

Online safety and using IT to support learning: Parent Workshop

Wednesday 22nd February 2023



Today we will cover...

- *Introduction –welcome and safety info*
- *Children's use of computing, technology and the internet*
- *Issues that children and families face*
- *Things parents can do*
- *What we do at school*
- *How you can use IT for learning and it can be a positive aspect of your child's experience*

How children are using the internet

Average child spends 4 hours a day on a screen.
What are they doing?



Social Networks



Homework



Email



Gaming



Streaming



Browsing



Instant Messaging



Downloading Apps



Key Life Moments

Children

Age 3-4
1% own a mobile phone, 16% own a tablet, 0% have a social media profile

Age 5-7
67% of children are online.
Average time spent per week: 8 hours 42 minutes
3% have a social media profile
Children start to browse internet for school work and general browsing



Under 10
Internet use limited to gaming, streaming video and TV and video calling



Age 10-11
Phone ownership rises from 21% to 43%,



Age 8-11

90% of children are online, 49% own a tablet
Average time spent per week: 12 hours and 54 minutes
56% play games online, 12% against people who they've never met



43% of 11 year olds have a social media profile and are messaging, sharing and liking throughout the day

Age 12-13
Phone ownership rises from 50% to 74%
74% of 13 year olds have a social media profile

12-15
98% of children are online
Average time spent per week: 20 hours and 6 minutes
27% play games against people they've never met

Secondary school children use an average of 5 social networks



Start Secondary school

Learn to read & write



4

5

6

7

8

9

10

11

12

13

14

15

16

Age 3-4
55% of parents think the benefits of the internet outweigh the risks
10% think their child knows more about the internet than they do

Age 5-7
35% of parents have never spoken to their children about managing risks online
4% never supervise online access and use

Under 10
Parental concern is limited to sexual content, inappropriate content, violent content and strangers/grooming

Age 10-13
Parental concerns around online bullying increase



Age 5-15
42% of parents have no awareness of content filters



Age 5-15
16% of parents have never spoken to their child about managing risks online



Age 12-15
8% of parents do nothing to regulate or monitor their child's activity online

Parents

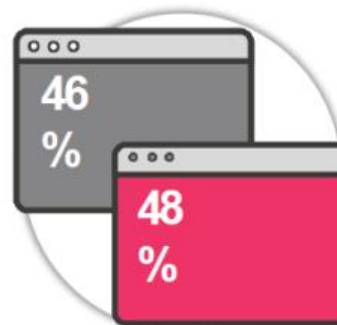
Internet use by young children is increasing

6 is the new 10

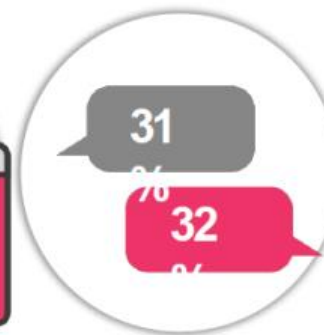


Age 10
in 2013

Age 6
today



General
browsing



Instant
Message



Social
media

LEARNING AND ACHIEVING

LEARNING AND ACHIEVING TOGETHER

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

internet
matters.org

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



...NING AND ACHIEV

...NING AND ACHIEVING TOGETHER

Discussion question...

What are children using?



What are the issues for children and families?

- Cyber bullying
- Grooming
- Inappropriate websites
- Losing control over pictures and video
- Giving out too much information online
- Viruses, hacking and security
- Material about extremism and radicalisation
- Push content being inappropriate and overwhelming
- Knowing what to do and who to tell/ report to

What parents need to know – step one parental controls

- You need to set up parental controls on devices and ensure the right options are selected when setting up an account with an online service such as internet provider or a service your child might use

<https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

5 action for setting parental controls

1. Set up home broadband parental controls and make use of controls on your home broadband.
2. Set controls on your search engine; encourage your child to always use child-friendly search engines and activate and lock the safe search settings on the browsers and platforms they use.
3. Use privacy settings on apps and devices; activate the safety measures offered by different sites. Social networking sites like Facebook have privacy settings that will help prevent your child from sharing too much personal information or from seeing unsuitable advertising.
4. Block pop-ups. If you're worried about your children accessing inappropriate content though accidentally clicking on adverts in pop-ups, follow the advice from [Tech Advisor](#) on how to stop these.
5. Have open conversations with your child about online safety and reassure them that they can talk to you or a trusted adult whenever they need to. By talking to your child about their interests you can help them find suitable sites to visit and apps to use. Review these sites as they get older.

What parents need to know – step two be ready to report

- Talk with your child about how sometimes no matter how good the settings and security is on a device – something inappropriate might get through and if this happens we need to report and block
- You can set up a way of doing this through CEOP

<https://www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/How-can-CEOP-help-me-parent/>

What parents need to know – step three

how to control tech time

Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 No phones at the table rule or no phones between 6 and 7 rule
- 5 Family tech free days!

internet
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Making your child SMART

Be smart on the internet

Childnet International
www.childnet.com

S SAFE Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R RELIABLE Information you find on the internet may not be true, or someone online may be lying about who they are.

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

You can report online abuse to the police at www.thinkuknow.co.uk

www.kidsmart.org.uk

KidSMART

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

S Stay Safe
Don't give out your personal information to people / places you don't know.

M Don't Meet Up
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

A Accepting Files
Accepting emails, files, pictures or texts from people you don't know can cause problems.

R Reliable?
Check information before you believe it. Is the person or website telling the truth?

T Tell Someone
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

Cyberbullying

Spotting the signs

62%

of parents worry
about Cyberbullying

1 in 10

parents are aware
their child has been
bullied



The do's



Block



Report



Keep the evidence



Know when to take
it further

The don'ts



Retaliate



Stop them going online



Deal with it alone



Stop when the
bullying stops

Talk about what terms mean

...Who is a friend?

What is a friend? (Adult)

Someone
from your
past

A relative

A colleague

Someone
you've met

What is a friend? (Child)

Someone they
play online
games with

Someone they
met on a
forum

A friend of a
friend

Someone they
haven't met

Safety summary

Become familiar with what children are using

Monitor what your children are viewing online

Try to engrain eSafety into children's everyday lives

Communication Matters

- Be positive and open minded about the internet
- Talk early and often - make conversations about the internet a part of your everyday routine.
- Create a safe space for conversations and chose time free from distraction like going out for a walk or travelling in the car
- Show that you listen and value your child's opinions
- Keep it relevant - as they get older, your children will use technology differently from when they first went online.
- Try to remain calm and composed when your child says something worrying
- Be honest. It's okay if you are unsure what to do next
- Reassure them you are always there to help

Remind children about

- Being a good digital citizen and treating people like you would face to face
- Digital footprint – explain to children that if they post something on the internet, it will stay there
- You could discuss what types of images are okay to share online, and what areas of our bodies are private.
- Talk to any older siblings about what they're doing online and what they show to younger children.
Encourage them to be responsible and help keep their younger siblings safe.

Parents can also...

- Be engaged! – e.g. discuss their favourite emojis or YouTuber
- Be aware! – play their favourite games, visit their favourite websites and explore the online features of their devices
- Be there! – if something goes wrong
- Be thoughtful! – help them to understand the difference between fact and fiction online

Using tech for learning

- At school we teach all the safety messages we have shared with you
- We also use tech extensively for learning
- Students have a weekly session in the computing suite
- All classes have access to Google Chromebooks to use in lessons
- We have tablets for use with specific applications

Web based resources we use...

- Google classroom
- Times tables rock stars
- My Maths
- SPAG.com
- Accelerated reader and MyOn – soon to become Borrow Book app
- Little Wandle – for phonics
- Letter join – for handwriting

Web based resources you might like to try with your child ...

- <http://www.bbc.co.uk/schools/parents/>
- <http://www.bbc.co.uk/schools/>
- <http://www.topmarks.co.uk/>
- <https://www.thenational.academy/>
- <http://www.woodlands-junior.kent.sch.uk/Games/>
- <http://www.crickweb.co.uk/games.html>
- <https://ictgames.com/>
- [Speller \(doorwayonline.org.uk\)](http://doorwayonline.org.uk)

Safety websites for parents

- <https://www.ceop.police.uk/Safety-Centre/>
- <https://www.thinkuknow.co.uk/>
- <https://saferinternet.org.uk/>
- <https://nationalonlinesafety.com/guides>
- <https://www.internetmatters.org/>
- <https://www.childnet.com/parents-and-carers/>