



# E-safety Parent Workshop



Helping to keep your children safe online

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# Aims of the session

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- Reflect on the potential risks of internet use for children.
- Discuss the importance of communication with children about the time they are spending online.
- Understand how to set up parental controls on home and mobile devices.
- Know what to do if your child encounters problems online.
- Q&A



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# Statistics

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- The estimated weekly volume of internet use at home in 2013 increased with the age of the child: 6.5 hours for 3-4 year olds, 6.7 hours for 5-7 year olds, 9.2 hours for 8-11 year olds and 17.0 hours for 12-15 year olds (Ofcom)
- 34% of children aged 8-12 have a profile on sites that require users to be aged 13 or over e.g. Facebook (Childnet)
- 13% of UK 9-16 year olds say they have been bothered or upset by something online in the past year (Ofcom)



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# Children Online

## Potential Risks

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- Cyber bullying
- Grooming
- Inappropriate websites
- Losing control over pictures and video / Giving out too much information online
- Viruses, hacking and security



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# Risks of Gaming

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- Many online games have communication features which allow their users to interact anonymously e.g. Minecraft (all devices) and World of Warcraft (PC)
- Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information e.g. World of Warcraft
- Some game consoles allow internet access as well, so it is important to be aware of their communication features.



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# Tips

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- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor mobile phones, gaming devices, and laptops.
- Surf the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.
- Check the browser search history on a regular basis.



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# Communication

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- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.
  - No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.
  - Create a family agreement for internet use, such as on <http://www.childnet.com/resources/know-it-all-for-parents/kiafp-cd>



# Creating a Family Agreement

## Staying Safe Online:

1. I will ALWAYS tell a parent or another adult immediately, if something is confusing or seems scary or threatening.
2. I will NEVER give out my full name, real address, telephone number, school name or location, schedule, password, or other identifying information when I'm online. I will check with an adult for any exceptions.
3. I will NEVER have a face-to-face meeting with someone I've met online. In rare cases, my parents may decide it's OK, but if I do decide to meet a cyberpal, I will make sure we meet in a public place and that a parent or guardian is with me.
4. I will NEVER respond online to any messages that use bad words or words that are scary, threatening, or just feel weird. If I get that kind of message, I'll print it out and tell an adult immediately. The adult can then contact the online service or appropriate agency. If I'm uncomfortable in a live chat room, I will use the "ignore" button.
5. I will NEVER go into a new online area that is going to cost additional money without first asking permission from my parent or teacher.
6. I will NEVER send a picture over the Internet or via regular mail to anyone without my parent's permission.
7. I will NOT give out a credit card number online without a parent present.

Young Person \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



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# Discussion Starters

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- What are your favourite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face?
- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?
- Do you use IM or chat rooms to talk to your friends and others?
- How many people do you have on your buddy/contact list(s) and who are they?
- Have you ever chatted with someone you did not know in real life? What kinds of things did you talk about?
- Do you know how to block others in chat rooms and IM? Can you show me how to do this?

Go to <http://www.netsmartz.org/InternetSafety> for further examples.



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# Parental Controls

## Internet Providers

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- The 5 big internet providers in the UK – **BT, Sky, TalkTalk, Plusnet** and **Virgin Media** - provide their customers with free parental controls.
  - These providers offer filter levels e.g. BT provides 'light', 'moderate' or 'strict' filter levels.
  - Parents can :
    - customise their parental controls.
    - allow and block specific sites.
    - set filter times.
    - set limits for time online.



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# Parental Controls

## Gaming Devices

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- Parental controls can also be set up on games consoles, such as Playstation, Xbox and Nintendo Wii.
- Restrict games based on age rating.
- Restrict time spent e.g. On the Xbox 360 activate the “Family Timer” to limit the total amount.
- Control your child’s friend requests so you know who they’re playing with online.
- Restrict online user-to-user communication and the exchange of user-generated content.



# Parental Controls

## Smartphones

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- Capable of a range of internet functions: social networking, listening to music, playing games, browsing the internet, checking emails, taking photos and videos and watching TV.
  - Out and about, users access the internet via 3G connection which is provided by the data allowance in their mobile contract.
  - All mobile network providers provide parental controls.
  - Some will have these on as default, but others you will need to request to be turned on.
- e.g. Tesco Mobile and O2 have a parental control option to ensure that only websites they have classified as suitable for children under 12 can be accessed. Contact your service provider to find out about filtering options.



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# Parental Controls

## Smartphones

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- Internet on smartphones can be accessed by Wi-Fi from home, therefore home internet controls apply.
- Some apps can help filter out age-inappropriate content or help restrict some of the smartphone functions, so have a look in the app store.
- Check what parental controls are available for the specific smartphone; some devices may have options for switching off the internet browser.



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# Parental Controls

## iPads

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- Look at age ratings and customer reviews before your child downloads an app.
  - There are tools available which can block some communication apps. For example there are parental control settings on the iPad to disable the following functions:
    - FaceTime: a video calling app
    - Ping: an instant messaging app
  - Multiplayer gaming: You can choose settings to prevent multiplayer games and adding friends. Find the parental control settings and in the Game Centre section select 'Off' for 'Multiplayer Games' and 'Adding Friends'.



# What to do if your child sees inappropriate material online

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again.
- Keep records of abusive messaging.
- Report abusive or inappropriate behaviour to the website and if serious, to the police.
- If you come across illegal content, such as images of child abuse, you can report this to the Internet Watch Foundation at [www.iwf.org.uk](http://www.iwf.org.uk).



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# Useful Websites

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- [www.saferinternet.org.uk/advice-and-resources/a-parents-guide/internet-enabled-devices](http://www.saferinternet.org.uk/advice-and-resources/a-parents-guide/internet-enabled-devices)
- [www.kidsmart.org.uk/beingsmart](http://www.kidsmart.org.uk/beingsmart)
- [www.childnet.com/resources/parental-controls](http://www.childnet.com/resources/parental-controls)
- <https://www.thinkuknow.co.uk/parents/Primary/>
- <http://www.netsmartz.org/Parents>



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# Any Questions?

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