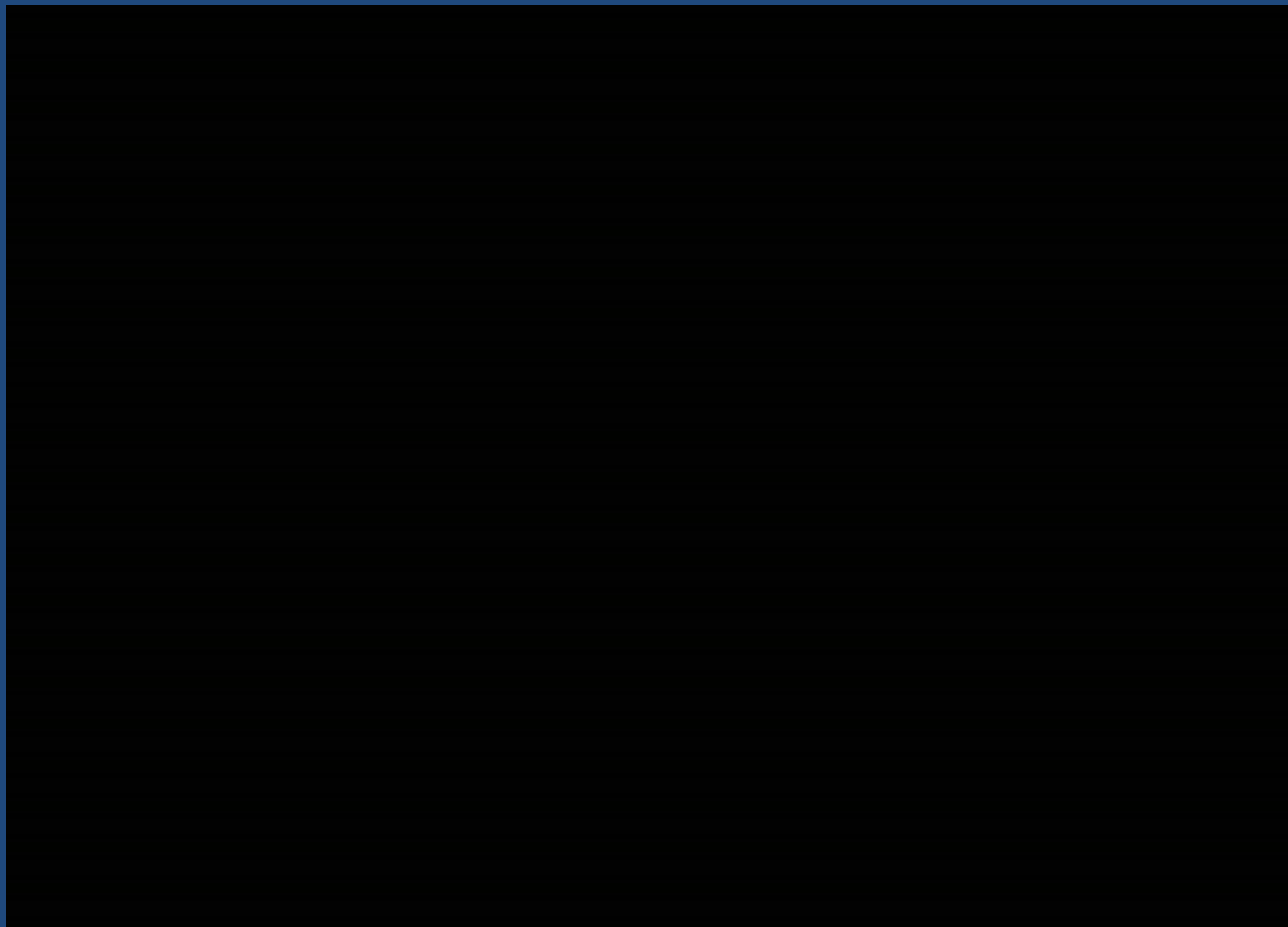# Keeping safe online

Objectives

- To provide parents with an understanding of the risks associated with children's use of the internet

- To equip parents with resources to keep children safe online

- To inform parents about how e-safety is taught at school.

Assessing risk

Time spent online 'overtakes TV' among youngsters

By Sean Coughlan
Education correspondent

26 January 2016 | Education & Family

Generation gap: Young people are switching off conventional television channels

Young people online

3 hours

amount of time 7-16-year-olds spend online each day
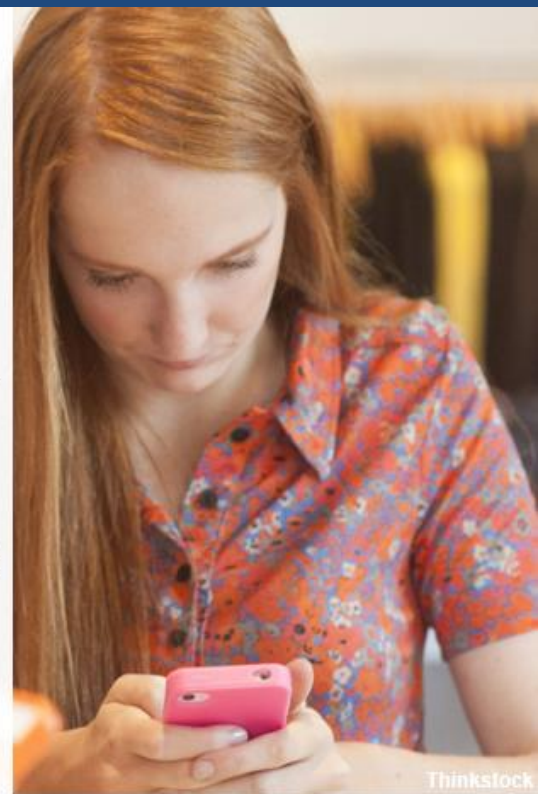
4.8 hours

time 15-16-year-olds spend online

2.1 hours spent watching TV each day - down from 3 hours in 2000

60% watch TV via a phone, tablet or laptop

38% do most of their TV viewing on demand

Source: Childwise Monitor report 2016

Thinkstock

How children use social media

Life in 'likes'

Children's Commissioner report into social media use among 8-12 year olds

Life in Likes

Children's Commissioner Report

January 2018

https://www.childrenscommissioner.gov.uk/publication/life-in-likes/

How children use social media

- Most popular social media = Snapchat, Instagram, Musical.ly and Whatapp

- Younger children have less routine with social media

- Older children get into habit of using social media apps multiple times per day

- Children's motives for using social media changes over time

Social Media used by Year 4 and 5

Table 1. The social media used by Year 4 and Year 5 groups, and how often children used them

	A few times a month	Once a week	Most days of the week	Daily	Multiple times a day
Year 4 Boys 8-9 year olds		Instagram, Twitter, WhatsApp	Facebook, Snapchat	Roblox	
Year 4 Girls 8-9 year olds		Instagram	WhatsApp	Musical.ly, Roblox	Snapchat
Year 5 Boys 9-10 year olds	Instagram	Twitter	Facebook	Snapchat, Musical.ly	WhatsApp
Year 5 Girls 9-10 year olds		Instagram, Musical.ly	WhatsApp, Facebook, Roblox	Snapchat	

Social Media used by Year 6 and 7

Table 2. The social media used by Year 6 and Year 7 groups, and how often children used them

	A few times a month	Once a week	Most days of the week	Daily	Multiple times a day
Year 6 Boys 10-11 year olds			Snapchat, musical.ly	Instagram	WhatsApp
Year 6 Girls 10-11 year olds			Roblox		Snapchat, musical.ly, WhatsApp, Instagram
Year 7 Boys 11-12 year olds					Snapchat, Instagram, WhatsApp
Year 7 Girls 11-12 year olds				Instagram, musical.ly	Snapchat, WhatsApp

Year 4 Age 8-9	Year 5 Age 9-10	Year 6 Age 10-11	Year 7 Age 11-12

Playing games with my friends

Younger children were particularly attracted to the games element in certain social media, such as Roblox, and being able to play with friends online.

"Roblox got more popular in my class, so I got it back"

Oliver, 8,

Oliver's Roblox game

Fun surprises

New features and constant updates were exciting for children, who wanted to try out the latest filters on Snapchat.

"Every day there is a new surprise on Snapchat's filters"

Elsa, 8

Space to be myself

Children started to enjoy expressing themselves away from parents and teachers. Social media gave them a platform to be creative and experiment.

"You can do anything you want, no one is there to stop or control you"

Zoe, 10
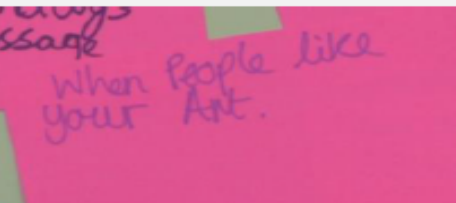
'When people like your art'

Finding things to do

Children had fun copying the things they saw on social media, such as following baking or slime tutorials.

"I just want to make slime, like the girl on the Ingham family who is my age does"

Molly, 10

Cementing friendships

Turning social interactions into a game with Snapstreaks meant that children had a way to judge the strength of their friendships were. Two friends have to send each other a Snapchat every day to maintain a 'streak' which is shown as a number next to that friend's name. Having a streak with someone meant that you could rely on them to reply to you, and the longer the streak the better friends you were.

"I reached 96. I carried them on to be nice and it was just a good way of talking to them"

Kam, 10
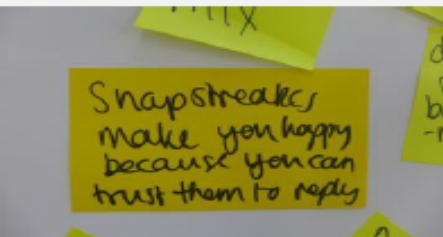
'Snapstreaks make you happy because you can trust them to reply'

Looking good

Children started to realise that they could change how they looked online, and could work out how good other people thought they looked.

"You can use Snapchat to make you look pretty"

Fitting in

Children didn't want to miss out on anything socially, and social media allowed them to stay in the loop, regardless of whether they liked it or not.

"I thought if I had it [Instagram] we would be friends, but there is not actually that much to do on it"

Annie, 11

"Most of my friends use Snapchat, so I have to try and use it as well, but I prefer Instagram"

Aaron, 12

Getting emotional support

Older children were using social media to get emotional support from their online friends.

"When I posted that my great nan had died, on Instagram, people messaged me and I felt better about it"

Joe, 11
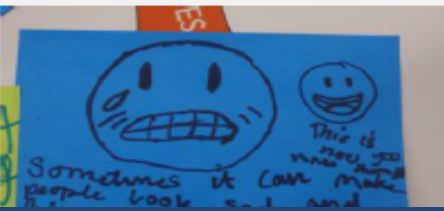
Phase 1: Ages 8-9

Drivers

- Fun surprises
- Playing games with my friends

Behaviours

- **Downloading apps onto tablets**
- **Watching YouTube videos**
- **Computer gaming**

Use of apps

Snapchat is an app that lets you send a photo, short video or message to your contacts. The 'snap' appears on screen for up to 10 seconds before disappearing, or there is an option to have no time limit.

ROBLOX is a user-generated gaming platform where you can create your own games or play games that other users have made. There is also the option to chat to other players.
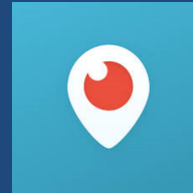
Periscope is an app that lets you view and broadcast live videos from around the world. Periscope allows live streaming.

Omegle is a social networking site that randomly connects you to another person who's on the site. It lets you talk to them in a one-to-one audio or video conversation. You can both appear as anonymous, unless you decide to share your personal information.

http://www.net-aware.org.uk

http://www.net-aware.org.uk

GET IT ON
Google Play

Download on the
App Store

Musical.ly

Content sharing

13+

Minimum age according to Musical.ly
This is Musical.ly's minimum age. What do you think is the right
age for this app? Share your thoughts

Musical.ly allows you to create, share and discover short videos. You can share videos with
friends or with other Musical.ly users.

What do I need to know about Musical.ly?
We've spoken to parents to find out what they think about Musical.ly. We've also asked children and young
people what they think. Here's what they said:

Top Tips to keep children safe using apps

- Visit http://www.net-aware.org.uk or download the Net Aware app to find out about apps your child is using. Be aware of the risks yourself

- **Talk to them about the apps they use and screen time. What are they doing with who? "What would you do if….?" "Can someone….?"**

- Become their online friend

- Keep an eye on what they're up to

- Be aware of the risks yourself

Mirror
WEBSITE OF THE YEAR

Our new FREE Mirror apps are here!

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TRENDING MILLY DOWLER

Ⓜ · News · UK News · Apple

Girl runs up £4,000 bill buying upgrades to free games on dad's iPad

Thursday, Feb 4

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BREAKING NEWS: Sperm whale fights

Could an average earner buy a home

Paris terrorist ringleader bragged

'The biggest mistake I ever

Boy, 7, racks up massive £4,000 bill playing dinosaur video game on his father's iPad - including £1,500 in just one hour

- Mohamed Shugaa, 32, discovered his son spent £3,911 while playing the iPad game Jurassic World
- In one instance Mr Shugaa said his son spent £1,500 in one hour
- Apple eventually agreed to refund him but said it could take up to 10 days
- Other parents, including Kanye West and Kim Kardashian-West, have complained about the iTunes in-app purchase policy

By KALHAN ROSENBLATT FOR MAILONLINE

PUBLISHED: 11:17, 30 December 2015 | UPDATED: 17:21, 30 December 2015

February 4, 2016

Shropshire Star

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Cash For Your Community Crime Local News Blogs Telford Shrewsbury Oswestry Ludlow Bridgnorth

PUBLISHED: October 23, 2014 08:20 LAST UPDATED: October 23, 2014 08:27

Girl, 10, lands Shrewsbury dad with £1,792 phone bill over loom band videos

A 10-year-old Shropshire girl racked up a £1,792 bill on her father's mobile after downloading hundreds of videos on how to make loom bands.

Require Password screen

Immediately	✓
15 minutes	

Use Restrictions to prevent purchasing on your iPhone, iPad, or iPod touch

Learn how to use Restrictions to protect your iTunes Store account from unintentional or unauthorized purchases. After you turn Restrictions on, you can require a password for purchases, prevent certain types of purchases, or disable purchasing completely.

Turn on Restrictions

1. Go to Settings > General > Restrictions.

Settings > General

Auto-Lock	1 Minute >
Restrictions	Off >
Date & Time	>
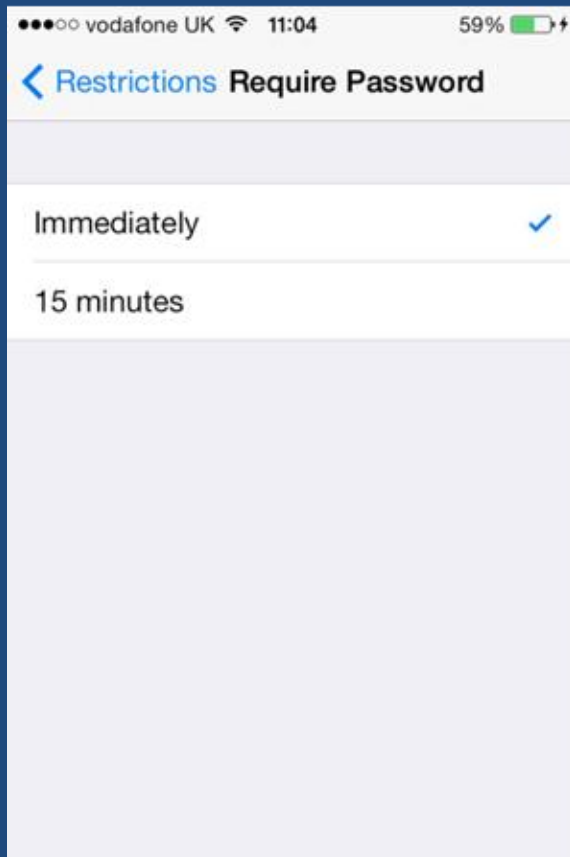
Inappropriate video/photographic content

Foul-mouthed Peppa Pig cartoon leaves dad furious after three-year-old son watches episode with paedophile dentist storyline

Peppa Pig cartoon was doctored to include swearing and violence

Top tips to avoid inappropriate content

- Be careful with YouTube. Check the videos first.
- Check your web filtering! Does your ISP provide this for free or do you need to turn it on? (visit http://parentalcontrols-on.org/). Alternative download your own for free.
- YouTube has setting to lock parental controls (so that only parents can unlock it)
- Use Google's 'YouTube Kids' app
- Ban devices from bedrooms - keep them in 'public areas'
- Be careful with other WiFi networks
- Be careful of 'free' children's videos on YouTube

Protect your kids by activating simple parental controls around your home

GET PROTECTED NOW >

K9 Web Protection

HOMES PROTECTED
5,427,955

⌂ HOME | ⓘ SUPPORT | ☑ CHECK SITE RATING

ABOUT K9   GET K9 NOW   SUPPORT   RESOURCES   NEWS & EVENTS   PARTNERS   ABOUT BLUE COAT

What do you want to protect?

My Children
from adult content & risky interactions

Protect Your Children!
An open Internet is unsafe for children and parenting in this digital age is difficult. We provide tools for parents to control unwanted content and provide a safe Internet for your family.

My Self

Welcome to YouTube Kids! Get a grown-up's help!

Welcome to YouTube Kids! Get a grown-up's help!

Hi, grown-up! Before your child gets started, there are a few things we want you to know about the app and the settings available to you.

GET STARTED

NEXT

Age restrictions

Some websites and games use age restrictions and checks to make sure that children don't see unsuitable content.

Children must generally be at least 13 or to register on most social networking websites (but this isn't the law)

Not a lot standing in the way of children joining at a younger age.

Age limits are there to keep children safe

Top tips about age restrictions and games

- Talk to your child
- Find out about what they are playing
- Check the PEGI age restriction on games and **be strong!**

PLAYING MINECRAFT SAFELY

O₂ ● NSPCC
Let's keep kids safe online

Minecraft: a parent's guide

Minecraft is one of the most popular games, but it's not always easy to know how to keep children safe while they play the game. We can help you know the risks of Minecraft so you can keep children safe.

3 www.pegi.info
7 www.pegi.info
12 www.pegi.info
16 www.pegi.info
18 www.pegi.info

@*! BAD LANGUAGE
DISCRIMINATION
DRUGS
FEAR
GAMBLING
SEX
VIOLENCE
ONLINE

Phase 2: Ages 9-10

Drivers

- Space to be myself

- Finding things to do

Behaviours

- **Watching 'YouTubers'**

- **Becoming 'YouTubers'**

"Try this at home!"

- Children may want to copy online vlogging stars to complete stunts, 'dares' or take part in 'challenges'

- Can involve children in engaging in dangerous behaviour (e.g. salt/ice challenge, cinnamon challenge, 'fainting game', Tide pod challenge)

- Other risks include bullying, peer pressure etc.

(Africa Studio/Sh

Teens Are Eating Laundry Detergent Capsules in Another Insane Viral "Challenge"

Top tips

Ways to prevent it
- **Talk about online trends and peer pressure**
- Monitor YouTube internet use
- Activate 'restricted mode' on YouTube
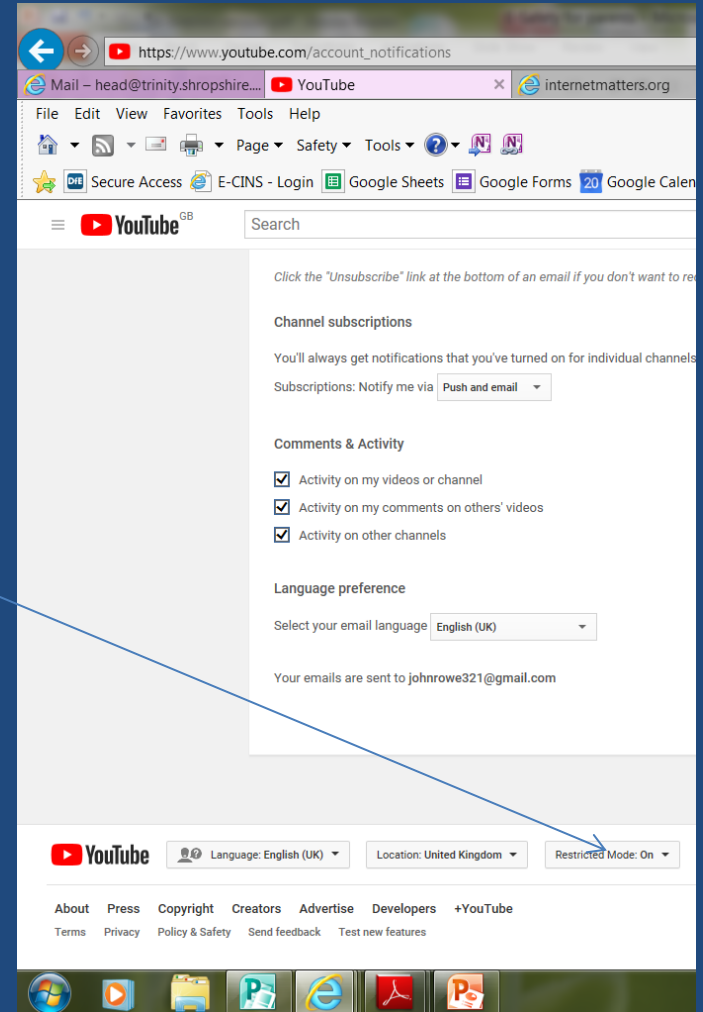
"Have you seen…" and "I want to be famous!"

Children will watch and may want to copy online vlogging stars as a way of sharing content, thoughts, game reviews, fashion tips etc. This may include 'live streaming'

Risks are:
- Can expose children to inappropriate content (no watershed on YouTube)
- Unkind comments
- Grooming behaviour
- Bullying
- Loss of privacy

"Have you seen…" and "I want to be famous!"

Cinnamon Challenge *Warning Throw Up Involved Watch At Your Own Risk*

Obeyeric503
1 year ago · 321 views

6:15

Stampy

stampylonghead ☑

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MAVERICK
BY LOGAN PAUL

🐦 👻 📷 / LoganPaul

📷 Follow me on Instagram! f ⊕ V

Logan Paul Vlogs ☑

salt and ice sister challenge

TheZoiebear123
4 years ago · 8 views

2:31

Tips

- Monitor YouTube internet use. How much time are children spending on this.

- Disable public comments on videos

- Consider whether it is appropriate to use devices unsupervised

- Use webcams and devices in pubic/supervised areas

- Be wary of private chat requests

- Watch the videos yourself. Are they age-appropriate.

Phase 3: Ages 10-11

Drivers

- Cementing friendships
- Looking good

Possible behaviours

- **Increased using of social networks (e.g. Facebook)**
- **Be my friend!**

The desire for 'Friends'

INDEPENDENT

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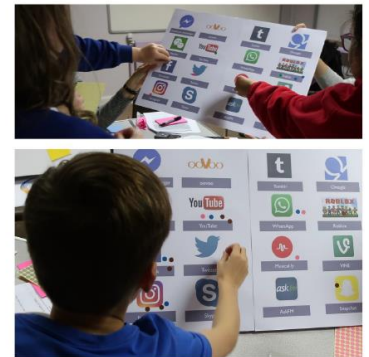
News › UK › Home News

Children facing 'significant emotional risk' on social media, report warns

Failure to act risks leaving generation of youngsters growing up chasing 'likes' and increasingly anxious due to constant demands of social media, warns Children's Commissioner

Children's Commissioner

Life in 'likes'
Children's Commissioner report into social media use among 8-12 year olds

Top tips about 'friending'

- Be aware of the implications of under-age use of social media platforms

- Talk to your child (What is a friend?)

- Check privacy settings on social networks

- What social media apps are they using

- Be their friend! – agree ground rules

Grooming or sexual abuse

Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse or exploitation, and often happens online

Do you want to be my friend?

Do you want to be my friend?

Age: 7

Lives: Shrewsbury

Email: pikachu_fan@hotmail.com

Likes: Bunnies, Pokemon, Playing on my computer

Dislike: Sprouts! Yuk!

Can we be friends?

Do you want to be my friend?

Age: 7

Lives: Shrewsbury

Email: pikachu_fan@hotmail.com

Likes: Bunnies, Pokemon, Playing on my computer

Dislike: Sprouts! Yuk!

Can we be friends?

Do you want to be my friend?
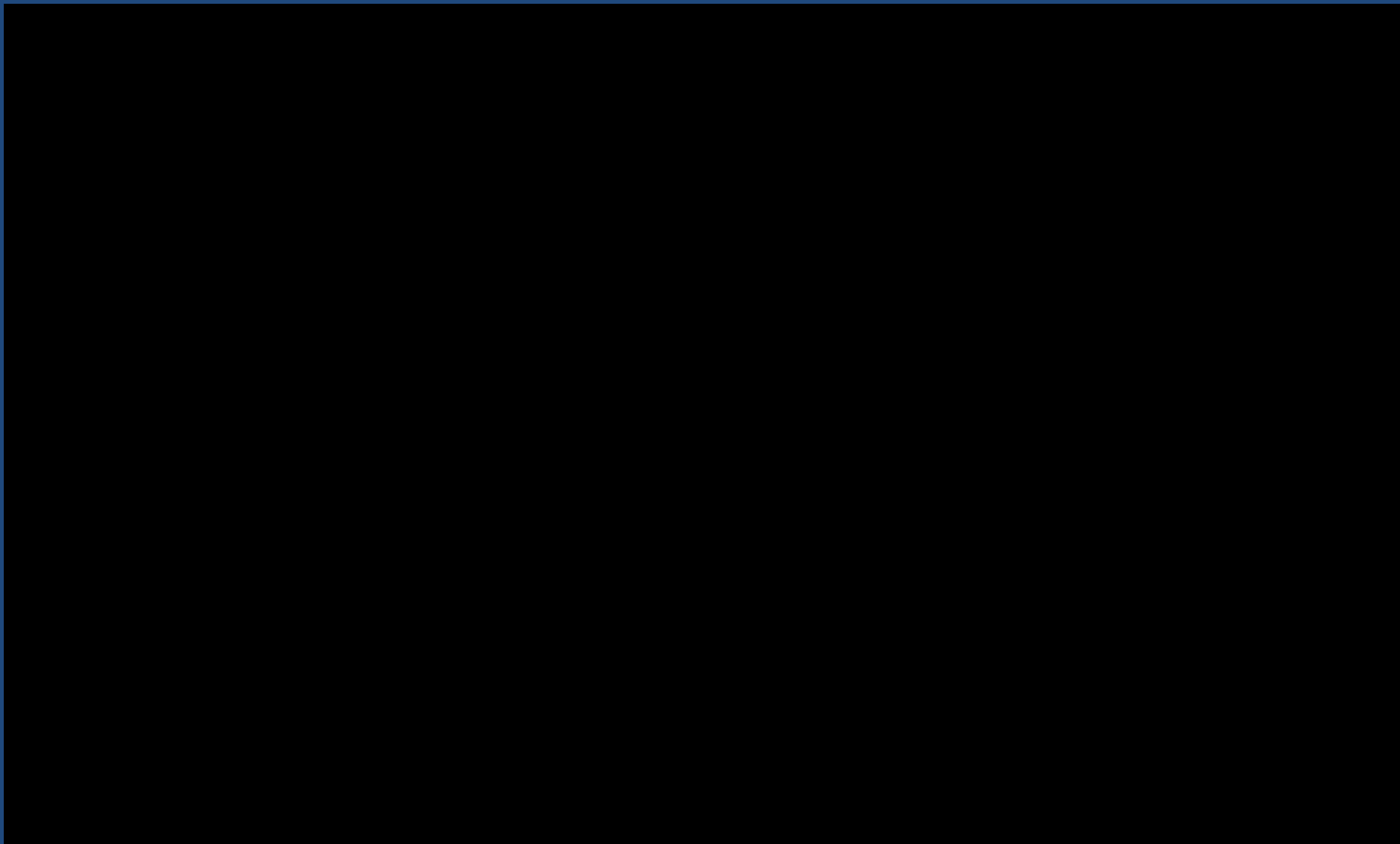
Age: 37

Lives: Shrewsbury

Email: pikachu_fan@hotmail.com

Likes: Lying to children on the internet

Dislikes: The police, bunnies

Can we be friends?

Phase 4: Ages 11-12

Drivers

- Fitting in

- Getting emotional support

Behaviours

- **Use of social media for emotional support**

- **Fitting in and being under pressure**

"U OK hun?"

- Children will seek emotional support from 'friends' for a variety of reasons
- 'Friends' may respond in unexpected ways – accidentally or deliberately

Tips

- **Talk to your child about "what will happen if…"**

- Don't encourage children to share their worries online

- Inform school about online bullying

Sexting

What is it?

• Children taking and sharing 'nude selfies' as a dare, or to demonstrate affection towards another child.

1 in 10 have taken sexual images of themselves

55% have shared it with others

31% with someone they didn't know

Top tips!

- **Talk to your child**
- Be supportive
- Look at the ZipIt app
- Internet Watch Foundation/Childline can get illegal photos removed
- Seek advice from school

What about

- "Going on my mum's phone"

"Sometimes I see stuff when my mum is trying to show me things on Facebook and a rude and horrible thing will pop up, and it makes you feel really shocked"

Zoe, 10, Year 5

"My mum would forget about everything if she didn't have social media... without social media we wouldn't know anything that is going on now everyone relies on social media they actually don't know anything that was going on without it"

Beth, 9, Year 5

- Sharenting

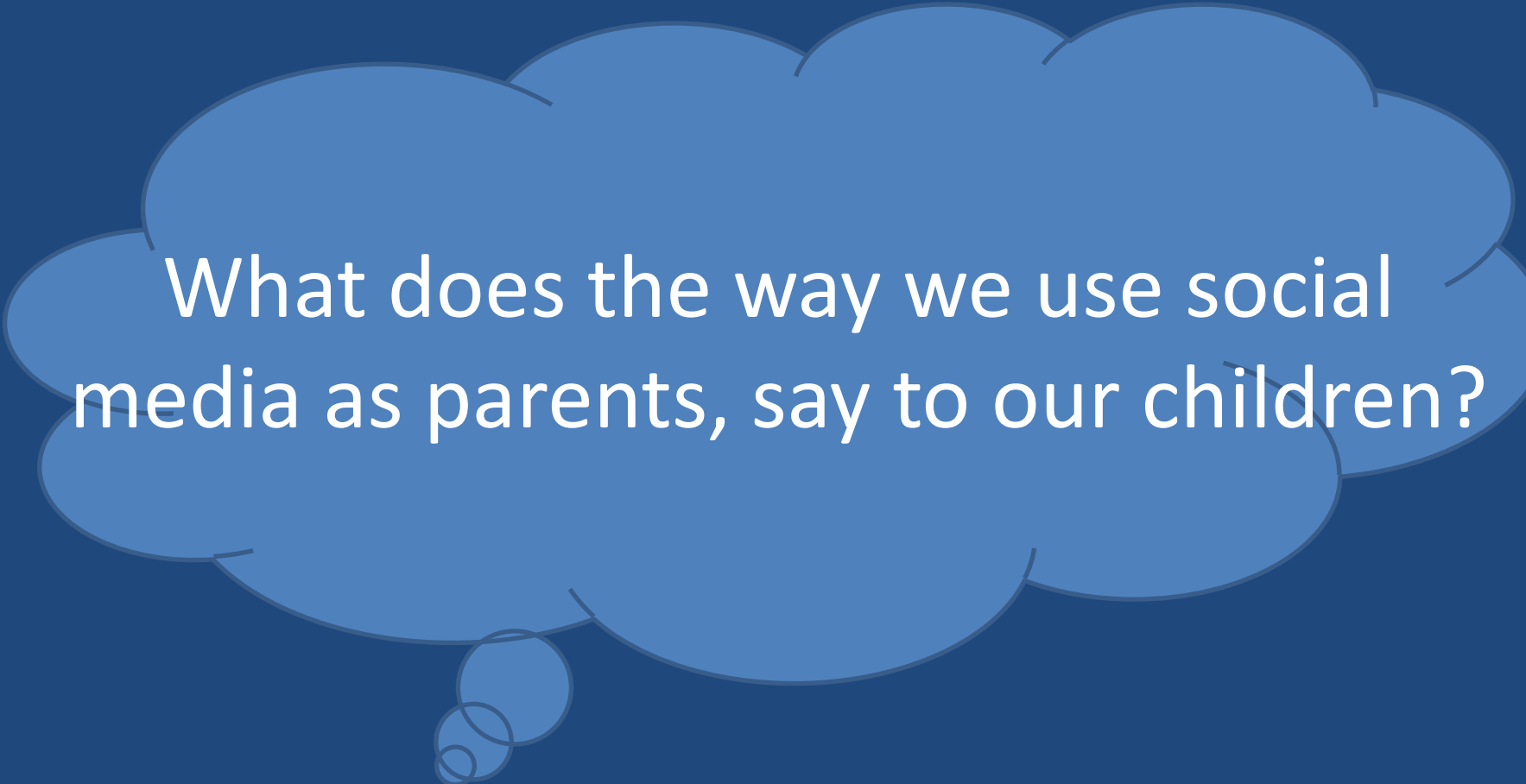I dont like it when your friends and family take a picture of you when you don't want then to.

"My mum looks through my pictures and then posts stuff to her Instagram story"

Zoe, 10, Year 5

"I don't like when my mum posts pictures of me, she just says 'give me a picture'"

Lucy, 10, Year 6

In sum….

- **Be aware!**

- **Assess the risk yourself**

- **Talk to your child (little and often)**

What do we do in school?

COMPUTING (Key Stage 1) Pupils should be taught to:

use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.

COMPUTING (Key Stage 2) Pupils should be taught to:

use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.

www.thinkuknow.co.uk

Key Stage 1

Acceptable Use Policies in school. Rules for using the computers and why these matter.

Be able to manage simple passwords (e.g. Accelerated Reader)

Personal information and data

"Hector's World" – CEOP resources and series of 5 lessons relating to Keeping Safe online aimed at 5-6 year olds.

Key Stage 2

Acceptable Use Policies in school. Rules for using the computers and why these matter.

CEOP "Cyber Café" Resources. Simulating social media etc.

Checking reliability of information on the internet (wikis)

Safe and Unsafe Apps
https://www.net-aware.org.uk/networks/?order=-popularity

What is legal/illegal online? (Copyright and Piracy, Sexting. Hacking (Social networks).
Mobile phone safety and the law

Age restrictions/PEGI

E-Safety campaigns
(video, animation, leaflet. etc)

More information?