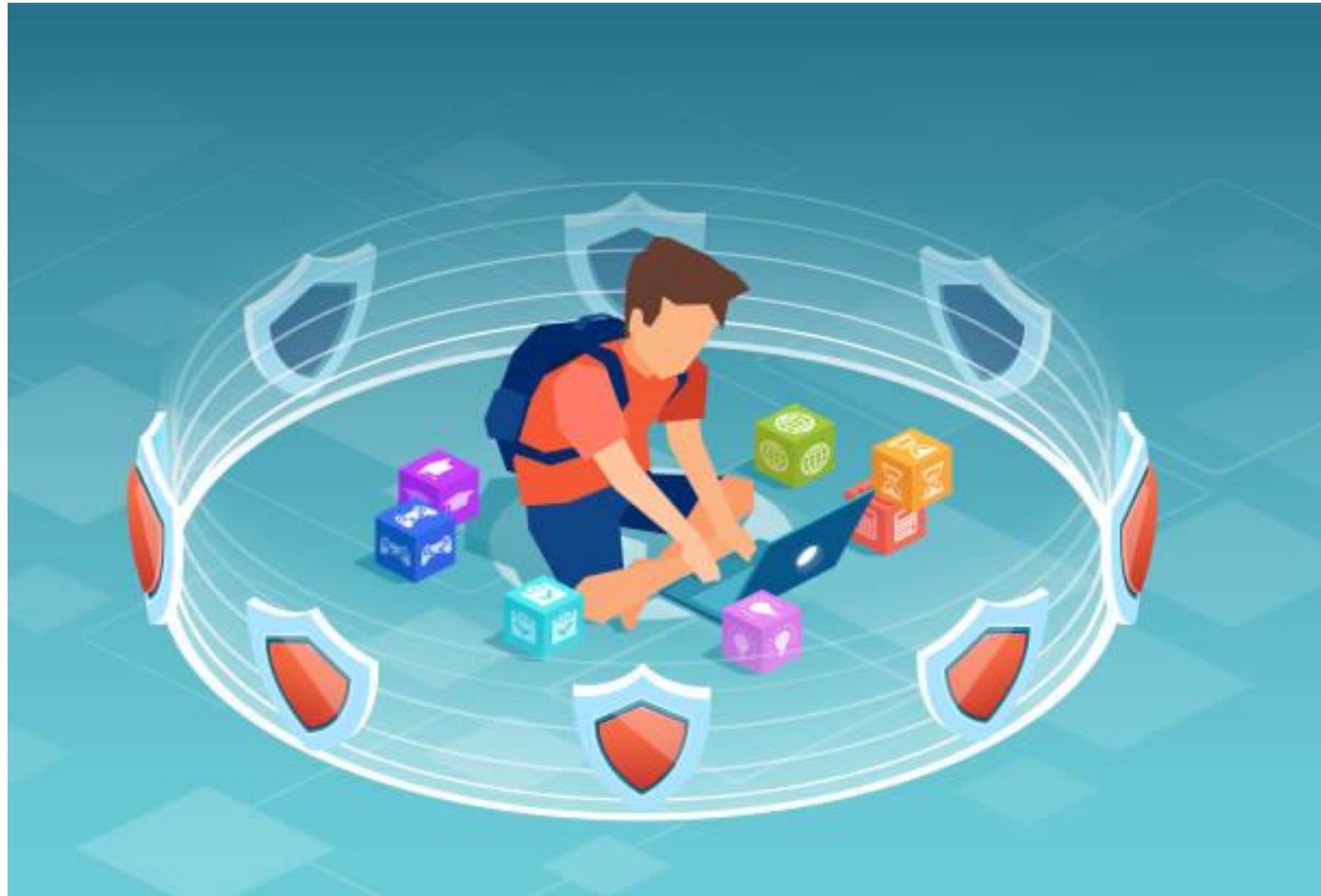


Online Safety

A guide for Parents & Guardians



What happened in an Internet minute - 2023?



Google
4.1m search queries



Meta
1.3m logged in



Instagram
698k scrolls



Twitter
194k tweets



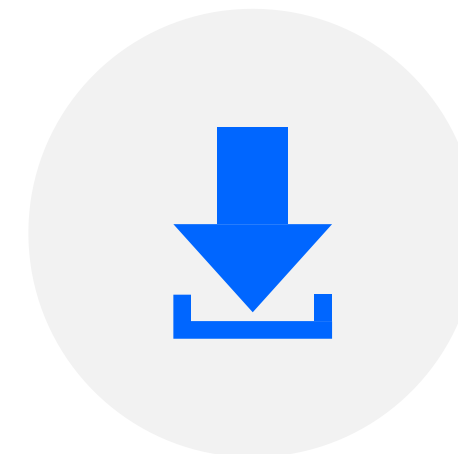
WhatsApp &
Meta
Messenger
59m messages sent



TikTok
1.4k downloads



Twitch
1.2m views



400k apps
downloaded



1.1m
spent online



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

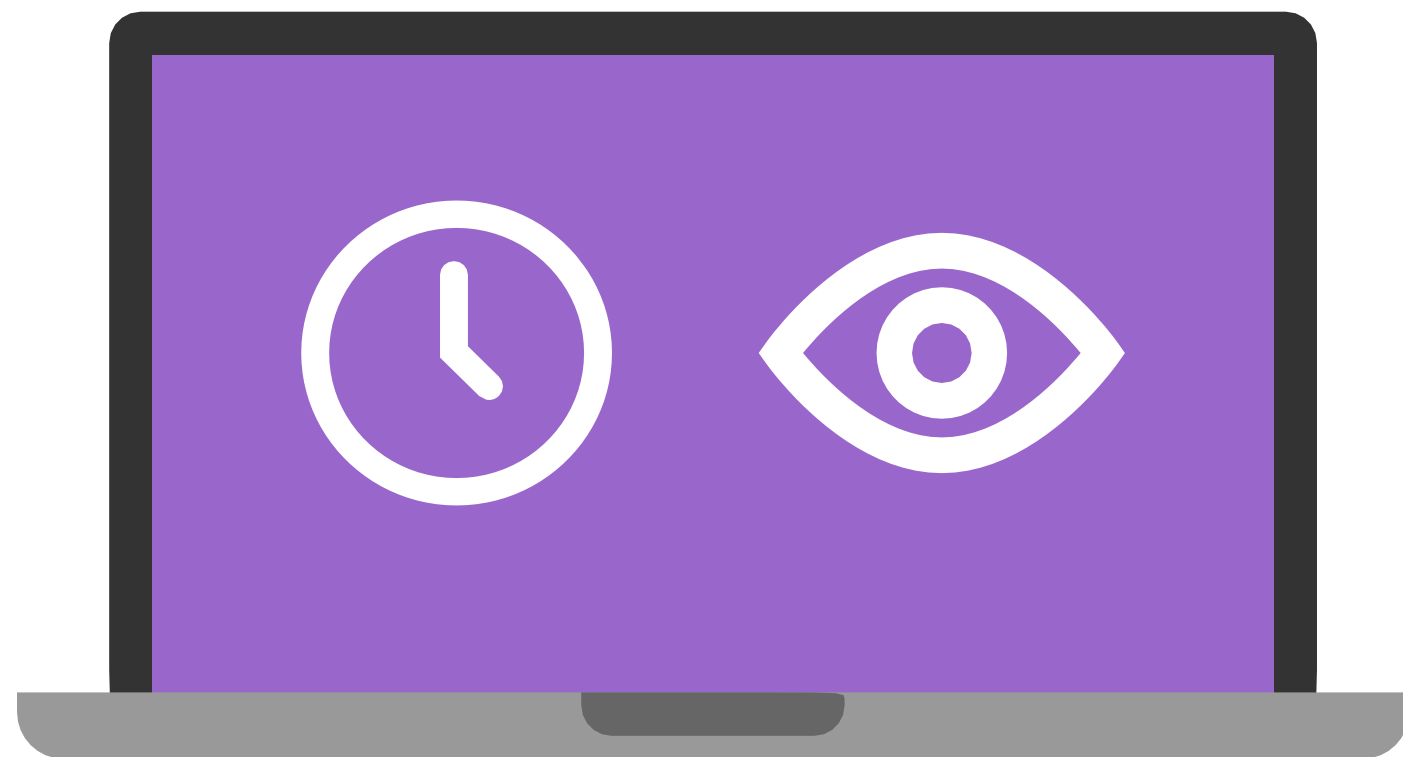
89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends

2022 Ofcom

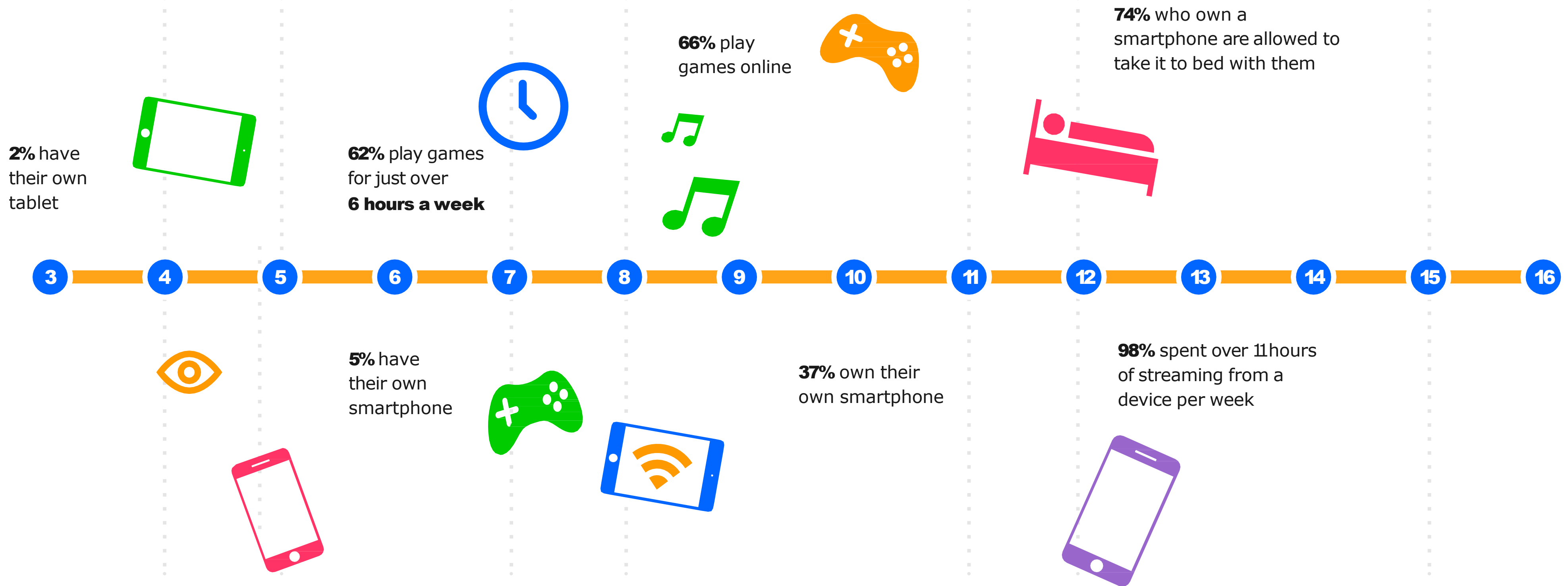


But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**
- One study found that the **more distracted** you are, the less able you are to experience empathy
- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.

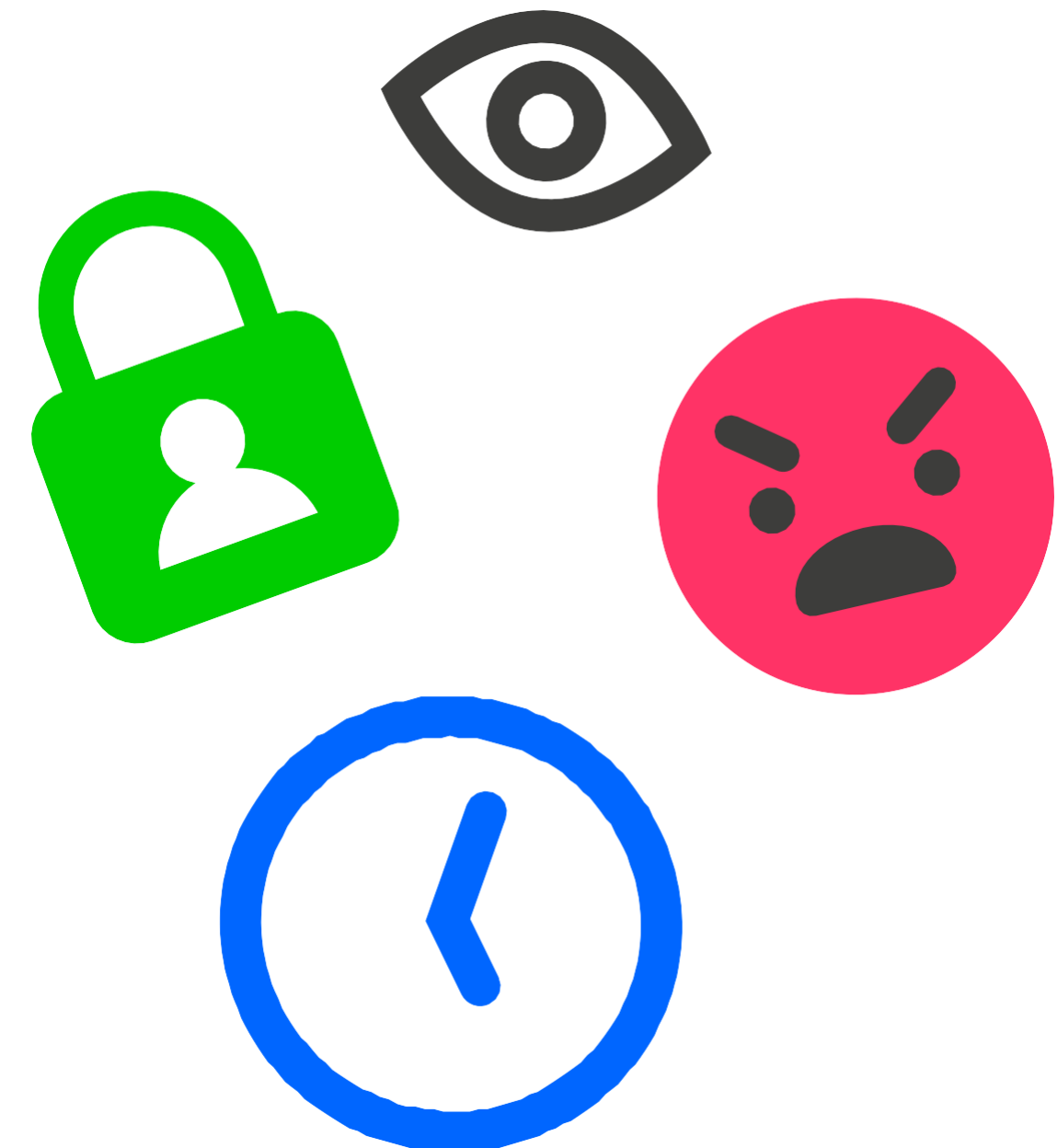


Media usage by age



Risks parents are concerned about

Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%



Risk is not harm

Positive action can limit risks becoming harmful. Here are 5 tips for parents:

1

Understand the risks

2

Communicate regularly

3

Keep the risks in proportion

4

Agree on helpful mediation strategies

5

Develop coping strategies that foster resilience



The 3 C's

Areas for online risks can be categorised into the 3 C's –

Content
Contact
Conduct

These can be Commercial,
Aggressive or Sexual in nature



Content

What children see online

There is a huge amount of information on the internet. Much of it is not suitable for children

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.

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).



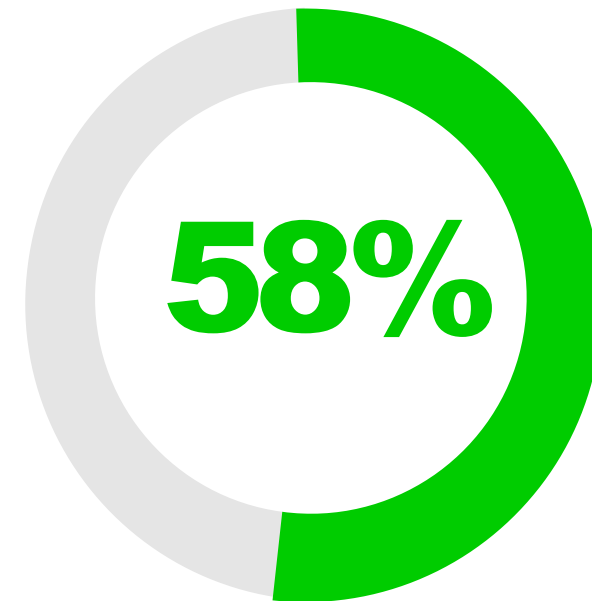
Dealing with inappropriate CONTENT

What to talk about

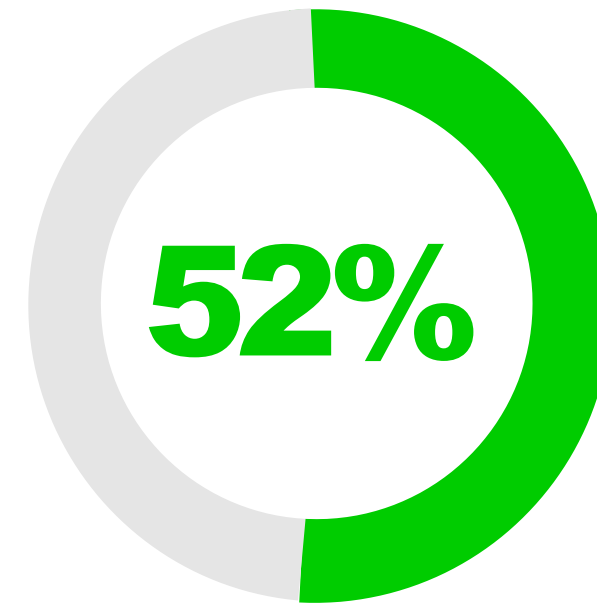
- Open lines of communication
- Honest discussion
- Respect



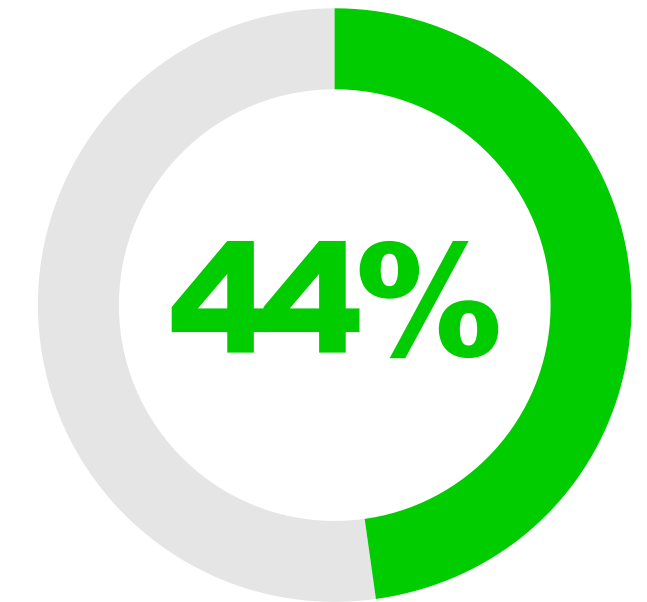
Dealing with inappropriate CONTACT



of secondary school children
**have talked to strangers
on social media**



of 11 year olds **have a
social media profile**



of 11-15 year olds
**have arranged to
meet a stranger
online**



Preventing inappropriate CONTACT

What to talk about

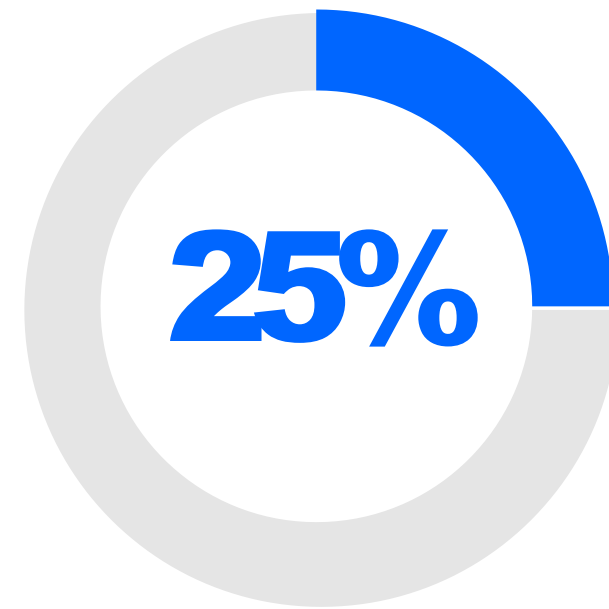
- people hide behind fake profiles
- Avoid accepting friend requests from strangers
- Never arrange to meet up with strangers

Top tips / tools to use

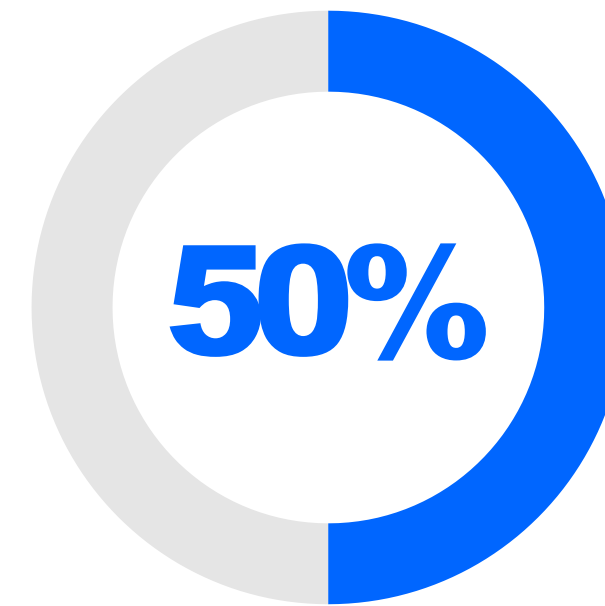
- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute



Statistics



of children **will**
experience cyberbullying



of children **say someone**
has been nasty online



Dealing with inappropriate CONDUCT

What to talk about

- Think before posting unwanted or hurtful messages.
- Be responsible online, remembering they are creating their own digital footprint

Tools to use

- Report inappropriate communication
- Parental Control Apps.



Dealing with 'SEXTING' or 'Nude Image Sharing'

15-40%

of young people are involved in sexting
Threat comes **mostly from peers** and is often coercive

What to talk about

- It's hard to control where images might be shared
- It's illegal to create or share a sexual image of a child under 18



Top tips / tools to use

- **The T-shirt test** – if you wouldn't wear the picture on your T-shirt, don't share it online
- If your child is involved in sexting, contact CEOP & Childline who can help to remove images



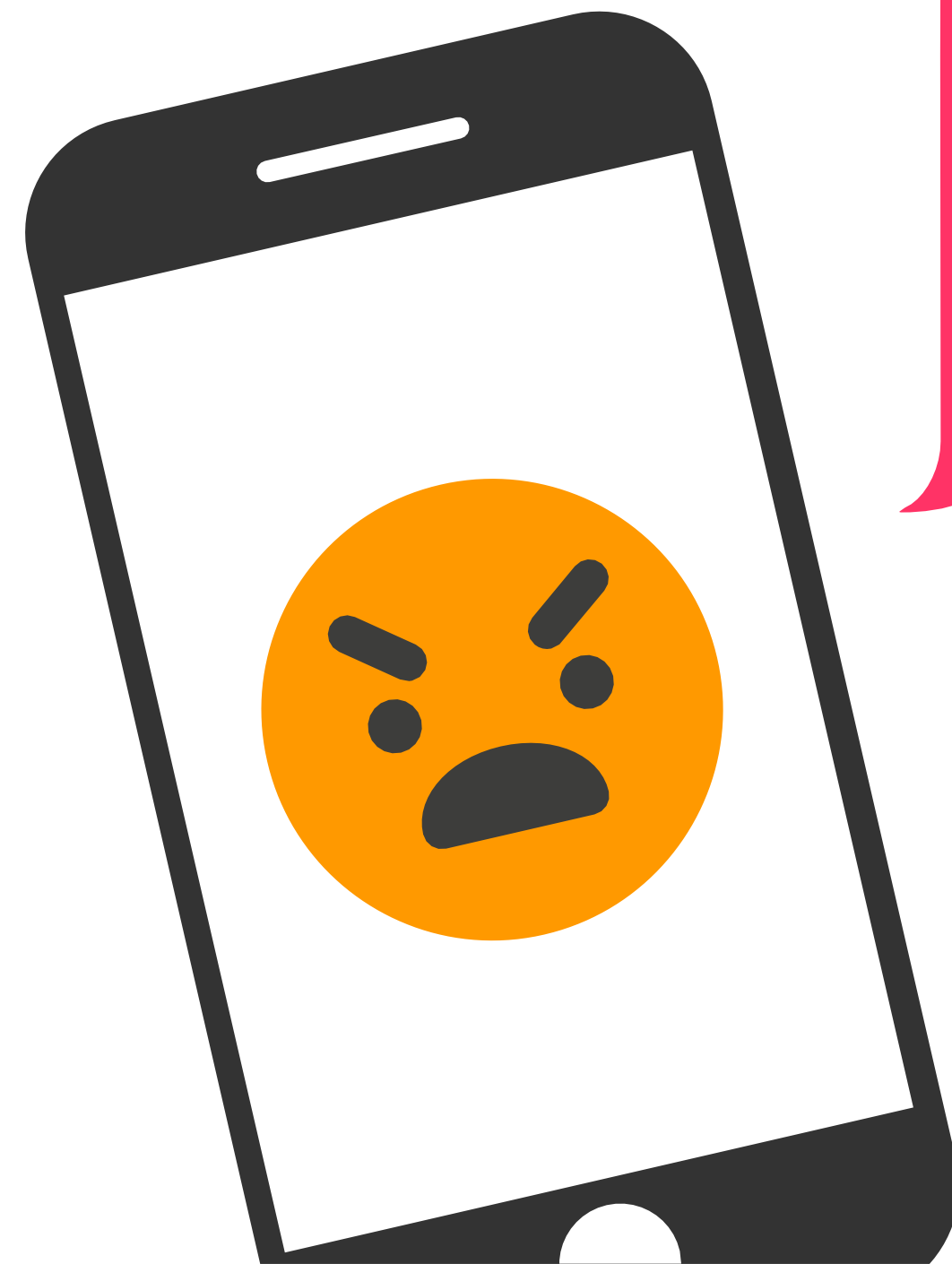
What is cyberbullying?

The Anti-bullying Alliance define bullying as:

*The **repetitive, intentional** hurting of one person or group by another person or group, where the relationship involves an imbalance of **power**. Bullying can be **physical, verbal** or **psychological**.*

Bullying is/has:

Hurtful
Intentional
Power Imbalance
Repetitive



Bullying has **evolved**

....**Cyberbullying** is the new kid on the block.



Why is cyberbullying different?



Hard to
escape



Instantly reach
audience



Repetative



24 hour
access



Anonymity



Hard to
police



Why this matters

According to the NSPCC, online abuse can have a long-lasting impact on a child's overall wellbeing. Different types of online abuse can lead to:

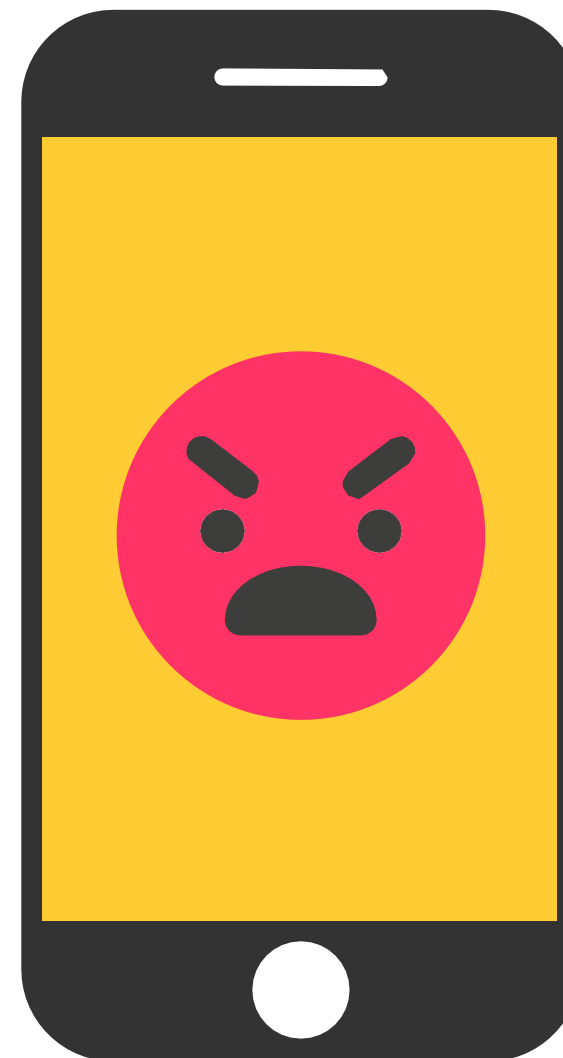


Cyberbullying terms

Cyberstalking

Outing

Harassment



Dissing

Griefing

Trolling

Masquerading

Fraping

Roasting

Flaming

Exclusion

Catfishing



Our schools approach to cyberbullying



Bullying of any kind is not tolerated at Wimbledon College.

We ask all students who are being bullied or who know of someone who is being bullied to report it. Students have been told they can speak to any trusted adult and the information will be passed on through the correct channels.



What are children taught in school?

KS3

Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns

KS4

Understand how changes in technology affect safety, including new ways to protect their online privacy and identity, and how to report a range of concerns



How can I help as a parent?



Remember this is an emotionally-charged problem



Encourage them not to treat bullying as a secret – they can use you as release for their emotions; importantly keep the dialogue open



Stay calm, patient, and ask how you can help



Praise them for being brave enough to share with you



Believe them, refrain from judging or belittling and acknowledge their feelings



Think very carefully about approaching other parents

Always report cyberbullying to the school



Five Top Tips:

1 Good example

2 Talk

3 Time

4 Screen-free zones

5 Technology/apps



Controlling tech time

Try to **role model** good behaviour:

- 1 Turn off notifications
- 2 Buy an alarm clock
- 3 'No phones at the table' rule or 'no phones between 6 and 7' rule
- 4 Tech-free days!



Parental Controls



**Home broadband
and WIFI**



Games consoles



**Mobiles, tablets
and computers**



Search engines

What are parental controls?

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your Wi-Fi, phone network, individual apps and devices.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.



REPORTING SITES:

- **Report Remove** on Childline helps young people report sexual images of themselves to get them removed.
- The **Child Exploitation and Online Protection Command** (CEOP) helps keep children safe from online grooming. CEOP is part of the police service and sits within the National Crime Agency.
- If you come across an indecent image of a child online, it is important to report this to the **Internet Watch Foundation** (IWF) so that they can review this content.
- Online content which incites hatred should be reported to **True Vision** which covers the grounds of race, religion, disability, sexual orientation or gender.
- If you're worried about something a child or young person may have experienced online, you can contact the **NSPCC Helpline**

**Children can contact Childline
any time to get support themselves.**



Other useful support services



Child Exploitation & Online Protection Centre

For concerns about online sexual abuse or the way someone has been communicating online
ceop.police.uk/CEOP-Reporting/

The logo for NSPCC Net Aware, consisting of the letters 'NSPCC' in a bold, green, sans-serif font.

NSPCC Net Aware

A guide to social networks that children use
net-aware.org.uk

The logo for Childline, featuring the word 'childline' in white lowercase letters on a blue rectangular background. Below it, the tagline 'ONLINE, ON THE PHONE, ANYTIME' is written in smaller white uppercase letters.

Childline 0800 1111

24 hour free helpline service for children and young people



REMEMBER!

Have a conversation

It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions can help.

■ Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?

▲ Ask them about how they stay safe online.

What tips do they have for you, and where did they learn them? What is OK and not OK to share?

● Ask them if they know where to go for help.

Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?

◆ Think about how you each use the internet.

What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Students can report concerns confidentially to the DSL at:

safe@wimbledoncollege.org.uk

If you have concerns about your child, please contact the DSL at school or contact your local authority's child protection service.

