



# Online Safety

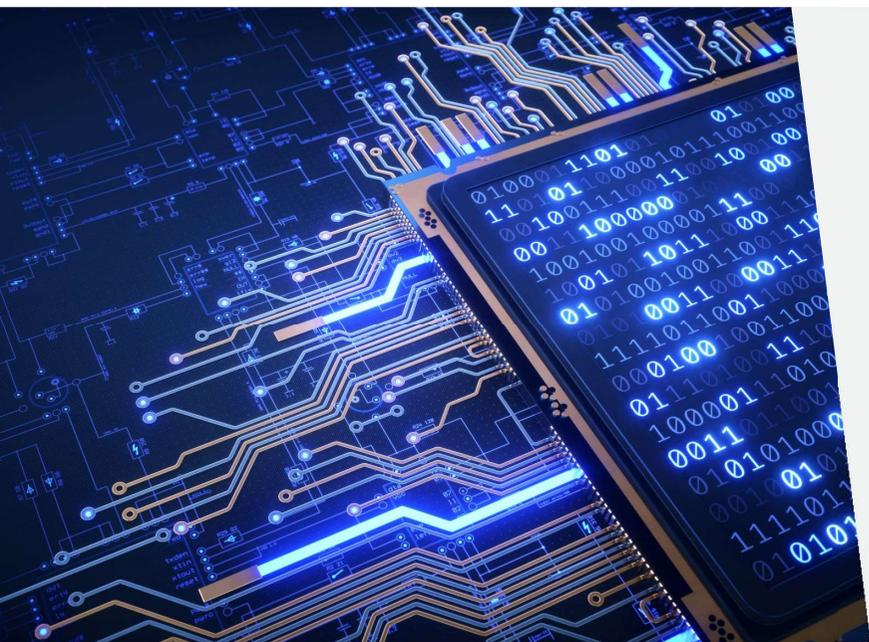
With Mr. Crowhurst



# Online Safety

## CONTENTS

- The latest tech
- Managing screen time
- Parental controls
- Useful websites
- Social networks
- What App?
- County Lines
- Radicalisation
- Final thoughts
- Opportunity for discussion

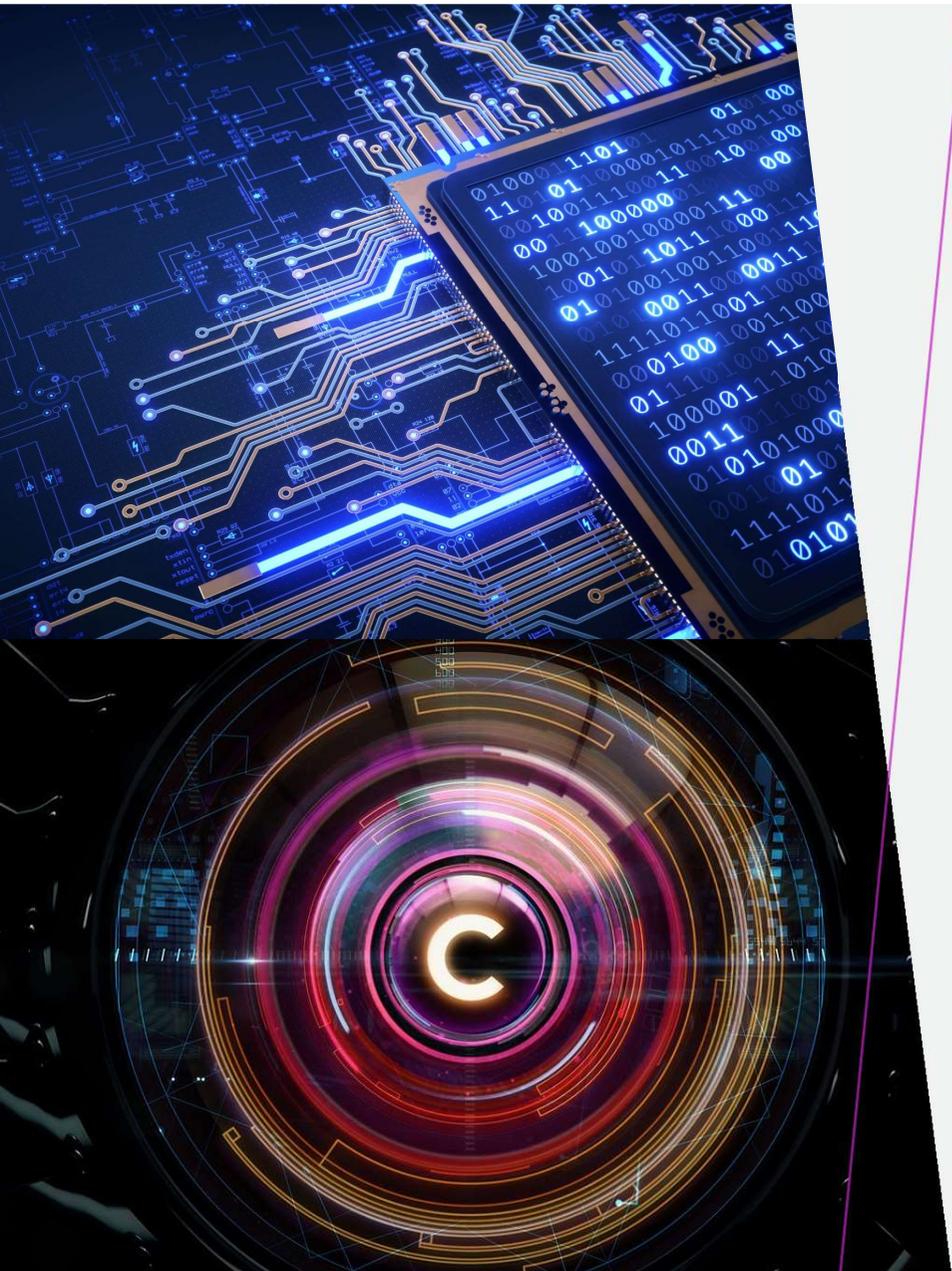


## Introduction: A sign of the times

- We all spend much more time online than we used to, this includes both adults, children and young people.
- For many parents there have been huge challenges trying to work from home at the same time as supervising children.
- In some instances, this has led to handing over devices before the proper parental controls are in place.
- The risk is compounded by the fact that we may not have had enough time to supervise in the way that we would have done, as parents in an ideal world.

Average daily time spent online among UK adults





## Tech info

- Recommend **BBC Click** – the latest reporting on tech news.
- The **Gadget Show**



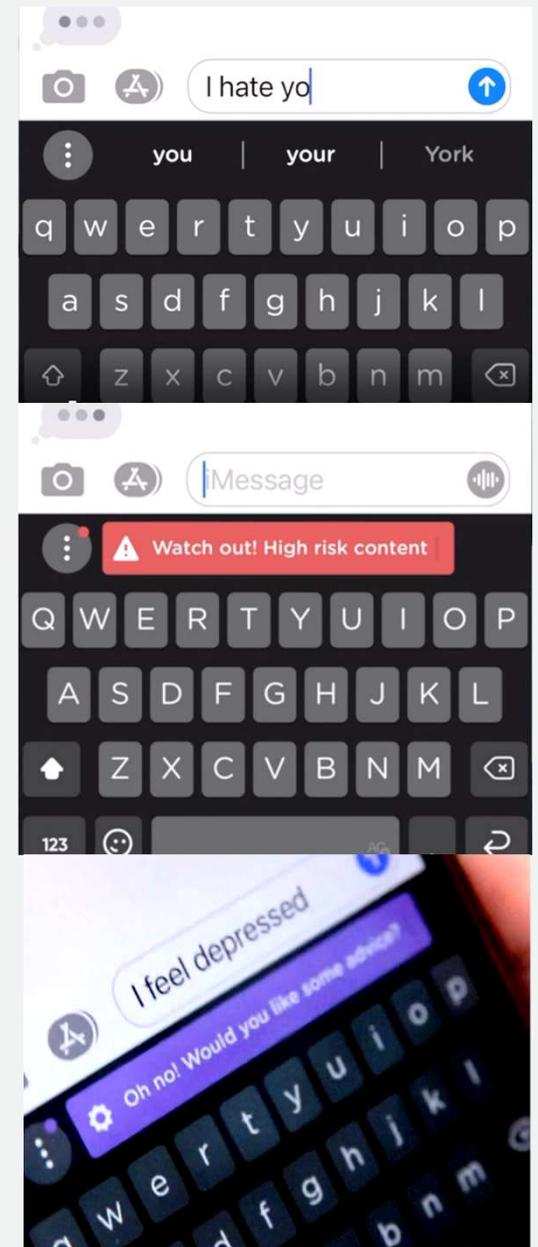
# Safe To Watch

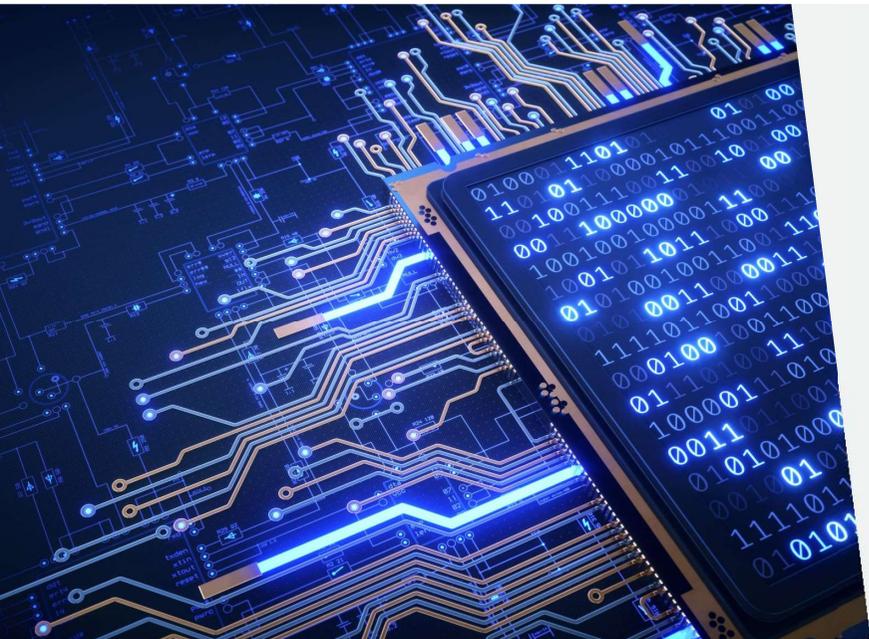


- New **AI** video tracking platform.
- In early development, not fully functional, but it aims to **track video** in **real time** which will be useful when watching **live streamed content**. It can block any nudity or violence that a child shouldn't be seeing before it ever reaches their device.
- This artificial intelligence not only looks at the image, but also contextualises everything else, including audio. Safe to Watch also can analyse detect and prevent threats in cartoons and Anime.
- Hoped it will work across **all content providers** including homemade video.

# Safe To Net

- *Safe to net* – keyboard app.
- Available since 2019.
- Download the app, then select it as the default.
- It identifies high risk content being typed/texted and gives a warning.
- Tap on warning for more info.
- Also, offers advice relating to comments made about mental health issues.





# Internet Service Providers (ISP's)

- Most ISPs offer the facility to **switch parental blocks on** that will stop some sites being visited.

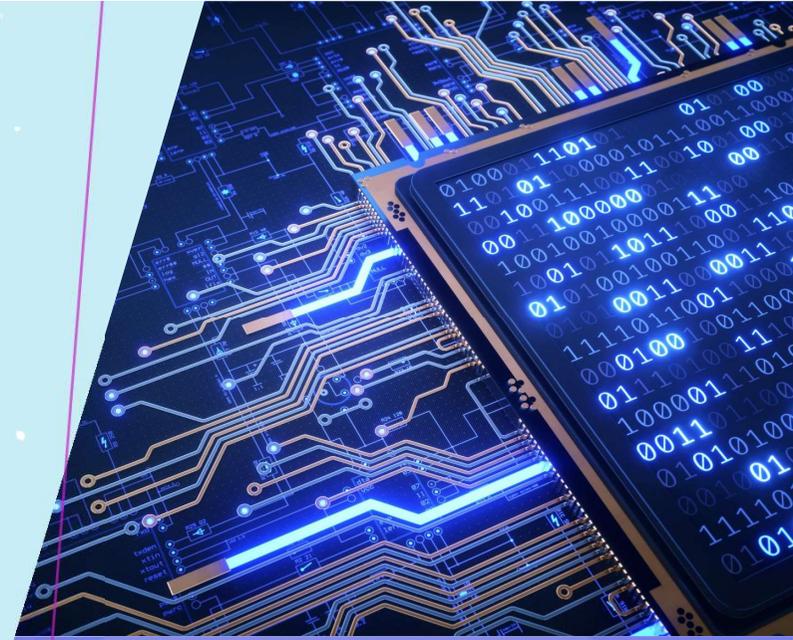
# Parental blocks on devices

- Most digital devices come with **parental control settings** that are easy to enable.

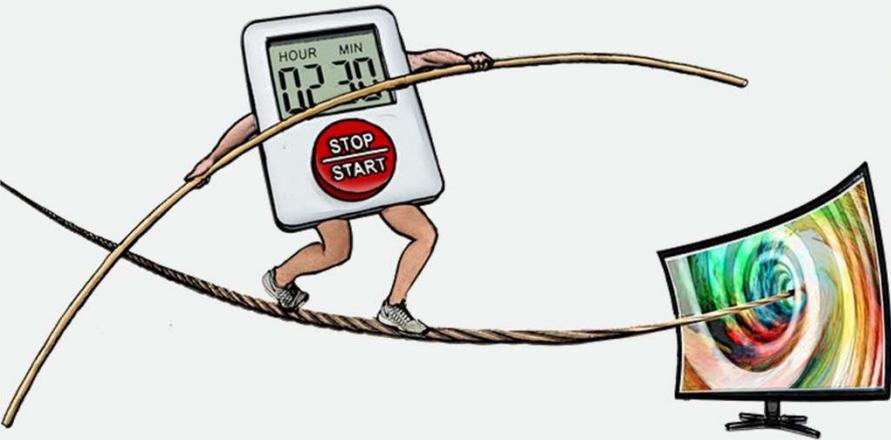
Average daily time spent online among UK adults



Manage your  
screen time



SCREEN TIME



# Manage your child's screen time

Screen time limits can now be set for your children on most devices (2018/19) by going to **settings**.

Settings > Screen Time

## SUGGESTED SCREEN TIME USE BY AGE



### 18 MONTHS AND YOUNGER

Avoid use of screen media other than video-chatting.



### 18 - 24 MONTHS

Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.



### 2 - 5 YEARS

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.



### 6 - 12 YEARS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.



### 12 YEARS AND OLDER

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

Source: American Academy of Pediatrics



## RECOMMENDED HOURS OF SCREEN TIME PER DAY FOR CHILDREN

0 - 2 YEARS OLD      3 - 5 YEARS OLD

0 hours



1 hour



6 - 12 YEARS OLD

2 hours



13 - 18 YEARS OLD

2 hours

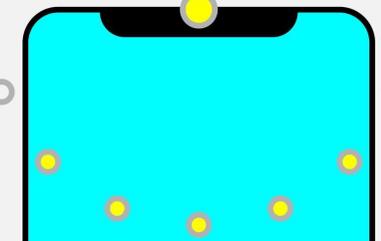


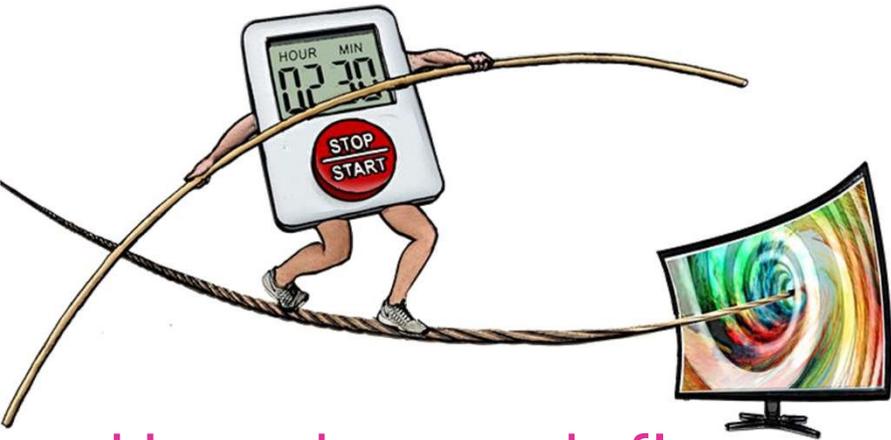
RECOMMENDATIONS FROM STUDIES DONE BY

DOI.ORG/10.1001/JAMA PEDIATRICS.2018.4847



World Health Organization





## How do you define screen time?

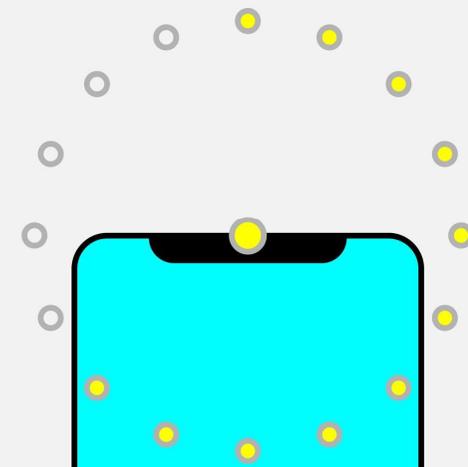
“For children, screen time is typically referred to as time spent watching television, which includes traditional television, streaming television or games on the television or playing games or streaming videos on a device such as a tablet or phone.”

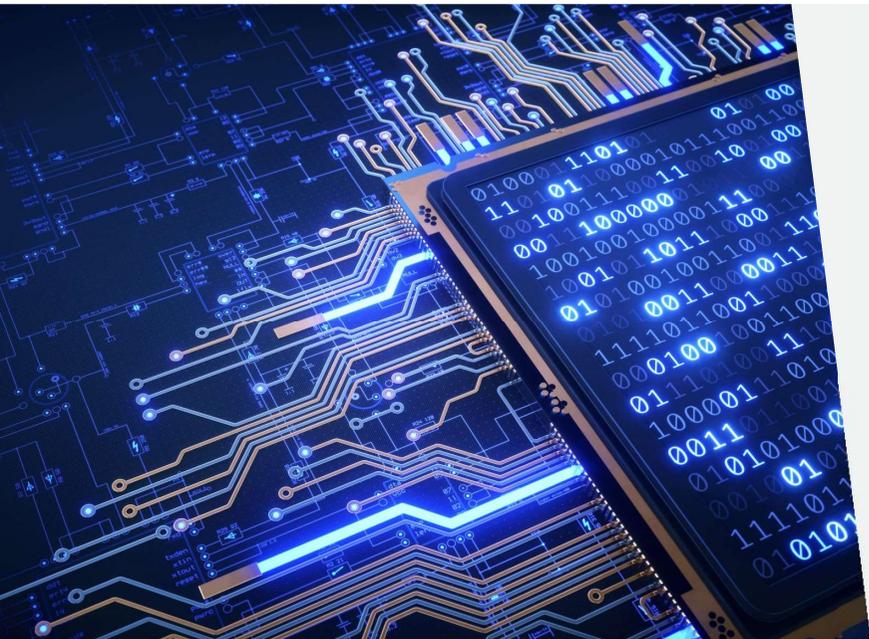
—Jessica Leichtweisz, CEO of Hope Education Services, Autism expert

## Active V's Passive

“[O]ne can either be ‘participant’ or a ‘consumer’ when it comes to screen time. Skype and FaceTime are great examples of “participating” with screens (rather than mindlessly consuming YouTube videos). Making and uploading a video, writing a blog post, engaging in a group chat about school work are all great examples of participating with media in ways that are positive and productive. **The point is, not all screen time is ‘bad.’**”

—Diana Graber, Author, *Raising Humans in a Digital World*, and Founder of Cyber Civics/Cyberwise





# Internet Service Providers (ISP's)

- Most ISPs offer the facility to **switch parental blocks on** that will stop some sites being visited.
- Most digital devices come with **parental control settings** that are easy to enable.
- We need to build young people's **resilience** and that comes from educating them, to raise their awareness of e-safety, both at home and at school.
- Get young people to **think critically**. This challenge can compound for children with special education needs, and in our case, DLD.

Average daily time spent online among UK adults





## Tips & Advice

From age-specific online safety checklists to guides on how to set parental controls on a range of devices, you'll find a host of practical tips to help children get the most out of their digital world.

Four icons representing different age groups: a child (0-5), a child with a red cap (6-10), a child with a blue cap (11-13), and a child with a green cap (14+).

**Get Age-specific advice**

Whatever their age, find simple, practical advice to keep children safe online.

A top-down view of a wooden table with various electronic devices and accessories, including a smartphone, a tablet, and a pair of headphones.

**Set up devices safely**

Set Controls on a range of devices, apps, and platforms with our how-to guides.

A group of people, including a teacher and several students, gathered around a table looking at a tablet device.

**Find School resources**

Use our resources hub to find online safety resources to use in the classroom and with parents.

# INTERNET MATTERS.ORG

- Non-profit
- Helping parents to keep their children safe online.
- Age-specific advice
- Set-up devices safely



## Tweet



**Andy Burrows** @\_andyburrows · Aug 30, 2018



As we launch our [@nspcc](#) campaign, please sign our petition to ask [@sajidjavid](#) [@dcms\\_secofstate](#) to end the [#WildWestWeb](#) - and introduce statutory regulation to keep children safe on social networks



**NSPCC**  @NSPCC · Aug 30, 2018

In the average primary school class surveyed, one child has been shown an online nude/semi-nude image by an adult. We must act now to keep our children safe online and end the [#WildWestWeb](#) Find out more: [bit.ly/2NOKKU4](https://bit.ly/2NOKKU4)

# SOCIAL NETWORKS



- **BBC Click** interview 07/11/20
- Andy Burrows - Head of Child Safety Online Policy for the NSPCC.
- We know that for many years, tech firms really haven't done enough to make sure that their services are fundamentally safe for children to use.
- We know that tech companies make design choices when they build products:
  - to create great immersive products,
  - to keep us on services for as long as possible.
- We really want to see the big tech firms considering safety at the design stage - using algorithms in a responsible way to avoid pushing out damaging self harm and suicide content.
- Unfortunately, not enough is being done at the current time.

# SOCIAL NETWORKS

Digital Secretary  
Oliver Dowden

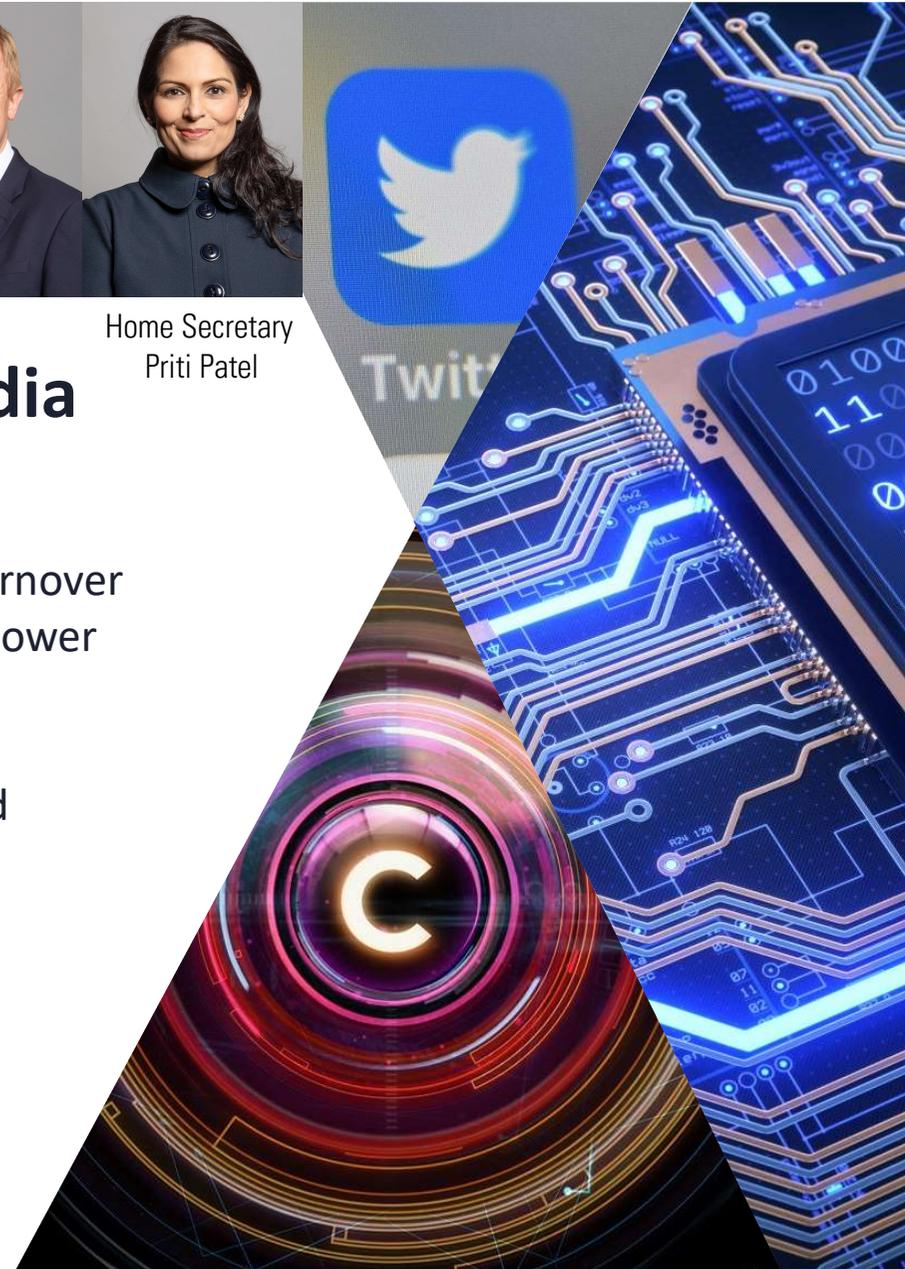


Home Secretary  
Priti Patel



Twitter

- **UK leads the way in a ‘new age of accountability’ for social media**
- Firms failing to protect people face fines of up to ten per cent of turnover or the blocking of their sites and the government will reserve the power for senior managers to be held liable.
- Popular platforms to be held responsible for tackling both legal and illegal harms.
- All platforms will have a duty of care to protect children using their services.



# SOCIAL NETWORKS



Twitter

- We are particularly concerned about the risk of online grooming that lots of children and young people face. Our research shows that one in 25 teenagers on some of the largest social networks have had a request to send sexual content of themselves to an adult or they've received that content.
- Social networks have really accentuated that risk.
- We all get algorithmically suggested friend suggestions on our accounts. Groomers can exploit those design features - every time they refresh a page, they'll be a a fresh list of children who they can contact.
- This is just like phishing emails that all of us get - the principle is to contact large numbers of children in the expectation that a relatively small number may click that phone request and then the process of grooming can begin.
- It is very hard for parents to keep up with children and their tech, as new apps, sites and games are continually being released.



# E-SAFETY WITH O2

- Bringing together O2's tech know-how and the NSPCC's expertise in protecting children, <https://www.o2.co.uk/help/nspcc> has got everything you need to help you keep your kids safe online, whether you're an online expert or you're not sure where to start.

O<sub>2</sub> | NSPCC



## Play our parents vs kids quiz

See who knows the most about the world of online.



[Find out more](#)

## Net Aware

Your guide to social networks, apps and games your kids are using.



[Find out more](#)

## Download NSPCC resources

Download our word search, online safety booklet and family agreement template.

[Find out more](#)



## Keeping kids safe online

### Where to start

We're here to help you find the best ways to keep your kids safe online.



[Read more](#)

### Tools and tips

Learn about the tools and tips that can help keep your kids safe online.



[Read more](#)

### My child's first phone

How to keep your child safe when they get their first phone.



[Read more](#)

<https://www.net-aware.org.uk/>

# WHAT APP?

O<sub>2</sub> | NSPCC  
Let's keep kids safe online

Net Aware

Search Menu

## Your guide to apps, games and social media sites

e. g. TikTok

[View all apps, games and social media sites >](#)

Watch our video about Net Aware

## WhatsApp

At a Glance Top tips What people are saying



# WhatsApp

WhatsApp is an instant messaging app which lets you send messages, images and videos in one-to-one and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group.

**16+**

Official age rating

**13+**

Parent age rating  
[What do parents say?](#)

**11+**

Child age rating  
[What do children say?](#)

## At a glance

### Kids use this to...

Play



Create



Learn



Connect



### Expert view of the risks...

Sexual



Medium Risk

Violence & hatred



Medium Risk

Bullying



Medium Risk

Suicide & self-harm



Medium Risk

Drink, drugs & crime



Medium Risk

[More information about Among Us](#)

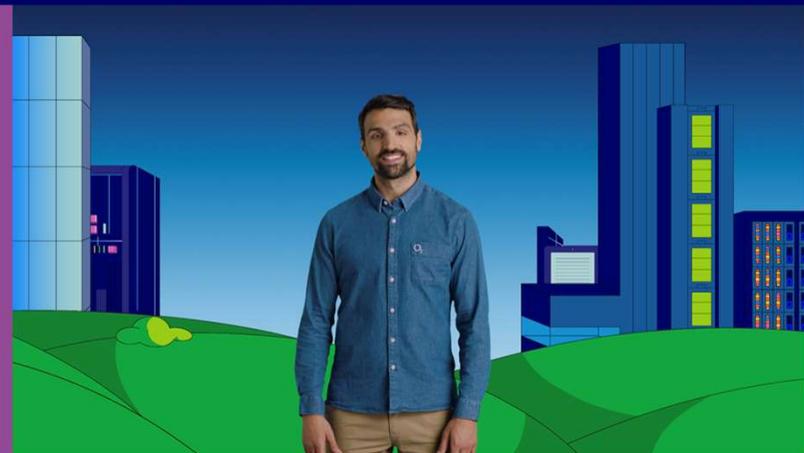
# The LORE Exposed!

## O2 Guru top tip



### Show them how to set up a private game

Show your child how to set up a private game so they can only play with their friends.



<https://www.net-aware.org.uk/>

## Top tips for staying safe

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Explore it together



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Talk to them about who they're talking to



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Show them how to create and leave games



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Switch on chat filtering



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Agree some rules around gaming



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Let your child know they can talk to you



# CHANNEL 4 NEWS 18/11/20

## RADICALISATION

- With Covid-19, social isolation has been at an all time high. The rise in online extremism is creating a perfect storm for young people, vulnerable to online radicalization, according to the UK's most senior counter terrorism police officer.
- Hundreds of children have been referred to the government's prevent programme designed to discourage young people from being drawn into terrorism and a new advice website called act early has also been launched today for concerned parents called *Act Early*.
- Recruiters of the far right are recruiting others to act on their behalf, they want to use children or others who are vulnerable in society to fulfil their acts for terrorism.



# BBC NEWS 18/11/20

## RADICALISATION

- We wanted to find out for ourselves how easy it is to come across right wing material online. We set up an Instagram account posing as a 16-year-old boy.
- In less than a week a right-wing group had invited us to a chat room on a messaging platform synonymous with the far right.
- I've been added to extremely racist chat groups which call for the repatriation of immigrants and use the most offensive racial slurs.
- I've been recruited into an online group calling itself *United Britain* with members, ...and now I'm being asked to recruit others into this group, so this is where it ends for me, but this is just one month after setting up our Instagram account.
- Facebook who own Instagram say they banned over 250 white supremacist organisations and have removed content that supports these groups.
- From January 2019 to June 2020, 17 boys under the age of 18 were arrested for terrorism more than half were for right wing extremism.

The BBC News logo is displayed on a red square background. The letters 'B', 'B', and 'C' are each contained within a white square, with vertical bars separating them. Below this, the word 'NEWS' is written in a large, white, sans-serif font.

**B | B | C**  
**NEWS**

## COUNTY LINES

- County Line is a term used to describe **gangs** and **organised criminal networks** involved in exporting **illegal drugs** into one or more importing areas [within the UK]
- They are likely to **exploit children** and **vulnerable adults** to move [and store] the drugs and money and they will often use coercion, intimidation, violence (including sexual violence) and weapons.

Definition from NPCC



**DAN, 16, HAS BEEN STABBED AND FORCED TO SELL DRUGS MILES AWAY FROM HOME.**

**FIND OUT MORE ABOUT #COUNTYLINES**

 **NCA**  
National Crime Agency

**NATIONALCRIMEAGENCY.GOV.UK/COUNTYLINES**

CONRAD KHAN ASHLEY MADEKWE AND HARRIS DICKINSON

# COUNTY LINES

A FILM BY HENRY BLAKE

- Up to 10,000 children are thought to be currently entangled in the 'county lines' drug trade in the UK. Kids, typically poor ones, are preyed upon by adult criminals and gangs, and manipulated into becoming their drug mules.
- Henry Blake: What a lot of people do not know is the scale and depth of potentially life-changing trauma they can experience while out on the lines. To steal a quote from the film, the children are the "acceptable loss" of the county lines business trade.
- [New trailer for County Lines - on digital and in cinemas 4 December | BFI](#)



# INAPPROPRIATE CONTENT

- Unfortunately, all children are likely to be exposed to harmful and inappropriate content online.
- The most important thing is to foster the trusting relationship, to work through any issues that your child faces.
- “To take away devices would not only be an overreaction, but it doesn't then help to make sure that your child is safer in future.”
- The key is to learn in a supportive and understanding environment, both at school and at home.

# HOW WE DEVELOP DIGITAL CITIZENS

**Digital citizenship** involves:

- **Competent** and **positive engagement** with **digital** technology (access and skills)
- **Active** and **responsible participation** (empowerment and etiquette)
- **Lifelong learning** in formal, non-formal and informal contexts (including risk management and resilience).

## All Good Digital Citizens:



# SEXTING VIDEO – ADVICE FOR PARENTS

- <https://parentinfo.org/article/sexting-ceops-films-say-dont-panic-but-do-respond>
- [Watch all four films](#)



# PAUSE FOR THOUGHT...

1. Talk to you child about their tech.
2. Learn about it with them & investigate it on:  
<https://www.net-aware.org.uk/>
3. Ask: How can we use this to keep you safe?
4. Give your child the confidence to approach you.
5. Tell them: If it makes you feel uncomfortable – tell me.
6. Take a pause BEFORE you react.





GAMING –  
BBC CLICK

## E-safety Topics Learnt at Moor House?

- Stranger danger
- Cyberbullying
- Security
- Protecting personal information
- Social networking
- Website validity
- Screen time and healthy balance
- Apps
- Online grooming
- Blogging, vlogging, video chat
- Live streaming
- Sexting – selected cohorts in Year 9+
- Cyberterrorism and radicalisation – Year 8+

Childnet International

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

# Hot topics

Top tips and internet safety advice.

I want to know more about...

- Cyberbullying
- Online reputation
- Sexting
- Online Sexual Harassment
- Social networking
- Downloading
- Gaming
- Critical Thinking
- Online grooming
- Apps
- Video Chat and Webcams
- Livestreaming
- Location Services
- Premium Rate Content
- Security
- Screen Time and Healthy Balance

**CEOP AMBASSADORS**

**THINK U KNOW**

**MATTHEW CROWHURST** **ERCAN AGCA**

**CLICK CEOP**  
Internet Safety

## CEOP (Child Exploitation & Online Protection Centre)

<http://www.ceop.police.uk/contact-us/>



If someone has acted inappropriately towards a child or young person you know, report the internet abuse to CEOP. Ensure your child recognises the 'eye' symbol and knows that they can make a report by clicking on the icon. Be aware that report is a legal document. Prior to submitting a report, online guidance will be offered to confirm that this is the correct approach.

This E-Safety news has been brought to you by Mr Crowhurst, CEOP Ambassadors.

## *E-SAFETY @ MHSC*

- **KS2:** Identity & E-safety: Hector's World; Lee & Kim's Animal Magic.
- **Year 7:** Cyberbullying, respect & prevention, Play-Like-Share; Stranger Danger, Internet & Grooming, Good & Bad Attention; Intro to Social Media; DSLs; E-Safety Top Tips.

# *E-SAFETY @ MHSC*

- **Year 8 & 9:**
- Year 1: Gaming risks, gadget addiction, online grooming, sexting (dependent on maturity and need).
- Year 2: Data security, strong passwords, hackers, phishing computer viruses, computer protection, physical security, identity theft, photo manipulation, fake news, radicalisation, netiquette.

# USEFUL E-SAFETY WEBSITES – OUR TOP 5!

- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- <https://www.thinkuknow.co.uk/>
- <https://www.childnet.com/>
- <http://www.kidsmart.org.uk/>
- <https://www.saferinternet.org.uk/>

# E-SAFETY WEBSITES

Target Audience	Website	Resource
Ages 7 - 14, Parents	<a href="http://www.kidsmart.org.uk">http://www.kidsmart.org.uk</a>	Kidsmart
Mainly parents, but also kids	<a href="http://www.childnet-int.org/kia/parents/">http://www.childnet-int.org/kia/parents/</a>	KnowITAll suite of resources
Mainly parents	<a href="http://www.thinkuknow.co.uk/parents/">http://www.thinkuknow.co.uk/parents/</a>	Thinkuknow - guidance for parents/carers
Parents and families	<a href="http://www.ikeepsafe.org/PRC/">http://www.ikeepsafe.org/PRC/</a>	iKeepSafe
Mainly parents	<a href="http://www.netsmartz.org/netparents.htm">http://www.netsmartz.org/netparents.htm</a>	Net Smartz Workshop
Parents and teens	<a href="http://www.connectsafely.org">http://www.connectsafely.org</a>	ConnectSafely.org
Parents and families	<a href="http://www.getnetwise.org">http://www.getnetwise.org</a>	GetNetWise.org
Parents and teens	<a href="http://www.iSafe.org">http://www.iSafe.org</a>	i-SAFE, i-PARENT, i-EDUCATOR
Parents, ages 6 - 11	<a href="http://www.mediasmart.org.uk/parents">http://www.mediasmart.org.uk/parents</a>	Media Smart
Ages 6 - 12, Parents	<a href="http://superclubsplus.com">http://superclubsplus.com</a>	Super Clubs Plus
Ages 11 - 14, Parents	<a href="http://goldstarcafe.net">http://goldstarcafe.net</a>	Gold Star Cafe social networking site for Secondary students
Ages 3 - 7, Parents	<a href="http://www.kidscomjr.com/games/safety/safety.html">http://www.kidscomjr.com/games/safety/safety.html</a>	Iggy & Casper's Internet safety game
Parents, pre-teens	<a href="http://safekids.com/">http://safekids.com/</a>	Safety quiz
Parents, teens	<a href="http://tcs.cybertipline.com">http://tcs.cybertipline.com</a>	ID the Creep game
Parents	<a href="http://www.myspace.com/childnetinternational/videos/">http://www.myspace.com/childnetinternational/videos/</a>	Various e-safety videos
Parents	<a href="http://www.kidscape.org.uk/cyberbullying">http://www.kidscape.org.uk/cyberbullying</a>	Cyberbullying
Ages 5 - 12, Parents	<a href="http://www.gridclub.com">http://www.gridclub.com</a>	Grid Club - online adventure for kids
Ages 8 - 10, Parents	<a href="http://family.disney.co.uk/internet-safety">http://family.disney.co.uk/internet-safety</a>	Information about Club Penguin social network
Ages 7 - 10, 11 - 13, 14 - 17 & parents	<a href="http://wiredkids.org">http://wiredkids.org</a>	Guidance for C&YP, games for young children