

Our Lady of the Visitation Catholic Primary Parent Internet Safety Workshop



Meet the health improvement team



Karen Gibson
HIT manager
Safeguarding



Nicole McGregor
Nutrition & exercise
Officer



Faye Jones
PSHE & RSHE
Officer



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Mental health and
wellbeing Officer

What we do

Safeguarding
prevention

Mental health
and emotional
wellbeing

PSHE

Nutrition
&
exercise

RSHE

Ground Rules

R - Respect

O – Openness

C – Confidential

K - Kind



Please keep your microphone on mute unless you have a question.

Please use the chat feature to ask questions during or after the session.

Cameras are optional throughout.



Areas we will cover in this training:

- Harmful content online
- Cyberbullying
- Gaming
- Grooming
- Popular apps
- Social media
- Privacy and security
- How to make internet use safer within the home.

What do we aim to protect children from when they are outside the home?

Strangers

**Sexual
Exploitation**

**Exposure to
drugs and
alcohol**

Violence

All of these things areas remain risk factors to young people when they safe within the home but spending time online!

**Gangs and
Peer Pressure**

Teaching Digital Literacy and Digital Defence

What adults see as a separate online world, children see as a normal part of theirs.

- School and Parents have a joint responsibility for ensuring that all children have the knowledge and skills to live happy and healthy lives.
- This means ensuring they know how to live respectfully and safely in their hybrid world of being offline and online.
- This can be done by ensuring that children are skilled in both digital literacy and digital defence. These are skills which are taught within school as part of the PSHE curriculum and embedded within the home.

Teaching Digital Literacy and Digital Defence

Digital Literacy

Digital Literacy involves teaching children and young people how to engage safely, respectfully and positively online.

It ensures that they use the online platforms children use are empowering and contributing to their wellbeing by providing knowledge, positive socialisation or play.

Digital Literacy will constantly be developed as children get older and discover more. It will be a key skill needed for their success in academic, the workplace and their social lives.

Digital Defence

Digital Defence is a mechanism of protection and safeguarding.

Children need to be taught how to keep themselves safe online, how to recognise potential harm and what to do when it occurs.

Children should also be encouraged to share and communicate about their online experiences with the focus being on inclusion and engagement with their parents and carers rather than punitive supervision.

4 areas of online safety and safeguarding

Content

Contact

Conduct

Commerce

Harmful Content

Content

- It is important to remember children may be exposed to harmful content through their own actions but more often it is unintentional.
- The majority of young people's first time watching pornography was accidentay
- 62% of 11-13 year olds who had seen pornography reporting that they stumbled across it unintentionally. With children as young as six and seven accidentally seeing pornography online.
- Children described feeling “grossed out” and “confused”, particularly those who had seen pornography when they were under the age of 10.

Source: British Board of Film Classifications, 2019

Harmful Content

Content

Pornography is not the only harmful content that children may witness online.

Harmful Content can also include:

- **Extreme Violence and Aggression**
- **Substance Misuse**
- **Peer to Peer Sexual Imagery**
- **Extremist Materials**
- **Fake News**
- **Glamorising of Crime and Gang Involvement**
- **Animal Abuse**

Expose to these forms of content can be seen in Film, TV, Social Media Platforms, Music Videos and Gaming.



Age Restrictions

We will all be familiar with recognising age restrictions on film and video games but how familiar are you with the age restrictions on these popular apps?

Content



Suitable for all



Parental guidance



Cinema release
suitable for 12 years
and over



Video release suitable
for 12 years and over



Suitable only for 15
years and over



Suitable only for adults



Adults works for
licensed premises only

TikTok



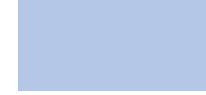
Roblox



PopJam



Among Us



Instagram



WhatsApp



Discord



Snapchat



Online Chat

Concerns over who children are talking to online is an increasing concern.

Popular social networking sights such as snapchat, Instagram and Tik Tok have online communication at the core. They encourage children to share, like and comment. Engaging not just with their peers but their favourite influencers and accounts.

However gaming sites such as Among us, Roadblox, Fortnite and Minecraft have integrated chatrooms in which players can communicate.

Some software allows hackers to turn on webcams without the user knowing, ensure that where possible cameras not in use are covered at all times.

Contact

It is important to have regular communication with your children about who they are communicating with online.

Ensure where possible children are online gaming in areas of visibility and where conversations may be monitored.

Webcams that aren't needed on ipads, laptops and all screen should be covered.

Grooming



[Undressed \(lgfl.net\)](http://lgfl.net)

Contact

Spot the signs -
County lines

Leaving home with no explanation

Missing from school or in places they wouldn't usually visit.

Unexplained injuries/self harm

Suddenly have new clothes, money, mobile phones etc.

Receiving excess amount of phone calls or texts.

New friendships with older, controlling people.

School grades suffering

Change in emotional well-being

Gang associations

peelsolutions
01925 377 878
www.peelsolutions.co.uk

Cyber-Bullying

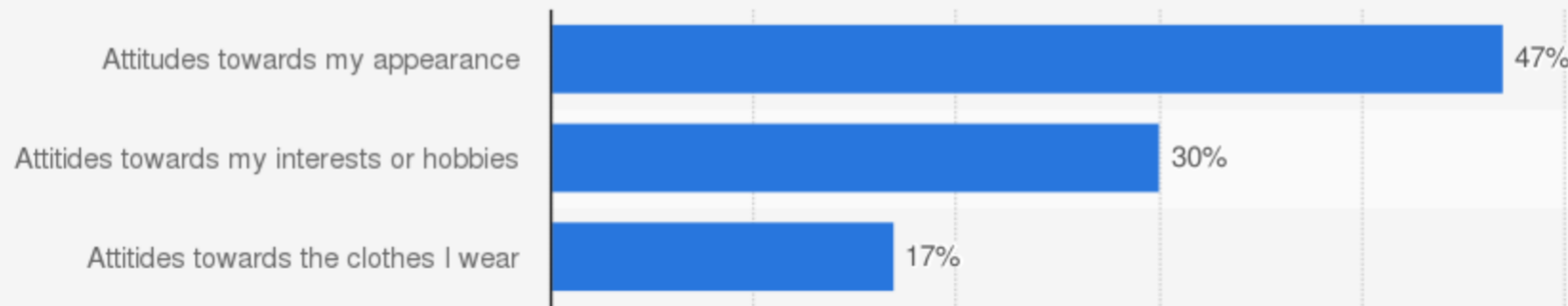
Conduct

Statistics from 2021 show across the UK, almost 1 in every 5 (19%) children aged 10-15 experience cyber bullying, equating to around 764,000 children.

The most common method of online bullying were

- Nasty messaging
- Being sworn at and
- Being called insulting names

Why do you think you were bullied?



Sexual Harassment- 'Sending Nudes'

Conduct



[NSPCC: I saw your willy - YouTube](#)

The 'I saw your willy campaign' is great resource with older primary aged children to discuss the dangers in taking and sending nude images and how quickly these can be shared amongst peers.

Snapchat



13+

Peer to peer sexual abuse, both offline and online has been well documented.

Ofsted's review into sexual abuse in schools (2021) documented the endless pressure on girls to send nude images, with girls being targeted by several of their peers a day.



Beginning conversations on consent and privacy from a young age helps set foundations that encourage safe behaviour in the future.

Reporting

Conduct



Ensure your children know how to use the report features in the apps they are using and encourage them to talk to you.

Children may be fearful that they have done something wrong or will be in trouble for their actions online, ensuring that your first priority is always their wellbeing and safety opens opportunities for them to talk.

External organisations such as CEOP and the NSPCC are also safe places for children to report online harm.

[Tackling online sexual harassment - A film for parents and carers - YouTube](#)

Social Media and Advertisement

Commerce

Between the ages of six and eleven, children are building the knowledge of the world through comparisons with others. Increased access to social media and highly filtered content can have serious impact on children's mental health and self-esteem.

YoungMinds found **75%** of young people have experienced **times of low self-esteem** at least once before the age of 13



Expert resources for parents and mentors

Dove Self Esteem Project



 kimkardashian • Follow

kimkardashian #ad You guys...
@flattummyco just dropped a new product.
They're Appetite Suppressant Lollipops and
they're literally unreal. They're giving the
first 500 people on their website 15% OFF
so if you want to get your hands on some...
you need to do it quick! #suckit

22 HOURS AGO

Add a comment...

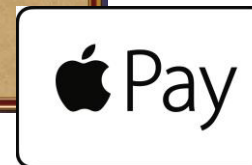
ELP
Learning Partnership

Gaming to Gambling...

Commerce

Social Media and Gaming platforms are using the same psychological methods of enticement that lead to Gambling Addiction in adults.

- Monitor children's time online
- Supervise children if they are playing games on devices which have apple pay or easy pay options set up.
- Discuss how being on social media is making children feel.



Children and young people are bound to spend lots more time on devices since Covid. **DON'T FEEL BAD** – lots will be schoolwork or healthy ways of catching up with friends or having fun. There are many ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on



Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.

Get your children to show you their apps and games



You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?

Everything you need to know in one place...



Tools for you to check out:

[Thinkuknow 8-10s](#)

- Family Digital Agreement
- Tools and games on how to have conversations about online safety
- Safe Settings- Apple Screen Time, Google Family Link, Youtube Supervised

**Remember your school staff are always
there to help!**

Thank you for attending

