

Complete the stats

- 1) 96 % of children aged 4-15 watch video-sharing platforms (YouTube, Twitch, TikTok etc)
 - 2) Boys / ~~Girls~~ are more likely to have rules in place at home about gaming use.
 - 3) The most common parental concerns related to their child viewing age-inappropriate content (75%)
- All according to OFCOM - Children and Parents media use and attitudes

Online Safety Advice

Jamie Dean – Senior Community Safety Officer –
Derbyshire County Council

Parents:

Children:

Has someone you don't know ever tried to
with your child online?

Has someone you don't know ever tried to make contact with
you online?

Cyber and Online crimes by main types

12 months
to Aug 2022

Stalking And Harassment

1,194

Miscellaneous Crimes Against Society

416

Other Sexual Offences

192

All Other Theft Offences

135

Public Disorder

58

Violence Without Injury

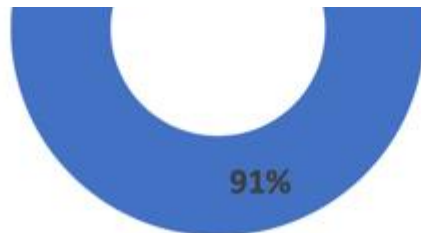
28

■ No
■ Yes

Parents:

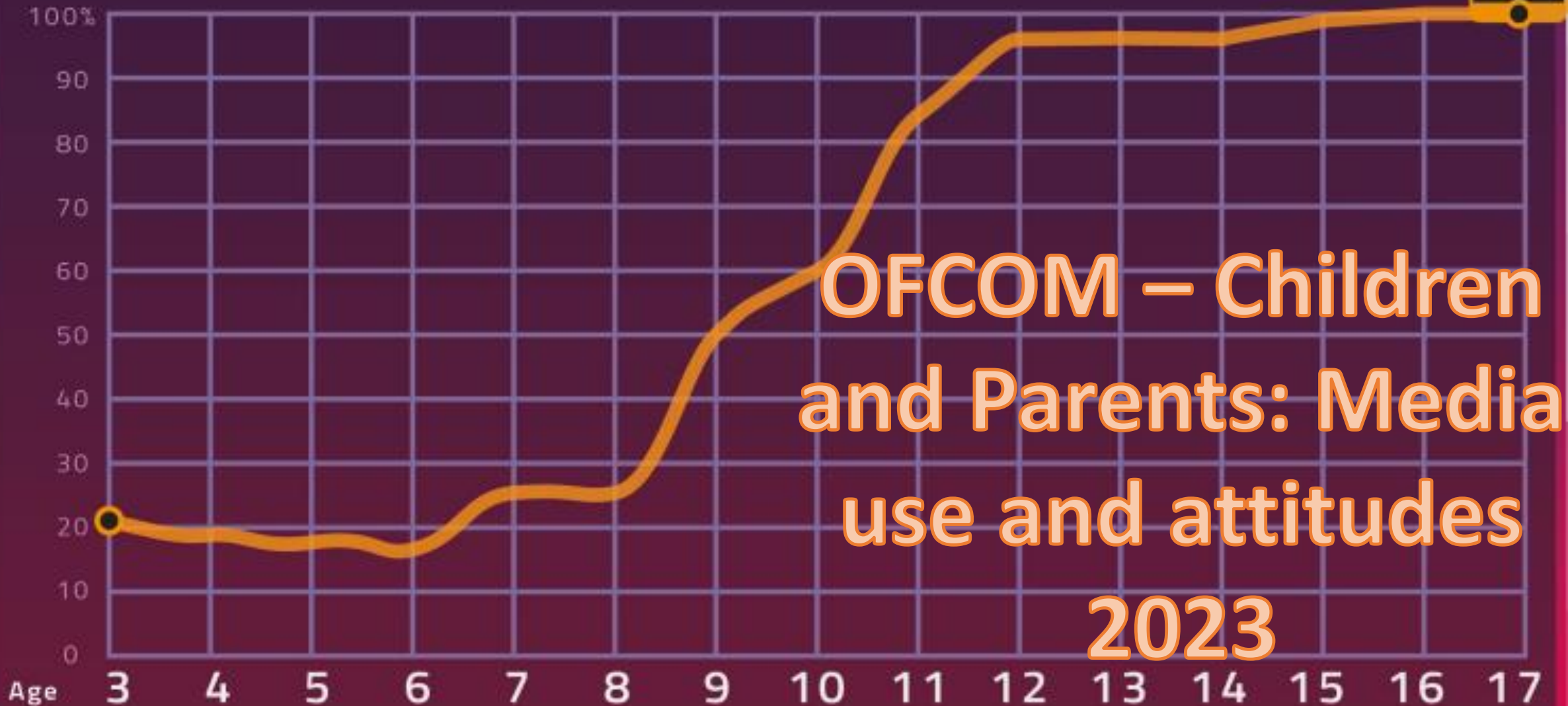
Ha

horrible



■ No
■ Yes

Mobile phone ownership by age



OFCOM – Children
and Parents: Media
use and attitudes
2023

Aims of this Workshop

- **Understand your relevant School policies**
- **Online Safety Bill Update**
- **My Golden Rule for Online Safety**
- **Discuss Screen Time**
- **Discuss the risks of WhatsApp**
- **How to respond to an online incident**
- **Discuss Risks of Online Gaming**

Policies – Acceptable use agreement: Parents

- I will encourage my child to adopt safe use of the internet and digital technologies at home and will inform the school if I have concerns over my child's online safety.
- I will monitor my child's use of technology at home and ensure they have safe access to age-appropriate content/apps/technology, and that they interact/communicate with other pupils responsibly in a way that does not break the law or contravene the school's behaviour or anti-bullying policies.

Policies – Acceptable use agreement: EYFS/KS1

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/tablets.
- I will only use activities that a teacher or suitable adult has told or allowed me to use.
- I will take care of computers/tablets 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/tablet.

Policies – Acceptable use agreement: KS2

For my own personal safety:

- I understand that what I do online will be supervised and monitored and that I may not be allowed to use devices in school unless I follow these rules and use them responsibly.
- I will only visit internet sites that adults have told me are safe to visit.
- I will keep my username and password safe and secure and not share it with anyone else.
- I will be aware of “stranger danger” when I am online.
- I will not share personal information about myself or others when online.
- If I arrange to meet people off-line that I have communicated with online, I will do so in a public place and take a trusted adult with me.
- I will immediately tell an adult if I see anything that makes me feel uncomfortable when I see it online.

Policies – Acceptable use agreement: KS2

I will think about how my behaviour online might affect other people:

- When online, I will act as I expect others to act towards me.
- I will not copy anyone else's work or files without their permission.
- I will be polite and responsible when I communicate with others, and I appreciate that others may have different opinions to me.
- I will not take or share images of anyone without their permission.

I understand that I am responsible for my actions, both in and out of school:

- I know that I am expected to follow these rules in school and that I should behave in the same way when out of school as well.
- I understand that if I do not follow these rules, I may be subject to disciplinary action. This could include loss of access to the school network/internet, detentions, suspensions, parents/carers contacted and in the event of illegal activities involvement of the police.

Online Safety Bill

More responsibility for the major online platforms.

Risk Assessments and verification.

“Triple Shield”, automatically applying to children’s accounts.

A series of new offences, introduced by the Bill:

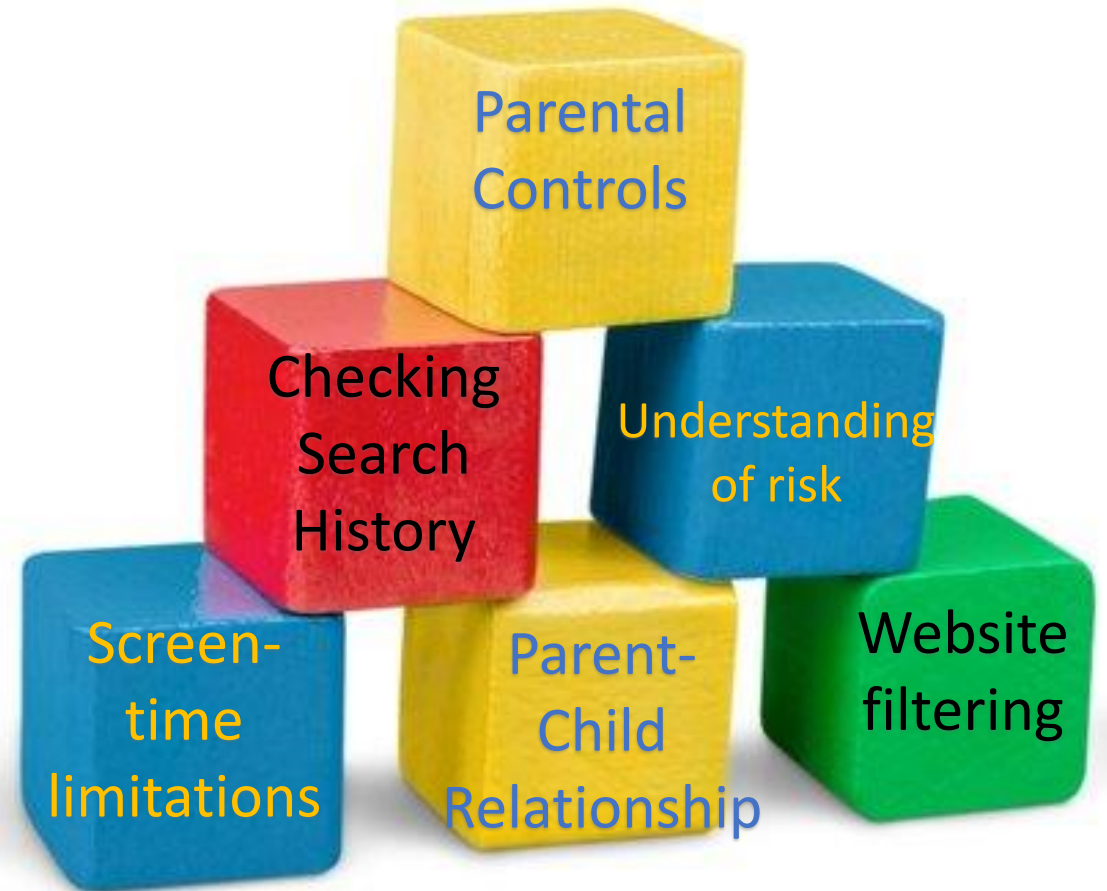
- Sending flashing images to a person with Epilepsy
- Cyber-Flashing
- Sending False Communications
- Sending Threatening Communications
- Encouraging or assisting Self-Harm
- Sending intimate images

Positive, Healthy parent-child relationship

- Open and frequent conversations.
- Acknowledge the value of the Internet
- Building Trust
- Victim Blaming Language

Ways in:

- Take a keen interest in your child's interests (play along, ask to be shown, ask what they enjoy most about being online)
- Ask Children for their advice
- What do they want to know more about?
- **Build authentic time for discussion into your everyday life**



Case Study –

[Record number of young in the UK 'at risk of exploitation' this summer | Children | The Guardian](#)

Lisa (not her real name), from Scotland, was only 10 when she began using a free online chat website that allowed users to socialise with strangers. The site randomly paired users in one-on-one sessions where they could message anonymously without registering their details.

Lisa was unlucky. She was coerced into sending indecent images and videos of herself to men overseas. Months later, her mother, Angela, discovered the abuse on Lisa's iPad and mobile phone. Lisa said: "I was embarrassed and felt very guilty about the conversations I had been in. And I felt trapped and was scared I would get in trouble."

Angela said: "Lisa belongs to a loving and supportive family, and we believed that we practised good online safety measures for our children by setting parental controls, limiting time on devices as per their age and regularly checking devices." "I addressed feelings of both guilt and frustration, and I was eventually able to understand the experience of my daughter as the victim she had become."

Screen Time



What is a large amount of screen time?

Discussion: What works at home? What are your worries?

Screen Time – KS1

- 1) Set Digital Rules together
- 2) Stay engaged in their screen use
- 3) Discuss online risks and strategies to tackle them
- 4) Set a good example with your own screen use
- 5) Use tech tools to **manage** their time and access to media



How are children using screens?

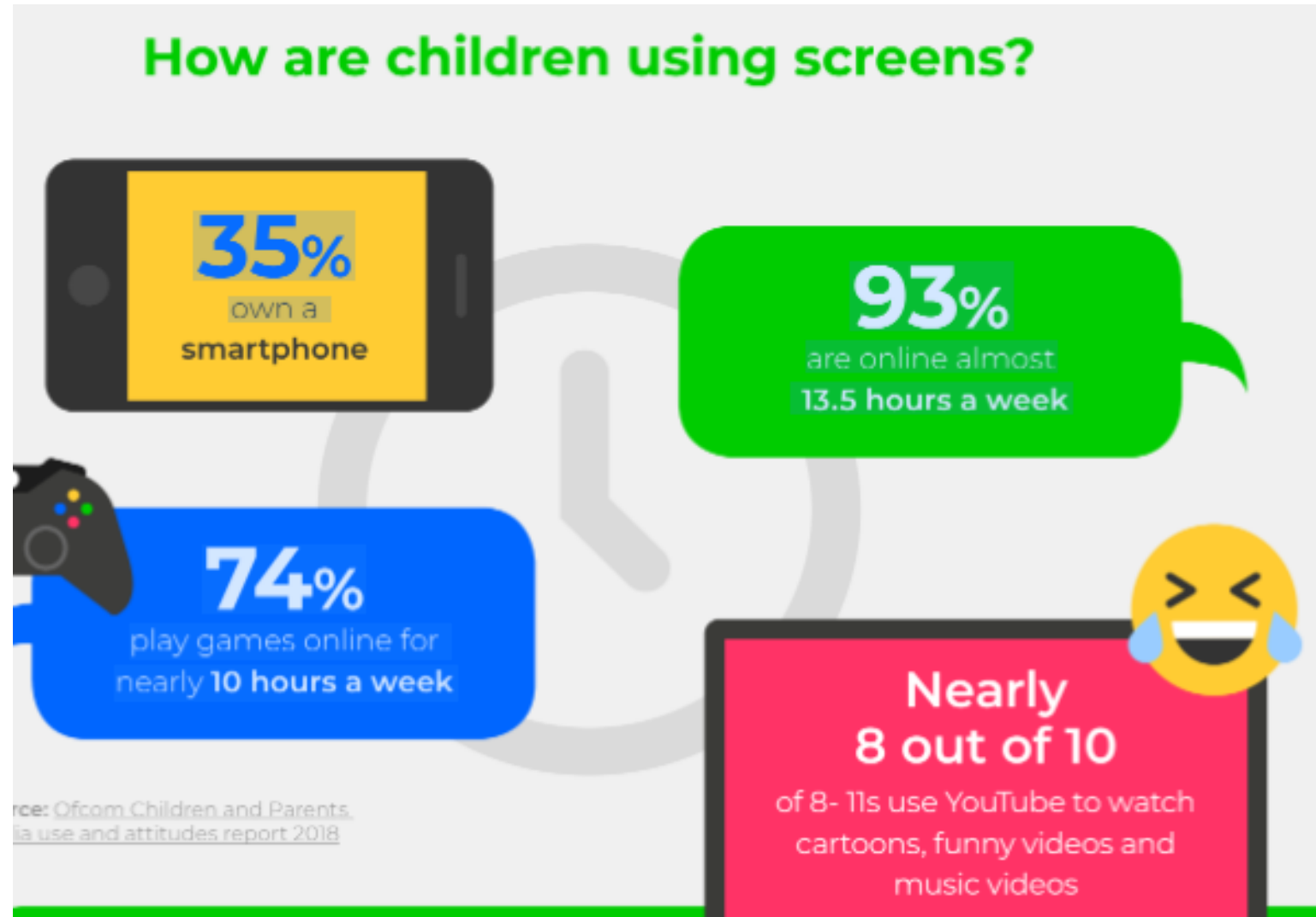


Source: Ofcom Children and Parents



Screen Time – KS2

- 1) Set Screen Time Rules together
- 2) Take an active role in their digital life.
- 3) Equip them with know-how to manage risks online
- 4) Use tools to manage their screen time and access to media
- 5) Encourage them to be selective about what they do online.



WhatsApp Risks

Questions to consider:

- 1) How old do you need to be for an account?
- 2) What is End-To-End Encryption?
- 3) Can anyone message your child?
- 4) Is there any physical deterrent to being mean online?

Preparing to use WhatsApp

- 1) Have a conversation about being a **good online friend**.
- 2) Discuss that actions online have lasting consequences.

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



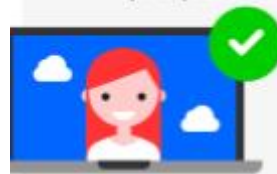
5. **Don't start rumours or spread gossip** about someone online



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.



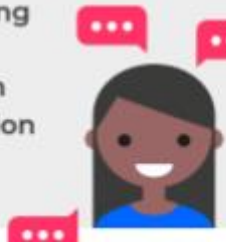
10. You can't retrieve material once it's sent or posted online so if it might embarrass you or someone, **don't put it online**



11. **Respect** other people's privacy



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



Preparing to use WhatsApp

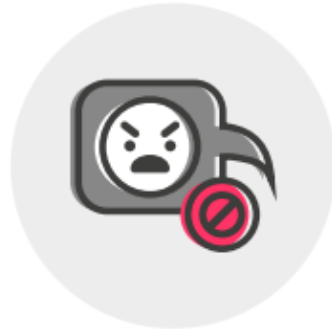
3) Discuss a plan to deal with Cyber-bullying

4) Look at Privacy settings together

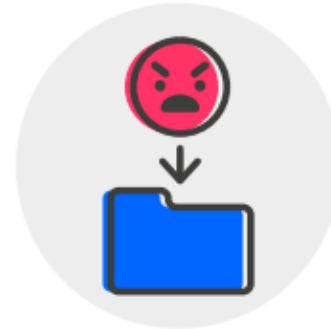
Tips to deal with cyberbullying



Make sure your child knows they can share anything that upsets them online with a trusted adult. Watch Childnet's Captain Kara video ['T for Tell'](#)



Never retaliate – remind your child that saying mean things back to a bully makes the situation worse












Save the evidence – encourage your child to save messages, photos and screenshots of online bullying as proof to show to a trusted adult



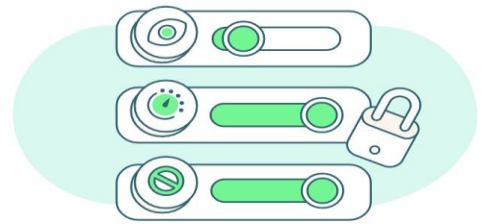
Explore the games and apps your child uses together and find report and block buttons to understand what they do

 **Jamie**
Hosting a Webinar

-  **Account**
Security notifications, change number
-  **Privacy**
Block contacts, disappearing messages
-  **Avatar**
Create, edit, profile photo
-  **Chats**
Theme, wallpapers, chat history
-  **Notifications**
Message, group & call tones
-  **Storage and data**
Network usage, auto-download
-  **App language**
English (device's language)
-  **Help**
Help centre, contact us, privacy policy





 **Privacy checkup** ✕
Control your privacy and choose the right settings for you. [Start checkup](#)

- Who can see my personal info**
- Last seen and online**
Everyone
- Profile photo**
Everyone
- About**
Everyone
- Status**
My contacts
- Read receipts**
If turned off, you won't send or receive Read receipts. Read receipts are always sent for group chats.
- Disappearing messages**
- Default message timer**
Start new chats with disappearing messages set to your timer Off
- Groups**
Everyone



Your privacy matters

Control your privacy settings and set up WhatsApp just the way you want it.

-  Choose who can contact you →
-  Control your personal info →
-  Add more privacy to your chats →
-  Add more protection to your account →

Go to **Settings > Privacy** to view more privacy settings.

Responding to an incident

1) What was the nature of the incident?

- Who needs to be involved? School or Police? Has a crime been committed?
- Was there illegal content involved? Never view or save child sexual imagery.

2) Support your child

- Make sure they are not at risk of immediate harm
- Praise them for speaking out.
- Block the perpetrator
- Involve them in the decision making process

3) Take screenshots or record evidence

- Was this the first occurrence? Keep a record of instances

4) Don't retaliate

5) Parents – Don't try to solve this yourself!

- Ask school to mediate when it comes to telling other parents about issues.

Online Gaming – Chat Risks

Cyber-Bullying

Harmful Comments from Strangers

Online Grooming

Lasting consequences to reputation

Online Gaming – Chat

Issue	Key Message for your children:
Online Bullying	Language can be offensive and aggressive when playing competitive games. If this crosses a line or targets your child, make sure they can come to you for help. Unfortunately this can often be from a child's peers. Keep the evidence - Screenshot any nasty messages. Report this to school or the police .
Hurtful messages from Strangers	Make sure your child understands how to mute, block and report strangers. Limit who can contact them by exploring privacy settings together on console or in-game. This in all likelihood will happen, so prepare them for what to do and how it may make them feel.
Online Grooming (Scams, Extremist Ideology or Sexual grooming) Online Grooming advice and risks Internet Matters	Don't click on any links sent in messages. Understand that exploiters like to use unmonitored apps such as Telegram and Discord . Be careful about oversharing your info. Don't trust strangers when trading in-game. Don't accept gifts from strangers. Falling into exploitation can be scary for your child – they need to have trust that you will help without blaming them or confiscating devices .
Lasting consequences to reputation	Think before posting – once it's posted, your control over it is gone. Promote being kind online. Don't hide behind perceived anonymity . Do you want to contribute to your favourite game/platform being a better place?

Adding Parental Controls to devices

PS5™ console: set parental controls



- 1) Go to **Settings > Family and Parental Controls > Family Management**.
- 2) Select the child family member you want to set restrictions for and select a [feature](#) to adjust.

To create a passcode to stop Children getting around these:

Sign in as the family manager and go to **Settings > Family and Parental Controls > PS5 Console Restrictions**.

1. Enter the existing console restriction passcode. If you haven't set one before, the default is 0000.
2. Select **Change Your Console Restriction Passcode**.
3. Enter a new four-digit passcode using the corresponding buttons on the controller. Make sure it's something memorable that only you know.



Xbox Series X/S™ console: set parental controls

- 1) Go to **Settings > Account > Privacy and online safety**.
- 2) Work your way through settings from “Xbox Privacy, App Privacy, Message Safety and Data Collection.”

To create a passcode to stop Children getting around these:

Go to **Settings > Account > Sign-in, Security and PIN**

Once you have set up a PIN, you can choose how to restrict certain actions and account changes to PIN and password protected at:

[iPad Parental Controls \(370\) How to set up Parental Controls on your iPhone / iPad - YouTube](#)





Gaming: Which games
do your children play?



Fortnite offers three levels of privacy settings:

- 1) Public, where anyone can enter your child's online group;
- 2) Friends, where only friends can join a group;
- 3) Private, which means that no one can enter your child's group without being invited by the child themselves.

Fortnite allows for voice-chat to be disabled. There are also settings that allow you to filter out mature language and the possibility of receiving friend requests from players you don't know.

- Free Download
- Type of gameplay – Battle Royale (1/100 wins) Competitive rage, addiction.
- Played solo or in a team.
- Chat settings – Unmoderated Chat (Voice or on screen) from anyone in the game.

Rated PEGI 12+ because of Violence

In-App Purchases

- Battle Pass
- Character Skins
- In-game Currency



Minecraft offers three modes of play: Adventure, Creative, and Survival. Each has four levels of difficulty: Peaceful, Easy, Normal, and Hard.

If you're playing multiplayer, you either have to know the name of the server you want to join or get invited by the host. Anyone can set up a server, but it's a little technical—and it's a big responsibility because the host is in charge of the play environment. There are a lot of dedicated Minecraft servers, some just for kids, families, or other groups. For example, **Autcraft** is a Minecraft server designed just for kids on the autism spectrum, and **Famcraft** is a server that's family friendly.

- Console and PC versions cost money.
- Cross-Compatible.
- Type of gameplay – Adventure, Survival, Creative.
- Played solo or with friends.
- Encourages creativity and adventure. Some combat, depending on game mode.

Rated PEGI 7+

In-Game Purchases

- Realms – Private servers to ensure only invited individuals can access your world.
- Skins (aka clothing), textures (to improve objects' appearance), and worlds created by other players.
- You can set up an account in the Minecraft Marketplace and use Minecoins to buy add-on items

ROBLOX



[\(418\) Parents Guide to Roblox | A Father's Thoughts – YouTube](#)

[\(477\) Top 5 Hidden Dangers of Roblox: What Parents Need to Know - YouTube](#)

- Free Download on PC, iOs, Android, Xbox.
- Two game-modes: Playing and Creating
- Users create games and upload them to be played.
- Played solo or with friends but interaction with strangers.
- Type of game and content varies as wide variety of games on catalogue.

iOs rated 12+.

In-Game Purchases

- Robux – In-game currency available by subscription or one-off payment..
- Some games have “Loot Box” mechanics and odds of each items are specified.

Use the parental controls available in the app. Create a pin to lock-in these controls on your child’s account and disable the chat features.

Players can adjust their settings for who can send them messages, invite them to games and view their inventory. It is recommended to set this up to “Friends” or “No one”.

Ensure you have selected the “Restricted Mode” in the users settings for younger players. This ensures they can only play games that have been approved by Roblox itself as suitable for a wide audience.

The game allows you to add phone number, email address and social media networks – again not advised.



EA FC games include a system called *Playtime*, that allows parents to monitor and restrict the amount of time or money players are spending on the game. This means you can allow your children to play online for a set amount of time, or stipulate the amount of money they can spend on the game, even if that amount is zero.

You could also create an EA “Child” or “Teen” account which your child will use to access the game. By using the EA App, and linking their “Teen” account to yours, you can limit the features available to them in-game.

You can report offensive team or player names in-game.

- Paid game on Console and PC. Free on Mobile.
 - Offline “Career Mode” and Online “Ultimate Team” and “Pro Clubs” popular game modes.
 - Ultimate Team based on building a team through in-game coins or paid-for currency.
 - Pro Clubs sees friends play together in control of one player in the team.
 - Skill-Based matchmaking.
 - Often receive unsolicited messages from opponents due to “tribalist” nature of football.
- PEGI rated 3+.

In-Game Purchases

- FC Points – Tiered currency designed to encourage further purchases.
- “Loot Box” mechanics and odds of each items are specified.- Higher quality players possible, but often very unlikely.

Preparing for conversations
about life online:

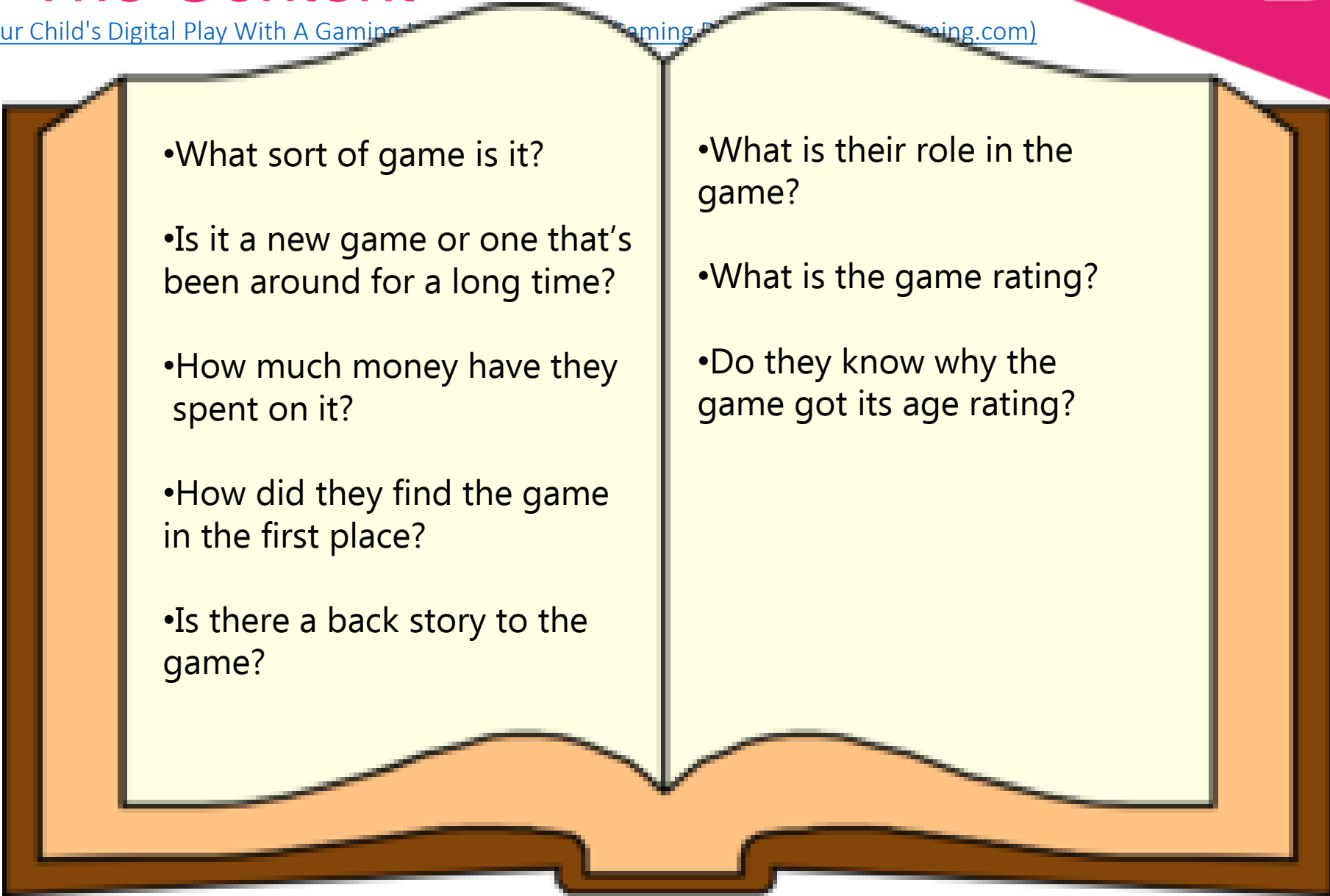
Creating a Gaming Inventory

[Features: Mapping Your Child's Digital Play With A
Gaming Inventory - Family Gaming Database
\(taminggaming.com\)](#)

An excellent resource to structure your understanding of the games your children play and their relationship with the game and wider community, to help guide your conversations together.

Creating a Gaming Inventory: Part 1 – The Content

Features: [Mapping Your Child's Digital Play With A Gaming Inventory \(www.derbyshire.gov.uk/gaming.com\)](#)

- 
- What sort of game is it?
 - Is it a new game or one that's been around for a long time?
 - How much money have they spent on it?
 - How did they find the game in the first place?
 - Is there a back story to the game?
 - What is their role in the game?
 - What is the game rating?
 - Do they know why the game got its age rating?

Creating a Gaming Inventory: Part 2 – The Context

Features: [Mapping Your Child's Digital Play With A Gaming Inventory \(gaminginventory.com\)](#)

- Who do they play the game with?

- Is the game online or offline?

- Do they have favourite websites for learning about the game?

- Do they watch videos of other players, and who are their favourites?

- How do they communicate with others in the game?

- Have they joined communities or chat groups outside the game?

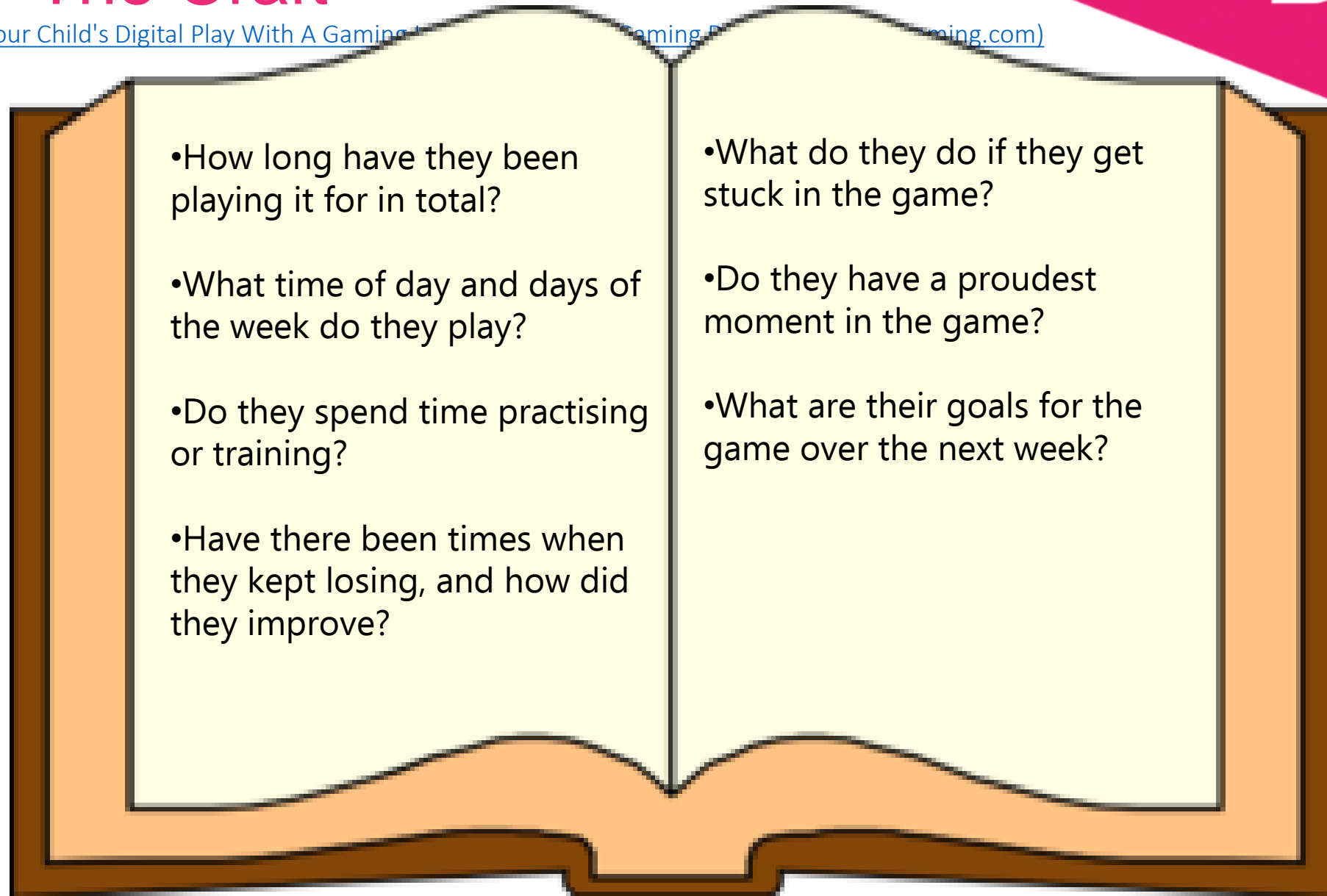
- How harsh or supporting is the community around a particular game?

- Are there conventions featuring the game they'd like to go to?

- Are there any fiction or non-fiction books about the game they'd like to read?

Creating a Gaming Inventory: Part 3 – The Craft

Features: [Mapping Your Child's Digital Play With A Gaming Inventory \(www.gaminginventory.com\)](#)



In summary:



More support:

www.internetmatters.org

www.childnet.com

www.saferinternet.org.uk

Your Takeaways:

What actions are you going to take away from today?

- I will send a copy of the slides out after the session
- Any Questions?