INTERNET SAFETY SESSION FOR PARENTS AND CARERS

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STRUCTURE FOR TONIGHT

- INTRODUCTION
- RISKS
- ADVICE
- REPORTING
- CONVERSATION STARTERS

WHAT IS THE INTERNET TO YOUR CHILDREN?

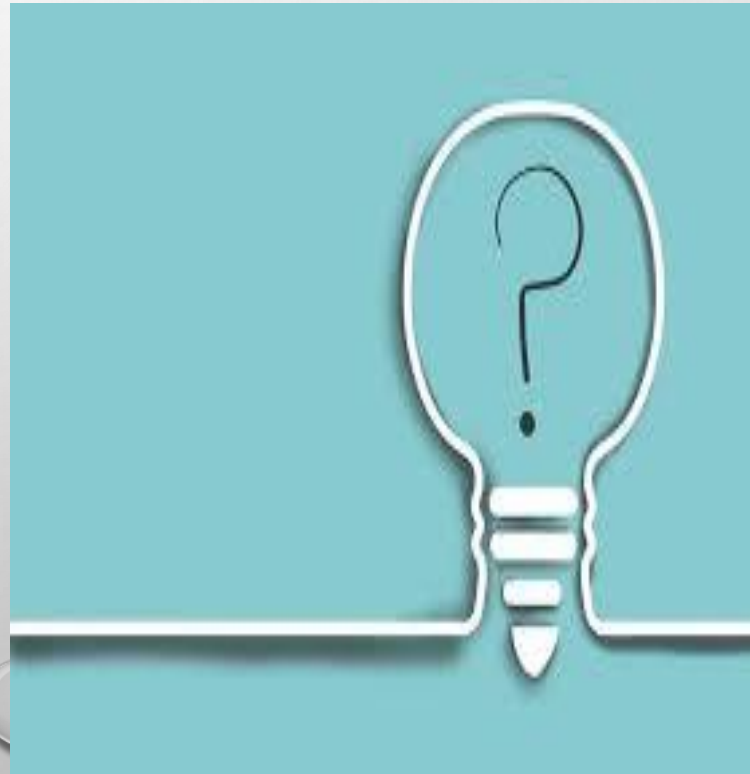
"Children of all age groups inhabit a world that seamlessly flows between on and offline".

Growing up with the internet, 2017

KEY MESSAGE

- **THE INTERNET IS NOT A THING IT IS A PLACE OUR CHILDREN HANG OUT**

- WHERE ARE THEY GOING?
- WHO ARE THEY WITH?
- CAN THEY GO ON THEIR OWN OR DO I NEED TO GO WITH THEM ?
- WHAT WILL THEY DO THERE?



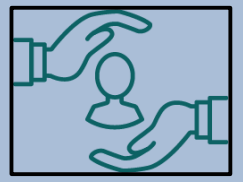
Benefits of the online world

Opportunities for creativity and careers.

Deepening relationships with family and friends.

Opportunities for learning.

Opportunities to gain support.



Engagement in world issues and opportunities to have your voice heard.

Benefits of the online world

The internet is integral to how young people learn, connect and feel part of a larger community. Sharing content is a key part of this.

70% of young people say that being online helps them understand what's happening in the world.

Connect and learn

65% say they would feel disconnected from the world if they couldn't be online with 13-17s (72%) significantly more likely to feel this way than 8-12s (57%)

60% say they have only seen or heard about certain issues or news because they heard about it from the internet

51% have found other people like them by being online and sharing content, with 48% finding people different to them

Inspire and take action

43% say they have been inspired to take action because of something they saw online, with almost half (48%) saying being online makes them feel that their voice or actions matter

By being online, 47% of young people feel they can make a positive difference for themselves and others

54% would post about something they've seen that's unfair to raise awareness

Support and positivity

46% say that the internet has helped them through a difficult time

67% say it's easier to find out about topics they are nervous about online than offline

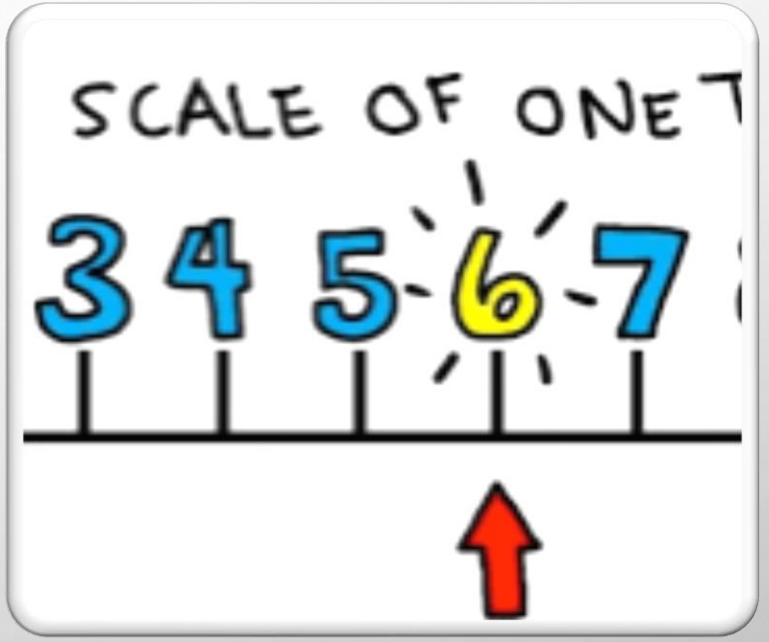
61% say that someone shared something about them online that they liked or that made them feel good, with a quarter saying this happened weekly

Our Internet, our choice, 2019

WHAT DOES YOUR CHILD LOVE DOING ONLINE?

HOW CONFIDENT DO YOU FEEL?

- UNDERSTANDING THE POPULAR PLATFORMS?
- THE RISKS THAT DIFFERENT PLATFORMS COULD POSE?
- HOW TO TALK TO YOUR CHILD ABOUT THEIR ONLINE WORLD
- ADDRESSING RISKS EITHER WITH YOUR CHILD OR HAVING TO RAISE IT WITH OTHERS?
- WHERE TO GO TO GET HELP?

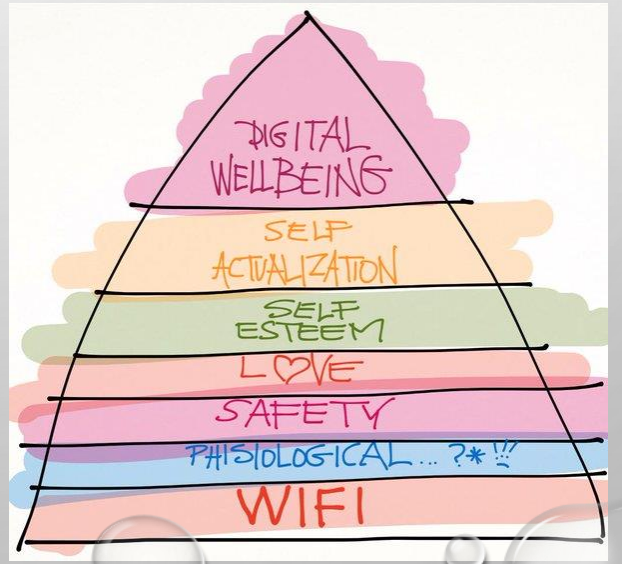


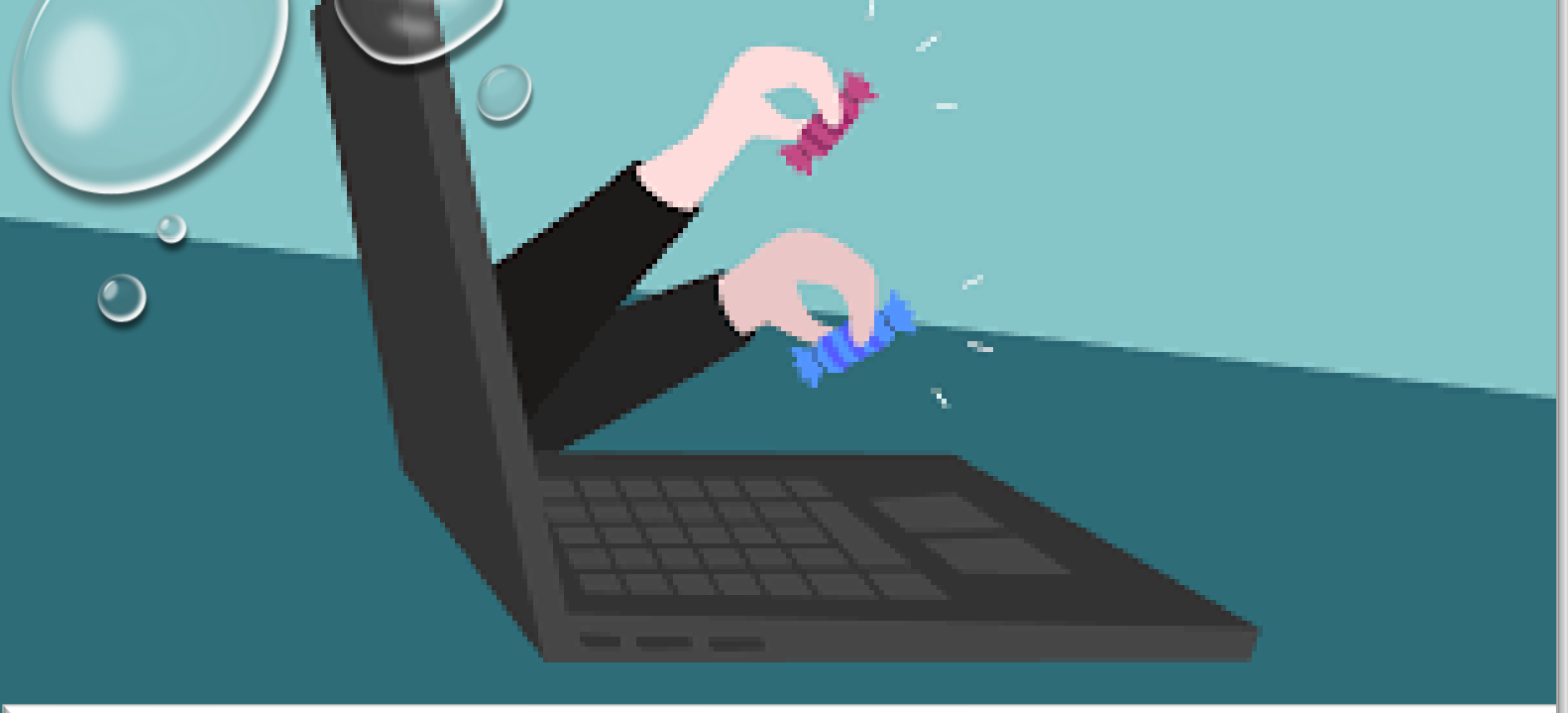
Romeo
& Juliet

WE ALL NEED TO WORK TOGETHER TO PROMOTE

- DIGITAL RESILIENCE

- DIGITAL WELLBEING





RISKS

- **TWO SPECIFIC AREAS**
- CONTENT
- CONTACT

Risks: content

Instagram

13+

- Pic and video sharing
- Live streaming
- Location sharing

Tik Tok (formerly Musical-ly)

13+

- Create and share videos
- Concern re sexual and violent content

YouTube

13+

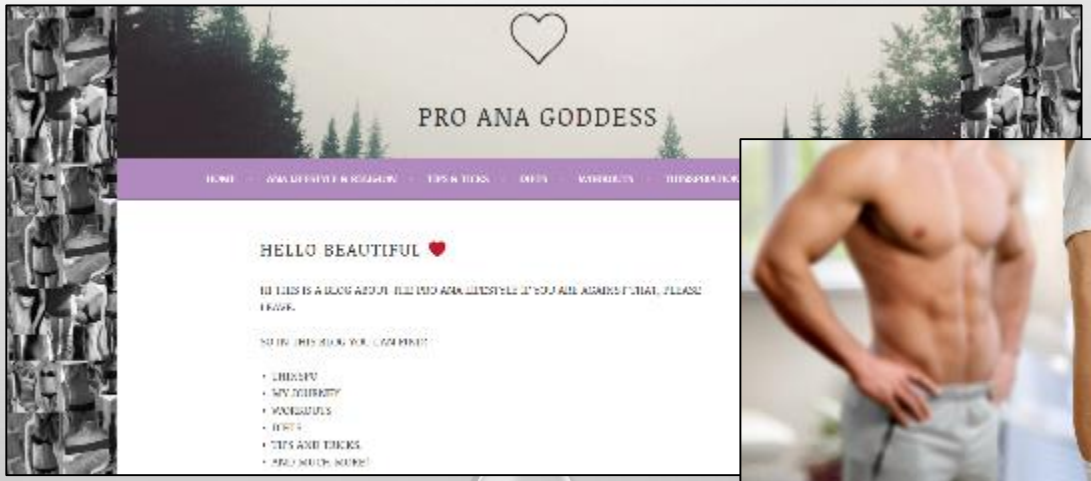
- Watch, create and share videos
- Messaging and live streaming
- Concerns re content, bullying, sexual, violence and suicide / self harm

Risks: content

Increased access to pornography by children and young people - this is having an impact on offline sexual assaults and domestic abuse – an increase in numbers and in severity

- Nearly double the proportion of 13-14 year olds (39%) reported assimilating ideas from online pornography compared to the 11-12 year olds (21%)
- Some 44% (106/241) of males, compared to 29% (56/195) of females, reported that the online pornography they had seen had given them ideas about the types of sex they wanted to try out

Idealised image 24/7, and availability of pro-ana, other self harm and suicide sites



Risks: contact

Fortnite

13+

- Gaming: aim is to kill others
- Violence though not bloody or realistic
- Can talk to others including adults

Omegle

13+

This 'virtual chat room' offers random users to have unmoderated or moderated chats with one another from anywhere in the world.

Snapchat

13+

- Photo/image share
- Video chat / Instant message
- '10 seconds'
- Location and content share
- Content sexual, violence, bullying

Navigating consent

Our Internet, our choice, 2019

CHATTING

Tactics for manipulation and / or grooming…

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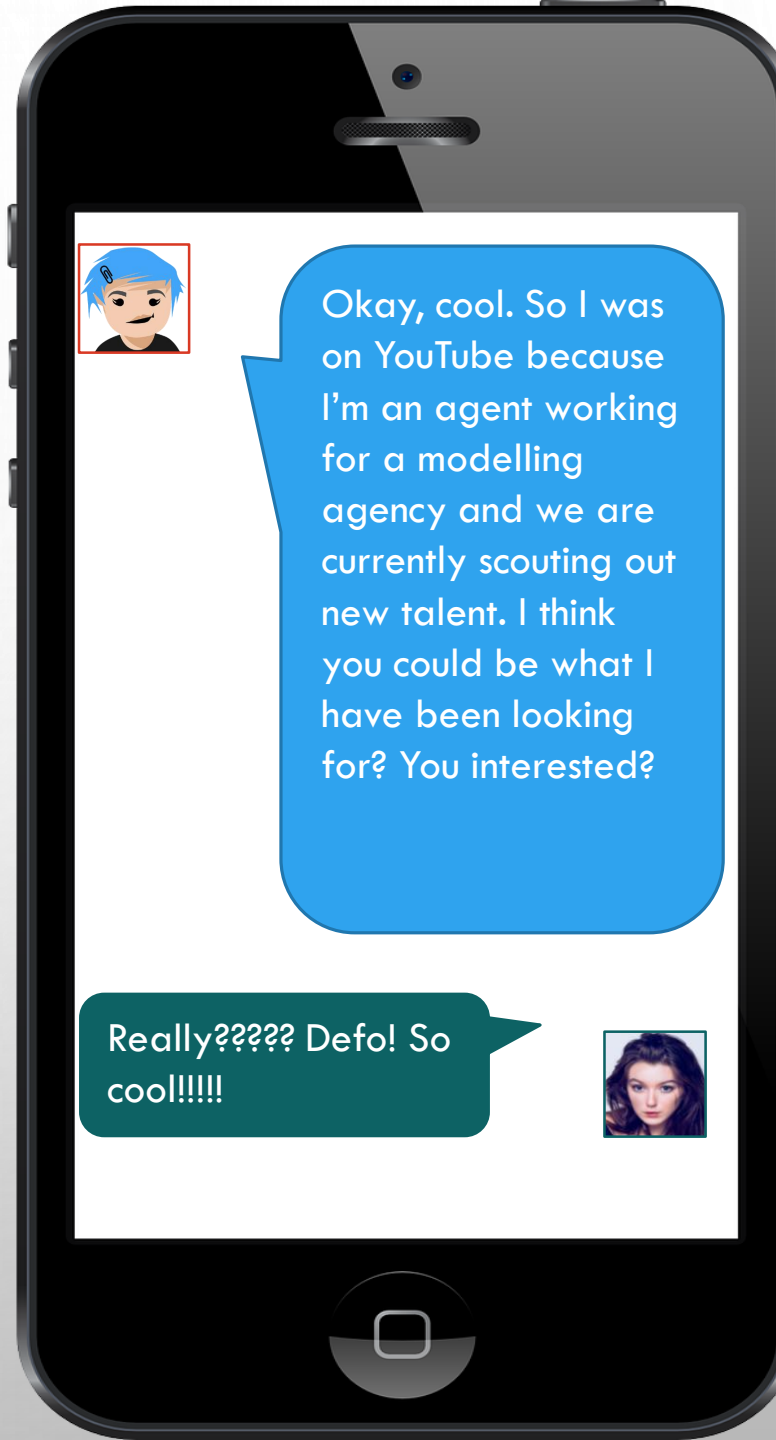

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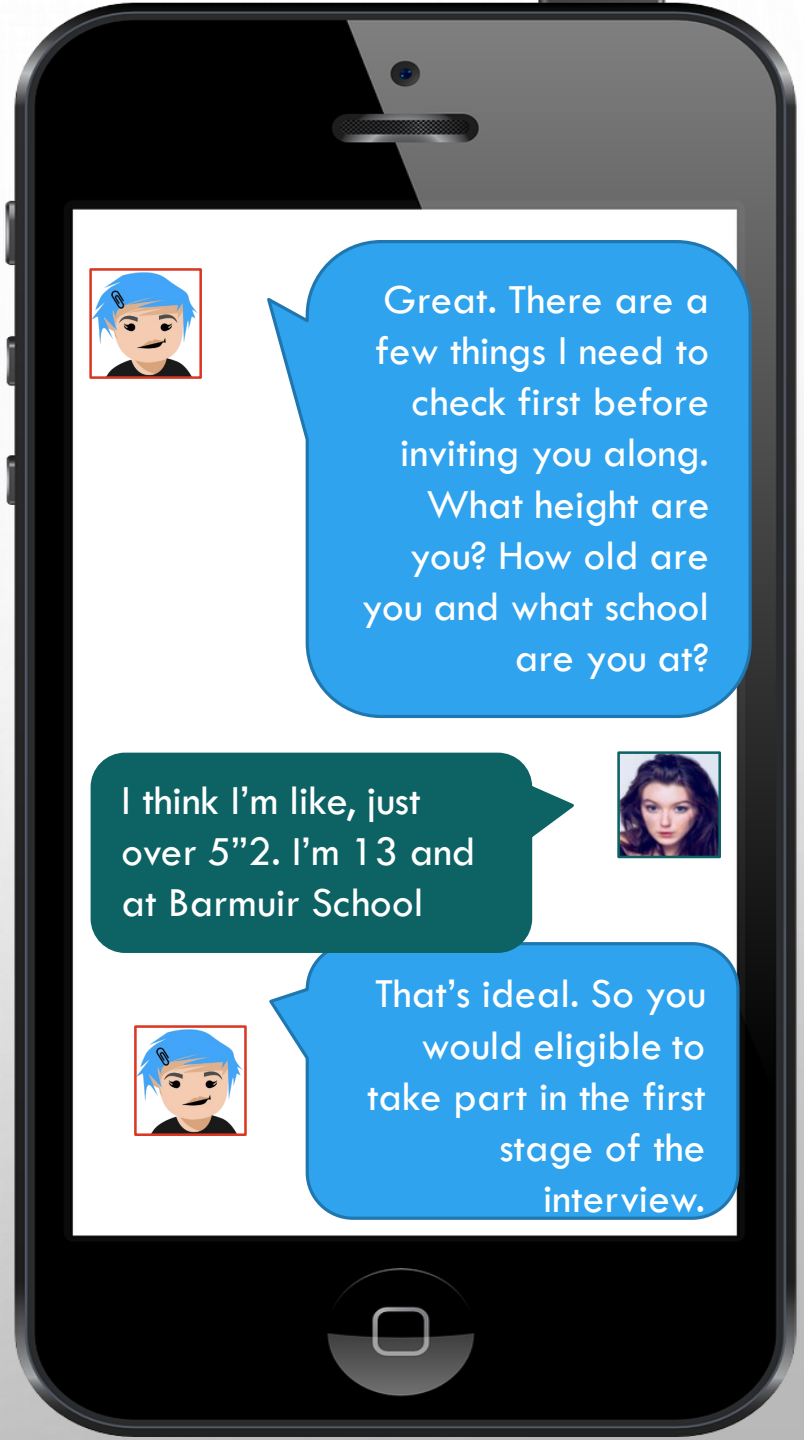

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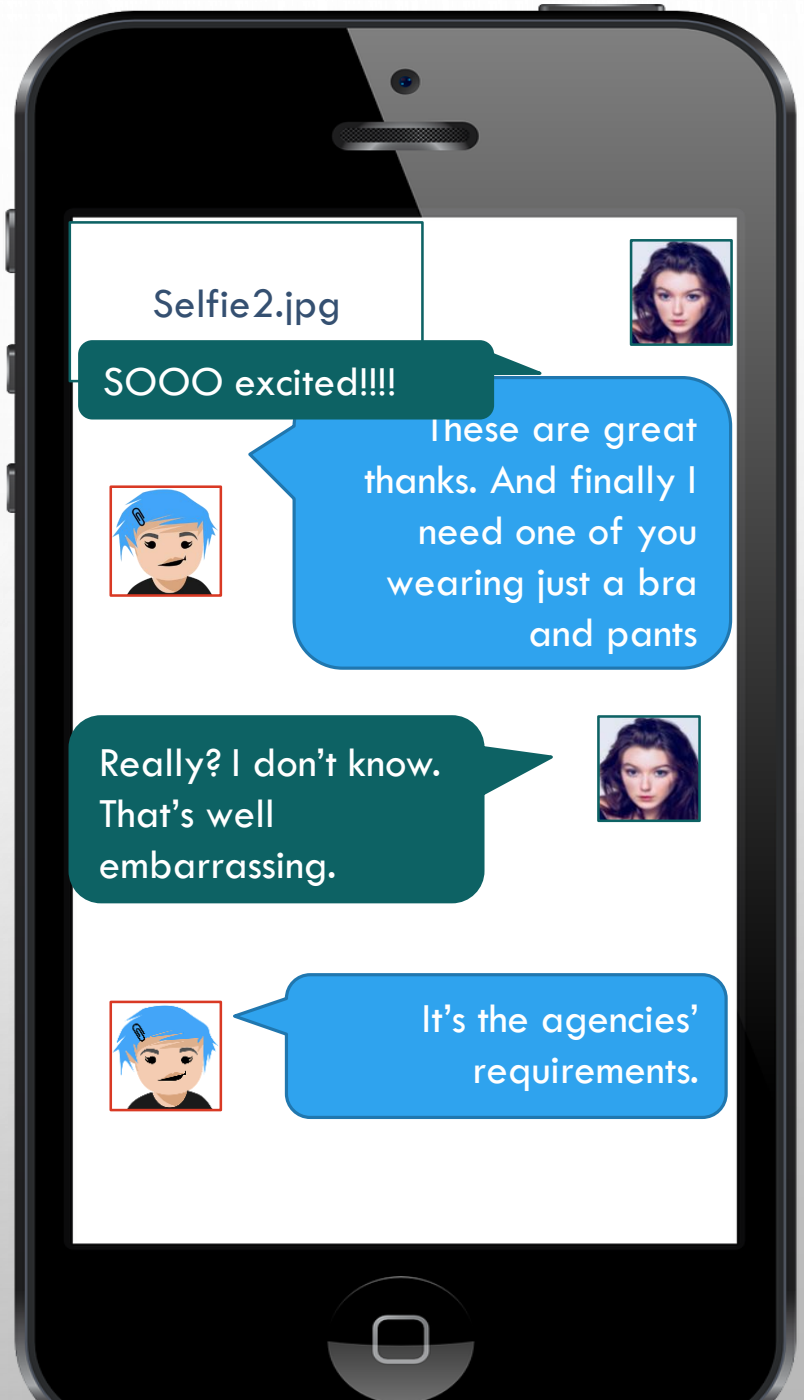

CHATTING

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Tactics for manipulation and / or grooming…

CHATTING

TACTICS FOR MANIPULATION AND / OR GROOMING…

Information from children and young people's profiles

Contacting multiple and / or vulnerable children

Pretending to be children

Multiple identities

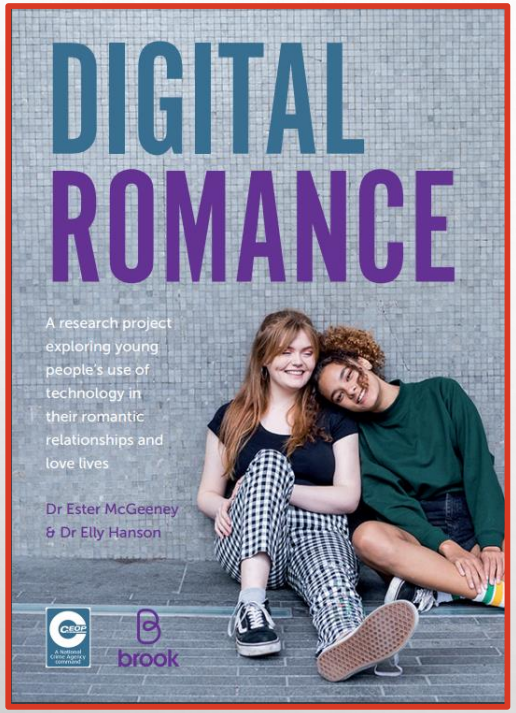
Moving from a platform to private chats

WHO ARE THEY FRIENDS WITH?
WHAT ARE THEY SHARING WITH THEM?

FRIENDING

Courtesy of CEOP

2,135 young people, aged 14-17 years old



"Group chats gets nudes put on all the time. Like, quite often vulnerable people, not so popular ones…And there'll be a chat with, like 50 odd people on or something, and one them 50 people have got it…And then several people will screenshot it or send it on, forward it, just save it"

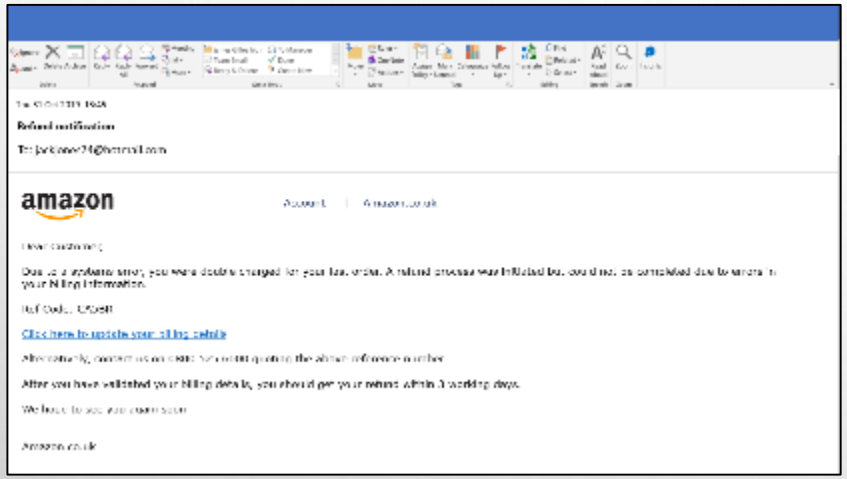
Kelly, 15
Digital Romance (2018)

52% had received a sexual or nude photo of someone else, where that someone else had taken the photo of themselves

34% had sent a sexual or nude photo to someone they like (in the context of flirting)

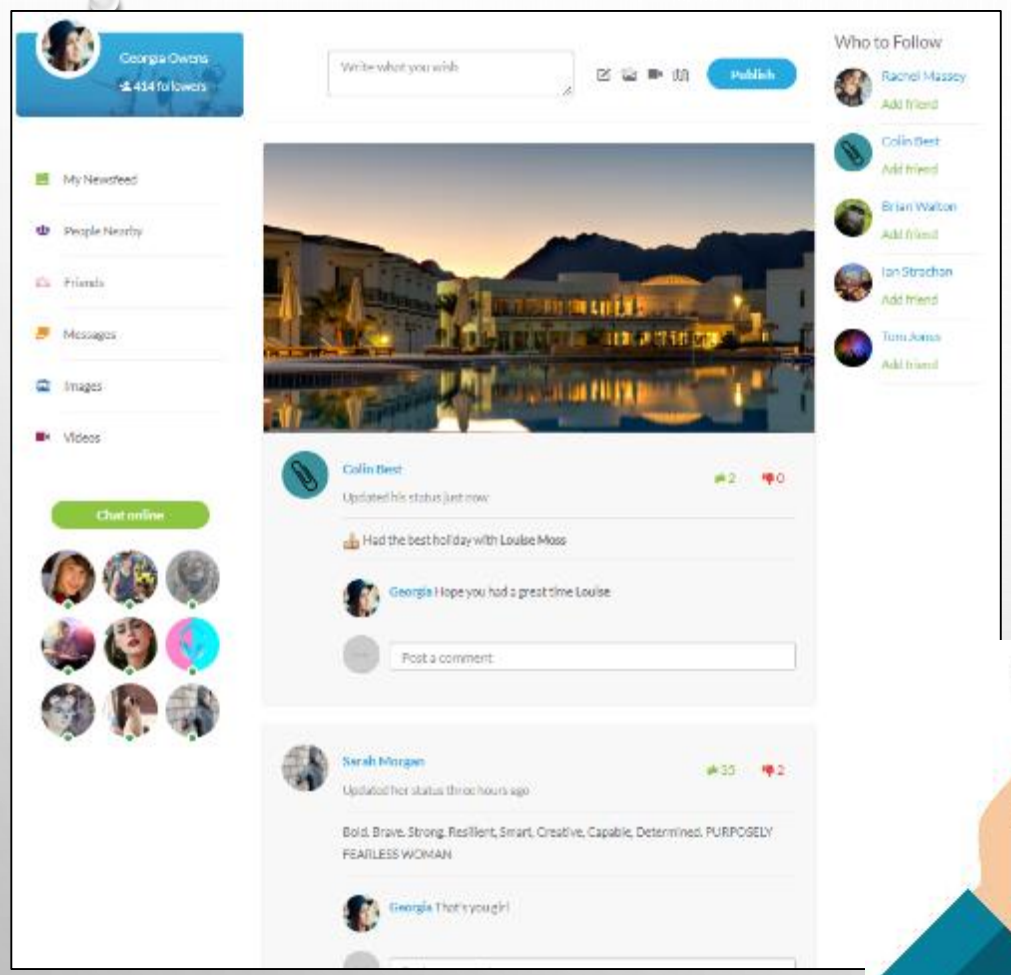
26% had received a sexual or nude photo of someone else, where a third party had sent it (i.e. of a peer sent by a different peer)

Online scamming: and through what means?



<u>Pop ups / website generated</u>

Blackmail and threats, catfishing, grooming


Georgia Owens
414 followers
Write what you wish
Publish
My Newsfeed
People Nearby
Friends
Messages
Images
Videos
Chat online
Who to Follow
Rachel Massey
Add friend
Colin Best
Add friend
Brian Walton
Add friend
Ian Strachan
Add friend
Tom Jones
Add friend
Colin Best
Updated his status just now
Had the best holiday with Louise Moss
Georgia Hope you had a great time Louise
Post a comment
Sarah Morgan
Updated her status three hours ago
Bold. Brave. Strong. Resilient. Smart. Creative. Capable. Determined. PURPOSELY FEARLESS WOMAN
Georgia That's you girl!

Sexual exploitation: some statistics

- While figures for many crimes in Scotland are going down, for **sexual offences** they **continue to rise.**
- Sexual crimes have been on a long-term upward trend since 1974, and have increased each consecutive year since 2008-09.

At least **43%** of the **10,273 sexual crimes** recorded in 2015-16 by the police related to a victim **under the age of 18.**

Men (40%) were more likely than women (34%) to **agree that 'rape results from men being unable to control their need for sex'.**

Scottish Social Attitudes Survey, 2014

In 2018, **105,047 webpages** were verified by Internet Watch Foundation analysts as containing **child sexual abuse material.**

WHAT CAN WE DO TO HELP OUR CHILDREN?

- Start early – skill development
- Internet is more than a place of risks
- Get to know where they are hanging out – be interested
- Establish rules
- Check apps / sites from time to time and who they are talking to

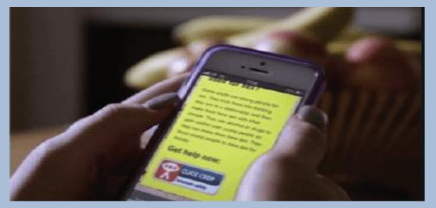
TALKING WITH OUR CHILDREN

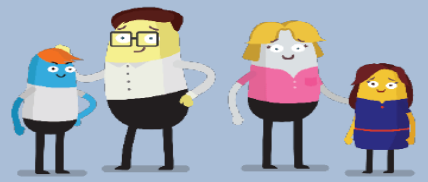
What is Thinkuknow?

The Thinkuknow programme aims to empower and protect children and young people from sexual abuse and exploitation through education.

Thinkuknow offers resources to cater for different age groups, audiences and needs:

5-7	8-10	11-13	14+	Parents and Carers
Resources for those with special educational needs and disabilities (SEND)				





The Thinkuknow approach

"Today's children are growing up online, and make little distinction between life online and off. Their use of online games, apps and services plays a crucial role in the development of their identities, friendships, relationships, passions and aspirations. It is essential that we respond by offering them high-quality education based on the best available evidence."

Head of Education, CEOP

Reporting to CEOP

What kind of concerns do people report to CEOP?

Reports from children and young people to CEOP have included:

Someone online has asked a child/young person to send them nude images.

A child/young person shared a nude image with someone online and then threatened/blackmailed as a result.

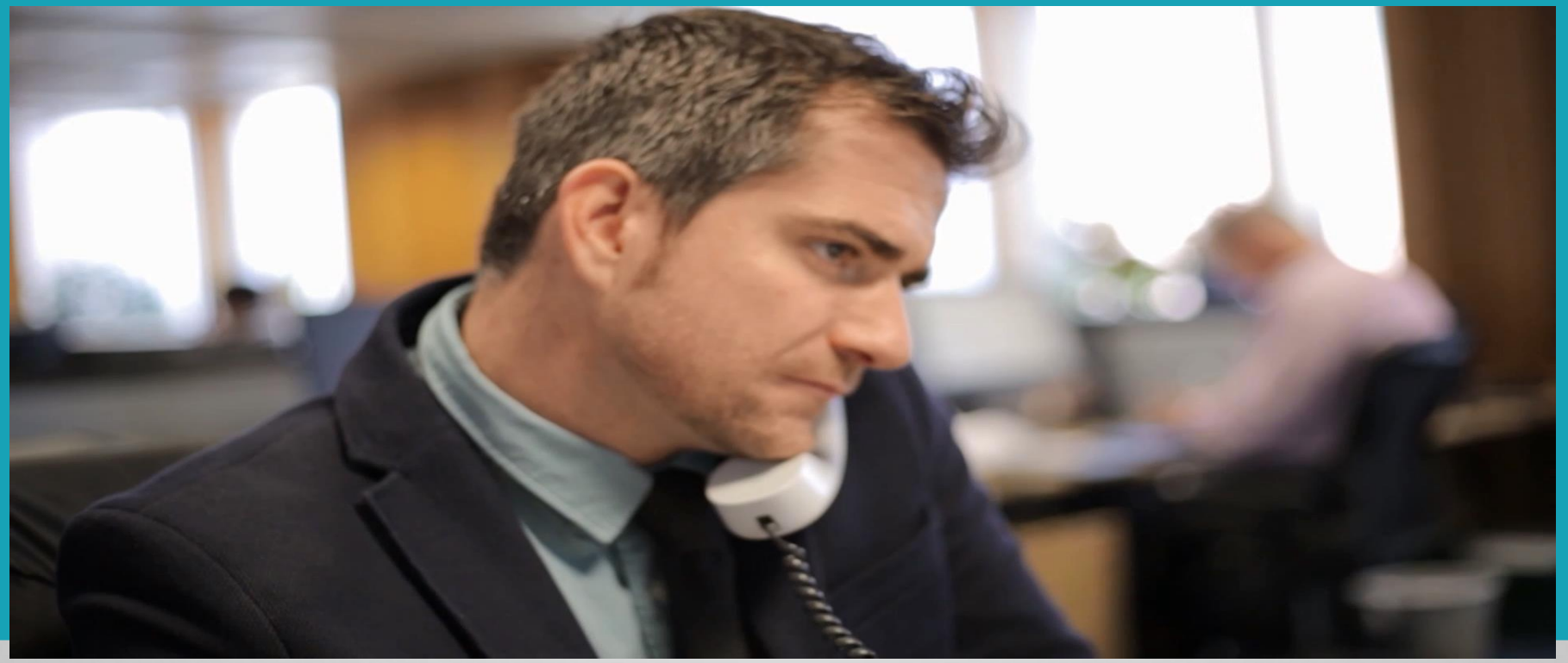
A child/young person has or is planning to meet up with someone face-to-face that they have only met online.

Someone online is talking to a child/young person in a sexual way and making them feel uncomfortable.

Someone online is sending a child/young person pornography.

Someone online keeps asking a child/young person to go on webcam.

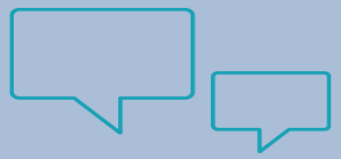
CEOP Child Protection video



What happens when a report is made to CEOP?

When a report is made to CEOP:

The report will be read and risk assessed by a Child Protection Advisor at CEOP based on a Low/Medium/High rating. Where appropriate, the Child Protection Advisor will immediately start planning how they can help the child/young person.



The Child Protection Advisor will contact the person who made the report as quickly as they can. When they contact them, they will talk about what has happened, and will make a plan about what to do.

The Child Protection Advisors' job is to make the child as safe as possible and so they may need to ask other professionals to help make sure the child is safe.

PARENTS & CARERS:

INFORMATION & ONLINE RESOURCES

1. Where can I get online safety advice?

Childnet Hot Topics - a collection of advice covering topics like screen time, parental controls, digital wellbeing and live streaming - www.childnet.com/parents-hot-topics

UK Safer Internet Centre advice hub - tailored advice for foster carers, adoptive parents, health care professionals and more - www.saferinternet.org.uk/advice-centre

Tackling difficult conversations - advice and resources on how to talk to children and young people about online safety issues - www.childnet.com/have-a-conversation

Keeping under 5s safe - tailored advice for keeping under 5s safe online - www.childnet.com/under-5s

Digital Parenting - a free online magazine offering information and advice on online issues - www.vodafone.com/content/parents

Ask About Games - specific advice and online guides about gaming and PEGI age ratings - www.askaboutgames.com

Phone Brain - information about paid for services such as premium rate numbers and in-app purchases - www.phonebrain.org.uk

Get It Right From A Genuine Site - get to know which sites are legal for streaming and downloading films, music & games - www.getitrightfromagenuinesite.org

2. Where can I go to keep up to date?

Online resources | Socials

Childnet International The parents and carers pages offer key advice on a range of online safety risks and detailed information on how and where to report online content www.childnet.com/parents-and-carers

UK Safer Internet Centre The parents and carers pages offer an advice centre with detailed support for parents, foster carers and adoptive parents, health care professionals and many more. www.saferinternet.org.uk/parents

3. Where can I get more support?

Childnet need help - find out where to access support and report online concerns & risks www.childnet.com/parents-help

Support for parents & carers

NSPCC - providing help and support for adults who are concerned about the safety or wellbeing of a child 0808 800 5000

O2 & NSPCC - providing help and support with social media, setting up parental controls, privacy settings and much more 0808 800 5002

Family Lives - providing help and support with all aspects of family life 0808 800 2222
For advice: www.familylives.org.uk

Online quiz about staying safe or | NSPCC | Internet Safety for Kids

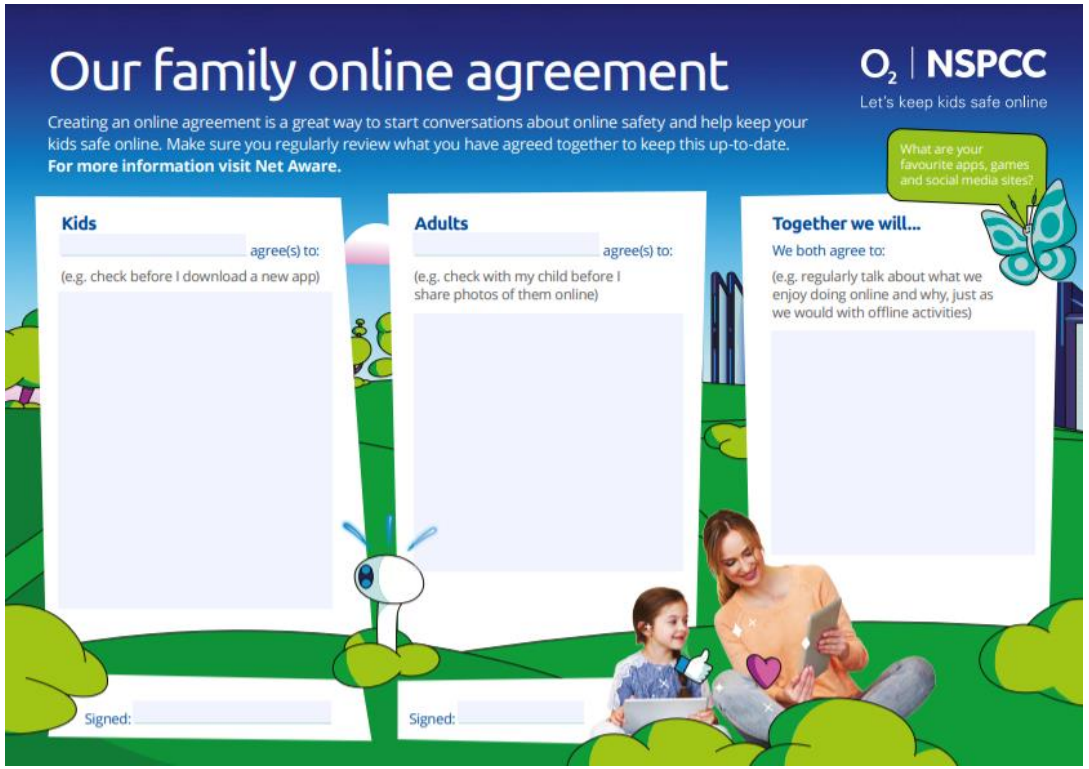
o2.co.uk/help/online-safety

Gmail YouTube Maps

help › online safety

Keeping kids safe online

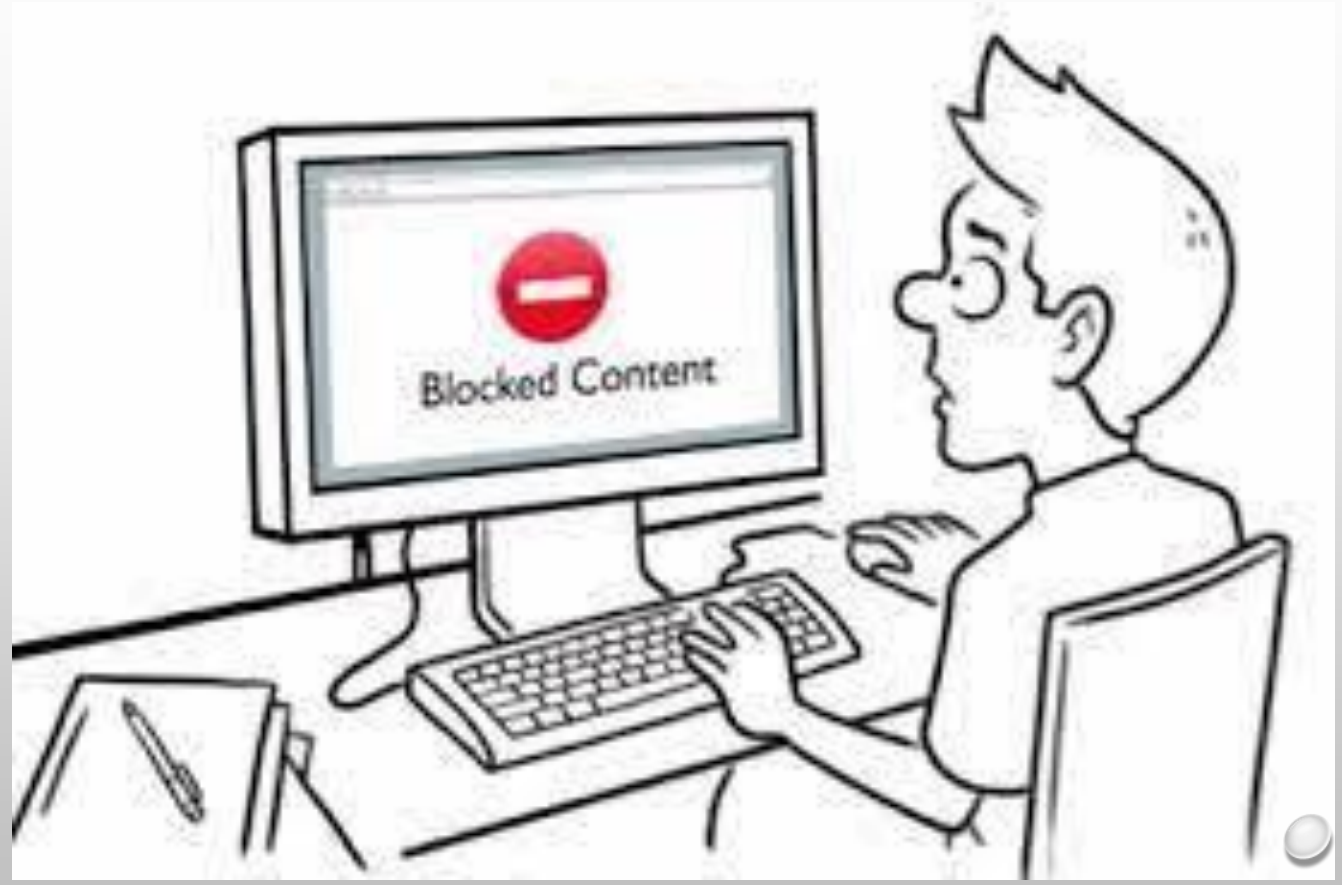
The internet is an amazing place. Kids can play, learn, create and connect. But there are also risks. That's why we're here to help.


Our family online agreement
O2 | NSPCC
Let's keep kids safe online
Creating an online agreement is a great way to start conversations about online safety and help keep your kids safe online. Make sure you regularly review what you have agreed together to keep this up-to-date.
For more information visit Net Aware.
What are your favourite apps, games and social media sites?
Kids
agree(s) to:
(e.g. check before I download a new app)
Signed:
Adults
agree(s) to:
(e.g. check with my child before I share photos of them online)
Signed:
Together we will...
We both agree to:
(e.g. regularly talk about what we enjoy doing online and why, just as we would with offline activities)

O2 | NSPCC
Let's keep kids safe online
Net Aware
Search
Menu
News
14 September 2021
A parent's guide to location settings

PARENTAL CONTROLS

- PARENTAL CONTROLS HAVE BEEN DESIGNED TO HELP YOU MANAGE YOUR CHILD'S ONLINE ACTIVITIES. THERE ARE VARIOUS TYPES, SOME OF WHICH ARE FREE BUT OTHERS WHICH CAN BE BOUGHT. HOWEVER, NOTHING IS TOTALLY FOOL PROOF SO THIS SHOULDN'T REPLACE THE SUPPORT AND GUIDANCE YOU GIVE YOUR CHILD TO HELP KEEP THEM SAFER. FOR MORE INFORMATION AND STEP BY STEP INSTRUCTIONS ON SETTING UP PARENTAL CONTROLS, VISIT PARENTAL CONTROLS & PRIVACY SETTINGS GUIDES - INTERNET MATTERS.



SUPERVISE THEIR ONLINE ACTIVITY

- KEEP THE DEVICES YOUR CHILD USES IN COMMUNAL AREAS OF THE HOUSE SUCH AS THE LIVING ROOM OR KITCHEN, WHERE AN ADULT IS ABLE TO SUPERVISE. PRIMARY-AGE CHILDREN SHOULD NOT ACCESS THE INTERNET IN PRIVATE SPACES ALONE, SUCH AS IN A BEDROOM OR BATHROOM

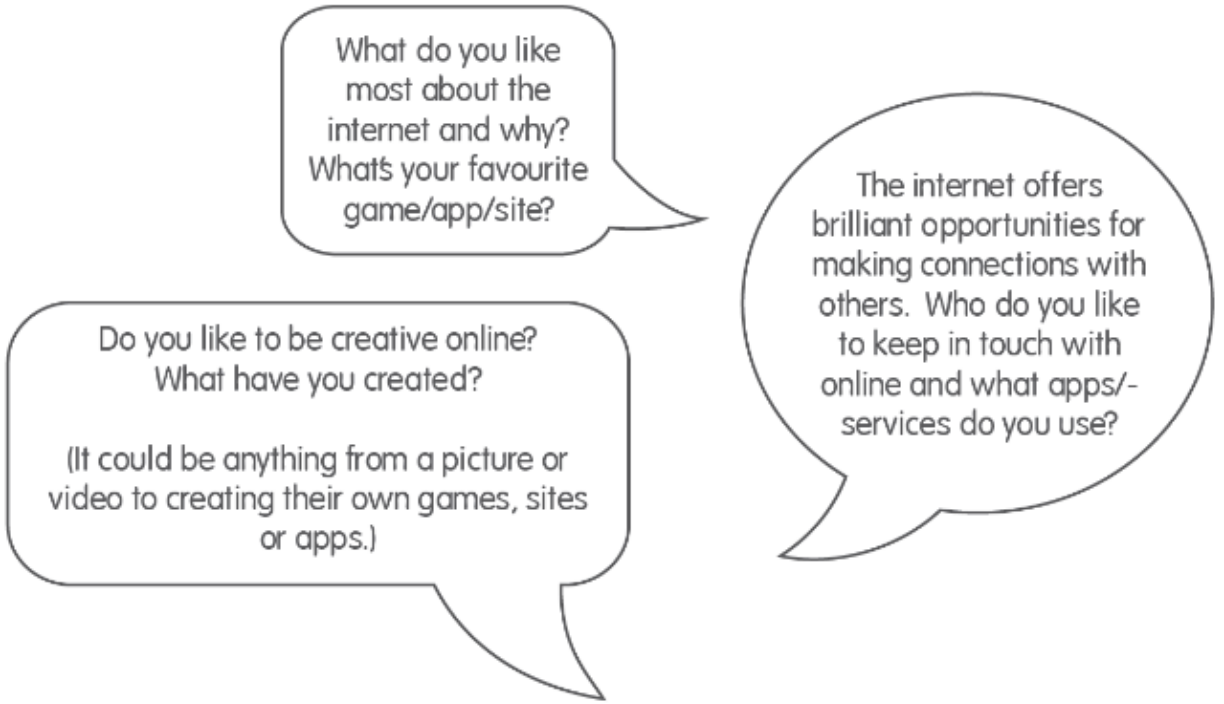
EXPLORE TOGETHER AND CHAT LITTLE AND OFTEN

- ASK YOUR CHILD TO SHOW YOU THEIR FAVOURITE APPS, GAMES AND SITES AND ENCOURAGE THEM TO TEACH YOU HOW TO USE THESE. ASK THEM IF ANYTHING EVER WORRIES THEM ONLINE. MAKE SURE THEY KNOW THEY WON'T BE IN TROUBLE AND CAN GET HELP BY TALKING TO YOU OR ANOTHER ADULT THEY TRUST IF ANYTHING HAPPENS ONLINE THAT MAKES THEM FEEL WORRIED, SAD OR SCARED

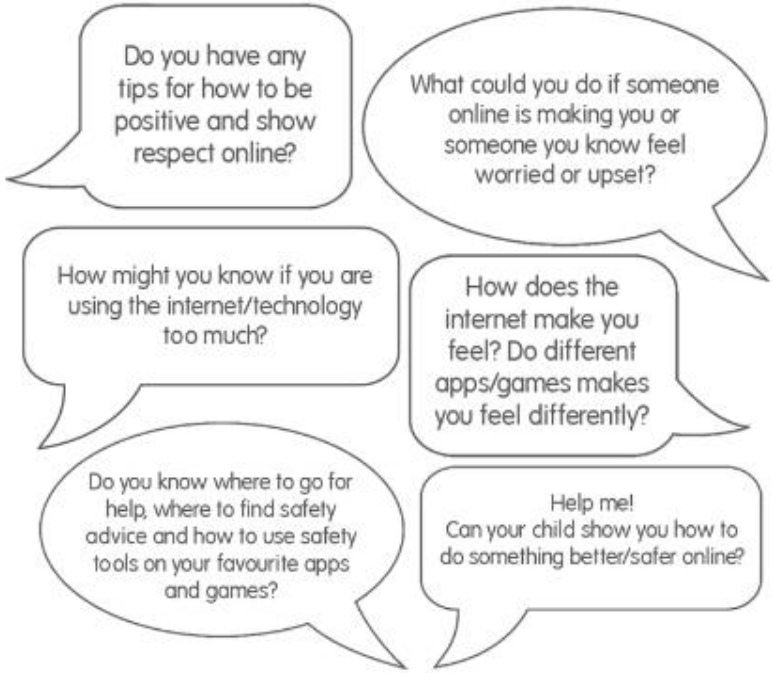
MAKE SURE THEY KNOW WHERE TO GO FOR SUPPORT

- REMIND YOUR CHILD THEY CAN ALWAYS SPEAK TO YOU OR AN ADULT THEY TRUST IF ANYTHING HAPPENS ONLINE THAT MAKES THEM FEEL WORRIED OR UPSET. FOR A BREAKDOWN OF REPORT SERVICES, VISIT: SUPPORTING YOUR CHILD WITH REPORTING UNWANTED CONTENT ONLINE

START ON A POSITIVE NOTE...



KEEP THE CONVERSATION GOING



REMEMBER THE KEY MESSAGE

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QUESTIONS?