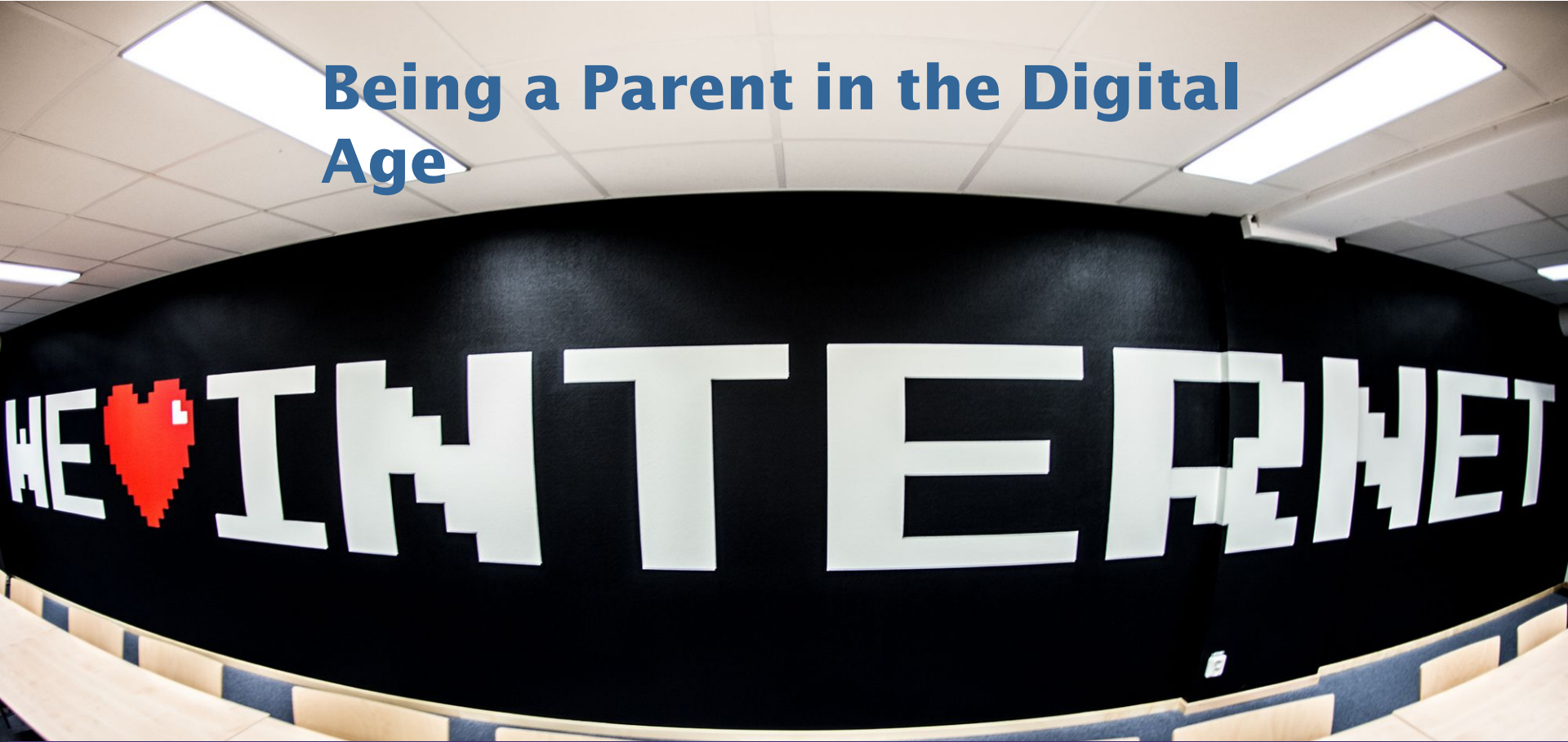


Keeping your Children Safer Online



Being a Parent in the Digital Age



WE ❤️ INTERNET

Purpose of session:

- Discuss some of the risks young people face in the digital age
- Introduce a strategy for bringing your offline parenting skills online
- Give you increased confidence to help your child manage their digital lives

We are also going to consider

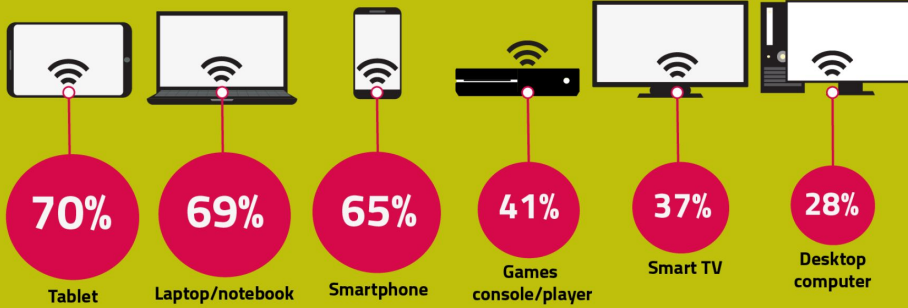
The risks associated with children and young people's online activities and how these have changed in the past year as a result of the pandemic



An Online existence



DEVICES USED TO GO ONLINE



86% of parents aware that there are minimum age requirements ...

... 38% stated correct age of 13 years

Checks on whether info on new sites is true

(12-15 year olds)



61%

Ever think about whether the information can be trusted to be true or accurate



23%

Don't think about this

16%

Don't know

Media use by age in 2020: a snapshot

8-11 year olds

66% have their own tablet, and 49% their own smartphone

To go online - 76% use a tablet, 72% a laptop, and 62% a smartphone

58% watch live broadcast TV, and 91% watch video-on-demand content*

78% play games online

44% use social media apps/sites

64% use messaging apps/sites

96% use video-sharing platforms (VSP)

39% use live streaming apps/sites

40% are aware of ad placements in search engines (8-11s who go online and use search engines)

27% have seen worrying or nasty content online (8-11s who go online)

12-15 year olds

59% have their own tablet, and 91% their own smartphone

To go online - 87% use a smartphone, 80% a laptop, and 60% a tablet

61% watch live broadcast TV, and 92% watch video-on-demand content*

80% play games online

87% use social media apps/sites

91% use messaging apps/sites

99% use video-sharing platforms (VSP)

60% use live streaming apps/sites

65% are aware of potential vlogger endorsements (12-15s who go online)

49% are aware of ad placements in search engines (12-15s who go online and use search engines)

31% have seen worrying or nasty content online (12-15s who go online)

* Video-on-demand content includes subscription services such as Netflix, broadcast catch-up services such as

Online Gaming

In-game chat 8-15s

74%

Chat with other people when playing games online



67%

Chat to people they are friends with/know outside the game

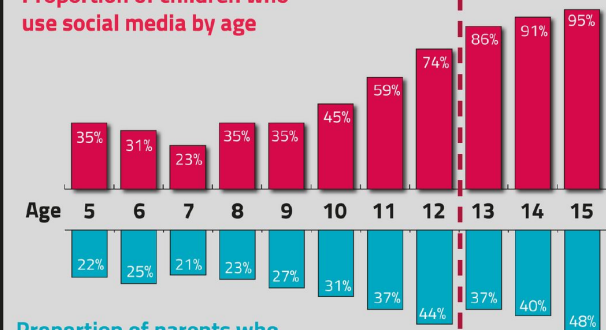


22%

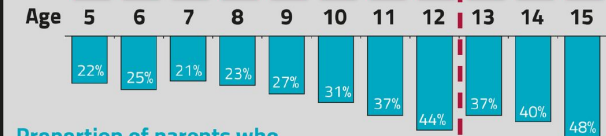
Chat to people they only know through playing the game



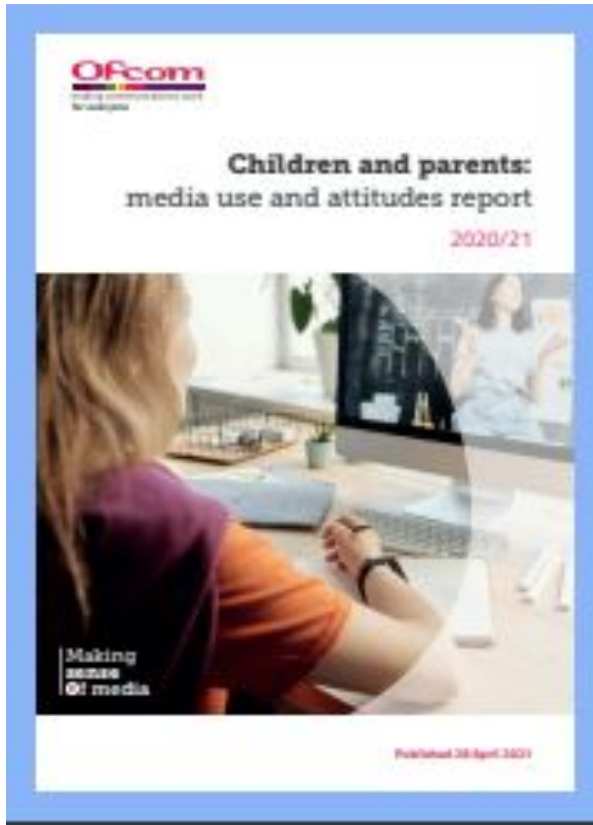
Proportion of children who use social media by age



Proportion of parents who would allow their child to use social media



Ofcom media use and attitudes 2020/21



- Children aged 7 to 16 spend nearly four hours a day online
- Much of internet use is centred on watching video content and gaming
- YouTube continues to be used by virtually most, while TikTok grew rapidly in 2020
- Whilst the internet was a vital lifeline in 2020, over half of children had a negative experience online
- YouTube removed 34.8 million videos in 2020, while TikTok removed 194 million videos - child safety was the most common reason
- The pandemic has resulted in an abundance of information, which includes inaccurate and misleading information

Online access and digital exclusion

In 2020, nearly all children aged 5-15 went online.

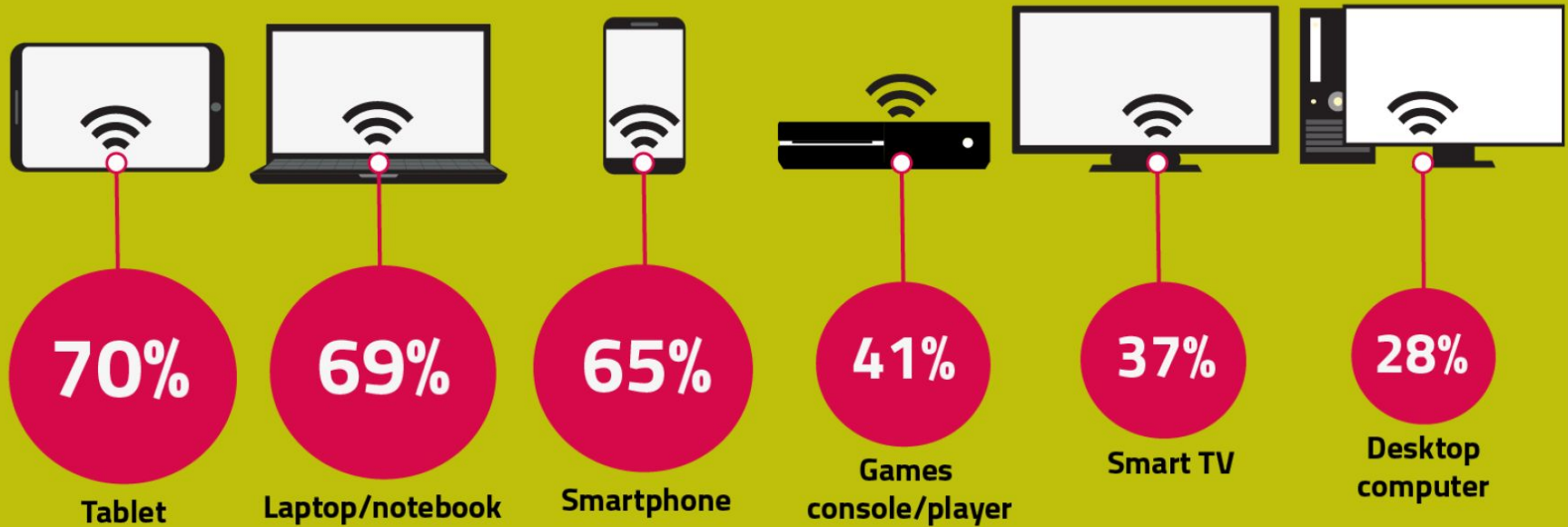
Laptops, tablets and mobiles were the most used devices for going online, used by seven in ten of these children.

2% of school-age children relied on internet via a smartphone only,

One in five children who had been home schooling did not have access to an appropriate device for their online home-learning needs



DEVICES USED TO GO ONLINE



Visit www.internetmatters.org/parental-controls/ to find out how to set up parental controls/privacy

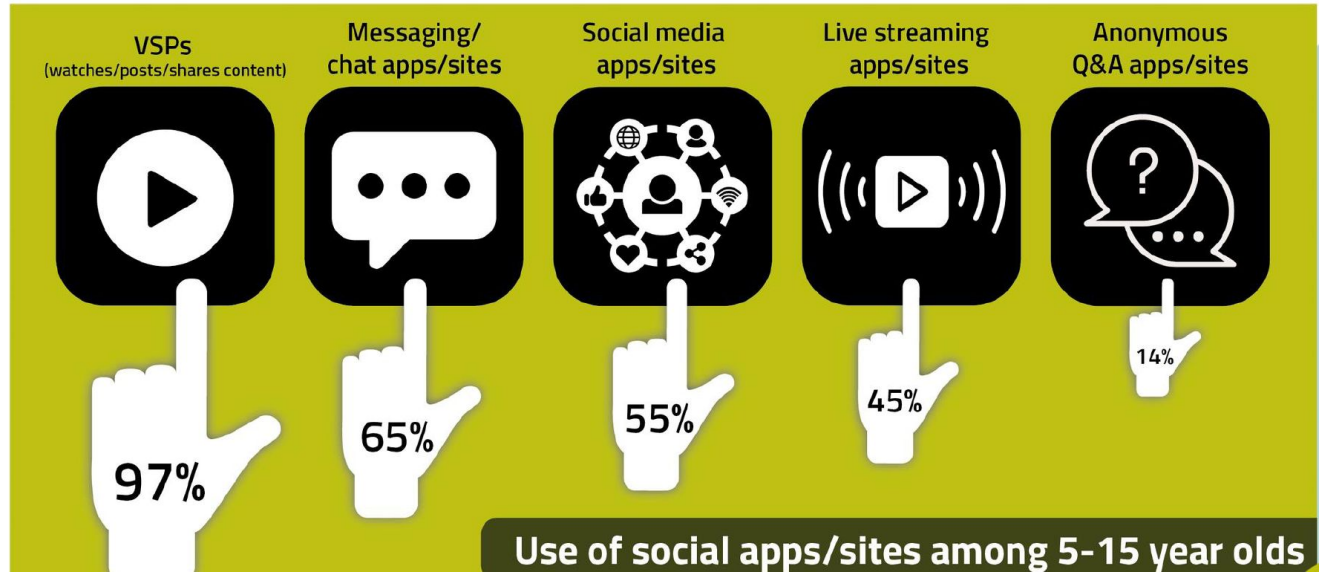
Content consumption and online activities

Children were twice as likely to watch TV programmes on video-on-demand (VoD) than live TV.

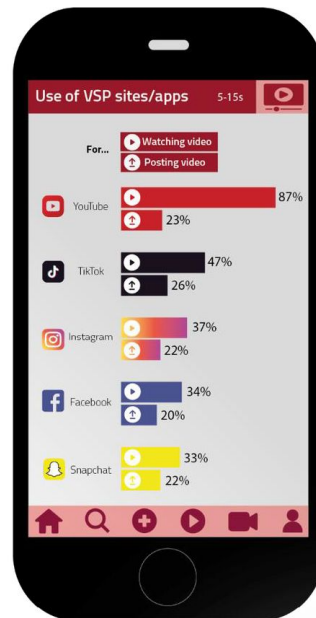
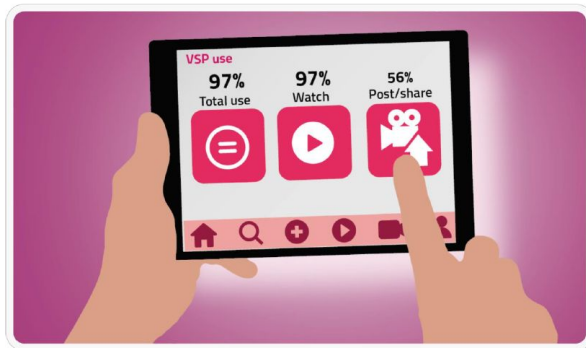
Almost all children (96%) watched any type of VoD compared to just over half (56%)

watching live TV (VoD includes subscription services such as Netflix, catch up services - BBC iplayer, recorded tv, websites such as Vimeo, You tube, blu rays, dvds, and renting online - eg Google play store)

Children's use of video-sharing platforms was nearly universal, with a majority using them more during the coronavirus pandemic than before.



Consuming content on VSPs was more popular than posting or sharing



Find conversation starters, story time ideas and top tips to reinforce key safety messages at parentsafe.lgfl.net

Content consumption and online activities

7 out of 10 5-15s played games online in 2020. This was more prevalent among boys than girls (78% vs. 64%). Boys were also more likely, than girls, to use gaming to connect with their friends.

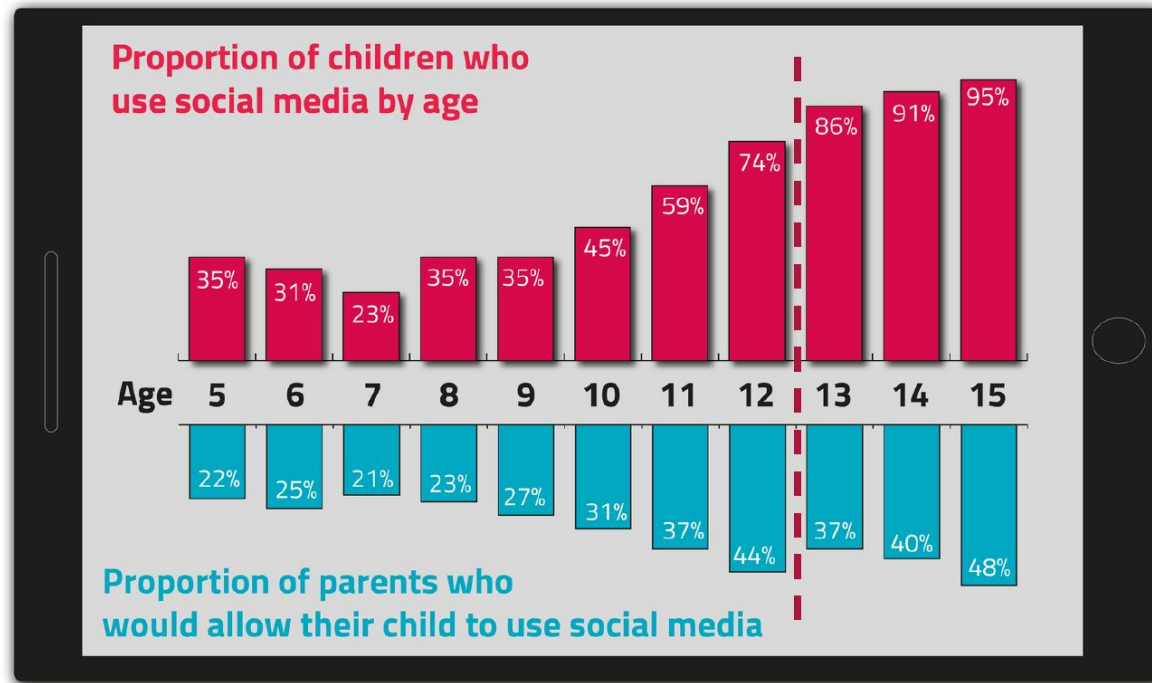
Just over half of 5-15s used social media sites or apps, rising to 87% of 12-15s. Range of sites and apps used remains diverse; around a third of 5-15s used Instagram, Snapchat and Facebook.

Visit gaming.lgfl.net for advice and activities

A fifth of children chat to people they do not know within online games



Significant proportions of children are using social media while under the minimum age requirement



86% of parents aware that there are minimum age requirements ...

... 38% stated correct age of 13 years

Go to apps.lgfl.net for guidance on apps and social media sites

Online knowledge and understanding

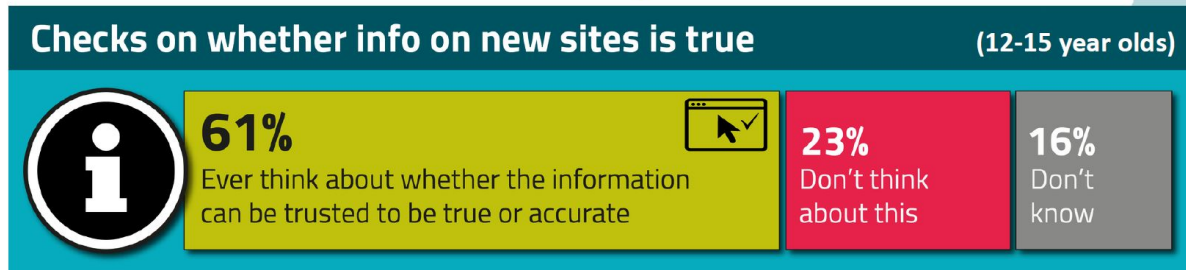
Just under half of children aged 8-15 who used search engines could correctly identify adverts on Google searches

Half realised that some sites within a search engine's results could be trusted and some couldn't.

Two-thirds of 12-15s recognised that vloggers and influencers might be sponsored to say good things about products or brands..

A quarter of children do not consider the truthfulness of information within newly discovered sites

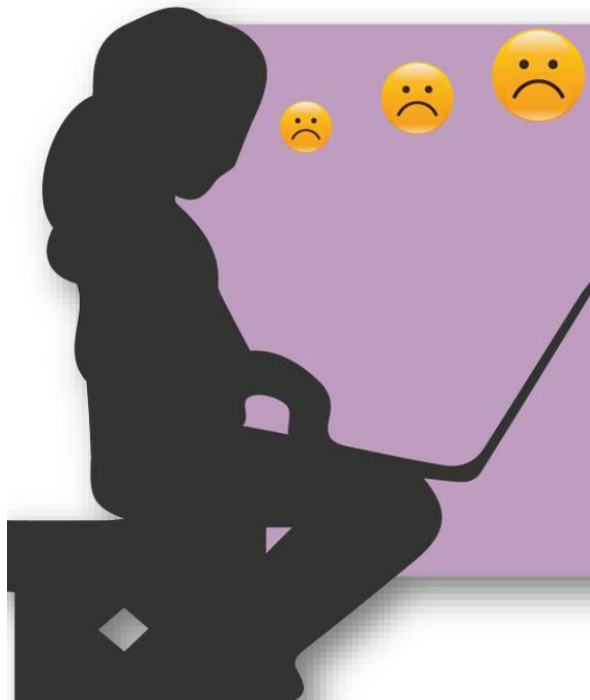
46% of 8-11s and 57% of 12-15s
that went online visited newly
discovered sites and apps during
2020



Staying safe online

Just over half of 12-15s have had some form of negative online experience . The most common type of these was being contacted by someone they did not know who wanted to be their friend, which happened to almost a third of children in this age group.

Awareness of reporting functions was high (70% of children aged 12-15), but only 14% of 12- 15s have ever reported content.



30% of 12-15s have been **contacted** online by someone they did not know who wanted to be their friend

31% of 12-15s & **27%** of 8-11s have seen something **worrying or nasty** online

51% of 12-15s have seen **hateful** content in the past 12 months

Go to reporting.lgfl.net to find out how to remove content from social media and where to report bullying, racial hatred, terrorism, sexual abuse and more

Parental attitudes and mediation strategies

Parents found it harder to control their child's screen time during the pandemic and half of parents of children aged 5-15 said they had to relax some rules about what their child did online during 2020.

Parents also recognised the value of the internet in helping their child stay connected with their friends.

Parental attitudes and mediation strategies

Awareness of various technical tools and controls among parents was high (around six in ten), but only a minority actually used any of them (around a third of parents).

Visit
parentsafe.lgfl.net for
tips and ideas to help
parents

5-7 year olds

57% have their own tablet,
and 14% their own smartphone

To go online - 77% use a tablet,
51% a laptop, and 40% a smartphone

48% watch live broadcast TV, and
88% watch video-on-demand content*

50% play games online

30% use social media apps/sites

33% use messaging apps/sites

96% use video-sharing platforms (VSP)

33% use live streaming apps/sites



8-11 year olds

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- Manage **screen time**
- Set controls and **settings**
- Understand **apps and games**
- Talk to children about **risk** - from bullying and sharing content, to extremism and gangs

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A changed world



“We don’t fully understand the consequences of these factors for children’s development, education or safety. But clearly, the more unsupervised times spent on devices, the greater the risk of online harms.”



Pandemic Parenting Report Oct. 2020



Top seven dangers

- Cyber-bullying;
- Cyber-predators;
- Sharing private information;
- Phishing;
- Falling for scams;
- The internet never forgets!

Kaspersky®



What is a digital footprint?

The internet never forgets!

A digital footprint is a record of what you do online, including the sites you visit and the things you post.

It can also include things that other people post about you that involve you, such as posting pictures with you in or making comments about you.



Online threats to children - UK

- Child sexual abuse
- Radicalisation
- 'Sexting'
- Cyber-bullying
- Age-inappropriate content
- Harmful content such as suicide guidance
- Gaming & In-game gambling

Kaspersky®



Offline and online

Offline

When your daughter/son goes out with friends...

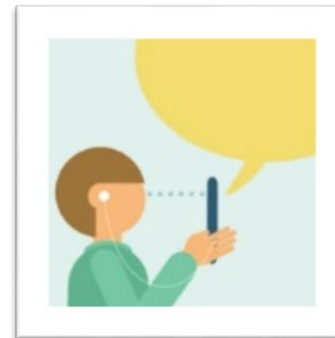
What are three things you want to know?



Online

When your daughter/son goes online...

What are three things you might want to know?



Bringing your offline parenting skills online

Just like offline, it matters...

- Who your children connect with
- Where they go
- What they do



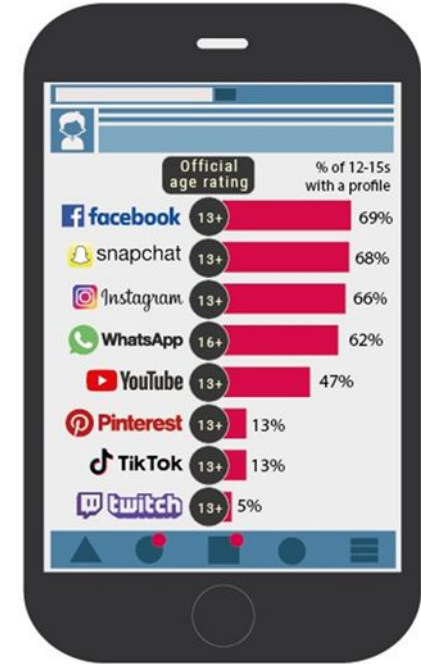
Who can help me?



How do you know?

Do you allow your child to keep their device in the bedroom at night?

Are you familiar with the apps your child is on and if they are age appropriate?



How do you know?



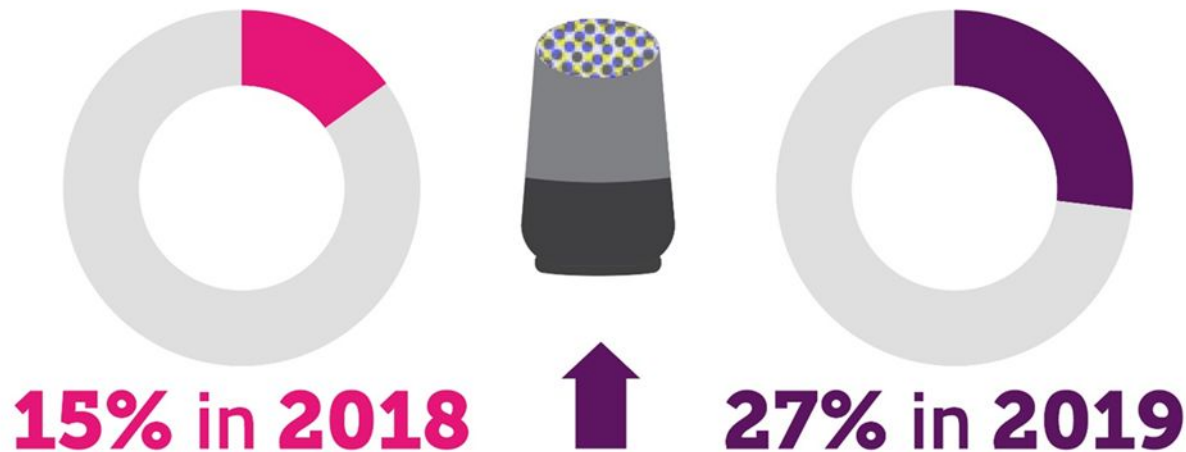
Smart speakers

Have you set up parental controls and privacy settings for your smart devices?

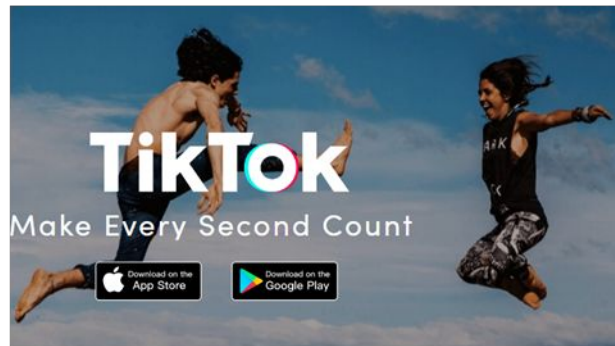
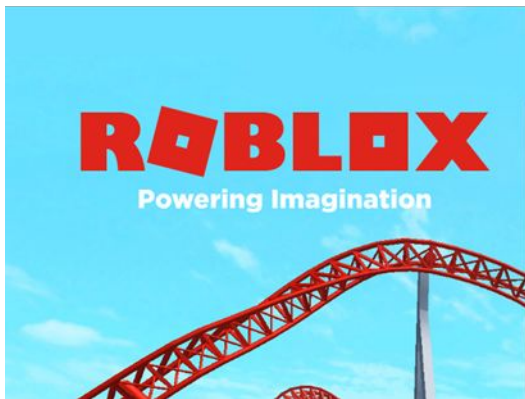
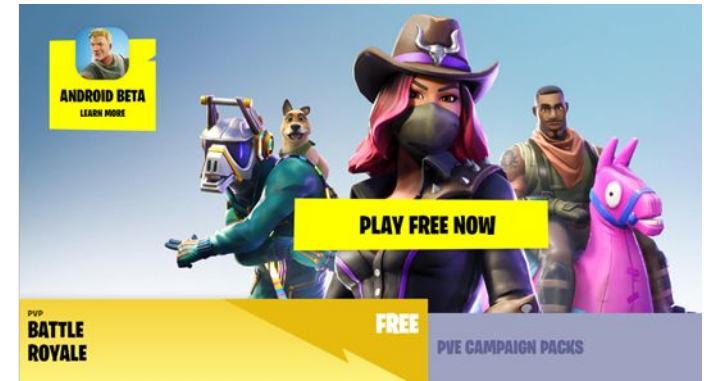
Visit

www.internetmatters.org/resources/smart-speakers-set-up-safe-guide/ to find out how

Children's use of smart speakers



Which NEW trends do you recognise?



Commonsense media

For Parents

For Educators

For Advocates



For Your Family ^{New}

Log in

Sign me up



What are you looking for?



Donate

Movies & TV Shows

Books

Apps, Games & Websites

Advice for Parents

Latino

Research

About Us



Taming gaming



Ask A Question



Looking for something?



PLAY Campaign ▾

PEGI Ratings

Family Settings

Discover Amazing Games ▾

About Us ▾

Get Smart About P.L.A.Y

View all



What Parents Need to Know About Loot Boxes

11/02/2021



Ian Wright Backs Our Get Set GO! Campaign

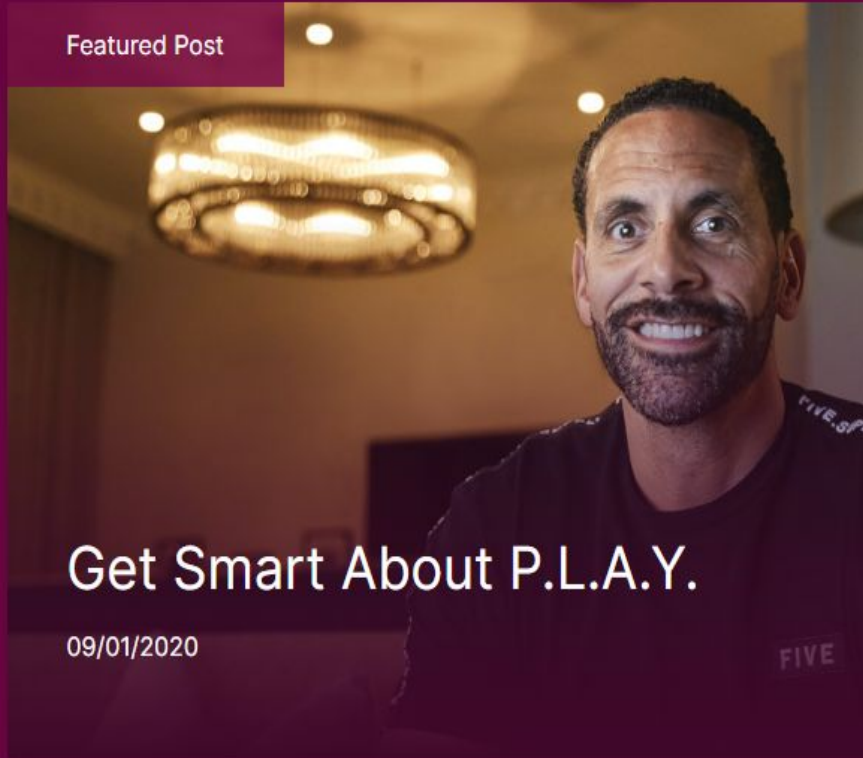
30/11/2020



Set-Up PlayStation 5 For Your Family

20/11/2020

Featured Post



Get Smart About P.L.A.Y.

09/01/2020

Setup Family Settings On Consoles

View all



Setting Up Family Controls on PlayStation

25/08/2020



Setting Up Family Controls for Xbox

28/05/2020



Setting Up Family Controls for Nintendo Switch

28/05/2020

Video Game News

View all



What Is 'Console

Video Game Guides

View all



Parents' Guide to



What concerns do schools have?

The amount of time being spent on devices at home is having a detrimental impact on sleep, well-being and children's mental health.

Some of the behaviours exhibited in some of these games are being “played out” in school.



What can you do?

Talk to your child about the amount of time they are spending on their devices.

Discuss age appropriate games.

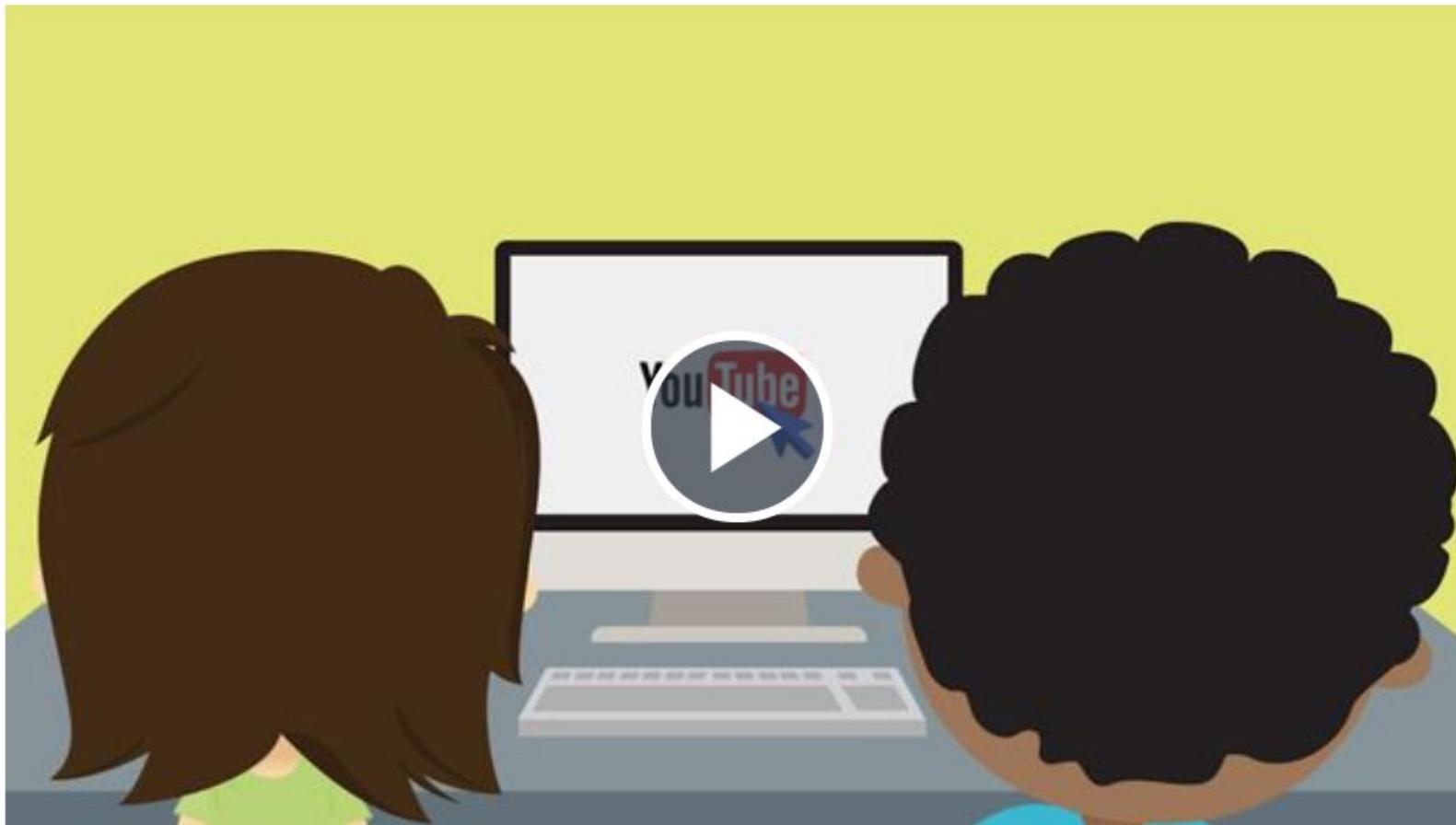
Agree a family contract for being online.

Lead by example.

Manage the technology.



5 ways to make Youtube safer



Sharenting



On average parents post nearly 1500 photos of their child by their child's fifth birthday

Have you asked your child if it's OK to 'post'?

What information are you giving away?

<http://www.bbc.co.uk/newsround/38841469>



What can you do?

Get involved with your children online

Talk about problem of giving out personal info or making information public

Understand digital footprint

Set boundaries / build self esteem

Make sure they know who to talk to if they feel uncomfortable

Talk to your children about what to do if they do come across something unpleasant.

Use child-friendly search engines

Install filtering (but don't rely on it)

Find appropriate sites to visit and try not to overreact if accidents.

Know your devices



What can you do?

TALK

- T - TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.
- A - AGREE ground rules about the way you use technology as a family.
- L - LEARN about the platforms and apps your child loves. Take an interest in their online life.
- K - KNOW how to use tools, apps and settings that can help to keep your child safe online.



Internet matters parental control advice

Using Parental Controls & Privacy Settings

Give your child a safe space to explore their curiosity online. Our step by step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience.

Search our 'step-by-step' guides

Search here for parental controls guides for broadband, mobile, smartphones, social media, search engines and more, e.g Snapchat, Google, EE, Sky.



SEARCH



Vlogging



Vlogging top tips



DanTDM talks about becoming a YouTube star



YouTube tips from Jessica Kellgren-Fozard



Nikki Lilly shares her vlogging tips

View all

Gaming



Where to go for more help



Got a question?

Whether you want to set up parental controls, adjust privacy settings or get advice on social networks, experts from the O2 & NSPCC are here to help.

O₂ 😊 NSPCC

Let's keep kids safe online

0808

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...

- 4-7?
- 8-10?
- Parent/Carer?
- 11-13?
- 14+?
- Children's workforce?

Childnet International

Digital Leader Programme launches new website!
www.digital-leaders.childnet.com

Young people: Teachers and Professionals: Parents and Carers: Press and Policy: What we do: Our Projects: Support Us

parent INFO

Home Advice Partners Schools About

Help and advice for families in a digital world

Parent Info is a collaboration between Parent Zone and NCA/CEOP, providing support and guidance for parents from leading experts and organisations.

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Online safety

It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

- Sexting and sending nudes
- Talking to your child about online safety
- Inappropriate or explicit content

UK Safer Internet Centre

Home | Advice Centre | Home | Helpline | Pupil powered e-safety

Parents and Carers

Tips, advice, guides and resources to help keep your child safe online

As a parent or carer you play a key role in helping your child to stay safe online.

Where to go for more help

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.thinkuknow.co.uk/parents/>

<https://www.childnet.com/parents-and-carers>

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

<https://parentinfo.org/>



Thank you for listening

 [@strictlyed_cs](https://twitter.com/strictlyed_cs)

