



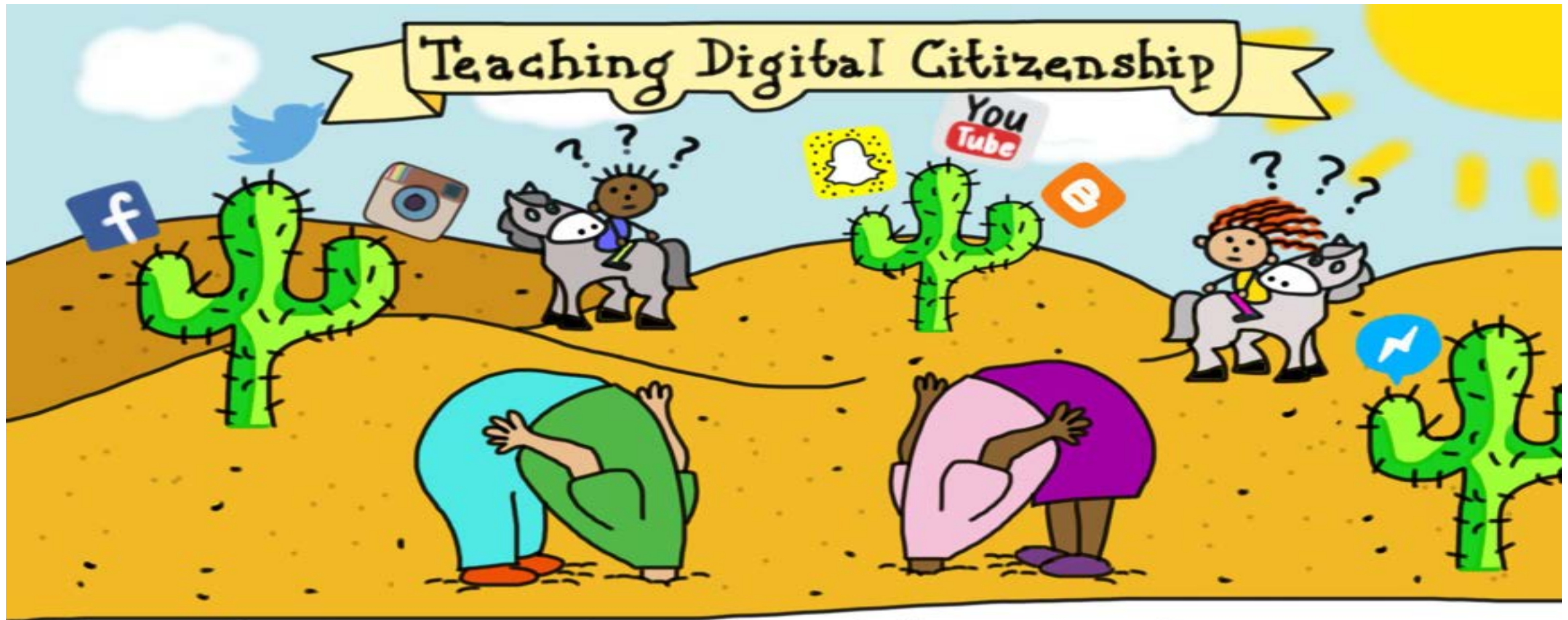
Online Safety for Parents

Deb Lyons
Curriculum Team

Would you say your child's usage has changed over the last couple of years?

What are your children using?

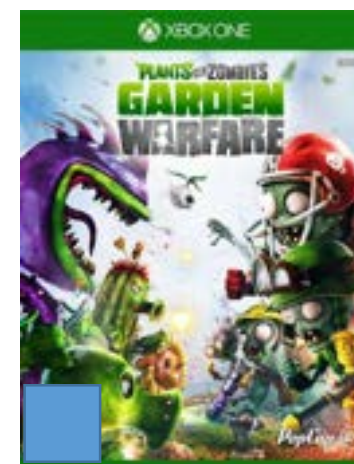
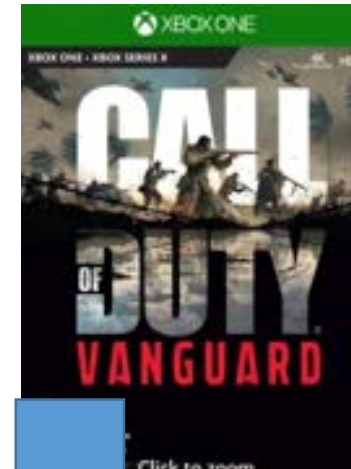
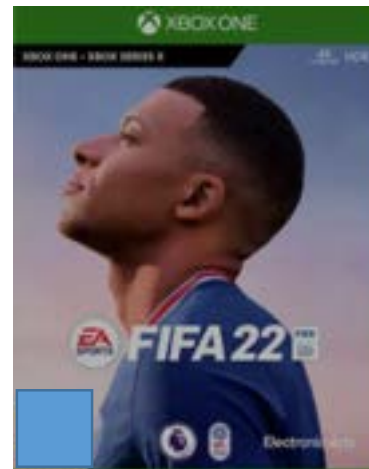




We can't tell our students "Not to" use social media, or "Be careful" and then put our heads in the sand. Instead, we need to **teach** them how to be safe & responsible digital citizens (because they're going to be using it anyways.) @sylvia duckworth



Do you know the age that these games are appropriate for?

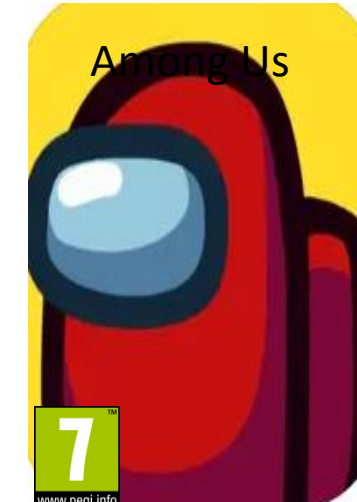
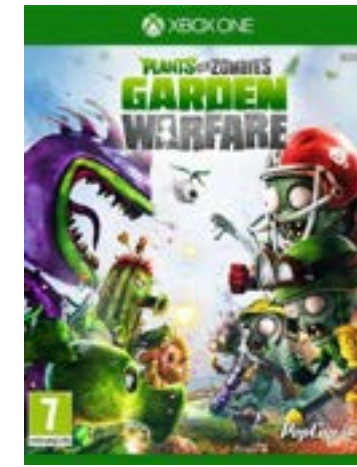
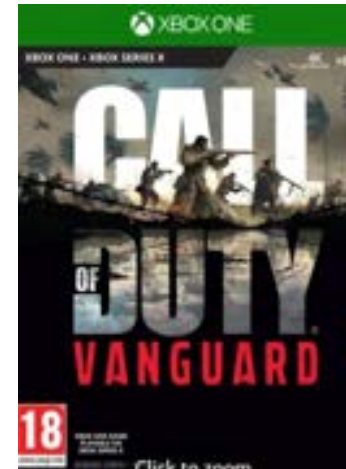


Answers...

PEGI— Green, Orange, Red

ESRB (USA - Entertainment Software Rating Board) Black

* Even if a game is rated 3 it will always carry a warning regarding online chat - "Online Interactions Not Rated by the ESRB" - Warns those who intend to play the game online about possible exposure to chat.



PEGI

(The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices



PEGI 3

The content of games given this rating is considered suitable for all age groups. Some violence in a comical context (typically Bugs Bunny or Tom & Jerry cartoon-like forms of violence) is acceptable. The child should not be able to associate the character on the screen with real life characters, they should be totally fantasy. The game should not contain any sounds or pictures that are likely to scare or frighten young children. No bad language should be heard.



PEGI 7

Any game that would normally be rated at 3 but contains some possibly frightening scenes or sounds may be considered suitable in this category.



PEGI 12

Videogames that show violence of a slightly more graphic nature towards fantasy character and/or non graphic violence towards human-looking characters or recognisable animals, as well as videogames that show nudity of a slightly more graphic nature would fall in this age category. Any bad language in this category must be mild and fall short of sexual expletives.



PEGI 16

This rating is applied once the depiction of violence (or sexual activity) reaches a stage that looks the same as would be expected in real life. More extreme bad language, the concept of the use of tobacco and drugs and the depiction of criminal activities can be content of games that are rated 16.



PEGI 18

The adult classification is applied when the level of violence reaches a stage where it becomes a depiction of gross violence and/or includes elements of specific types of violence. Gross violence is the most difficult to define since it can be very subjective in many cases, but in general terms it can be classed as the depictions of violence that would make the viewer feel a sense of revulsion.

Do you let your children take their device to bed ?



Family time ?

How often do we say “lets have a family movie night”

Before we know it the adults are on their devices!
We have to be good role models & set good examples



Health and well being?



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.

What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'

DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes building a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.

AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with apps for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.

UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who create a culture of likes. But everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way to real life or sending similar material in order to feel popular and achieve a similar level of self-worth.

COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more risky activities.

NOS National Online Safety #WakeUpWednesday

Safety Tips For Parents

Babies 4 to 12 months old

12 to 16 hours including naps

Toddlers 1 to 2 years old

11 to 14 hours including naps

Children 3 to 5 years old

10 to 13 hours including naps

Children 6 to 12 years old

9 to 12 hours

Teenagers 13 to 18 years old

8 to 10 hours

Parental Advise



National Online Safety Mobile App

Children are spending more time than ever online. As adults, we need to do everything we can to keep them safe in the digital world. But with new apps, games and platforms emerging every day, how can you stay in the know?

The new National Online Safety mobile application. Created by experts, developed by us.

With all online safety knowledge available at your fingertips, the NOS app empowers parents and teachers to understand and address online safeguarding risks – any time, anywhere.

The world's most comprehensive online safety app, it's packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect the kids you care about when they're online.



UK reporting helplines and services for children and young people



NCA

Young people can report concerns about child sexual abuse and exploitation to NCA



Nude image of you online?
We can help take it down.

Report Remove

A free tool that allows children to report nude or sexual images and videos of themselves that they think might have been shared online



ChildLine

A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone



NSPCC Report Abuse in Education

The Report Abuse in Education helpline offers support and guidance to CYP and who have experienced or witnesses sexual harassment or abuse in schools

Remember you are not alone, we're all in this together!

Like all social media platforms, Whatsapp and Snapchat both have a recommended age restriction of 13 so, as parents and carers, if we allow our children to use the apps, then the responsibility to monitor their safety, usage and what our darlings are posting, ultimately rests with us as parents and carers not school.

Our advice to you

- * have those chats regularly with your children about online safety
- * keep school informed of any concerns
- * check your child's phone/tablet – remember we as parents are responsible for their phone because either we pay for it or provide the money for them to pay for it
- * insist that they leave it downstairs at night - a battle worth having in the long run!
- * Help them to understand what is appropriate and inappropriate to post online.

