

Focus of the workshop:

- What are the potential risks of internet use for children?
- How do I talk to my child about what they are doing?
- What tools are there to keep my child safe?
- Know what to do if your child faces an issue



Why is this important?



“You wouldn’t take your 16 year old child to the end of the pier, push them into the water and yell, ‘Now swim!’ So why do we do that with the internet?”

Professor Stephen Heppell

What are the potential risks of internet use for children?

- Cyber bullying
- Grooming
- Inappropriate websites
- Losing control of pictures / videos and giving out too much information
- Viruses, hacking and security



What are the risks of gaming?

- Many online games have communication features which allow gamers to interact anonymously
- Children may be harassed by cyber bullies
- Some interactions could be fraudulent e.g. credit card details
- Some games consoles allow internet access – be aware of what of what the system can do



Top Tips for Internet Usage

- Keep your computer in a high-traffic area of your home
- Install Net Nanny: allows you to monitor use of internet, restrict access and control time allowed online
- Net Nanny can be used for multiple devices: remember what your child has that can allow online access
- Speak to your child about what they access – surf the net with them
- Set up ‘rules of engagement’
- Check browser history on a regular basis

What risks my child might face?

- Online reputation:
 - Previous 'secret' diaries are now in the public domain
 - Can leave a permanent online footprint
 - Employers and universities are known to do online searches
- Grooming:
 - Technology can be used by paedophiles to make contact with young people and win trust
 - Can use technology to pretend to be someone else
 - It is important that children understand that people like this exist and never do anything online they aren't comfortable with
 - Make yourself approachable so your child feels they can come to you (even if you find yourself angry or upset)

The importance of communication

- Be part of your child's online life: involve the whole family and show an interest.
- Discuss what sites your child likes and why
- No parental control is 100% effective: communication is important
- Create a family agreement for internet use such as:

<http://www.childnet.com/resources/know-it-all-for-parents/kiafp-cd>

Creating a family agreement

- **Staying Safe Online:**

1. I will ALWAYS tell a parent or another adult immediately, if something is confusing or seems scary or threatening.
 2. I will NEVER give out my full name, real address, telephone number, school name or location, schedule, password, or other identifying information when I'm online. I will check with an adult for any exceptions.
 3. I will NEVER have a face-to-face meeting with someone I've met online. In rare cases, my parents may decide it's OK, but if I do decide to meet a cyberpal, I will make sure we meet in a public place and that a parent or guardian is with me.
 4. I will NEVER respond online to any messages that use bad words or words that are scary, threatening, or just feel weird. If I get that kind of message, I'll print it out and tell an adult immediately. The adult can then contact the online service or appropriate agency. If I'm uncomfortable in a live chat room, I will use the "ignore" button.
 5. I will NEVER go into a new online area that is going to cost additional money without first asking permission from my parent or teacher.
 6. I will NEVER send a picture over the Internet or via regular mail to anyone without my parent's permission.
 7. I will NOT give out a credit card number online without a parent present.
- **Young Person** _____ **Date** _____
 - **Parent/Guardian** _____ **Date** _____

How can I start a discussion?

- What are your favourite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face?
- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?
- Do you use chat rooms to talk to your friends and others?
- How many people do you have on your buddy/contact list(s) and who are they?
- Have you ever chatted with someone you did not know in real life? What kinds of things did you talk about?
- Do you know how to block others in chat rooms? Can you show me how to do this?

Go to <http://www.netsmartz.org/InternetSafety> for further examples.

How do I talk to my child about what they are doing?

3. Watch Thinkuknow films (there are films suitable for Primary and Secondary age students):

<https://thinkuknow.co.uk>



What tools are there to keep my child safe?

- Privacy settings and parental controls:



Where else can I get them?

- Internet Service Providers
- Devices that connect to the internet
- Software



What if my child sees inappropriate material?

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again
- Keep records of abusive messaging
- Report abusive or inappropriate behaviour to the website and if serious, to the police
- If you come across illegal content, such as images of child abuse, you can report this to organisations such as the Internet Watch Foundation at www.iwf.org.uk