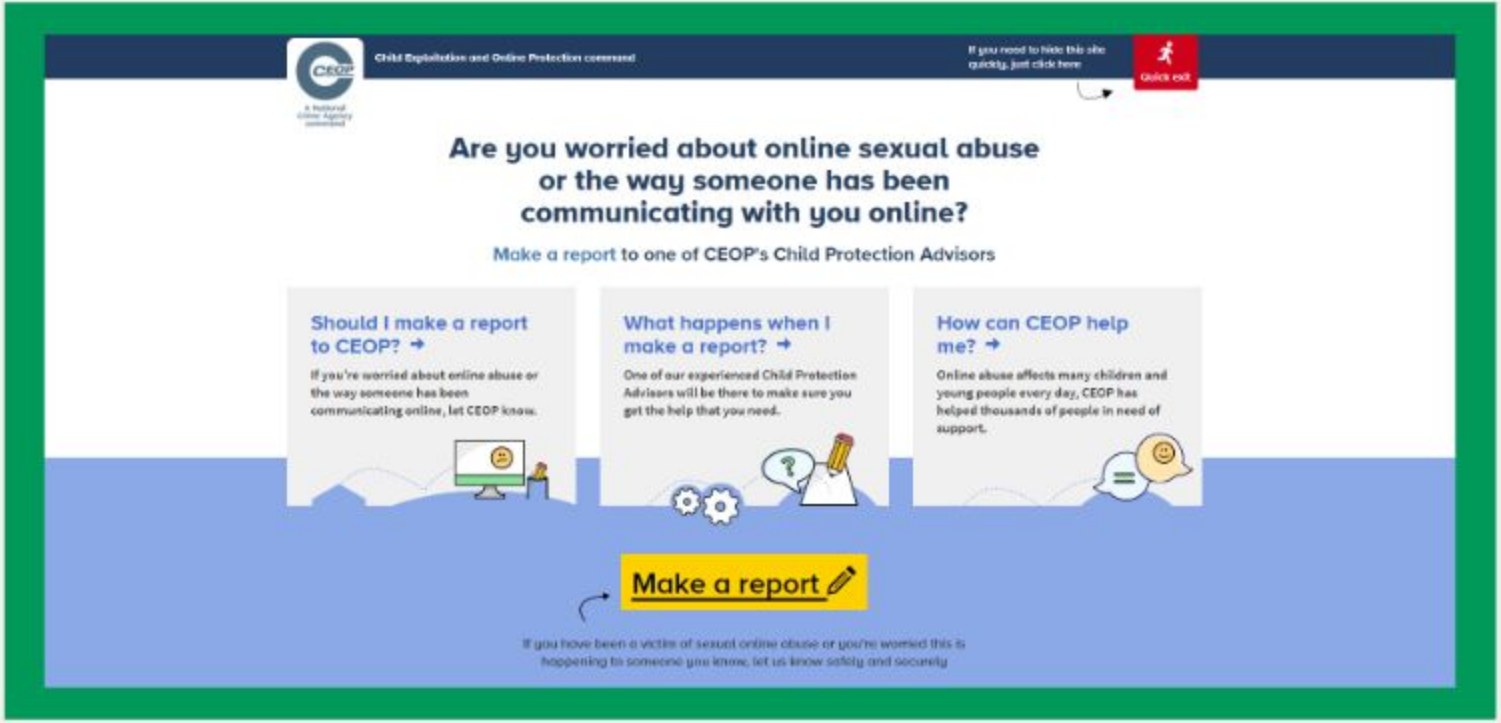


Fill out the form with as much detail as possible and press send to inform the platform's safety team.

Follow up inadequate responses to reports on other services here:

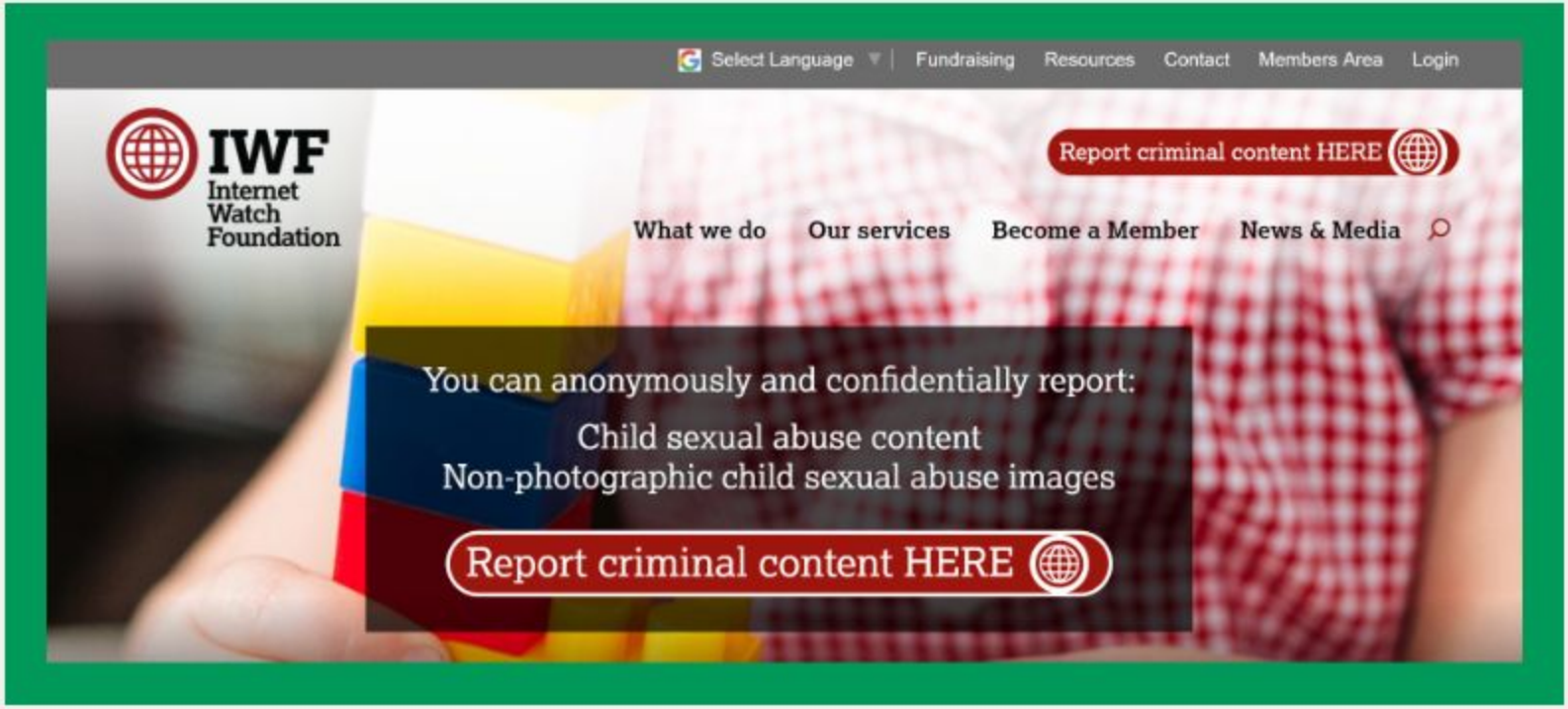
reportharmfulcontent.com

Report any suspected grooming to CEOP:



ceop.police.uk

Report child sexual abuse content to the Internet Watch Foundation



iwf.org.uk

6. How can you talk to your child about online safety?

Remind them about the importance of being responsible online…

What does your digital footprint look like?

A digital footprint is the trail of information you leave behind while using digital technology. Everyone's digital footprint will look different.

When you are using the internet, make sure you are being SMART. Being KIND online is very important.

Start on a positive note…

…keep the conversation going.

Our Website for Parents

Visit our new parent Online Safety website.This can be accessed through our school website under parents- online safety

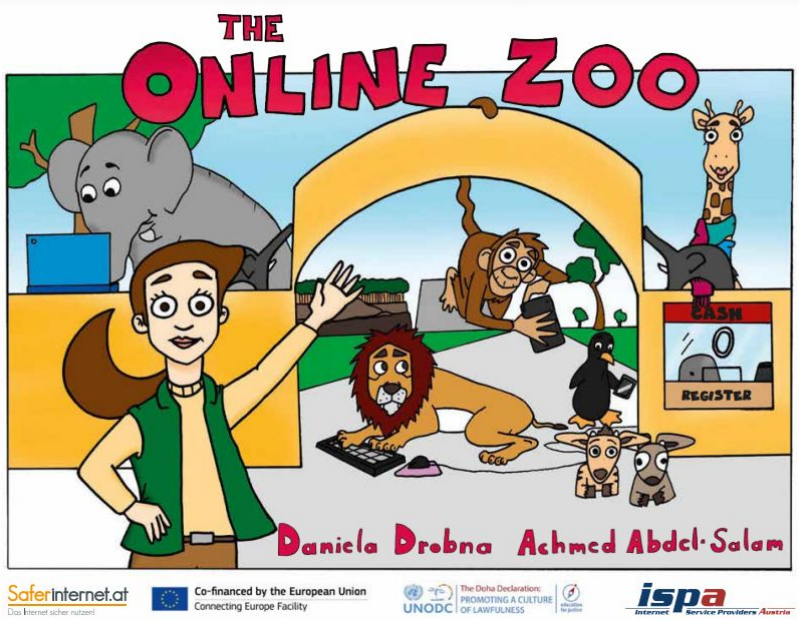
https://sites.google.com/woodlands.ealing.sch.uk/e-safety

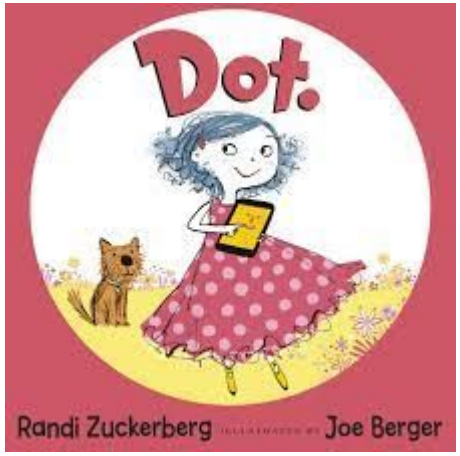
Here you will find information on:

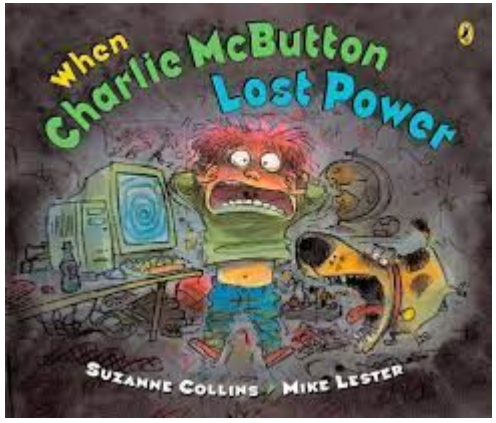
- Positives and risks of the internet
- The 4Cs to keeping safe online
- Top tips for parents
- Useful websites
- Events in school

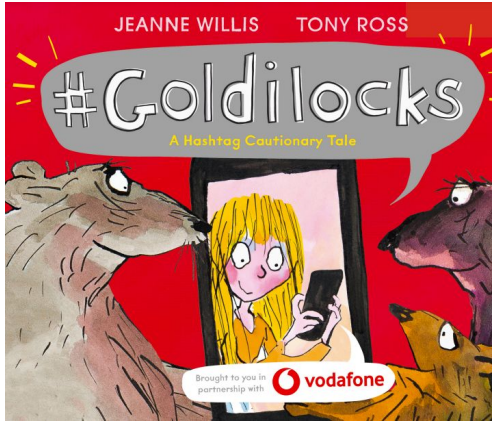
Here you will find a wide range of resources for parents.

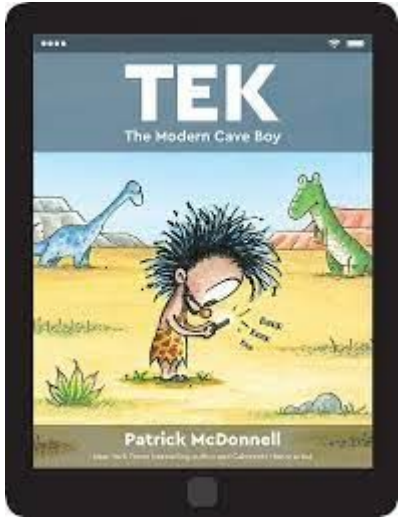
https://parentsafe.lgfl.net/


THE
ONLINE ZOO
CASH
REGISTER
Daniela Drobna Achmed Abdel-Salam
Saferinternet.at
Das Internet sicher nutzen!
Co-financed by the European Union
Connecting Europe Facility
UNODC
The Doha Declaration:
PROMOTING A CULTURE OF LAWFULNESS
ispa
Internet Service Providers Austria


Dot.
Randi Zuckerberg
Joe Berger


When Charlie McButton Lost Power
Suzanne Collins
Mike Lester


JEANNE WILLIS
TONY ROSS
#Goldilocks
A Hashtag Cautionary Tale
Brought to you in partnership with
vodafone


TEK
The Modern Cave Boy
Patrick McDonnell

ONCE UPON A TIME ...
ONLINE
Happily ever after is only a CLICK away!

6. What do we do in school to educate children about online safety?

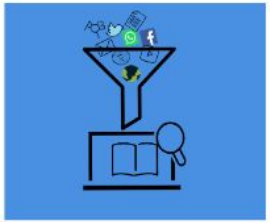
Children's COMMISSIONER

- **Celebration assemblies**- 5 ways to wellbeing
- **Values assemblies**- focus on one of our 4 school values: respect, determination, tolerance or self belief.

Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

CONTENT



Are you accessing age appropriate information?

CONDUCT

Are you behaving responsibly towards others?

CONTACT

Do you know who you are talking to online?

COMMERCIALISM

Are you aware of the hidden costs and advertising in apps/ websites?

Online Safety as part of the curriculum

Online Safety is taught throughout the PSHE curriculum and Computing curriculum.

We also discuss online safety in assemblies and circle times throughout the year.

This year for **Safer Internet Day**, we discussed ways to keep ourselves safe online and show respect towards others.

We discussed the importance of being SMART online by following the SMART rules. Take a look at our posters.

Children's work is displayed in the corridor.

Child friendly videos from LGFL

Body safe

https://undressed.lgfl.net/

https://www.youtube.com/watch?v=-lL07JOGU5o

Bullying

https://lgfl.planetestream.com/View.aspx?id=872~3E~OC9amf

More information, look at our policies on our website:

Our Behaviour Policy

Our Anti Bullying Policy

Our Online Safety Policy

Any questions?

Thank you for attending

Please take the information sheets.

Please fill out the evaluation sheet