



Key Stage 1: Online Safety

- What our children are doing online
- YouTube focus
- What you can do to protect your child
- Useful tools and information



- The Internet is good!
- The UK is one of the safest places to be online.
- Early use of digital technology has been shown to improve language skills and promote children's social development and creativity.



- Typically how much time do you spend looking at a screen each day?
- Be pragmatic and realistic





What are our children doing online ?

OFCOM'S 'CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES' REPORT 2023



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TALE OF THE TECH

Devices most often used to go online:



75% of 3-4s use **tablets**



86% of 5-7s use **tablets**



70% of 8-11s use **tablets**



96% of 12-15s use **phones**



97% of 16-17s use **phones**

What are our children doing online ?

PARENTAL CONCERNS

Parents and carers **most commonly** worried about their child ...

75% seeing age-inappropriate content	70% being cyber-bullied online	70% seeing pro-self-harm content
65% giving out personal details to strangers	65% having their data collected by companies	NOS National Online Safety® #WakeUpWednesday



ROCKET LEAGUE



ROBLOX

Google



1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.



PARENT CODE:

2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.



3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.



4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.



5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.



6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.



7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.



8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that their rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.



9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.



10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.





What can you do?

Checklist:

Agree on boundaries

Be clear about what your child can and can't do online – where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.
Agree with your child when they can have a mobile phone or tablet.



You Tube

- 1 billion users
- Owned by Google
- Over 400 hours of content uploaded to YouTube every minute
- Age restriction: 13 years +



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.



Online Content: Youtube





Halloween - Official Trailer (HD)



MEG 2: THE TRENCH | Official Trailer (2023) Jason Statham
JoBlo Movie Trailers
4.4M views • 1 month ago



Scream VI | Official Trailer (2023 Movie)
Paramount Pictures ✓
18M views • 5 months ago



TOP UPCOMING ACTION MOVIES 2023 (Trailers)
FilmSpot Trailer ✓
4.4M views • 1 month ago



Hiroshima: Dropping The Bomb - Hiroshima - BBC
BBC Studios ✓
117M views • 6 years ago



Halloween Ends (2022)
YouTube Movies and TV
Horror • 2022
Buy 18



52% of people [adults] who have seen horror movies say that they have obsessions lead to sleep or eating disorders, as well as increased feelings of anxiety.

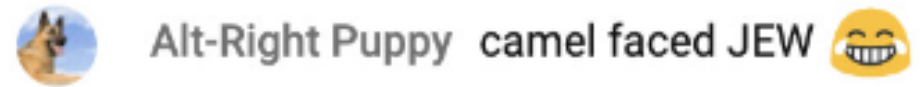
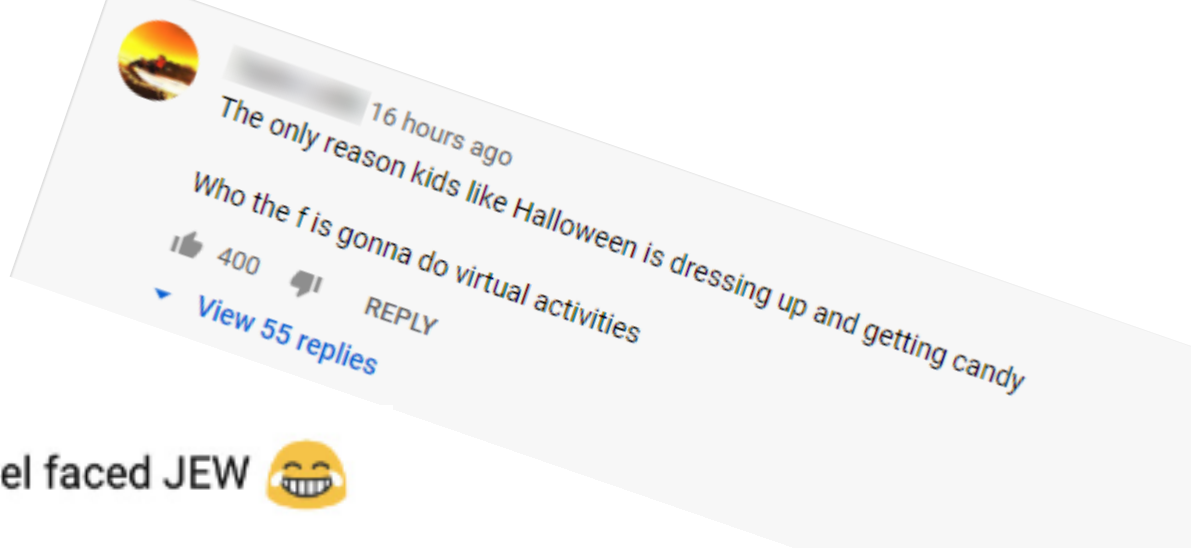


After being exposed to these horror contents, your child is more likely to experience negative effects such as:

- Difficulty sleeping
- Having nightmares
- Fear of the dark, anxiety
- Increased feelings of vulnerability
- Increased vulnerability to potential concerns.



Live comments and chats alongside other content including videos, streams and games can be hurtful, harmful or unreliable.



What can you do?

Search safely

If you let your child search independently, **make sure safe search is activated on Google and other search engines**, as well as restricted mode on YouTube. You can set your default search to one designed specifically for children, such as Swiggle, and can save time by adding these to your Favourites.





Restricted mode:

- additional setting which restricts the availability of potentially mature or objectionable content.
- It uses algorithms, or rules, determine what content might be considered inappropriate by checking different elements such as the title, language and metadata used in each video. Metadata refers to information about the video such as the upload date, creator, video description, and tagged keywords.

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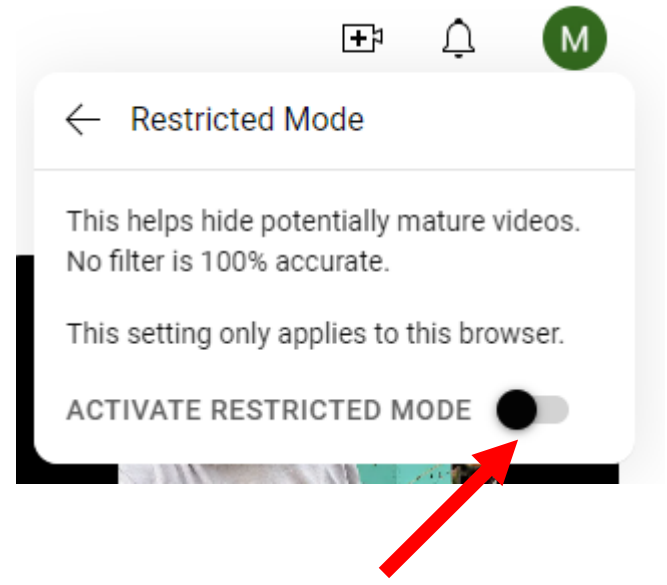
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You Tube

A screenshot of a YouTube account settings menu. The menu is displayed in a light grey box with a white background. At the top, there are icons for a plus sign, a bell, and a profile picture with the letter 'M'. Below these, the account name 'Meersbrook Bank Primary S...' and handle '@meersbrookbankprimarys...' are shown, along with a link to 'View your channel'. The menu items include: 'Google Account', 'Switch account' (with a right arrow), 'Sign out', 'YouTube Studio', 'Purchases and memberships', 'Your data in YouTube', 'Appearance: Device theme' (with a right arrow), 'Language: British English' (with a right arrow), 'Restricted Mode: Off' (with a right arrow and highlighted by a red rectangle), 'Location: United Kingdom' (with a right arrow), 'Keyboard shortcuts', 'Settings' (with a gear icon), 'Help' (with a question mark icon), and 'Send feedback' (with an exclamation mark icon). A close button (X) is at the bottom right.



You Tube





What can you do?

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. **For example, the minimum age limit is 13 for several social networking sites**, including Facebook, Instagram, Snapchat and TikTok.

Make use of platforms and services designed with children in mind like CBBC, YouTube Kids, Sky Kids, BBC iPlayerKids. Although sites aimed at under-10s like Spotlite (Formerly Kudos) also have social networking elements. See other similar social networking sites built for kids in our ['Social networks made for kids' guide.](#)



What can you do?

Check if it's suitable





What can you do?

Stay involved

Encourage them to use their tech devices in a shared space like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.





Keep up to date

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefits of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers), so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR
Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy games that they use the internet for, or favourite games and apps they're into and help you spot any aspects in action that which might require a settings adjustment or a limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE
At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how bodies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMEMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU
In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!
The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL
Here, you could give examples from your own digital life of the online world versus reality – for example, those perfect holiday photos which show the best of your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM
As much as possible, try to stay calm when if your child tells you about an online experience that makes you feel angry or fearful. Our immediate reactions frequently influence the way a child from speaking openly about what they've seen, give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'
Involving your whole household in coming up with a family agreement about device use can be incredibly beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home, they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining online things we've help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert
We've asked our expert, Sarah, to share her top tips for encouraging open discussions about digital lives. Sarah is a parent and a member of our Parent Advisory Committee. She has experience of working with children and young people who have been affected by online abuse and has helped them to understand the risks and how to stay safe. Sarah is also a member of our Parent Advisory Committee.

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<https://saferinternet.org.uk>

Be in the know

You'll get knowledge, skills and tools to make the internet safer for young people at your care. Each sent once per month.

Subscribe to the UK Safer Internet Centre Newsletter



My Family's Digital Toolkit

Answer a few simple questions about your family and receive personalised online safety advice.

[GET YOUR TOOLKIT](#)

[FIND OUT MORE →](#)





What can you do?

Put yourself in control

Set parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

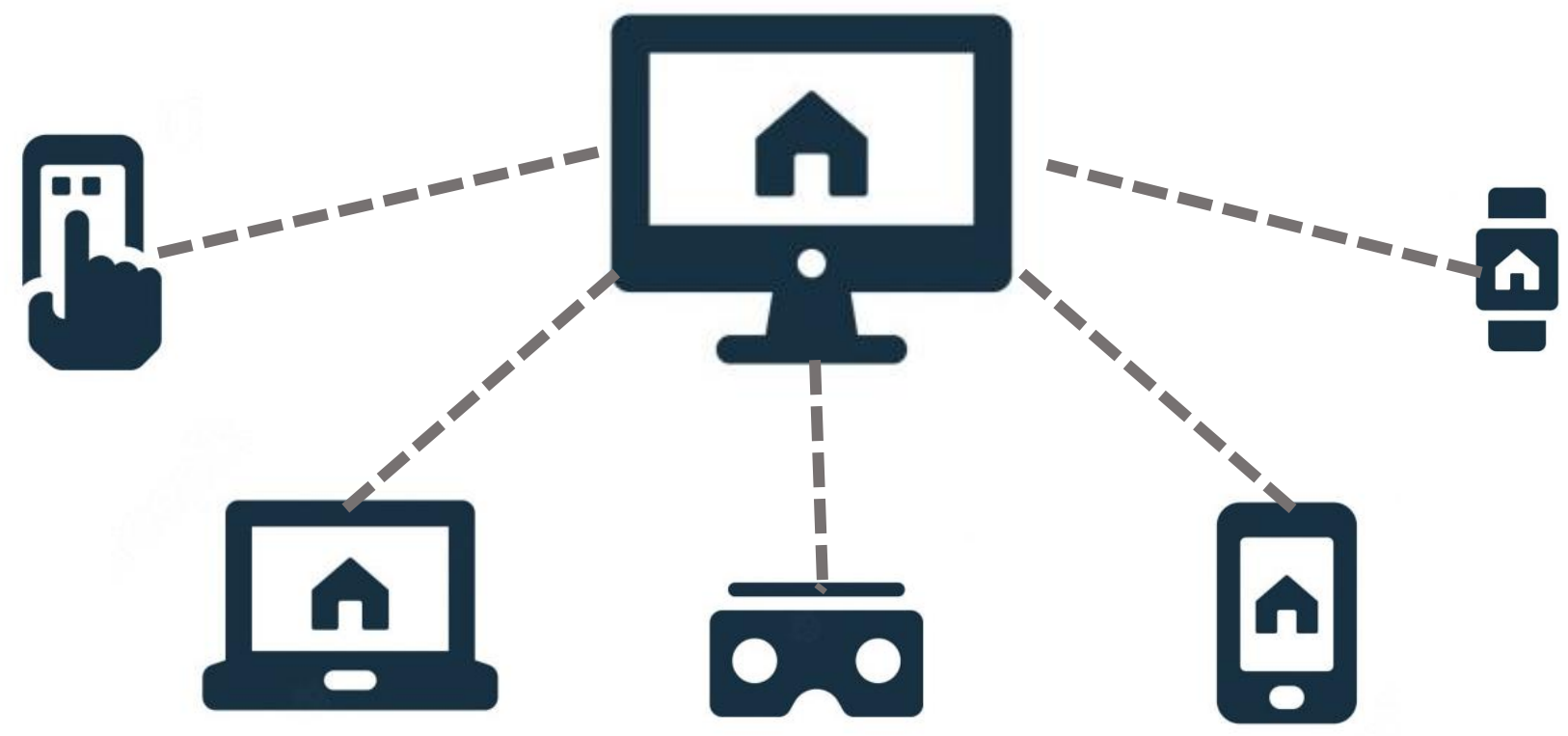
When you do give them their first device make sure that it is set up appropriately for them with the right parental controls in place. It's a good idea to **introduce tech-free meal times** and encourage them to **keep phones out of the bedroom at night** to help them build a healthy screen time balance.



Parental Controls



Parental Controls





Parental Controls



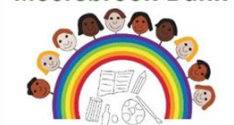
<https://www.internetmatters.org/parental-controls>





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Pupil Acceptable Use Agreement (Younger Pupils)

This is how we stay safe when we use computers:

- I will ask a teacher or suitable adult if I want to use the computers or tablets.
- I will only use activities that a teacher or suitable adult has told or allowed me to use.
- I will take care of the computer and other equipment.
- I will ask for help from a teacher or suitable adult if I am not sure what to do or if I think I have done something wrong.
- I will tell a teacher or suitable adult if I see something that upsets me on the screen.
- I know that if I break the rules I might not be allowed to use a computer or tablet.
- I will only open or delete my own files.
- I know that sometimes the things that I look at will be checked by an adult.





What can you help me report?



Threats



Impersonation



Bullying or Harassment



Self Harm or Suicide Content



Online Abuse



Violent Content



Unwanted Sexual Advances



Pornographic Content



Action Counters Terrorism: If you've seen something online that supports, directs or glorifies terrorism, report it here.

Report Terrorist Activity

We are unable to take reports of sexual images of under 18s. You can report sexual images of under 18s online directly to the Internet Watch Foundation.

Report Child Sexual Abuse Imagery



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Thank you for listening.