

Promoting healthy and safe online activity

This session

Consider how children use the internet

**Recognise the benefits of the internet for
children**

Raise awareness of online safety risks

**Help parents/carers to support children to be
safe online and promote healthy online activity**

The risks

Identity theft

Online Influences

Pornography

Trolling

Inappropriate
Websites

Grooming
Stranger Danger

Personal
information

Blackmail

Sexting

Revenge Porn

Cyberbullying

Location

Financial debt

Future prospects

Screen time

Fake news

Addiction

Risks:

content....contact.....conduct

Give children the
knowledge about the
different risks

Teach the skills they will
need to navigate the
online risks

Inappropriate content accessed by young people

- **Pornography**
- **Race hate**
- **Pro eating disorders**
- **Pro self-harm**
- **Gambling**
- **Violence**
- **Extremist - radicalisation**

Inappropriate Websites

What to do?

It may be difficult, but talk to your child

...what might they stumble across?

...they should talk to you if something upsets them

...tell them that you are there to support them

**Use Parental Controls but these alone are
not a substitute for educating children**

No filtering tool is 100% effective



How to set up the parental controls offered by BT



How to set up the parental controls offered by Sky



How to set up the parental controls offered by TalkTalk



How to set up the parental controls offered by Virgin Media


www.saferinternet.org.uk

How to set parental controls

Many parents are put off using controls and settings as they think they will be difficult to set up, or complicated to use. With our step by steps guides, we can help make it simple and straightforward.

We've created over 70 parental control how-to guides for major networks, devices, services and entertainment providers in your home.


Smartphones and other devices



Three circular icons representing smartphones: Apple, Android, and Apple. Each icon contains a smartphone silhouette with the respective logo inside. Below each icon is the word 'APPLE' or 'ANDROID'.

[VIEW ALL](#)


Entertainment & Search engines



Three circular icons representing search engines and entertainment services: Google, YouTube, and Netflix. Each icon contains the respective logo.

[VIEW ALL](#)


Broadband & mobile networks



Three circular icons representing broadband and mobile networks: BT, Virgin, and EE. Each icon contains the respective logo.

[VIEW ALL](#)

Social media



Three circular icons representing social media platforms: Facebook, Twitter, and Snapchat. Each icon contains the respective logo.

[VIEW ALL](#)

Internetmatters.org

Screen time advice for parents

- Monitor child's screen time
- Establish rules/ limits
- Consider where children have access eg bedroom
- Have a no screen gap before sleep
- Parental role modelling
- Screen free dinners

Play safe gaming tips

- Engage with children playing games
- Encourage regular breaks
- Limit the amount of time children are playing games as they can be addictive
- Check for age appropriateness
- Remind children to keep personal information private
- Check privacy settings (including location)
- Know how to report inappropriate behaviour

Online Grooming

Groomers are active on gaming sites, chat rooms and social networks.

Tactics can be:

Pretend to have similar interests

Flattery and compliments

Helping with problems

Gifts – in game purchases

Chatting privately (chat rooms)

Blackmail and bribery

Keeping secrets

Broken webcam

Online Grooming

What to do?

Remind children

- how easy it is to lie online
- never to meet an online friend alone
- how to report inappropriate contact
- they can block unwanted contacts
- you are there to support them

Report inappropriate contact to CEOP



Sexting/ nudies

"Self generated indecent images"

Childline Survey of 13-18 year olds
60% had been asked for sexual images.
40% had created images of themselves.
A quarter of them had sent them.

Young people sometimes assume this is the norm and part of growing up

Influence comes from peer or group pressure and from increased access to pornography

May be related to cyberbullying or grooming

Secondary pupils/students are less likely to seek adult help

Now happening in primary schools

Sexting: NSPCC Guidance

www.nspcc.org.uk

Advice for parents about talking to your child about creating, sending or receiving explicit images



What constitutes cyberbullying?

- Posting lies or inappropriate things about others
- Impersonating someone online
- Spreading gossip online
- Using someone else's password
- Posting photos of someone else without consent
- 'Liking' a bullying comment
- Sharing a bullying text
- Insulting someone in an online game

How to help

Talk about cyberbullying- listen

Offer support and reassurance

Keep the evidence

Do not reply

Block people

Report to the website

Report it at school if appropriate

Report it the police if appropriate

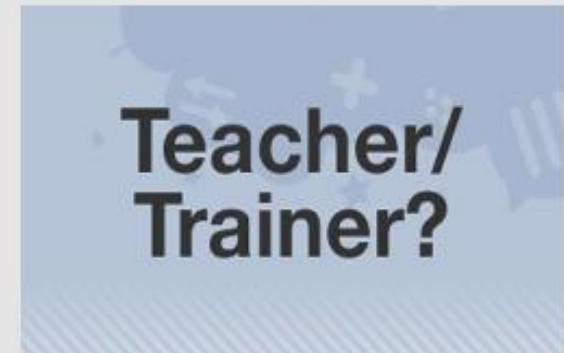
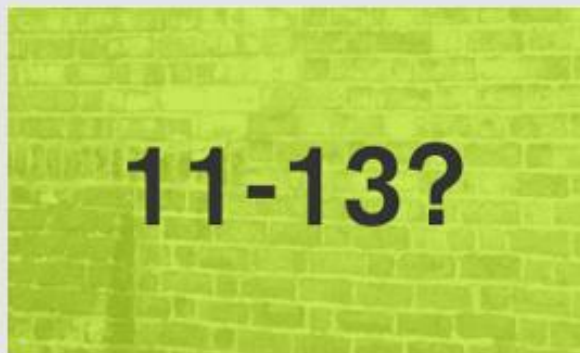
Rebuild confidence



Welcome to CEOP's Thinkuknow

Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it. If you look after young people there's an area for you too – with resources you can use in the classroom or at home. Most importantly, there's also a place which anyone can use to [report](#) if they feel uncomfortable or worried about someone they are chatting to online. All the information here is brought to you by the team at the [NCA's CEOP Command](#). We hope you like it!

Are you...



thinkuknow.co.uk

 for Learning

Videos to watch with your child



[Watch](#) Jigsaw

8-10 yr olds
JIGSAW
Search for 'CEOP Jigsaw'

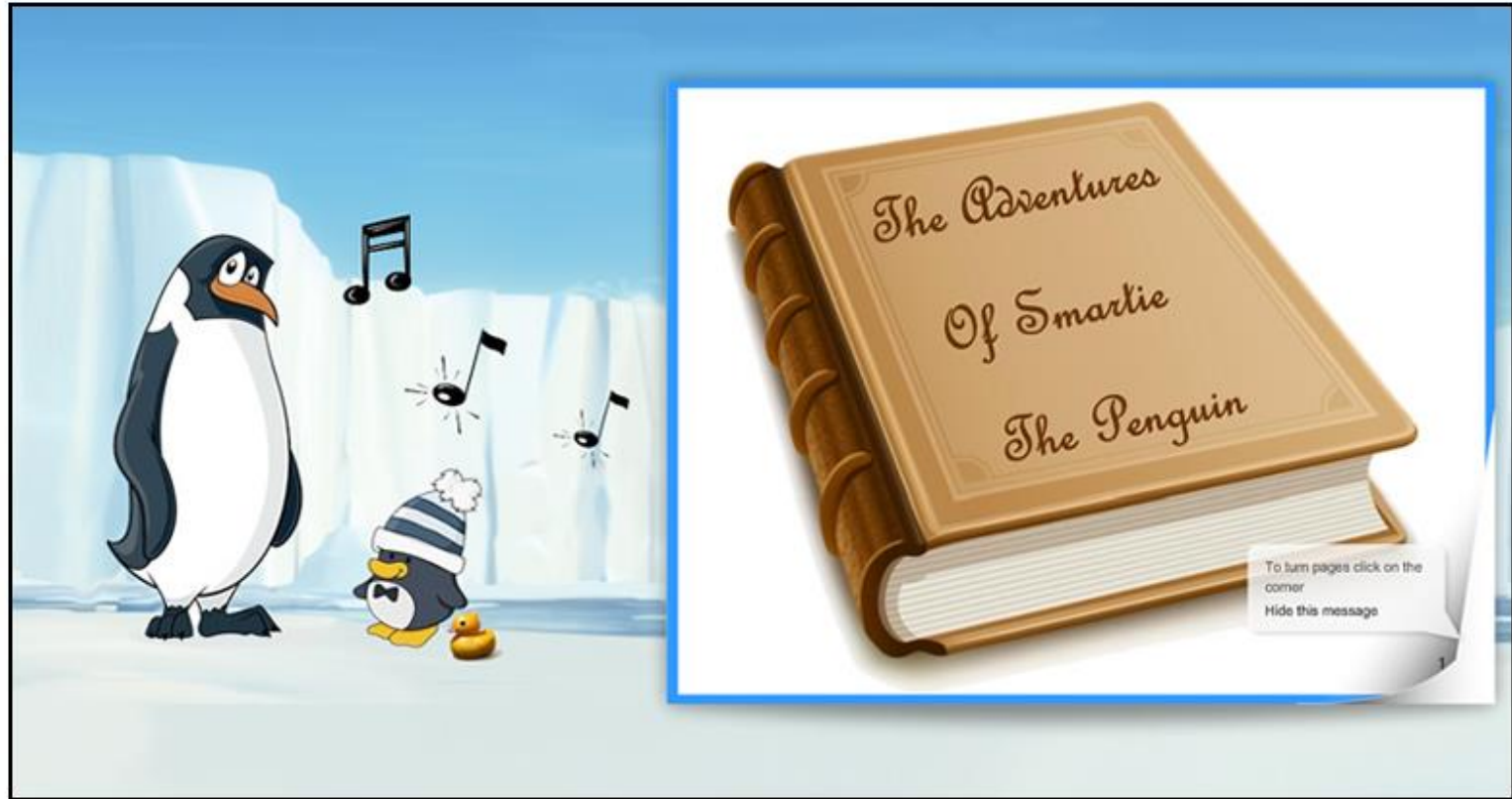
4-7 yr olds
LEE AND KIM'S
ADVENTURES

Search for 'CEOP Lee and Kim'

[Watch](#) [Lee](#) and Kim



Read "The Adventures of Smartie the Penguin"



3-5 year olds
www.childnet.com

Childnet

www.childnet.com



[Young people](#) [Teachers and Professionals](#) [Parents and Carers](#) [Press and Policy](#) [What we do](#) [Support Us](#)

Parents and Carers

Welcome parents and carers! In this section you will find all the information you need to keep your child safe online. If you were looking for [Know IT All for Parents](#), you have come to the right place.

[What do I need to know?](#)

[Need help?](#)

[Hot topics](#)

[Glossary](#)



[Home](#) [About](#) [Advice and resources](#) [Research](#) [Need help?](#) [Safer Internet Day](#) [Positive Content Com](#)

Hot topics...
[Parental controls](#)
[Gaming](#)

Parents' Guide to Technology

In the parents' sessions we run in schools, we get a lot of questions about particular devices that children are using or asking for. This guide has been created to answer these questions and introduce some of the most popular devices, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly.

[Young people](#)

[Parents and carers](#)

[Parental controls](#)

[Parents' Guide to Technology](#)

[Smartphones](#)

[Gaming devices](#)

[Internet-enabled devices](#)

[Advice and resources](#)



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Keeping your children safe online matters



Where do I start?

Depending on the age of your children here are some simple things you could do today. You'll find more

internetmatters.org

Some Key Advice for our Children

Be respectful online

Keep personal details private

Think before you post, forward or send

Don't accept friends requests from strangers

Do not meet up with someone you've met online







Do not share passwords with others

Do not webcam with others unless you are 100% sure of who they are, and you trust them.

Tell a trusted adult if you are ever worried, frightened or scared

Know how to keep yourself safe

A checklist for you

-  **Ask your child to show you the sites they like to use**
-  **Sit with your child to check and manage their privacy settings**
-  **Know who your child talks to online**
-  **Set rules and agree boundaries**
-  **Monitor the games your child plays and check age appropriateness**
-  **Ask your child to tell you if they are worried about something online**