

TEACHING CHILDREN ONLINE SAFETY



IDENTIFYING & MANAGING ONLINE RISKS

- **The 4 C's**

- **Content** - The information, media, and entertainment available online, such as websites, apps, games, and social media. Content can be harmful, inappropriate, or misleading. Examples include exposure to profanity, sexual content, nudity, violence, and animal cruelty.
- **Contact** - The interactions and connections that occur between individuals online. Some interactions can be harmful, such as those with online predators or exposure to inappropriate content through peer pressure.
- **Conduct** - The way people behave online. Some online behaviour can increase the likelihood of harm, such as online bullying.
- **Commerce** - The risk from things like online gambling, inappropriate advertising, phishing, or financial scams.



Department
for Education

DISCUSSING ONLINE SAFETY WITH YOUR CHILD

- Create a relaxed, calm atmosphere
 - By having a pressure free environment, children are more likely to be willing to talk.
 - Treat it as a normal conversation, mixed in with other topics
- Reinforce the positives of technology and the internet.
 - Ask what peaks their interests
- Ask open questions & listen
- Don't Blame – Don't judge or punish
- Keep it age appropriate
 - If younger or primary age, you may want to discuss what type of images are okay to send to friends and family, and what areas of your body are private.



HOW COULD THEY FEEL?

- Discomfort or embarrassment – Have they said or posted something online and regretted it?
- Shame/fear – Have they seen something that has worried them
- Annoyance/confusion – Do they understand what is happening? Are there frustrations due to a lack of understanding?
- Happiness – Do they seek validation for online activities? Like or follows?



BE A GOOD ROLE MODEL

- Remember children look up to us as role models in everyday life
- Follow the same advice we're giving the children – Set a good example
- Be conscious of what you're sharing
 - Children may not want something shared, asking children if they'd be happy having a picture or video shared and to who they'd be happy having it shared.
- Keep passwords safe
 - Ensure phones are locked to stop children accessing your phone
- Talk about things you see and read online – keep an open dialogue



SETTING BOUNDARIES

- Keep guidance simple and consistent
- Be available for your child, so they will come to you when they feel something is wrong or they are upset.
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12-year-old as you would from your four-year-old.
- Be willing and give your child opportunities to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments. There are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older

PARENTING GUIDES & CAMPAIGNS

**NSPCC Techosaurus
Childnet SMART Crew
IWF “Think Before You Share”**

TECHOSAURUS

The NSPCC has created Techosaurus, a great resource for parents to use with their children when talking about online safety. Techosaurus is aimed at little ones who are starting to use technology and the internet and keeps the conversation around online safety positive. Techosaurus will help your child to form healthy online habits, routines and behaviours from a young age, and build basic knowledge and skills related to online safety.



TECHOSAURUS PRINCIPLES




Techosaurus aims to teach children 4 lessons in online safety;

- 1. Play** - Play and be kind online. The internet can be a lot of fun, and Techosaurus often finds lots of games to enjoy. But it's important to be kind while you're playing, letting everyone else have fun too!
- 2. Protect** - Lots of important information can get shared online, such as your date of birth and address. It's important to keep this information private and only share it with a safe adult you trust.
- 3. Ask** - Always ask for advice from an adult you trust before you try something new online, it's much safer and more fun to learn together!
- 4. Say** - It's always good to talk to a safe adult you trust about anything that makes you feel sad, worried, or confused. It doesn't have to be a family member, it can be a teacher, a friend's parent, or any adult that you trust and feel safe around.

TECHOSAURUS FAMILY AGREEMENT

FAMILY AGREEMENT

It's important to set rules and boundaries so that everyone knows how to have fun online while staying safe. Together, answer the questions below and add your names to the family agreement.



Child

Which apps and games can I go on?

What should I do if I see something that upsets me?

What should I do if I get a message online?

Signed by

Adult

How will I set a good example for my child?

Where can I go for more information about online safety?

When will I next speak to my child about online safety (date)?

Signed by

NSPCC

CHILDNET - SMART

ChildNet have developed the SMART system aimed to teach online safety to 7 to 11 year olds. They have a set of cartoon videos designed to illustrate e-safety with a team of SMART crew. Each video tackles one of the SMART rules.



BE SMART ONLINE 

S SAFE  Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET  Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A ACCEPTING  Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE  You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL  Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART  Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

INTERNET WATCH FOUNDATION – THINK BEFORE YOU SHARE

Young people are sharing nudes online for all kinds of reasons – with people they know, and people they don't. To help protect them, the **IWF's Think before you share** campaign aims to help young people understand the harm of sharing explicit images and videos of themselves, and others, and encourage parents and educators to start timely conversations with children and young people.



ANY QUESTIONS?

