

**Do you want to be
able to keep up with
your kids online?**

**internet
matters.org**

“My kids know more about the internet than I do...”



What happened in an Internet minute - 2023?



Google
6.1m search queries



Facebook
2.3m logged in



Instagram
998k scrolls



Twitter
394k tweets



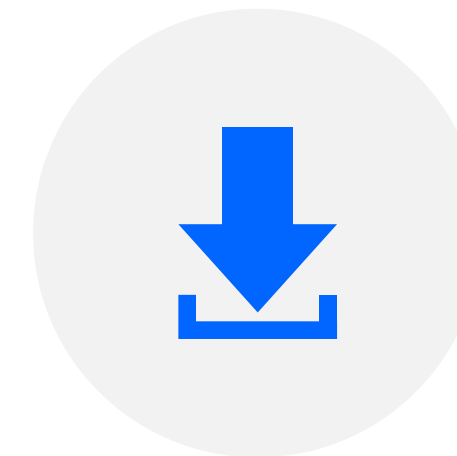
WhatsApp &
FB
Messenger
59m messages sent



TikTok
1.4m downloads



Twitch
1.6m views



500k apps
downloaded



2.1m
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



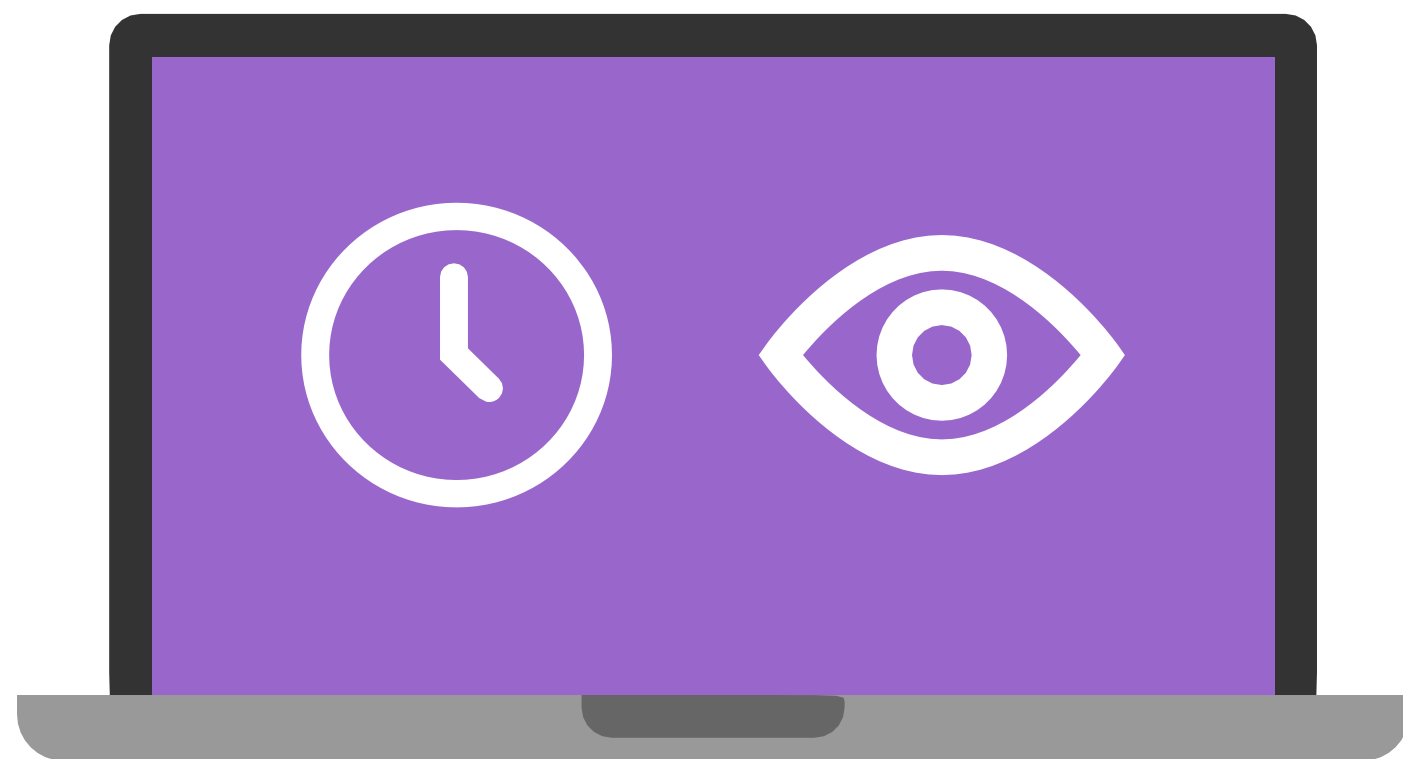
Improve both visual intelligence and hand-eye coordination

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

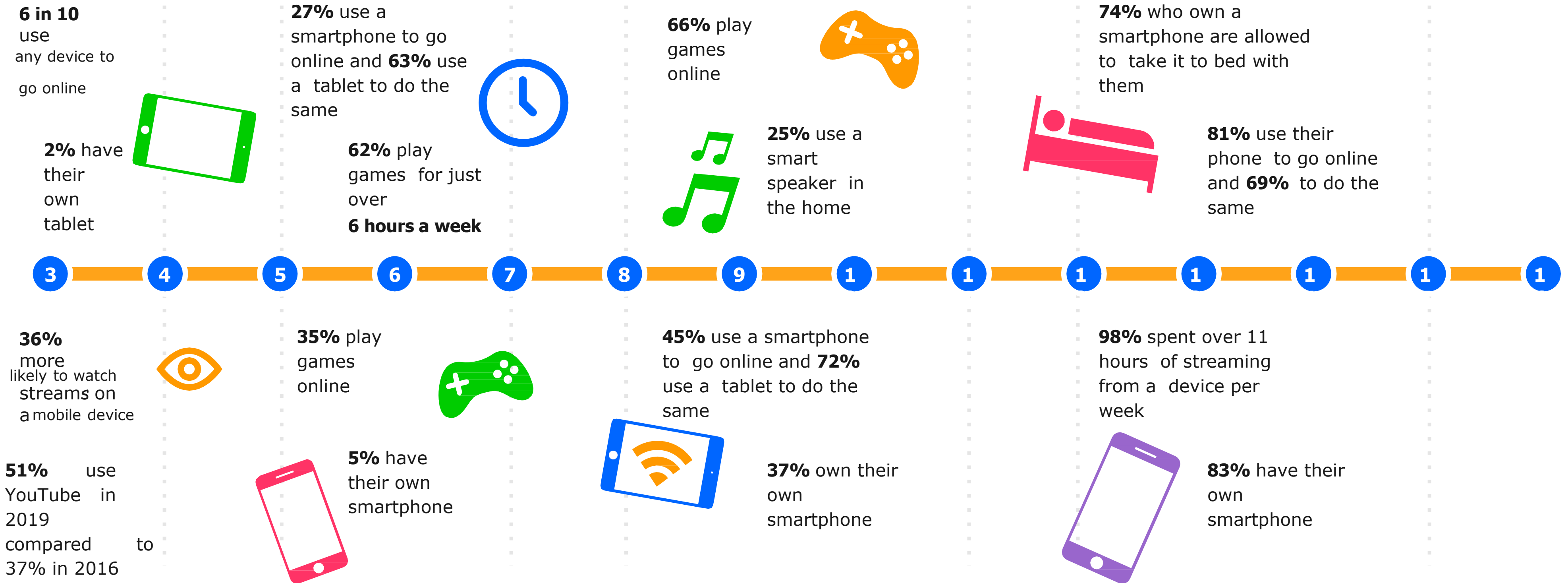
2020 Ofcom

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**
- Children today are **more forgetful** than OAP's
- 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



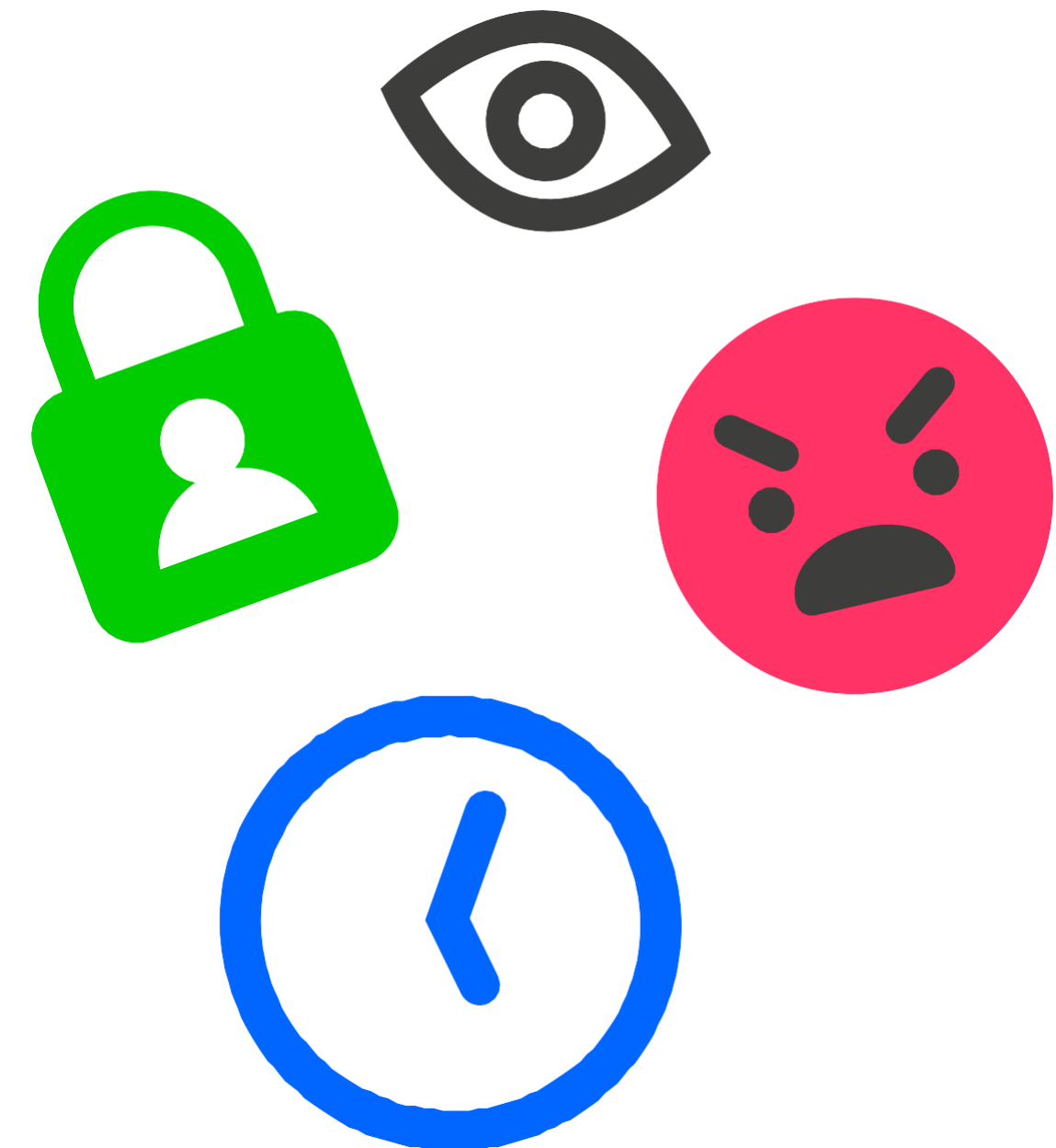
And there are risks...

High-Risk Online Scenarios

Risks	Contact	Content	Conduct	Cyber scams	Overall risk – all 4Cs' together
Vulnerabilities					
Special Educational Needs	Predicts contact risks. Includes sexting under pressure, coercion, blackmail, or threats to send more images				Significantly higher score for basket of all high-risk online scenarios
Communication			Predicts conduct risks. More likely to visit gambling sites and chat rooms	May struggle to understand T&Cs - can leave them more susceptible to scams	Significantly vulnerable to the basket of all high-risk online scenarios
Family / Social (care-experienced)		Higher exposure to harmful content		Particularly susceptible to cyber scams. This can link to being a victim of online aggression.	High overall risk for the basket of all high-risk online scenarios
Mental health difficulties					Significantly high risk for the basket of all high-risk online scenarios
Physical disabilities			Predicts conduct risks. More likely to visit sites with adult content.		Significantly more likely to experience a basket of all high-risk online scenarios

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

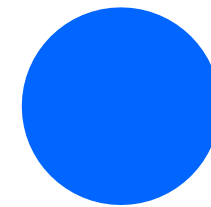
Understand the risks

2

Communicate regularly

3

Keep the risks in proportion



Agree on helpful mediation strategies

5

Develop coping strategies that foster resilience



Dealing with inappropriate CONTENT

**4.7
million**

URL's showing
pornographic content
–
more than 12% of the
internet

**11
years**

Average age to
**first view porn
online**

1/3

of children have **seen
explicit images** by age
of 10

Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

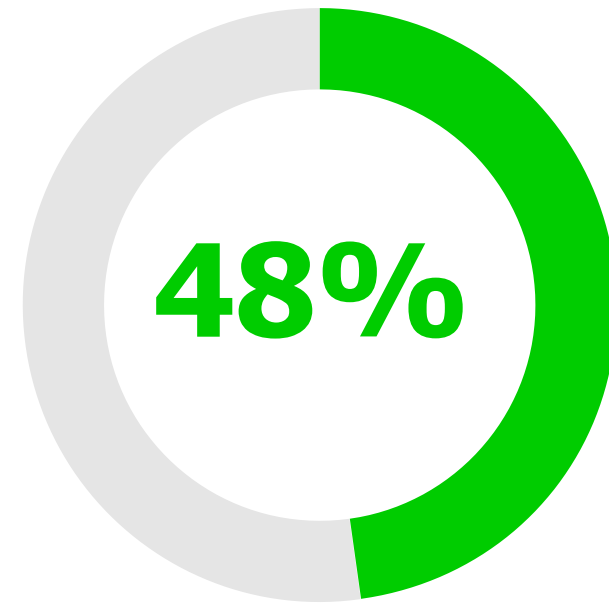


Top tips / tools to use

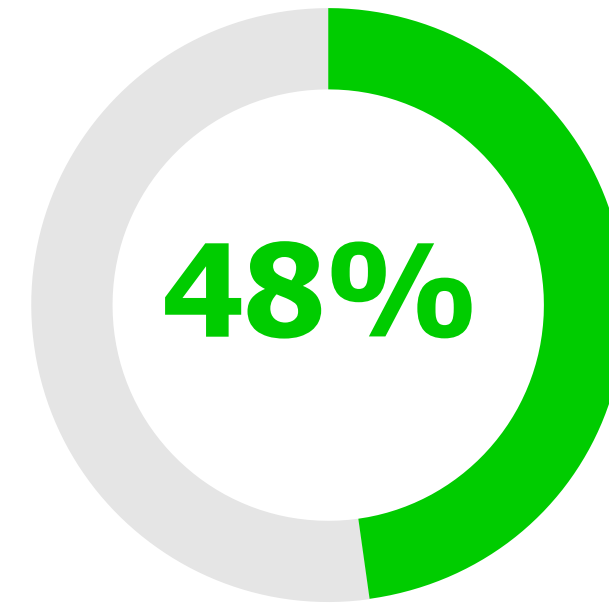
- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines
- <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>



Dealing with inappropriate CONTACT



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



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

Dealing with inappropriate CONTACT

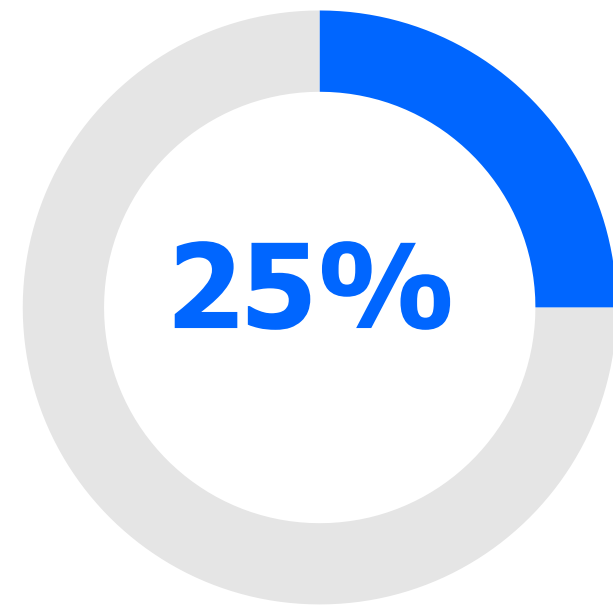
What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

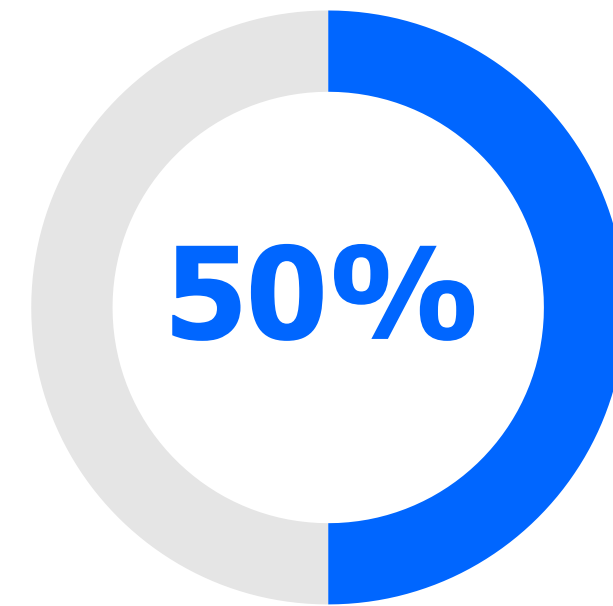
Top tips / tools to use

- 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

Dealing with inappropriate CONDUCT



of children **will**
experience cyberbullying



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

Dealing with inappropriate CONDUCT

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

GAMING VIDEO

- 24.10/36.22



Scan this code for the
full video

Roblox - Guide for parents



<https://www.internetmatters.org/hub/esafety-news/parents-guide-to-roblox-and-how-your-kids-can-play-it-safely/>

Dealing with 'SEXTING'

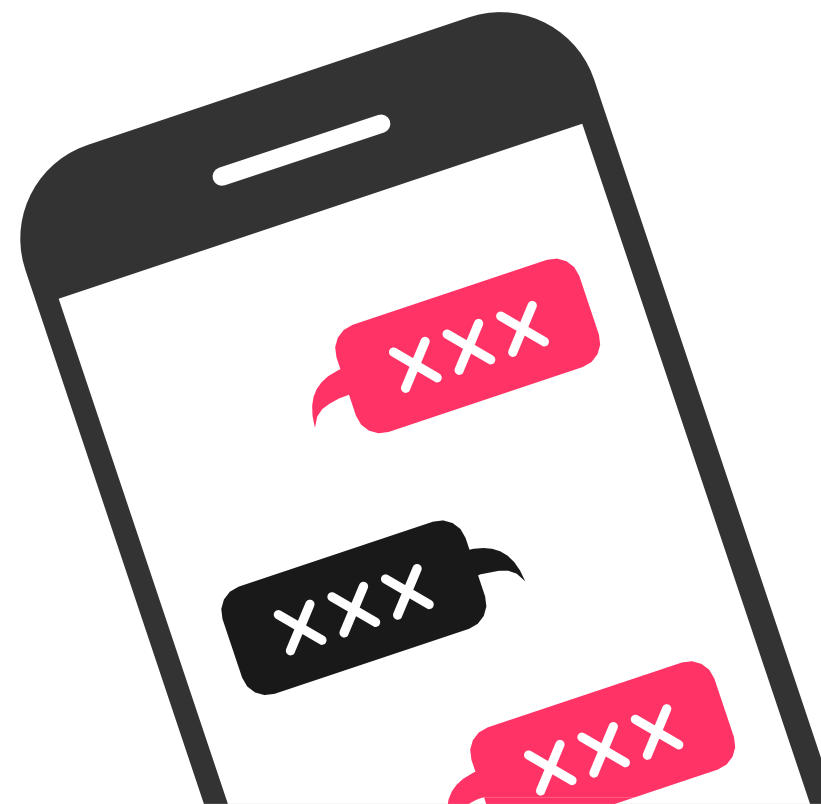
**15-
40%**

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 are children taught in school?

KS1

Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

KS2

Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

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

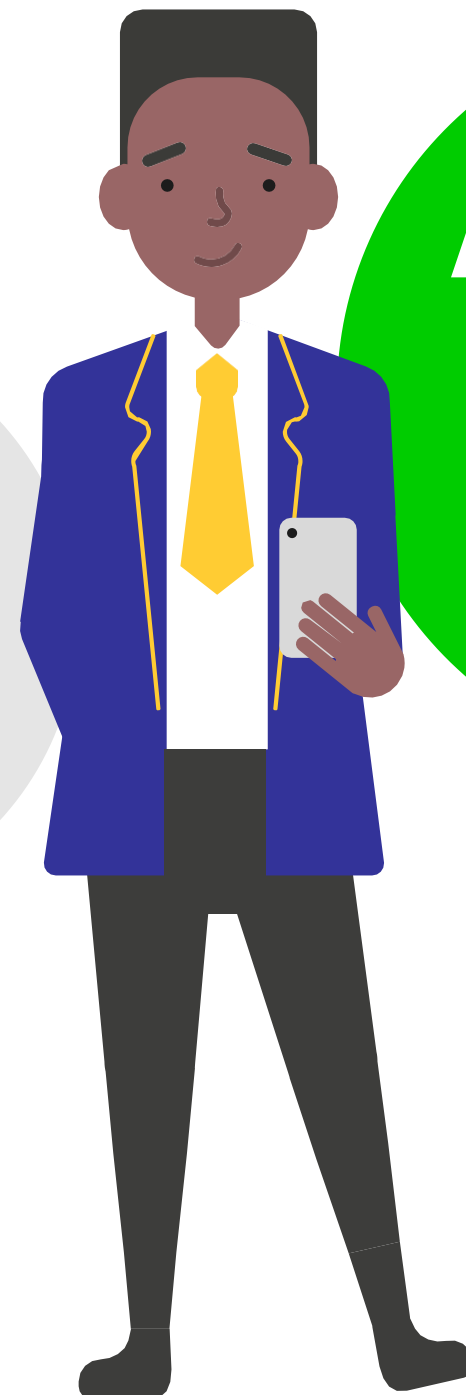
KS4

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

In addition, schools embed it across...

**ICT
curriculum**

**PSHE
lessons**



**Appropriate
filters and
monitoring
system**

**Curriculum
and safeguarding
assessed as
part of Ofsted
framework**

Internet Safety at CMPS

At school our internet is provided by LGFL which provides filtered broadband for schools.

Our filtering and monitoring processes are checked termly by the IT technician and the DSL, and annually by the safeguarding governor.

We test to ensure inappropriate sites and keywords are blocked, for example alcohol, and gambling sites.

In addition to this we use SENSO to provide an additional filter, this works by recognising key words and sending alerts to the Safeguarding team who are then able to find out more to locate the user and device.

This is installed on all of our PC and Laptop computers. Senso is also on any of the laptops that we send home and we are able to track if a child has tried to access inappropriate material at home.

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!



Controlling tech time

And there are tactics you can put in place **to help manage** their screen time....

1

Set a good example

2

Talk together about the time spent online

3

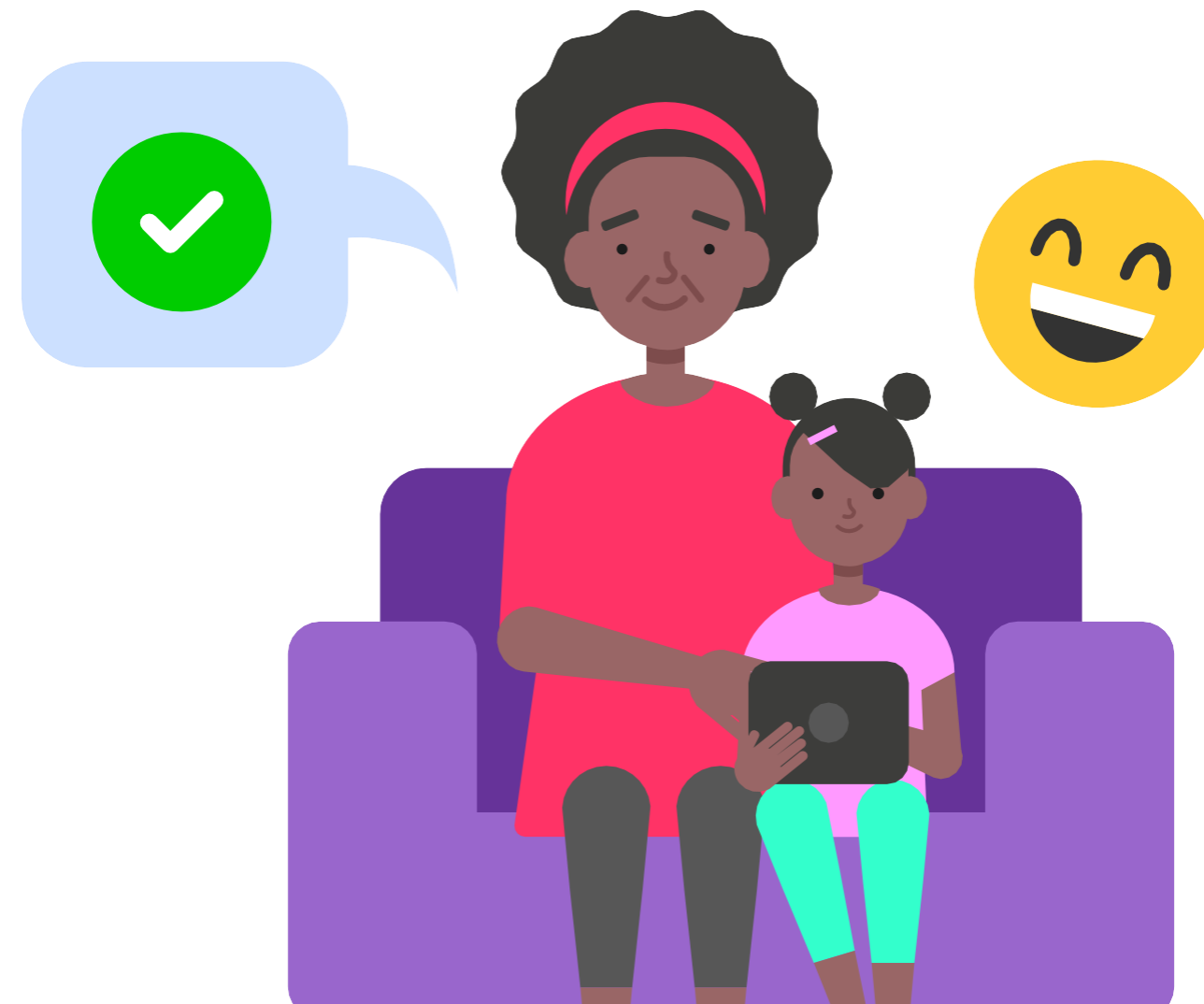
Agree on appropriate length of time they can use their device

4

Get the whole family to unplug & create screen-free zones

5

Use technology/apps to help manage screen time
e.g.
Forest App



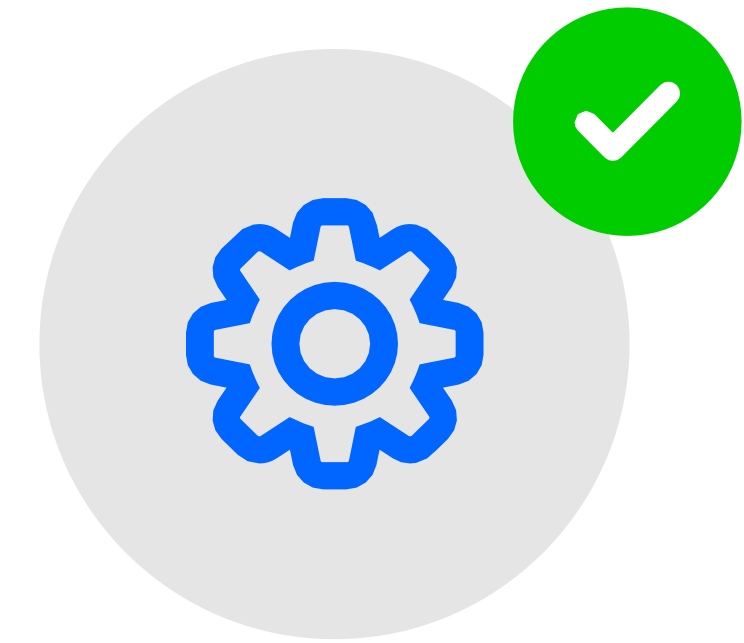
Three things to teach your child



**Be a confident
communicator**



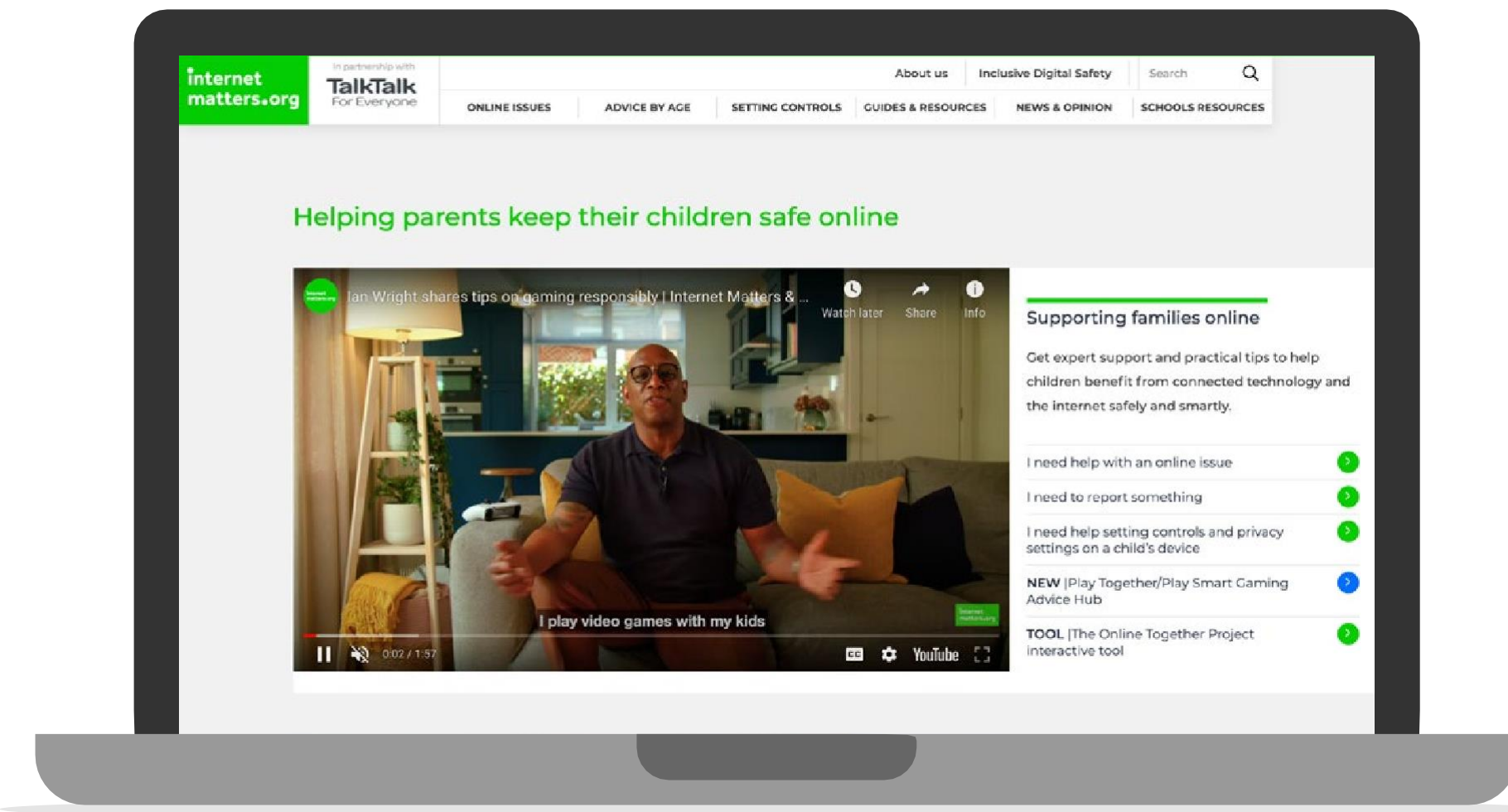
**Be a critical
thinker**



**Be a capable
tools user**

Internet Matters

Our vision is to motivate & educate parents to guide their children to stay safe online



InternetMatters



internetmatters



@im_org

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 the National Society for the Prevention of Child Abuse (NSPCC). It consists 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. It features 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

Other useful support services



Think U Know

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse. [ceop.police.uk/CEOP- Think U Know](https://ceop.police.uk/CEOP-ThinkUKnow)



The National Crime Agency produces excellent advice for children, young people, parents/carers and schools. Their resources are all available at no cost, given they are a government agency, and are produced by leading experts in the field.