



Parental advice: online safety

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Online Safety

- The internet is amazing and a wonderful way children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, and being able to keep up to date with your children's use of technology can be a challenge, especially if you feel that your children may have better technical skills than you do.
- **What's your knowledge about online safety?**
- **What you need to know**
- **How can you make sure your child's staying safe?**

What you need to know



- **Current Hot Topics**

- **Cyberbullying** - Cyberbullying is when someone uses technology, such as the internet or a mobile device to bully others
- **Sexting** - sending sexually explicit content The term 'sexting' describes the use of technology to share intimate images of yourself. It's a word-mix of sex and texting. The content can vary, from text messages to images of partial nudity to sexual images or videos.
- **Gaming** - Internet safety advice is directly applicable to the gaming environment because of the risks that are present, risks are around private chat rooms or risk of your child learning violent activity from modelling behaviour in a game

What you need to know



- **Current Hot Topics**

- **Pornography** - This can influence how they think about sex, relationships and their own body image – and it can make children feel confused, embarrassed, disgusted or worried
- **Online grooming** - Online grooming is the process by which an adult with an inappropriate sexual interest in children approaches a child online, with the intention of fostering a relationship with that child, so as to be able to meet them in person and intentionally cause harm – additionally, your child at risk of grooming, being exploited or at risk of being exposed to extreme radical views
- **Eating disorders, self harming websites**



How can you make sure your
child's staying safe?



Tips to help!

- Cyberbullying

- Don't deny access to technology
- Discuss cyberbullying with your child
- Save the evidence
- Don't reply



- Sexting

- Think before you post.' Talking to your child about online privacy, and sharing content, is absolutely vital
- Ensure that your child knows the law. Sharing intimate images over electronic devices is never a good idea, the risks are high
- Discuss peer pressure. The creation of sexting content is quite often due to pressure from a partner or group
- Communication is key
- Report it to your child's teacher or safeguarding lead



Tips to help!



- **Gaming**

- It may seem daunting, but one of the best things parents and carers can do is to engage with the gaming environment and play a game or two against your children
- Talk with your children about the types of game(s) they are playing and they like.
- Some games may offer children the chance to chat with other players by voice and text. Ask them who they are playing with and find out if they are talking to other players
- If you are worried about your child playing online games, look out for the many parental controls options that exist
- It is always a good idea to speak to your child about boundaries when using the internet

- **Pornography**

- Have age-appropriate conversations
- Give children strategies for dealing with anything inappropriate online (for example, close the laptop)
- Make sure your children know they can turn to you
- Check out available parental control tools

Tips to help continue!



- **Online grooming - CSE**

- Speak to your child about the differences between a friend online (someone they know) and a stranger online (someone they don't know)
- It can be difficult to know if your child is being groomed online, but watch out for a change in their behaviour such as them becoming more secretive, especially in what they do online, unexplained gifts such as a new mobile phone or meeting friends in unusual places
- Speak to your child and encourage them to think critically about their online friends. Ask them to question why their new online friend has all the same interests as them or why their new online friend asks them to chat in a more private place online



Next Steps



- **Create a family agreement**
- Creating a family agreement is a great way to start talking about online safety.
- It'll help your child understand what behaviour is appropriate when they're online. And they'll know who they can turn to if they are ever worried about anything they see or do

What are parental controls?



- Parental controls are software and tools which you can install on phones or tablets, games consoles or laptops – and even your home broadband.
- You can also use them to help you block or filter the content your child sees when searching online. And family-friendly public WiFi can help when you're out and about

What are parental controls?



- Parental controls are also available to help you to:
 - plan what time of day your child can go online and how long for
 - stop them from downloading apps they're too young for
 - manage the content different members of the family can see.

So whatever your child is doing online, there's a way that you can help keep them safe.



More resources for parents....



- CEOP www.ceop.police.uk
- NSPCC www.nspcc.org.uk
- Barnardos www.barnardos.org.uk
- UK Safer Internet Centre www.saferinternet.org.uk
- Bolton safeguarding children's board
<http://boltonsafeguardingchildren.org.uk/>
- Pheonix Exit Team – 01204 337195
- Lostock online safety policy - AUP