



ONLINE SAFETY

PRESENTATION FOR PARENTS

Purpose of the Briefing

To raise the subject

To let you know about some of the current issues

To give you some ideas about what you can do to safeguard your child

To give you some useful links and further reading



What is online safety and what does it mean for you?

The internet is an incredible resource with the ability to allow children and young people to learn new things, be creative and connect with each other...

But there will always be risks present when using the internet, and these risks are always changing.

That's why it is important for parents to keep up-to-date with issues concerning using the internet.

Your role in your child's online safety is crucial, as you can be there to help avoid these risks turning into problems.



Did you know...

Online harms involving children are increasing year-on-year?
According to the NSPCC...

4%

of primary-age children
said they had been sent
or shown a naked or
semi-naked picture or
video by an adult.

6%

of primary-age children
who live stream said
they had been asked to
change or remove an
item of clothing.

16%

of primary-age children
said they had seen
content that encouraged
people to hurt
themselves.



Which is why it's important to understand the risks children and young people may face online.

This presentation covers:

Where these risks are present

What the risks are

How these affect children and young people

Spotting something wrong

Talking about online safety

Reporting concerns

Minimising the risks

Setting a good example

Where online safety risks may be present



Messaging platforms:

children and young

people can talk to others via various different messaging platforms, even email. This could be via text-based messaging, video chatting, e.g. using a webcam, or in chat rooms.



Gaming: online gaming is

increasingly popular and

can be accessed via computers, mobile devices and games consoles. Children and young people are able to chat and share with others, even those they do not know.



Where online safety risks may be present



Social media: as well as the risk of being exposed to inappropriate material from others, social media platforms like Facebook and Instagram allow children and young people to share information about themselves, including pictures, with both friends and strangers.



Content sharing platforms: platforms like YouTube and TikTok are content-sharing platforms. This means that children and young people may be at risk of being exposed to harmful material, scams and overspending.



What are the risks?

Being abused or exposed to abuse. For example:

Seeing violent, sexual or otherwise inappropriate material.

Meeting people who might bully or intimidate them.

Fake profiles, sexual grooming and stalking.

Being manipulated. For example:

Exposure to inaccurate or false information, e.g. fake news.

Exposure to extreme views and opinions.

Blackmail and extortion.

Being exposed to harmful behaviours. For example:

Exposure to self harm, including eating disorders.

Unintentionally getting involved in bullying others.

Getting involved in anti-social behaviour.

Having personal information and data stolen. For example:

Over-sharing personal information online.

Having their identity stolen.

Being hacked.



How online harms can affect children and young people

Being groomed, exploited and manipulated

Feeling upset by what they have seen

Being pressured to engage in risky behaviour

Developing unrealistic views of themselves

Excessive internet use and online purchases

Feelings of shame, guilt and self-loathing

Exaggerating themselves or being false online

Becoming subject to peer pressure

Creating a harmful online reputation

Facing intense or difficult interactions



Spotting something wrong

When one of these risks starts to become a problem, children and young people may exhibit certain signs they are unhappy or suffering.

Change in use

They may spend a lot more or less time online or texting.

Change in mood

They may seem distant, angry or upset after being online or texting.

Secrecy

They may be secretive about who they are talking to and what they are doing online.



Spotting something wrong

Many contacts

They may have lots of new contacts, such as phone numbers, on their device.

Being protective

They may become protective over their devices and refuse others access to it.

Personality change

They may want to change who they are or begin dressing differently.

Many of the signs of online abuse are similar to the signs of offline abuse. It is important to remember that every child exhibits different behaviours when in these situations.



Talking with your child about online safety



Engage in what they

enjoy: ask your child

about the sites they like to visit and what they enjoy doing online. This should be done on a regular basis and helps build trust between you and your child.



Ask what they already

know: ask your child if

they already know how to stay safe online and what they have learnt at school. What tips do they have to tell you about staying safe?

Talking with your child about online safety



Where they can get

help: ask your child

whether they know what to do when they feel uncomfortable online. Ask them what sorts of things might make them uncomfortable so they can learn to recognise it.



Using the internet

together: talk to your child

about ways you could use the internet together or as a family. Find out what they might enjoy. Using the internet together is a good way to set an example to your child.



Reporting concerns and getting advice

If you have a concern about somebody your child is talking to online, that person should be blocked or removed from your child's list of contacts and reported to CEOP.

www.ceop.police.uk/safety-centre

If you are worried about a child or young person and need advice, you can contact the NSPCC on **0808 800 5000** or online.

Children and young people who have concerns about their online safety can contact Childline on **0800 1111**.



Minimising the risks of online harm

It is advised you do the following to minimise the risks associated with texting and using the internet:

Familiarise yourself with the safety functions on the online platforms your child uses

Encourage your child to think before talking to anyone they do not know, or do not know well

Pay attention to and monitor your child's behaviour during and after being online

Consider using parental control features on the platforms your child uses

Explain to your child that some behaviour online is negative and abusive, and how to recognise it

Establish clear guidelines and rules for your child so they understand what is suitable to share

Talk to your child about how easy it is for somebody to pretend to be somebody else online

Inform your child that they should not accept 'friend' requests from people they do not know

Explain to your child that online platforms and games are businesses designed to make money

Make sure your child knows what is okay to download from the internet



Minimising the risks of online harm

It is advised you do the following to minimise the risks associated with texting and using the internet:

Check your bank accounts and bills regularly for any signs of identity theft

Consider installing safe search filters to your child's devices

Point your child to trustworthy sites when they want to download or purchase something

Check your child's internet history regularly and monitor the websites and apps they are visiting

Teach your child how to spot fake profiles, unsecured websites and pirated content

Explain to your child that companies that want to sell them something try to catch their attention

Ask your child regularly about who they are chatting to online and for what purposes

Make sure your child's online accounts are set to the highest privacy setting

Inform your child they must be truthful about their age online so they avoid inappropriate content

Ensure your child understands that some online 'challenges' may be dangerous or illegal



Setting a good example

Another way of minimising the risk of online harm is to set a good example for your child when they are using the internet.

Teach yourself

Learn how to spot scams, fake profiles and unsecured websites.

Trusted websites

Use trusted websites and platforms around the home, e.g. Netflix and Spotify.

Appropriate use

Do not allow your child to use your accounts and devices, as age settings may differ.



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Stick to rules

Keep to the rules and boundaries you have set for internet use.

PEGI ratings

Stick to the PEGI ratings provided on video and gaming content.

Consistency

Reinforce at home the online safety education your child receives at school.



Protect Young Eyes



[CLICK HERE to see how to
manage the Parental
Controls on ALL of your
child's devices](#)



[CLICK HERE to see
more information on the
Apps your child may be
using](#)



Further reading

Net Aware

www.net-aware.org.uk

Internet Matters

www.internetmatters.org

NSPCC

www.nspcc.org.uk

Think U Know

www.thinkuknow/parents

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Final Thought

You CANNOT keep on top of, block and install controls for all of the devices and Apps your child may be using.

You CANNOT ban your child from using the internet altogether!

You CAN develop a trusting dialogue with them