




Introduction

Risks


Advice


2022
Online Safety
For parents and carers

Reporting


 **Childnet**
 UK Safer
Internet
Centre


Conversation
Starters


Our School

What does your child love doing online?
What services and devices do they use?



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.



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.



<p>PEGI 3</p>	<p>The content of games with a PEGI 3 rating is considered suitable for all age groups. The game should not contain any sounds or pictures that are likely to frighten young children. A very mild form of violence (in a comical context or a childlike setting) is acceptable. No bad language should be heard.</p>
<p>PEGI 7</p>	<p>Game content with scenes or sounds that can possibly be frightening to younger children should fall in this category. Very mild forms of violence (implied, non-detailed, or non-realistic violence) are acceptable for a game with a PEGI 7 rating.</p>
<p>PEGI 12</p>	<p>Video games that show violence of a slightly more graphic nature towards fantasy characters or non-realistic violence towards human-like characters would fall in this age category. Sexual innuendo or sexual posturing can be present, while any bad language in this category must be mild.</p>
<p>PEGI 16</p>	<p>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. The use of bad language in games with a PEGI 16 rating can be more extreme, while the use of tobacco, alcohol or illegal drugs can also be present.</p>
<p>PEGI 18</p>	<p>The adult classification is applied when the level of violence reaches a stage where it becomes a depiction of gross violence, apparently motiveless killing, or violence towards defenceless characters. The glamorisation of the use of illegal drugs and explicit sexual activity should also fall into this age category.</p>

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).



Advice on online contact and grooming

Discuss online friendship with your child - make sure they understand that a person they've never met face-to-face is still a stranger. Discuss what kinds of information they should avoid sharing with strangers.

Ensure they know they can come to you if they have any worries or concerns.

If you have any suspicions whatsoever about someone who is in contact with your child online then report it to CEOP.

You will be shown how to report to CEOP later in this presentation.





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.

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 embarrassing 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.

- 95% of teens are online, and the vast majority access the internet on their mobile device, making it the most common medium for cyber bullying.
- 23% of students reported that they've said or done something mean or cruel to another person online. 27% reported that they've experienced the same from someone else.
- Girls are more likely than boys to be both victims and perpetrators of cyber bullying.
- Instagram is where most young people report experiencing cyberbullying
- Young people who experience cyberbullying are at a greater risk than those who don't for both self-harm and suicidal behaviours.
- 60% of young people have witnessed online bullying. Most do not intervene.

Only 1 in 10 victims will inform a parent or trusted adult of their abuse.



Advice on online bullying

Discuss online bullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:



Do save the evidence



Do report to your school/ the police



Do use online tools to report and block the perpetrator.



Don't deny your child access to a device or service. They may feel punished when they're already the victim.



Don't retaliate.

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.

The Internet Watch Foundation reported that **self-generated sexual imagery** of children aged between **seven and ten years old** has increased three-fold, making it **the fastest growing age group**.

In 2020, there were 8,000 instances; in 2021 there were 27,000 – a 235% increase.

"The digital age has offered new, and previously inconceivable, ways for children to be harmed – both by adults and by other young people."

Advice on nudes and sexting

Discuss sexting with your child - ensure they know that once this kind of content gets out there, it's very difficult to get it back and the consequences of this can be very upsetting.

Make sure they know they can talk to you if they have any concerns or worries. Try to remain reassuring and non-judgemental.

With younger children, discuss which parts of their body should be kept private.



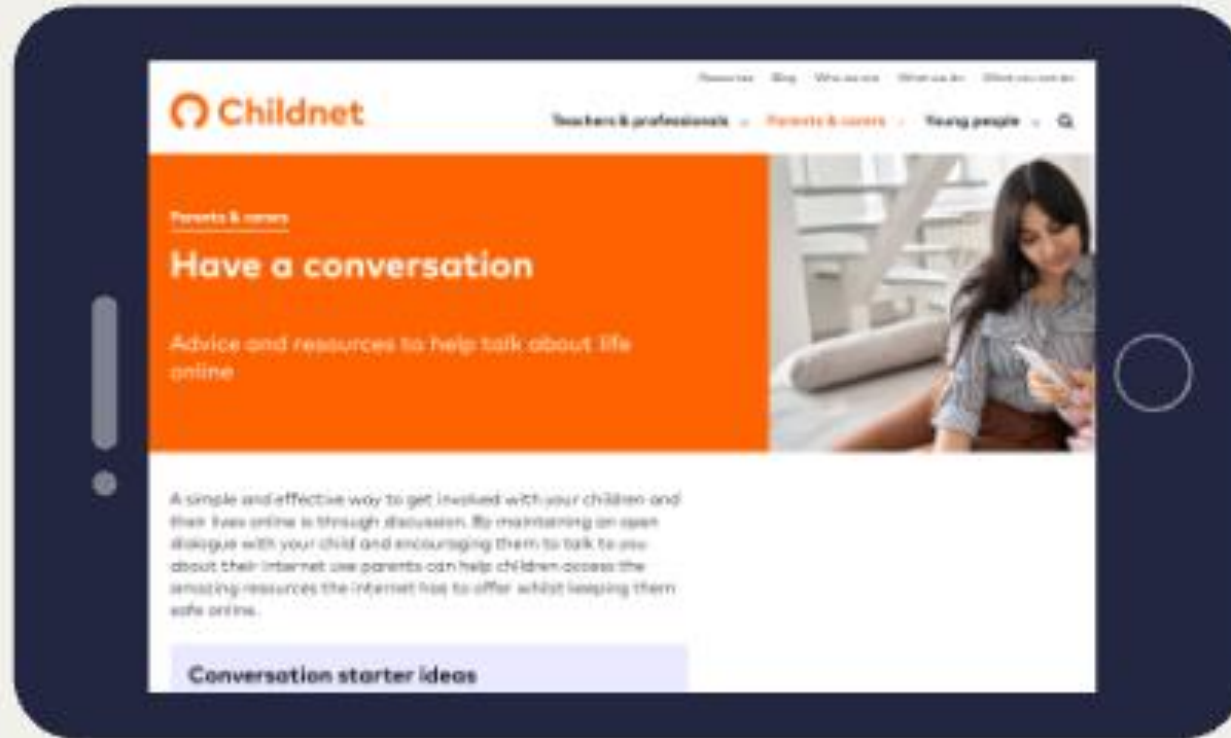
Do seek advice from your child's school if you need further support.



Do report to the Police or CEOP if you have any suspicions about the involvement of an adult or think your child has been coerced.

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

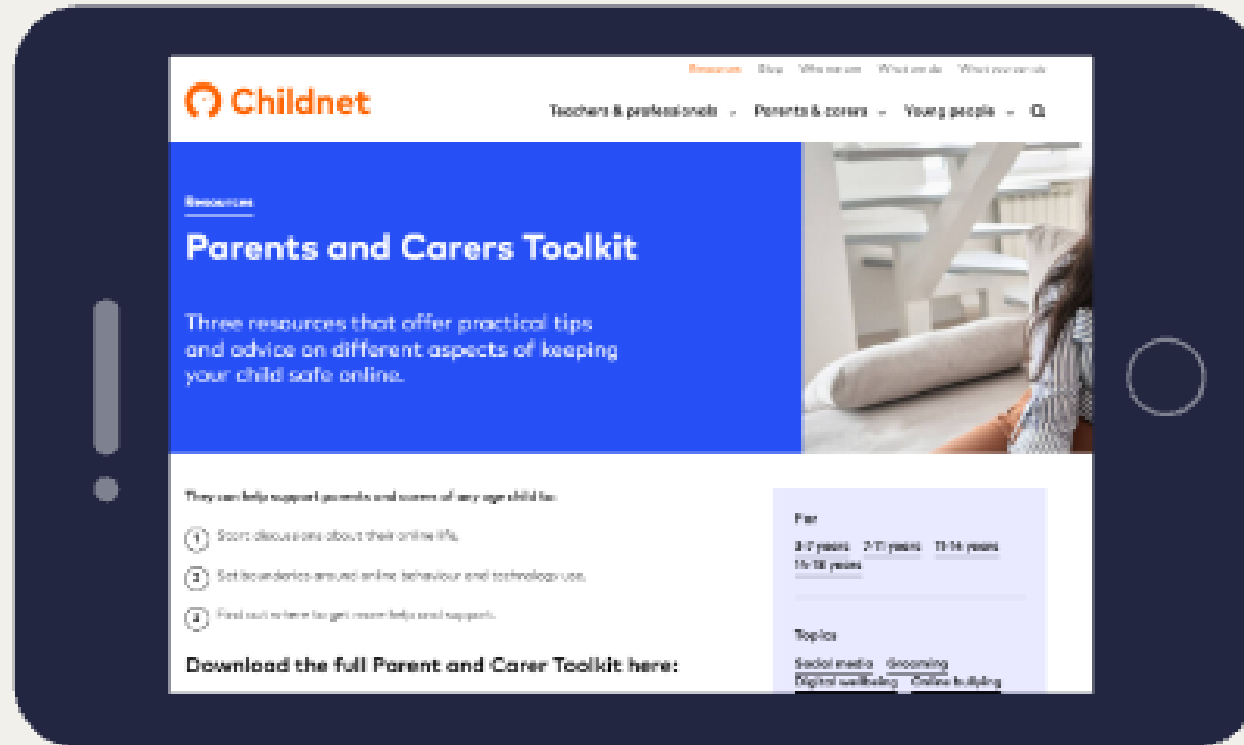
Talk to them about their internet use and let them know they can talk to you.



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

Consider setting a family agreement to open discussion.

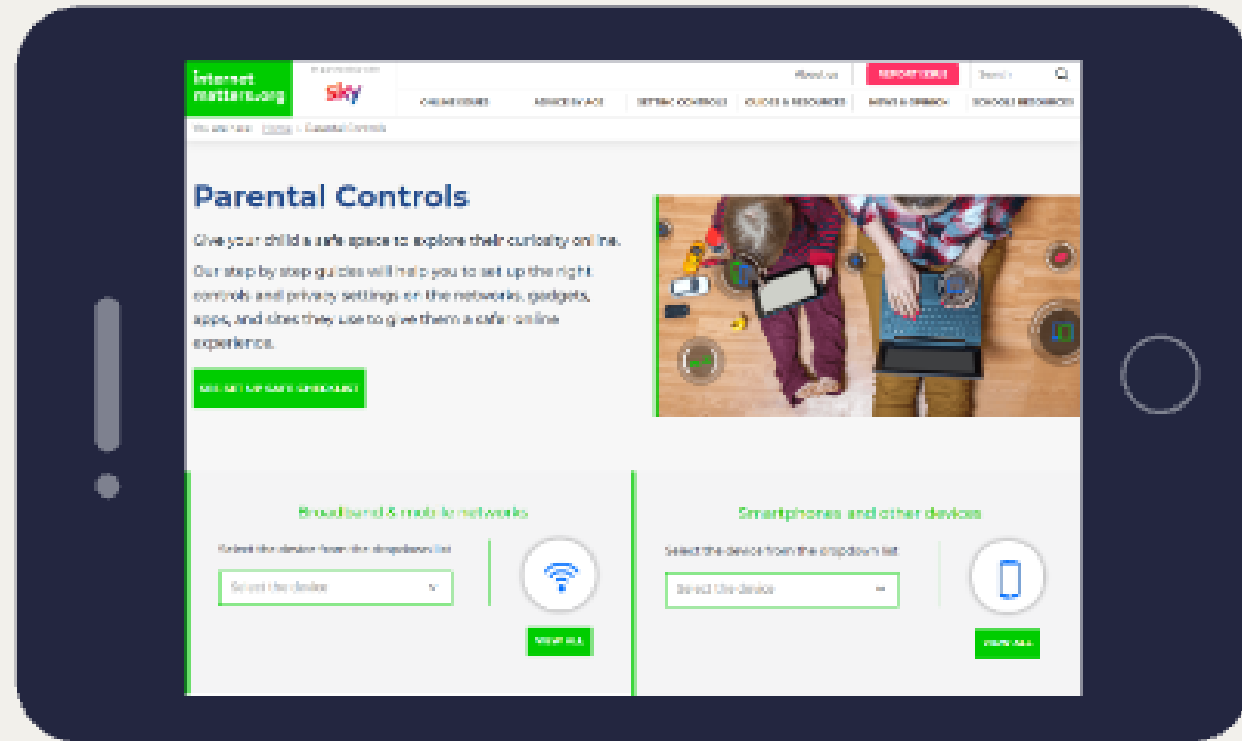
Establish boundaries and your expectations as a family.



childnet.com/toolkit

Filtering software
and settings can
help block
unwanted content.

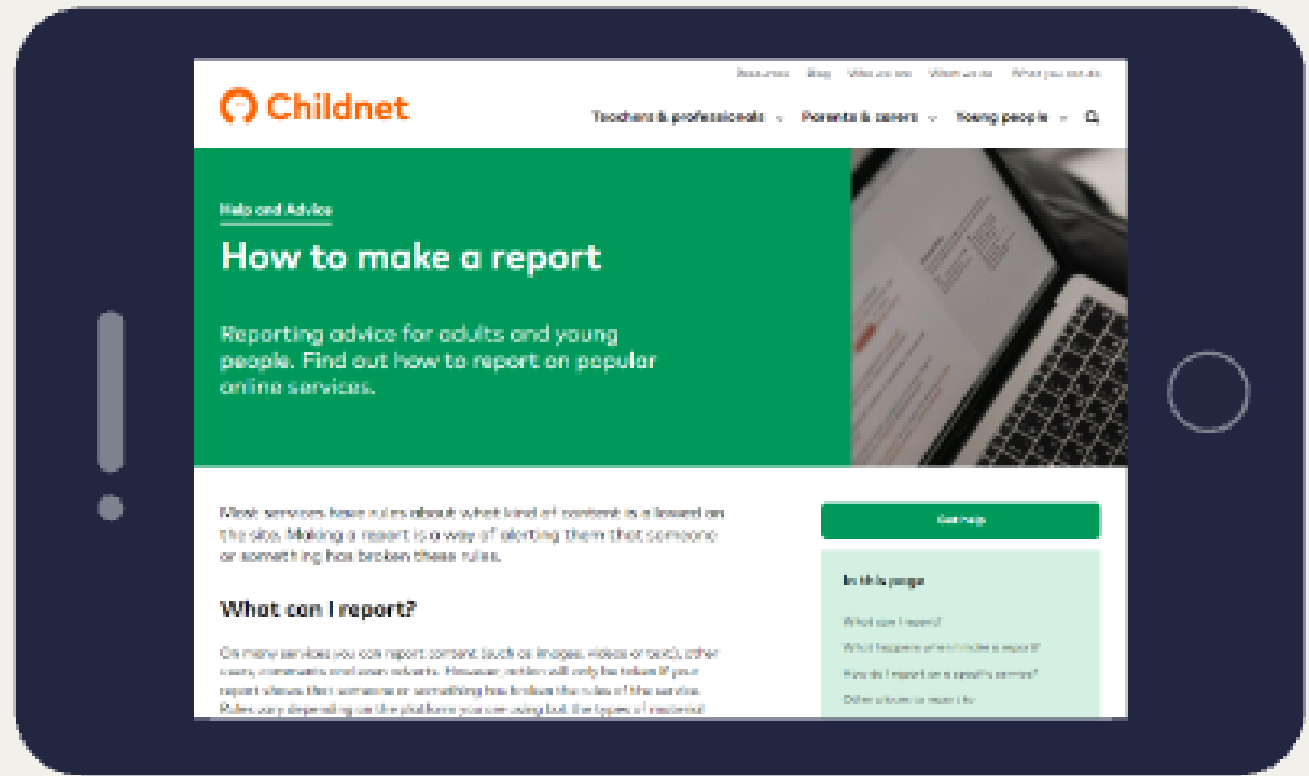
Look at filters on
individual devices
and from mobile &
internet providers



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.



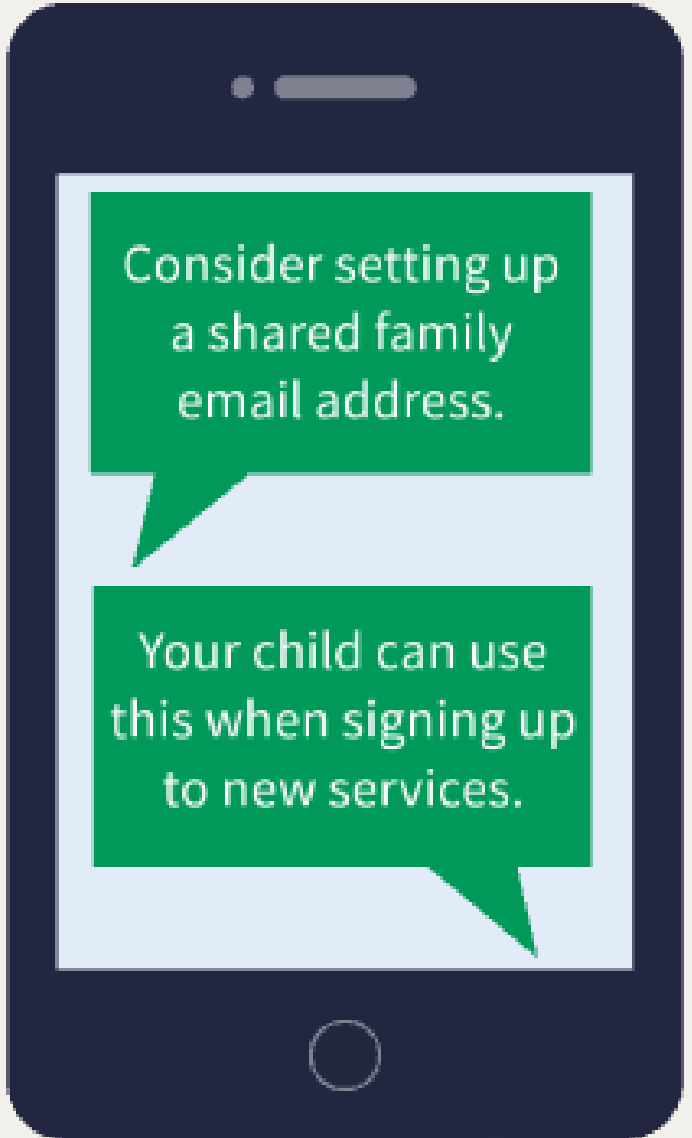
childnet.com/how-to-report

Get involved with your child's life online. Learn about the apps, games and devices they use.

Play their favourite games with them, try out their favourite apps...



taminggaming.com

A dark blue smartphone icon with a white screen. The screen contains two green speech bubbles with white text. The background of the entire image is a teal color with white circuit-like lines.

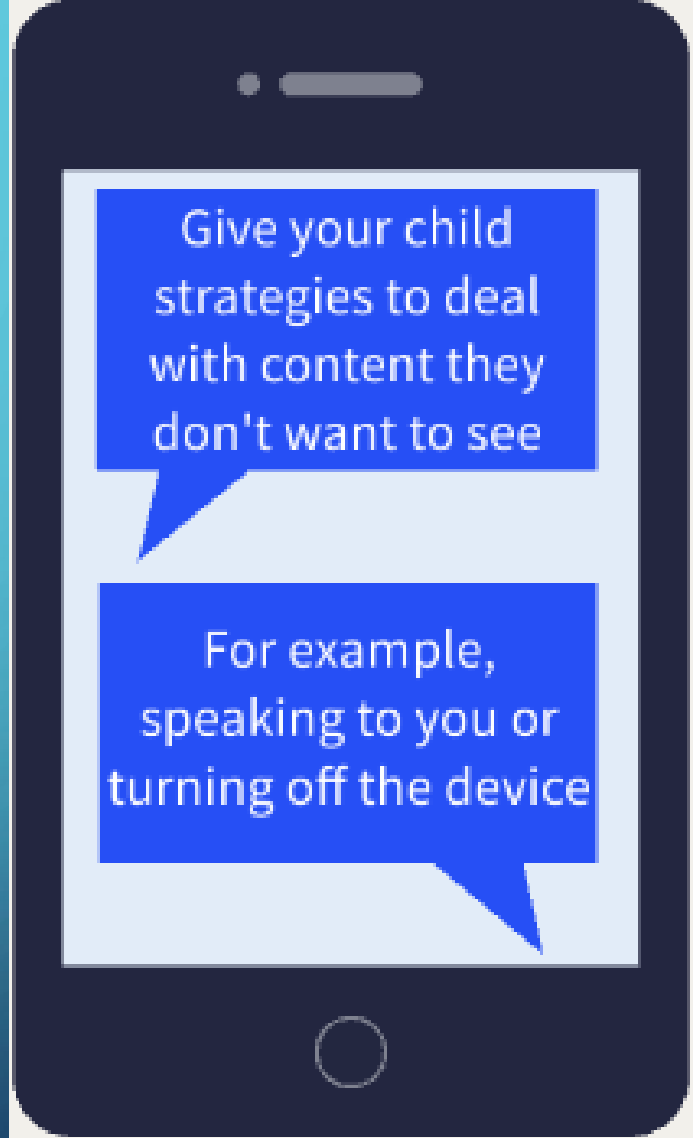
Consider setting up
a shared family
email address.

Your child can use
this when signing up
to new services.

A dark blue smartphone icon with a white screen. The screen contains two orange speech bubbles with white text.

Encourage your
child to always
**'think before you
post'**

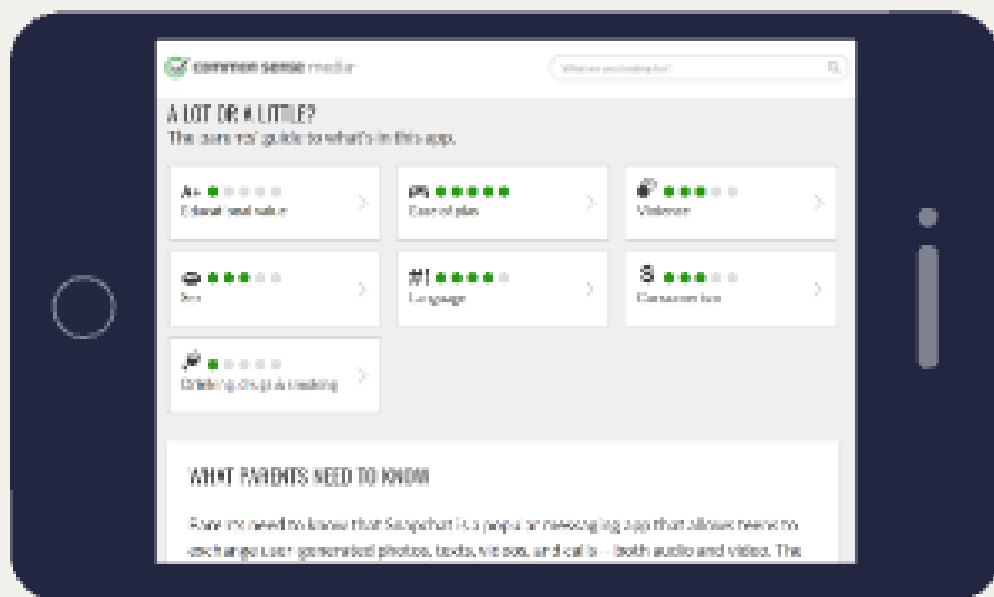
Lead by example and
discuss the content
you share on social
media too

A dark blue smartphone icon with a white screen. The screen contains two blue speech bubbles with white text.

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](https://www.commonsensemedia.org)



[askaboutgames.com](https://www.askaboutgames.com)

Conversation starters

Start on a positive note...

What do you like most about the internet and why?
What's your favourite game/app/site?

Do you like to be creative online?
What have you created?

(It could be anything from a picture or video to creating their own games, sites or apps.)

The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/-services do you use?

Keep the conversation going...

Do you have any tips for how to be positive and show respect online?

What could you do if someone online is making you or someone you know feel worried or upset?

How might you know if you are using the internet/technology too much?

How does the internet make you feel? Do different apps/games makes you feel differently?

Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

Help me!
Can your child show you how to do something better/safer online?