



PARENTS' FORUM
Online Safety
Saturday 8 February

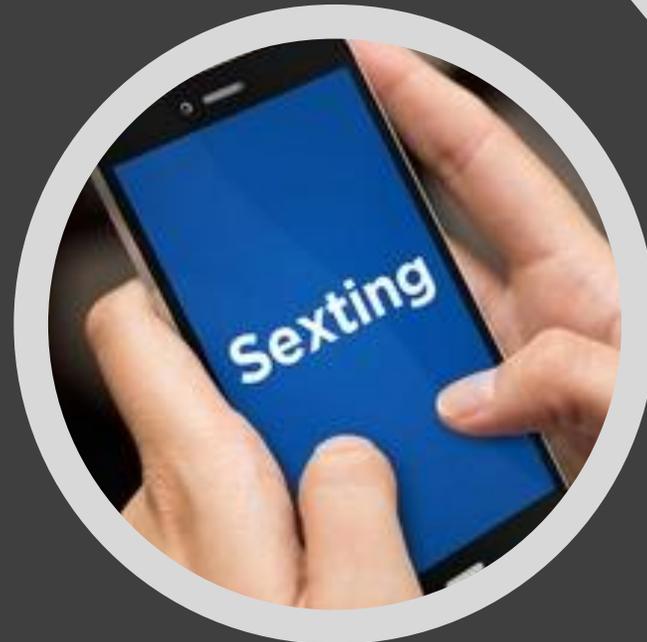
Aims

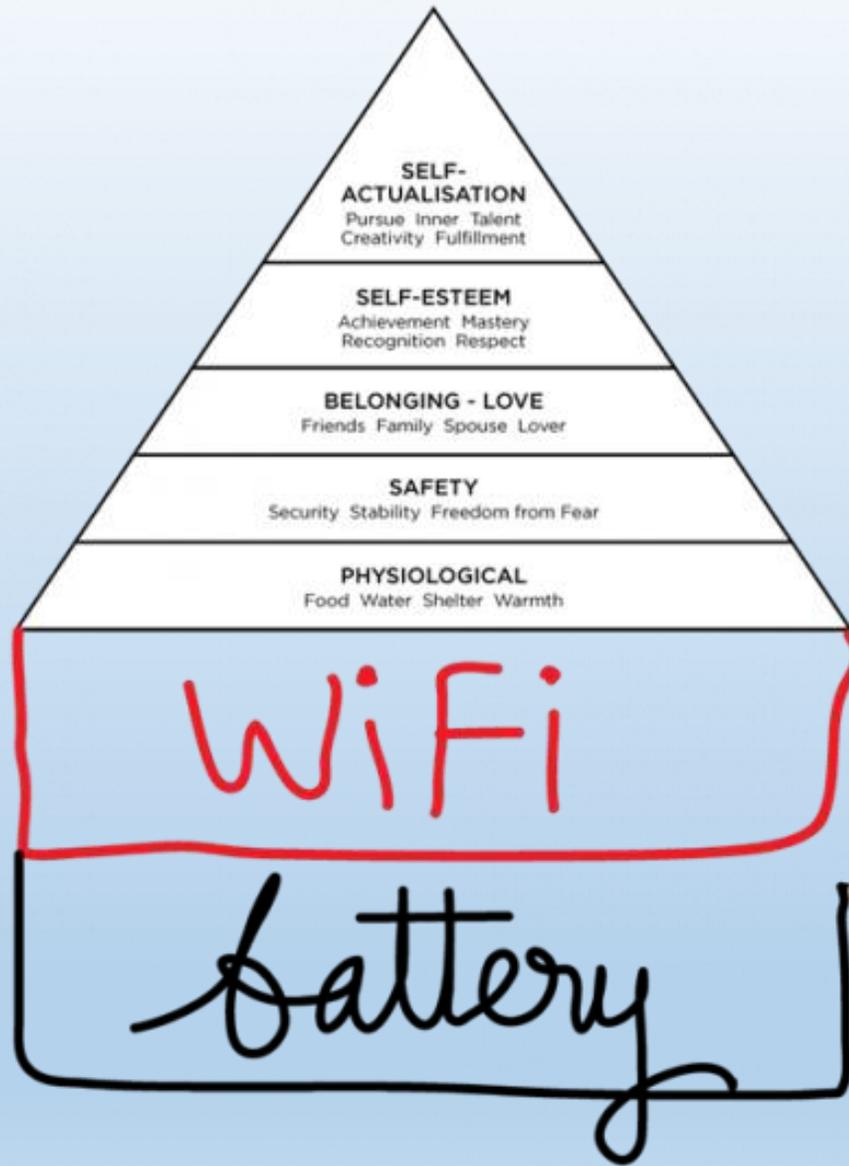
- To share information on key aspects of young people's online habits
- To share with parents how we address Online Safety at Barney
- To share advice, guidance and support

<https://www.youtube.com/watch?v=wxcwn5x-jE4>

Content

- Digital footprint
- Sexting
- Apps
- Gaming
- Barney Journey
- Setting Boundaries
- Moving forward/advice





WiFi

battery



Barnardo's

GIVING CHILDREN BACK THEIR FUTURE

“Parents need to understand more. There is an inter-generational lack of understanding or not wanting to understand social media and the digital lives of young people. They need to not fear social media. We need to help them to use social media positively.”

Young person - Barnardo's

“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



Digital Footprint





- **Your digital footprint:** The things you put online can be seen by lots of people and might stay online forever. We all leave digital footprints and with every new profile, photo or comment we add new ones.
- **Do you know what your digital footprint says about you?** Your footprints can show you at your very best or very worst. Our posts can have serious consequences long after we've forgotten them.
- However, it is better to have a **positive** digital footprint than no digital footprint at all.



What is Sexting?

- **Sexting** or **sending nudes** is when someone shares a sexual message, naked or semi-naked image, video or text message with another person. It doesn't have to be a nude image of them and could be an image of someone else.

13% of young people have sent nude or nearly nude images of themselves to a girlfriend or boyfriend.

10% of young people have sent a sexual message or image to someone so they didn't have to do sexual things 'for real.'

51% of young people have seen people sharing nude/nearly nude images of someone they know.

Research with young people aged 13-17.

Project deSHAME Report 2017.



Why do young people send nudes?

There are lots of reasons why children and young people may want to send sexual messages or naked or semi-naked images or videos to someone.

These include:

- peer pressure
- being blackmailed, harassed or threatened
- to increase their self-esteem
- to prove their sexuality
- feeling worried about being seen as 'not sexy', or 'shy' if they don't
- feeling confident about themselves – and wanting to share their confidence and pride with others
- feeling like they 'owe' their boyfriend or girlfriend and being made to feel guilty if they don't
- being in love with someone and fully trusting them
- they're in a long distance or online relationship and want to have sexual relationship.

Does it break the law?

- If a young person under the age of 18 engages in sexting by creating a sexually explicit photo or video of themselves they have by law created an indecent image of a child. By sending this content on to another person, they have distributed it and by having it on a device any person would then be in possession of an indecent image of a child.
- The National Police Chiefs' Council of England, Wales and Northern Ireland have stated that young people engaging in sexting should be treated as victims in the first instance and not face prosecution as first time offenders, but the situation will be investigated to ensure the young people involved are not at further risk. The police's priority is those who profit from sexual images and exploit children. Repeat offenders and more extreme cases are reviewed differently, still with a focus on avoiding prosecution unless absolutely necessary.
- If someone is putting pressure on your child to send them a nude or nearly nude image, inform the police. Not only is it illegal, but it may prevent them from pressuring someone else too.

<https://www.thinkuknow.co.uk/parents/articles/Has-your-child-shared-a-nude-selfie-subtitled/>

Apps



<https://www.commonsemmedia.org/>

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

Instagram

Instagram is a picture and video sharing app. Users can post content on their profile grid or to their stories, which last 24 hours. You can follow your friends, family, celebrities and companies on Instagram. Instagram also has a live streaming feature.

13+ Official age rating
14+ Parent age rating [What do parents say?](#)
12+ Child age rating [What do children say?](#)

At a glance

Kids use this to...

- Play
- Create
- Learn
- Connect

Expert view of the risks...

- Sexual: High Risk
- Violence & hatred: Medium Risk
- Bullying: High Risk
- Suicide & self-harm: Medium Risk
- Drink, drugs & crime: Medium Risk

Snapchat

The Snapchat app lets you send photos, short videos or messages to your friends. Pictures and videos, known as Snaps, usually appear temporarily before disappearing, though they can be captured via screenshots. The Stories feature lets you share Snaps in a sequence for up to 24 hours. Using the Discover screen lets you watch Stories from friends, celebrities and brands.

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TikTok

TikTok (formerly called Musical.ly) is a social media platform that lets you create, share and discover 15 second videos. You can use music and effects to enhance your videos and you can also browse other people's videos and interact with them.

13+ Official age rating

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YouTube

YouTube lets you watch, create and comment on videos. You can create your own YouTube account, create a music playlist, and even create your own channel, which means you'll have a public profile. YouTube allows live streaming.

13+ Official age rating
11+ Parent age rating [What do parents say?](#)
12+ Child age rating [What do children say?](#)

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Kik

Kik is a free instant messaging app that lets you send text, photo and video messages to individuals or groups. You can also play games and talk to chatbots. There's a Meet New People feature that lets you start a conversation with random users.

13+ Official age rating
15+ Parent age rating [What do parents say?](#)
11+ Child age rating [What do children say?](#)

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Discord

Discord is a voice and text chat app that's popular with gamers. It can be used to talk to other players while playing games. Or you can swap tips and advice with other players in game-specific servers (similar to online forums). Some games, like Fortnite and PUBG, have official verified Discords for fans to talk about the game.

13+ Official age rating
13+ Parent age rating [What do parents say?](#)
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Monkey

Monkey is a social chatting app that uses live-streaming to randomly connect you with other users. By using the app, you can collect bananas which can be used to buy merchandise.

13+ Official age rating

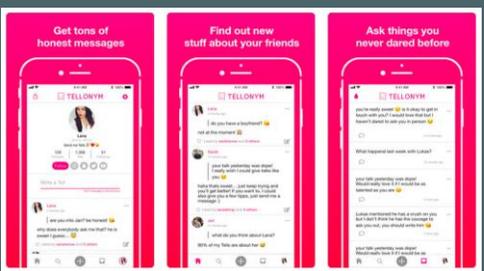
At a glance

Kids use this to...

- Play
- Create
- Learn
- Connect

Expert view of the risks...

- Sexual: High Risk
- Violence & hatred: Low Risk
- Bullying: Low Risk
- Suicide & self-harm: Low Risk
- Drink, drugs & crime: Medium Risk



Gaming

- a type of social network – playing, chatting, purchasing, gambling
- children contacted by people they may or may not know
- ‘Bots’ – computer-controlled characters – messages often contain links to inappropriate external sites
- Talking to adults when gaming can be ‘normal’
- Groomers will aim to move from game to private messenger platform to build relationships
- Beware of ‘in game currency’ – used in grooming process – to buy cheats, coins, weapons

<https://www.thinkuknow.co.uk/parents/articles/gaming/>



Prep School

Relevant, age-appropriate information and discussion.

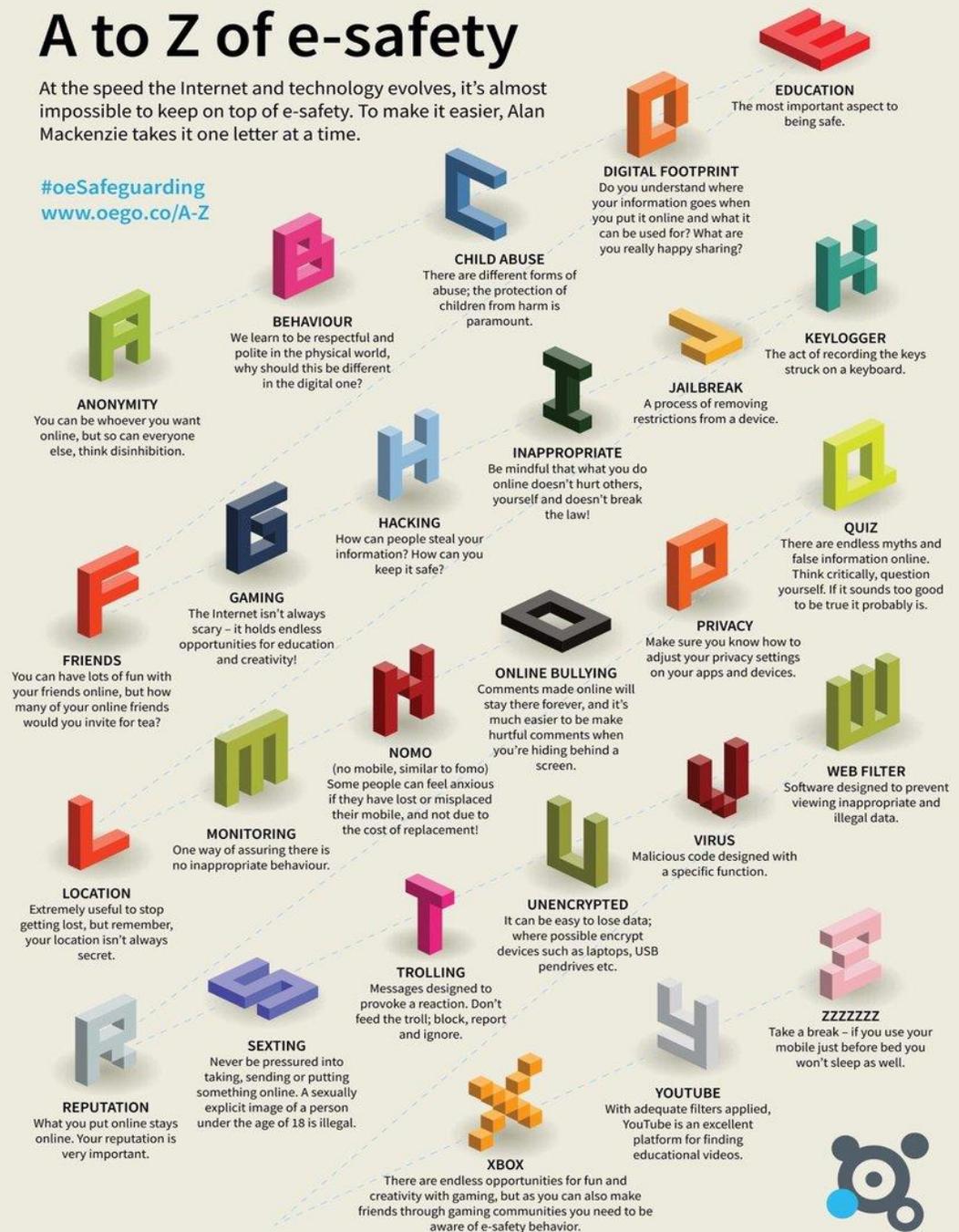
Focus upon:

- Anonymity
- Behaviour
- Digital Footprint
- Education
- Friends
- Gaming
- Online Bullying
- Youtube
- Zzzzz

A to Z of e-safety

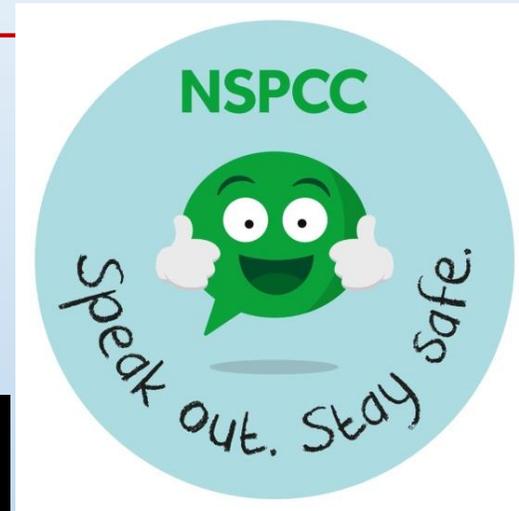
At the speed the Internet and technology evolves, it's almost impossible to keep on top of e-safety. To make it easier, Alan Mackenzie takes it one letter at a time.

#oeSafeguarding
www.oego.co/A-Z

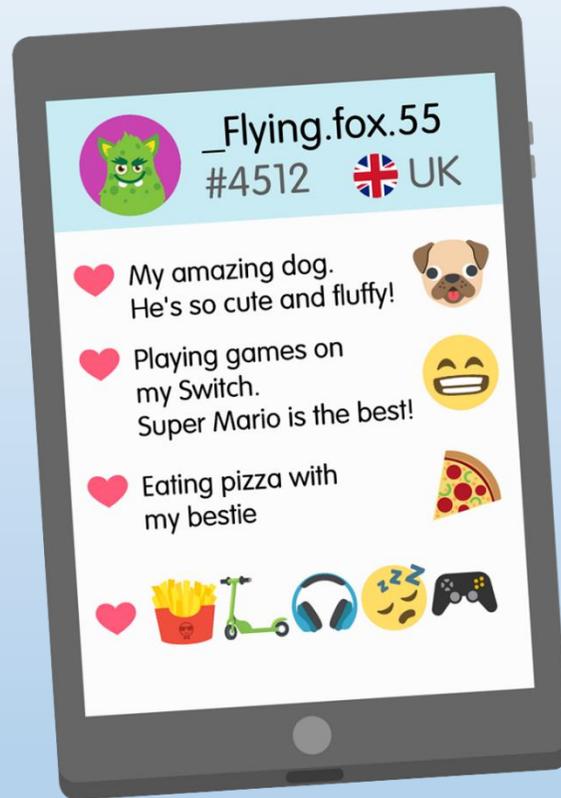


Taught through:

- NSPCC assemblies and workshops
- PSHCEE curriculum
- Safer Internet Day (11th February 2020)
- Computing curriculum
- Assembly programme
- Class times
-and more.



Assembly - younger pupils



Online identity detectives



‘You’re going to be online identity detectives.

Let’s see what this person is sharing online, what we can discover about their identity and whether we think they are being sensible about what makes up their online identity. Although we learnt a lot about this person, do you think we learnt EVERYTHING about who they are?

Did we learn anything about their offline identity or their personal information?’

There are lots of positive things about changing our identity online:



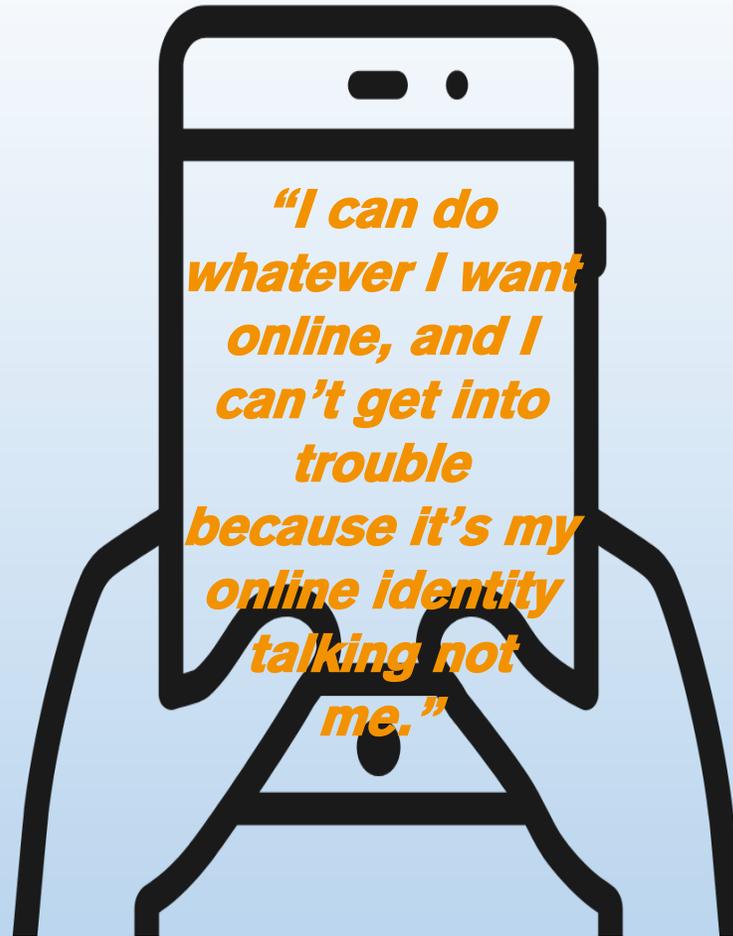
‘We need to remember that if we see someone online, we see their online identity, but that might not tell us everything about them. Sometimes the things people post or say or do doesn’t reflect what they are really like offline. They might use usernames, photos, filters or avatars that are very different to their actual identity. This is why it is really important to remember that if we only know someone online, they are a stranger, and we should keep our identity and our personal information safe’.

Always speak to an adult if...

Someone else online has worried or upset you.

Someone else online has asked you for your personal information or for photos or videos of you.

You are ever unsure about something you've shared online about your identity.



‘Even if we change our online identity, it’s still a part of who we are and whatever we do or say it is still us, even if we are using an avatar and wearing a cape, or performing a funny dance move. It might feel like because we are behind a screen or talking to people online who don’t know the ‘offline’ us, we can do and say what we want, but that isn’t very kind. We should always remember to be responsible and respectful to other people, both online and offline.’

ICT Curriculum in Senior School

- Year 7 - Living Online unit and E-safety, Security and Ethics unit - covering internet safety and cyber bullying.
- Year 8 - Digital Creativity Unit - Digital citizen (social networking, digital footprint and private today, public tomorrow).
- Year 9 - Cyber Security unit (living in a digital society, hackers and cyber attacks, malware and phishing).



Senior School PSHCEE:

Year 7: Relationships and bullying:

- With oneself, friends and family. Understanding bullying, social media and having empathy for diversity and differences.

Year 8: Bullying, stereotypes and labelling:

- Valuing and understanding individuality, diversity and stereotyping. The use of social media for bullying.

Year 9: Internet safety and social media:

- The positive and negative aspects of the internet and social media. How to stay safe and ask for help.

Year 10: Relationships, consent and choices:

- Recognising the need for respect and consent, the laws surrounding social media and the dangers of sexting.

Year 11: Sexual harassment, exploitation and pornography:

- Knowing how to keep safe and making intelligent decisions through understanding the above. Appreciating the relationship between sexting and child pornography.



Before you post anything

- Have I got permission?
- Would I show this to my *grandma/teacher/parents*?
- Who am I sharing this with?
- How does it make me look?
- Is it legal?



Lost control of a picture or video?

- Take the picture or video down.
- Ask others to delete it.
- Report it to the website.
- Get help if you're being bullied.
- Report if you're being threatened.



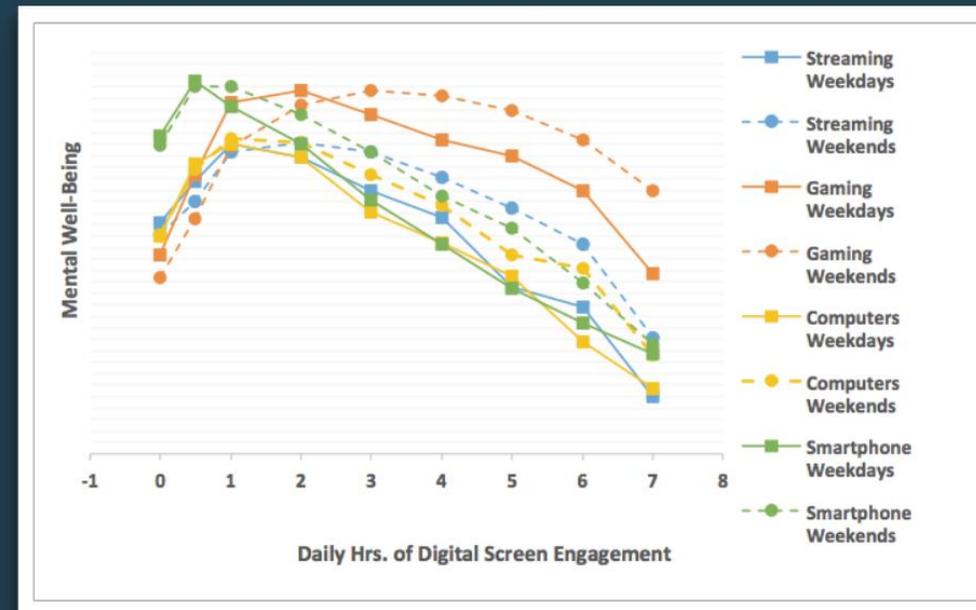
Screen Time Boundaries

with thanks to Tanya Goodin, author of STOP STARING AT SCREENS
(Published by Ilex Press)

- **Have regular conversation about screens**
- **Agree phone-free times and places**
- **Designate a central box to store everyone's devices during family time**
- **Charge phones out of bedrooms overnight**
- **Turn off notifications**
- **15 minutes of fresh air for every screen hour**
- **Don't ban screens completely – aim for balance**
- **Stay informed and show an interest**
- **Address the behaviours not the platforms**
- **Make sure they know they can come to you and that they won't be blamed.**
- **Don't threaten to ban technology**
- **Listen, Don't judge, Learn**



A 'GOLDILOCKS' POINT?



OXFORD UNIVERSITY 2016

with thanks to Tanya Goodin, author
of STOP STARING AT SCREENS
(Published by Ilex Press)





**Greet your child
with a smile
and
not a mobile!**

Communication

In the same way you'd teach your child the rules of crossing the road, help them build an understanding of how to stay safe online.

Ask your child what they like doing online, what they find fun and why.

Ask them if they see anything worrying or upsetting online, and let them know they can always talk to you about it.

Chat with your older children about how they can help keep their younger siblings from seeing something they shouldn't. Come to an agreement on what's ok when they're playing alone and what's ok when there are younger kids in the mix.

Older children are more like to have their own devices. When you set up a new phone together, make sure you check you're happy with all the safety settings and privacy features.

Remember to check in regularly and explore these features together. Your child might download a new app or update their phone, so having regular check-ins can be useful.

O₂ | NSPCC

Net Aware

TEAM tips:

- **Talk** to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen. You can use our [conversation starters](#) to support you when starting these conversations.
- **Explore** your child's online activities together. Understand why they like playing certain games and make sure they know what they can do to keep themselves safe.
- **Agree** your own rules as a family when using sites, apps and games. You can use our [family agreement template](#) to help you get started.
- **Manage** your technology and use the settings available to keep your child safe. If you need support doing this, you can visit an O2 Guru in any O2 store or call the O2 NSPCC Advice Line on [0808 800 5002](#).

O₂ | NSPCC

Net Aware



Further reading / upskilling

- https://www.bt.com/skillsfortomorrow/daily-life/keeping-yourself-safe-online.html?s_cid=con_ppc_maxus_vidSP4_T1&vendorid=SP4
- <https://www.vodafone.co.uk/mobile/digital-parenting/five-apps>
- <https://www.thinkuknow.co.uk/parents/articles/Im-worried-my-primary-aged-child-might-see-something-inappropriate-online/>
- <https://www.net-aware.org.uk/news/online-safety-whole-family/>
- <https://www.internetmatters.org/resources/guide-to-encourage-kids-to-share-their-digital-lives/>
- <https://www.thinkuknow.co.uk/parents/articles/My-child-has-shared-too-much-online/><https://www.childnet.com/parents-and-carers/hot-topics sexting>
- <https://www.childnet.com/ufiles/So%20you%20got%20naked%20online.pdf>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>
- <https://www.thinkuknow.co.uk/parents/articles/Has-your-child-shared-a-nude-selfie-subtitled/>
- <https://www.thinkuknow.co.uk/parents/articles/My-child-has-shared-too-much-online/>
- <https://www.thinkuknow.co.uk/parents/romeo-and-juliet/>