

Online Safety



8th May 2019

*“Our children are the
guinea pigs of the
digital age”*

Professor Sonia Livingstone

HOPES & STREAMS SURVEY REPORT

40,000 pupils took part in this year's LGfL DigiSafe pupil online-safety survey about their online lives. We found out what they love and what they hate, what really goes on behind closed screens, and who they trust when things go wrong. Discover what we learned and what it means for schools, parents, industry and government in our new report, 'Hopes & Streams'.

HOPEs & STREAMS SURVEY REPORT

Almost 1 in 6 pupils have seen something that encourages self-harm

2 in 5 pupils have never told anyone about the worst thing that has happened to them online

73% of pupils trust parents on online safety, but only 56% talk about it more than once a year

Nearly 1 in 10 who video chat with people they haven't met have been asked to change or undress

Online Safety Alerts - Think Before You Scare



SCARE-SHARES CAN CAUSE:

- 1. False sense of security**
- 2. Free publicity**
- 3. Unproductive panic**

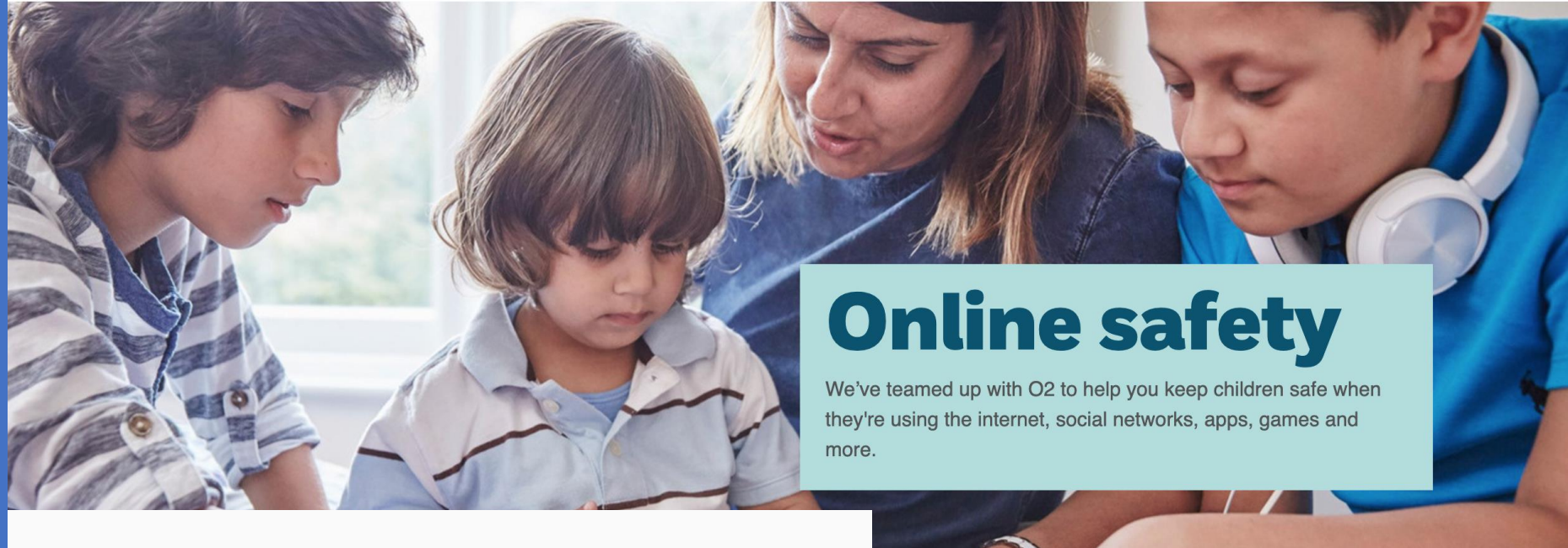
WHAT CAN WE DO INSTEAD?

- 1. Drip feed information**
- 2. Focus on the positives**
- 3. Help establish a dialogue**

“At the very beginning of life we learn astonishingly quickly about the physical world, about other people, about who we are and what we can do, and about communicating and using language to shape and share our thoughts.”

“But beyond what we learn about, in our earliest years we are also building habits of mind that will support us to continue to learn and be successful throughout our lives.”

Nancy Stewart. How Children learn. The characteristics of effective early learning.(2011)The British Association for Early Childhood Education



Online safety

We've teamed up with O2 to help you keep children safe when they're using the internet, social networks, apps, games and more.

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe?



Agree rules about what's ok and what's not.

T E **A** M



Talk about staying safe online.

T E A M



Explore their online world together.

T **E** A M



Manage your family's settings and controls

T E A **M**

...and repeat – making it part of your everyday life.



Talk



Explore



Agree



Manage

[Read our cookie policy](#) to find out how they used.

internet
matters.org

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About us

ISSUES

ADVICE

CONTROLS

Helping parents keep their children safe online

Get kids' tech set up
safe with new step by
step guides



✓ **Search safely**

Use safe search engines such as [swiggle.org.uk](https://www.swiggle.org.uk) or [kids-search.com](https://www.kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at [google.co.uk/safetycentre](https://www.google.co.uk/safetycentre).

✓ **Set boundaries**

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a communal area, keep other devices out of reach and use passwords so they can't go online without asking you first.

✓ **Explore together**

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites and apps you've chosen.

✓ **Help them learn through games**

Games are a great way for young children to explore the internet and learn about the world around them. You can choose safe, fun and educational games free of charge from providers such as Fisher Price or about their favourite characters like Peppa Pig.

Children can now have a digital footprint before they learn to speak and often before they're even born.

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online as they grow up - with information, advice and support on all the big e-safety issues.

**internet
matters.org**

Top Internet Manners

internet
matters.org

As the online world becomes a bigger part of our daily lives, it's important to make sure we all, especially our children learn the difference between good and bad behaviour online.

To get started see our top internet manners to encourage us all to make the online world a kinder place to be.



1. Treat others as **you** would like to be treated



2. If you wouldn't say it to someone in person, **don't say it online**



3. People can't see your facial expressions or hear the tone of your voice online so **don't over-use icons and punctuation** to convey meaning

4. Don't make a situation worse by provoking people even more



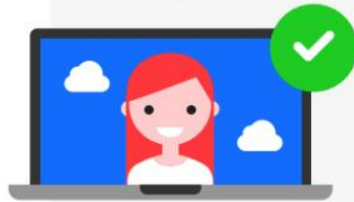
5. Don't start rumours or spread gossip about someone online



6. Don't make fun of someone in an online chat



7. Post things that will inspire and motivate people in a positive way



8. Make sure you don't create a negative environment in an online world or game through name calling



9. Include people in online games and social forums, and don't intentionally leave people out



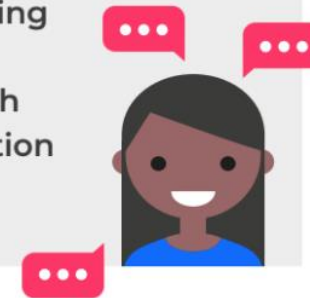
10. You can't retrieve material once it's sent or posted online so if it might embarrass you or someone, don't put it online



11. Respect other people's privacy



12. Respect other people's time and bandwidth by avoiding posting too much information



What age specific advice is available for my child?

Whatever their age, we can help you to find out more about what your children might be doing online and give you some simple, practical and easy advice on the steps you can take as a parent to keep them as safe as possible.



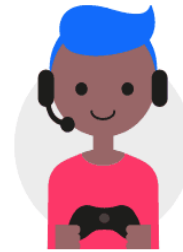
0-5

[READ THE GUIDE](#)



6-10

[READ THE GUIDE](#)



11-13

[READ THE GUIDE](#)



14+

[READ THE GUIDE](#)

Videos <https://www.internetmatters.org/>

Online safety advice to help children manage digital challenges

Supporting 11-13 year olds online



Supporting 6 - 10 year olds online



Supporting 14+ year olds online





Welcome to Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

Are you...





A National
Crime Agency
command

Child Exploitation and Online Protection command

If you need to hide this site
quickly, just click here



Quick exit



Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or
the way someone has been
communicating online, let CEOP know.



What happens when I make a report? →

One of our experienced Child Protection
Advisors will be there to make sure you
get the help that you need.



How can CEOP help me? →

Online abuse affects many children and
young people every day, CEOP has
helped thousands of people in need of
support.





Resources for parents and carers

Check out a range of e-safety advice and support from key organisations.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/resources-parents-and-carers>

Home Contact

Log in

f Instagram in Twitter

parentzone
The experts in digital family life

Trending Our services Policy Membership Partnerships For schools For parents Shop About us

Home > Advice > Parent guides

amazon
Amazon Prime

APEX
— LEGENDS —
Apex Legends

CLASH OF CLANS
Clash of Clans

Critical thinking



<https://parentzone.org.uk/advice/parent-guides>

Sign up for a regular newsletter.

Gaming Advice

- How many parents are playing games online with their children?
- How many children play 18 games?
- Do you what games your children are playing?

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

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Parents guide to Roblox and how your kids can play it safely

By [Andy Robertson](#) on 1st March, 2018



Freelance games expert

Andy Robertson has three children and enjoys racing R/C cars, playing board games and video games with his family. He is a freelance family technology expert for the BBC. He also runs the Family Gamer TV YouTube channel and contributes to a range of national media on the topic of video games and family.

Is Roblox safe for children to play? This is the question that a lot of parents are grappling with, following the recent concerns raised in the media. To help ease those fears, [Pocket-lint](#)  tech journalist and games expert Andy Robertson sheds light on the game and how it can be played safely.

[more info](#)

Use our [Set up Safer](#) privacy setting guide to help you create a safer online space for your children.

The video player displays a woman with long blonde hair, wearing a black lace top, speaking directly to the camera. The background shows a window with a bookshelf. The video title is "How to keep kids safe on Roblox". The player interface includes a progress bar at 0:26 / 3:04, a volume icon, a play button, and a red progress line. In the top right corner, there are icons for "Watch later", "Share", and "Info", along with the Roblox logo. The "internet matters.org" logo is visible in the top left and bottom right corners.

internet matters.org

How to keep kids safe on Roblox

Watch later Share Info

internet matters.org

0:26 / 3:04

YouTube

» What can I do?

Use these tips to help children game more safely online.

- **Know what games children are playing.** Ratings sites like [ESRB.org](https://www.esrb.org) and [CommonSenseMedia.org](https://www.commonsensemedia.org) can help you decide if a game is appropriate.
- **Learn how to use the safety features.** For example, does the game have reporting features or moderators? Can players be blocked?
- **Ask with whom children are gaming.** Learn the usernames of anyone your children play with frequently.
- **Discuss what information children are sharing.** Tell them not to share personal information like credit card and phone numbers
- **Know where children are gaming.** You may be supervising your home console, but where else are children gaming? Do they play on mobile devices? At friends' homes?

» Start the Conversation!

Talk to children and teens about online gaming.

- Can I play this game with you?
- Have you ever been cyberbullied while gaming? What did you do?
- Do you know what information is OK to share about yourself while gaming?
- Who do you play online games with?
- Has anyone talked about sex while you were gaming or asked you to send pictures of yourself?

<https://lgfl.planetestream.com/View.aspx?id=793~3G~QYEphq>



Parents: 3 reasons why it's worth having 'that online-safety chat'

73% of
pupils trust
parents on
online safety,
but only 56%
talk about it
more than
once a year

2 in 5 pupils have
never told anyone
about the worst thing
that has happened to
them online

But of those
who did, 71%
chose to tell a
parent or carer



DigiSafe



Read more about the survey these statistics come from in Hopes & Streams at pupilsurvey.lgfl.net
Download this poster from safeposters.lgfl.net; see more materials at saferesources.lgfl.net

6 TOP TIPS FOR PARENTS

SCREEN TIME



1. RULES

Agree on a clear set of rules in your home about screen time.



2. LEAD BY EXAMPLE

Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour.



3. PHONE FREE ZONE

Restrict the use of TV's, mobile phones and computers in the bedroom!



4. CHARGING PHONES

Buy an alarm clock for your child's room and charge mobile phones in your room!



5. DIGITAL DETOX

One evening a week have a family digital detox and plan a family activity!



6. JOIN IN

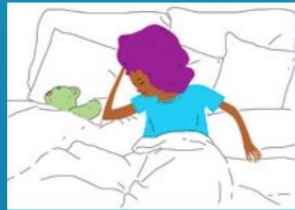
Play your child's favourite computer game and discover the online world together.

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

