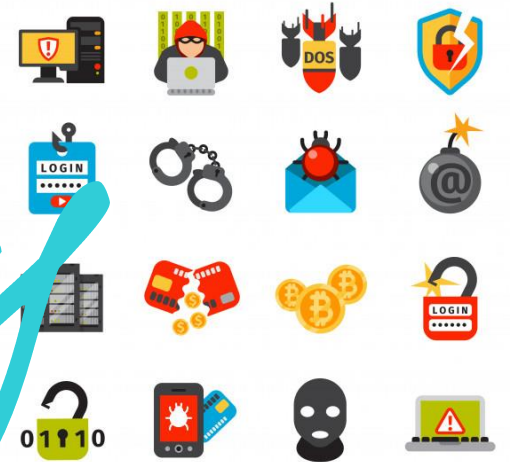




THE BRITISH SCHOOL  
OF BEIJING, SHUNYI  
A NORD ANGLIA EDUCATION SCHOOL

# Cyber Safety



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31 October 2021



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OF BEIJING, SHUNYI  
A NORD ANGLIA EDUCATION SCHOOL

# Icebreaker:

- Would leave the door of your house wide open wide for anyone to come in and out?
- Would you leave the door of your house wide open for your children to go anywhere as they wish?





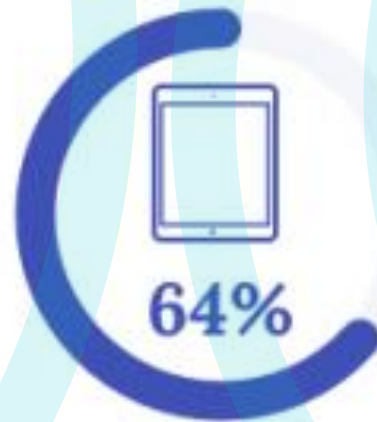
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# Icebreaker:

## How are Kids Getting Online?



Cell Phone



Tablet

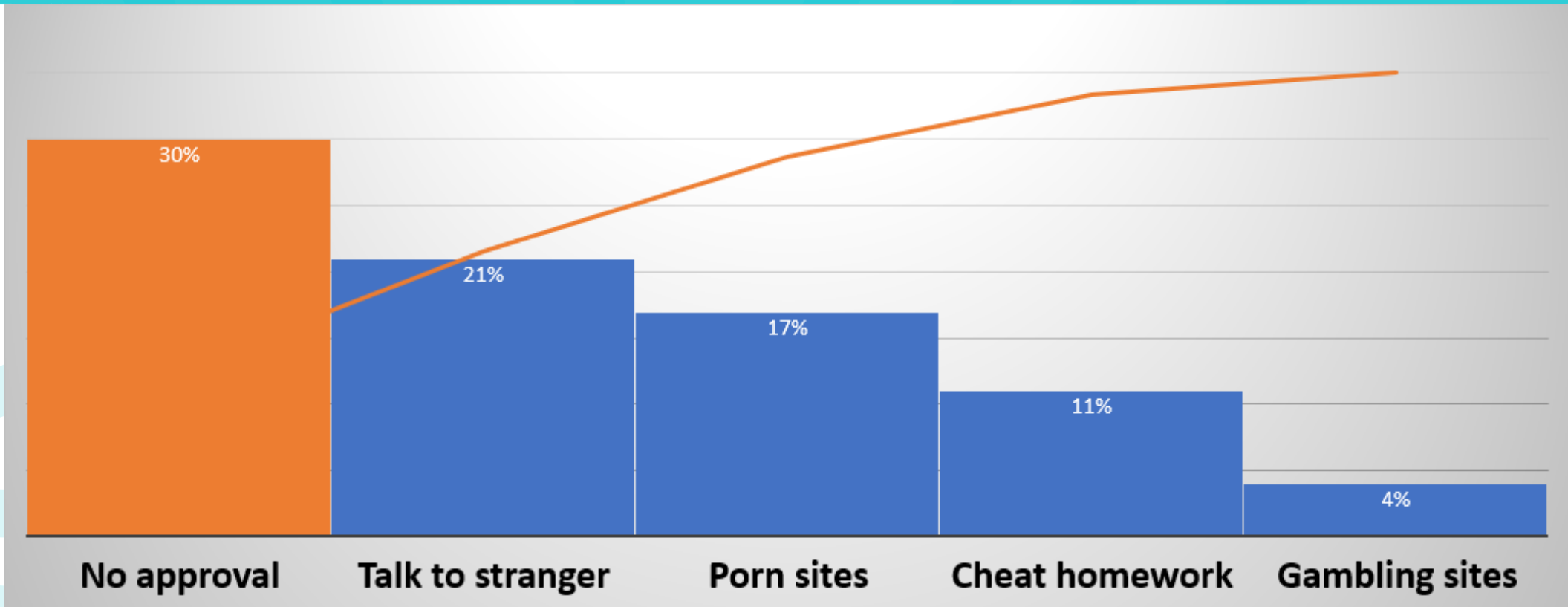


Computer in Bedroom

Source: [Children's Internet Usage Study](#), Center for Cyber Safety and Education



# What are some of our older children doing online?



Source: [Children's Internet Usage Study, Center for Cyber Safety and Education](#)

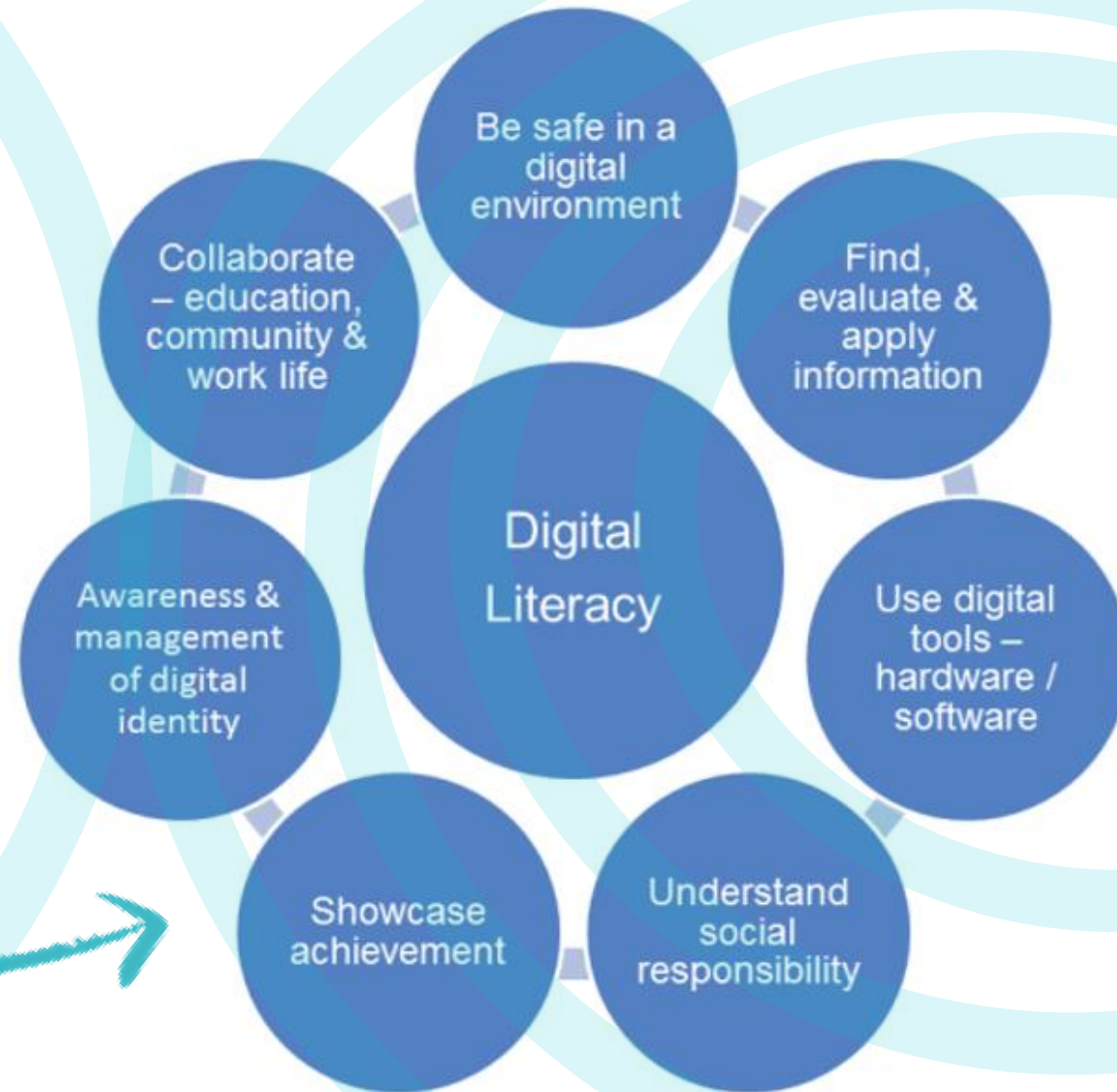


# *Aims of the session*

- Look at how children are using the Internet
- Raise awareness of cyber-Safety issues
- Show examples of available support
- Offer guidance on keeping your children safe

How are our children using the internet at school?

Impact of Digital Technology at School





# How are our children using the internet at home?

## Impact of Digital Technology at home

Our children have grown up using the internet and most could not imagine a world without:

- Smartphones
- Tablets
- Games consoles
- Search engines
- Emails
- Social Media



They feel confident using new sites and technologies and can move from site to site with ease.





# Big issues

- Cyberbullying
- Inappropriate content
- Screen time
- Addiction to games
- Unwanted contact and grooming
- Foolishly sharing personal information
- And more.....



Inappropriate Content



Cyberbullying



Online Grooming



Sexting



Online Reputation



Self-Harm



Online Pornography



Radicalisation

# Cyberbullying

This is the biggest problem for older kids. It is any aggressive, threatening, or mean-spirited activity conducted via electronic communication (email, social media posts, text messages, etc.).

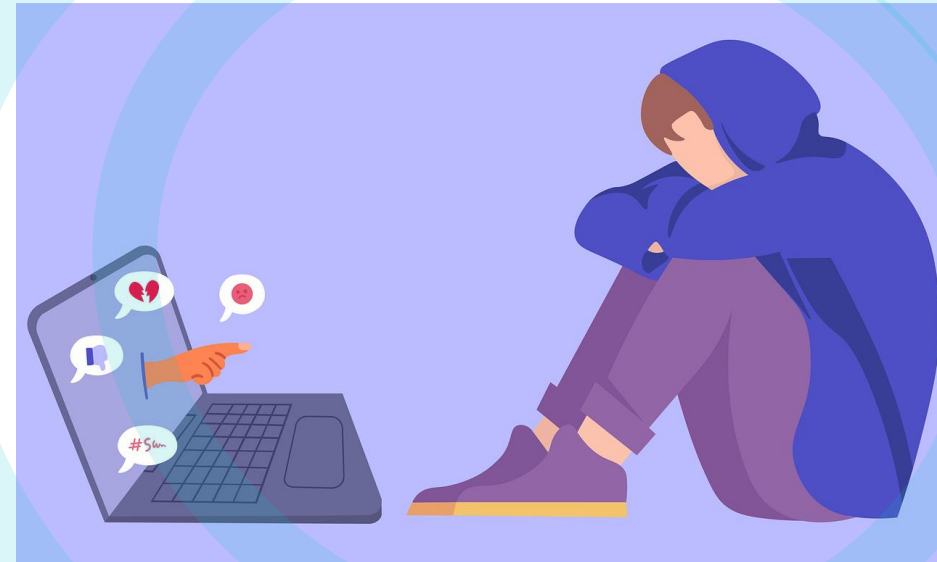
Girls are more likely to be the victims of cyberbullying, and more boys admit to bullying others online

Almost 34% of children age 12–17 have been cyberbullied at some point in their life, and 11.5% have bullied someone else online.



# Cyberbullying - Signs to watch for:

- upset after being online
- Withdrawal symptoms
- anxious, sad or angry
- appearing lonelier or distressed
- unexpected changes in friendship groups
- a decline in their schoolwork
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities



# *Inappropriate content - how do they access?*

- Actively search for out of curiosity or peer pressure
- Shared by someone they trust (older sibling, friend or family)
- Accidentally accessed
- Phishing links or spam emails
- Free games and illegal downloads

- Everything from vulgar language and hate speech to graphically violent or sexual images
- Over 55% of tweens (kids age 10–12) have been exposed to violent content on the internet
- Nearly 60% have come across sexually explicit words or image

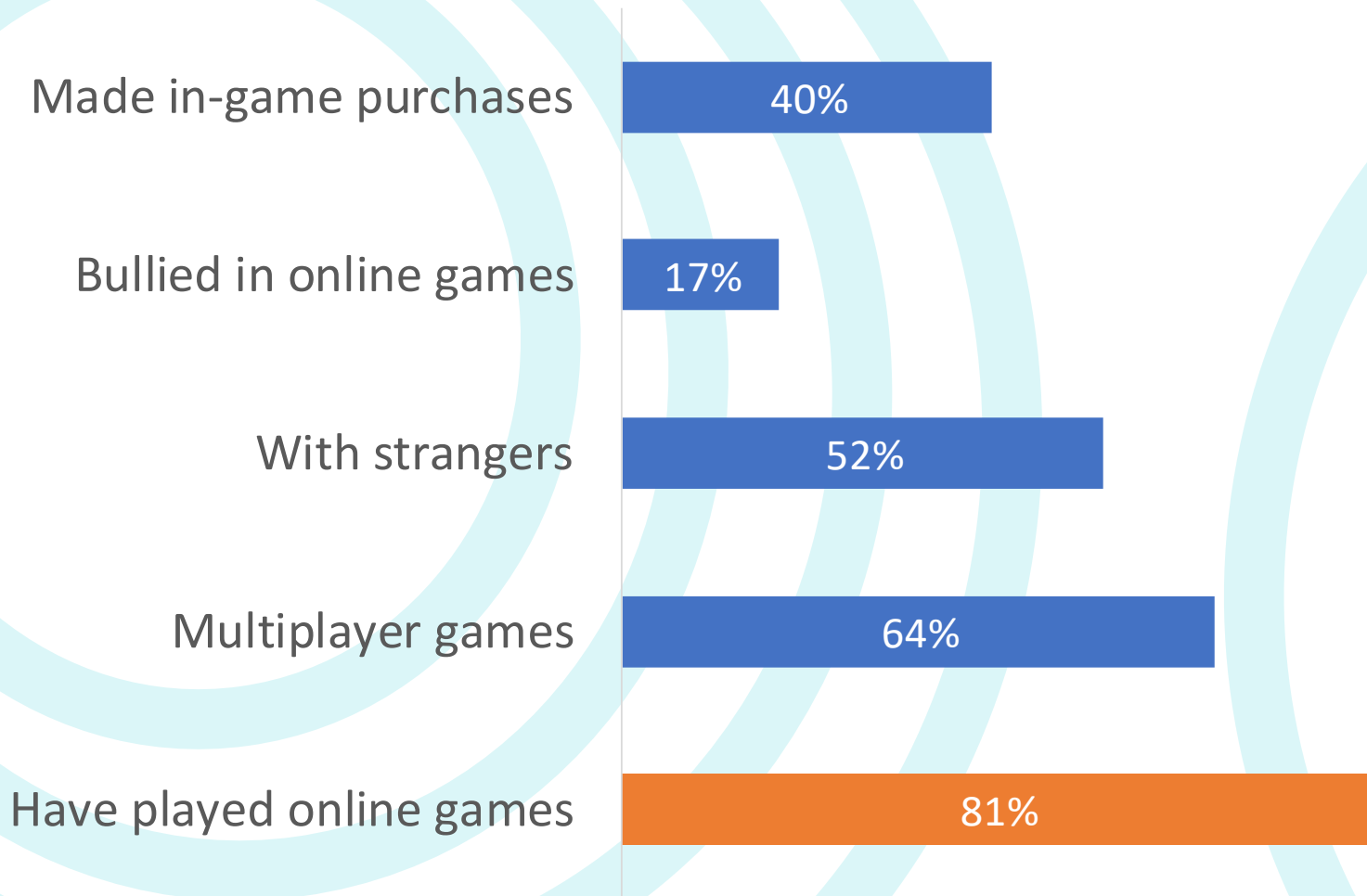
# Excessive screen time - signs to watch for:

- Lack of interest in social activities
- Drop in school achievement
- Tiredness, sleep disturbance, headaches, eye strain
- Change in eating patterns/habits
- Poor personal hygiene
- Obsession with specific websites or games
- Refuse to take online breaks
- Anxious or irritable behaviour
- Withdrawal symptoms
- Changing passwords and deleting browsing history
- Turning off device when interrupted suddenly



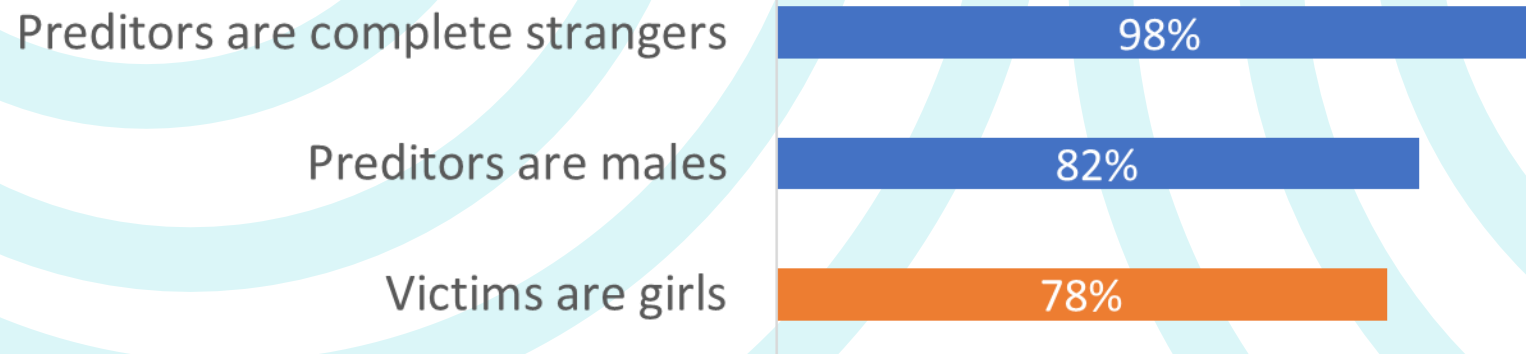


# Online gaming - how common is it in the UK of 8-17 years old?



# Unwanted contact and meeting strangers

- Let's face it! There are adults who use the internet to entice children for sexual or other types of abusive exploitation.
- Child victims can be as young as 1 or as old as 17



# *What is personal information?*

This is any information that can be used to identify your child.

- Name
- Email address
- Date of birth
- Physical address
- School
- Photo
- Username and password



# How do children share Personal Information?

- When logging in and legitimately so
- Apps and games that require profile
- Photos shared in social media
- Although adding Personal Information is usually voluntary, children love personalizing their accounts
- They also might be tricked by predators, hackers and scammers



# What can you do as a parent/carer

- Set fair and consistent rules and be the one in charge
- Determine which apps can be downloaded
- Determine their screen time and get the contract done! (example [here](#))
- Take interest and be involved in their online life
- Children will make mistakes, don't be mad but be supportive

## Our eSafety Top Tips!

**1** People you don't know are strangers. They're not always who they say they are.




**2** Be nice to people like you would on the playground.



**3** Keep your personal information private.



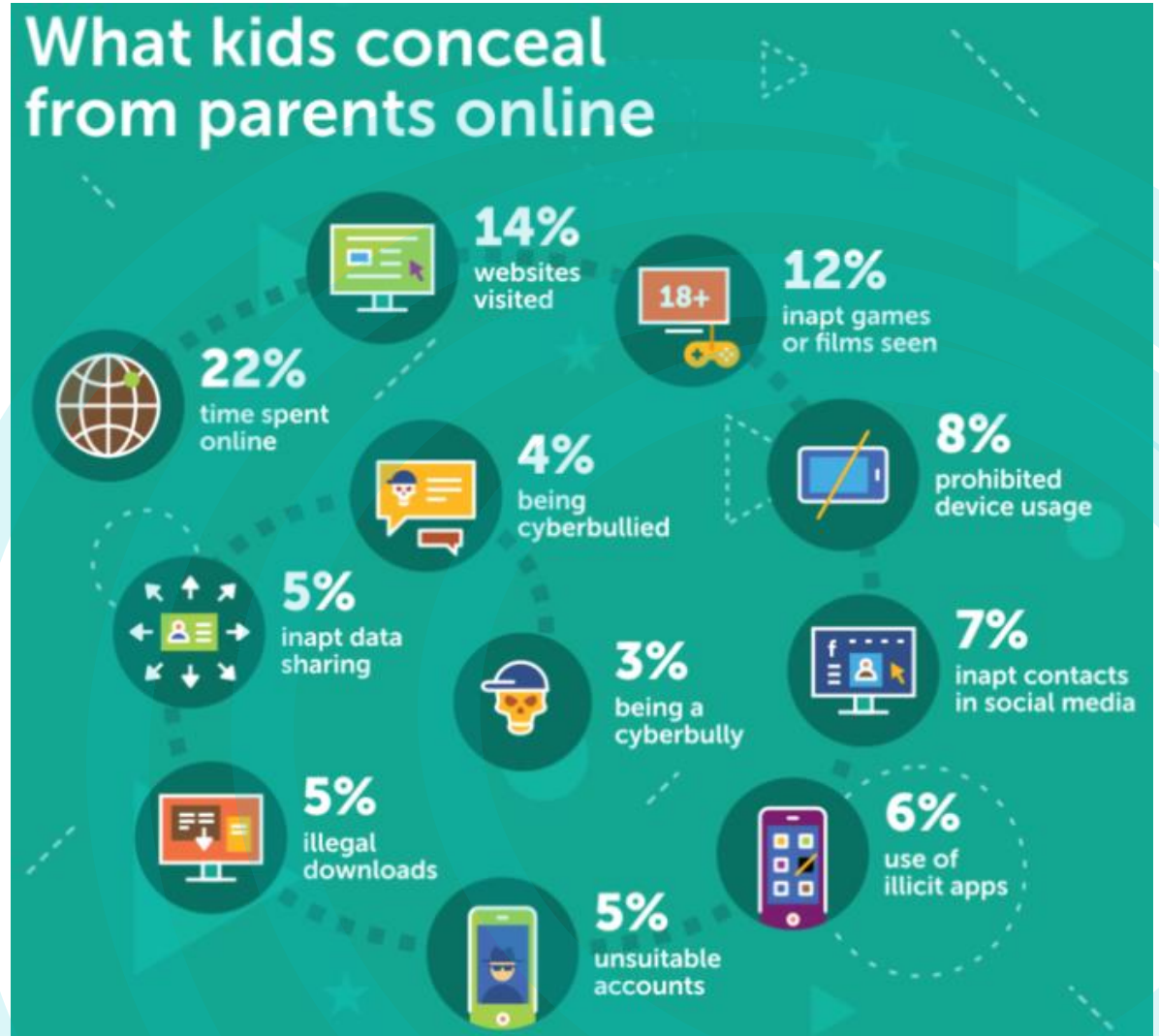
**4** If you ever get that 'uh oh' feeling, tell a grown-up you trust.





# What can you do as a parent/carer

- Talk to them about sharing images and other personal information with strangers
- Install and update parental control
- Use Family Sharing for app store.
- Know all devices that your child is using and their passwords
- All passwords must be strong
- Use firewalls and antivirus
- Update apps and OS



# What can you do as a parent/carer

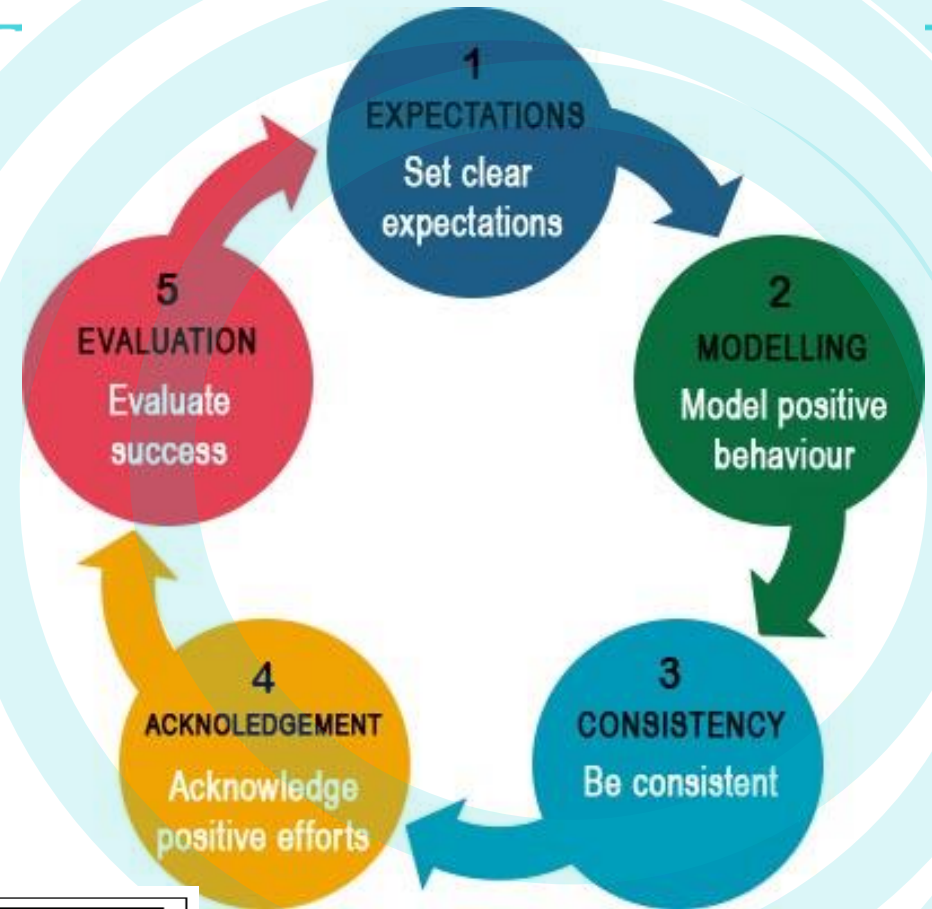
- Watch out for red flags (as discussed on slides 11 and 13)
- Turn off GPS on all their devices
- Set their profile and setting to private if using social media and online games.
- Beware of your own browsing history if you visit adult content especially if you share devices or App Store IDs



# What can you do as a parent/carer

- Model and promote positive behaviour
- Keep yourself UpToDate with current technology and E-Safety issues
- Watch out for sneaky ghost apps children use to hide their activities
- Keep computers in a common area
- Set up and implement 4 D's

- ❑ Digital free zones – keep technology downstairs
- ❑ Digital role models – parents lead by example online and with digital usage
- ❑ Digital sunset – young people need to come away from technology before they go to sleep
- ❑ Digital detox – As a family try a gadget free day or hour





# What can you do as a parent/carer



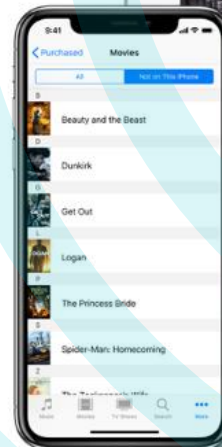
## Screen Time

Be more aware of how you and your kids use your devices.



## Family Sharing. Share your favorite things with your favorite people.

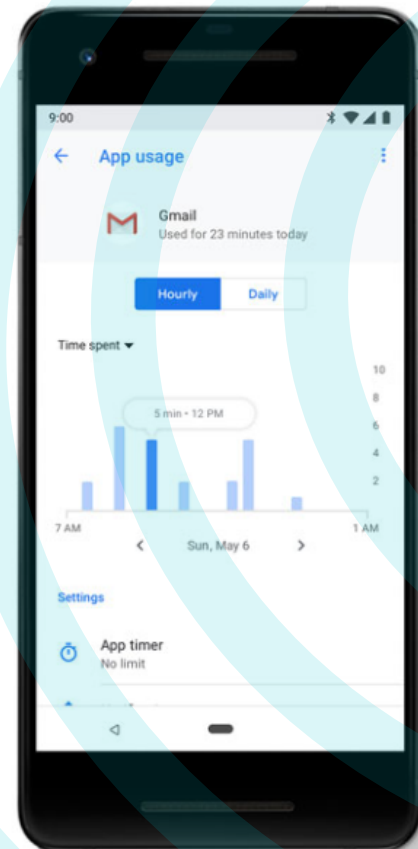
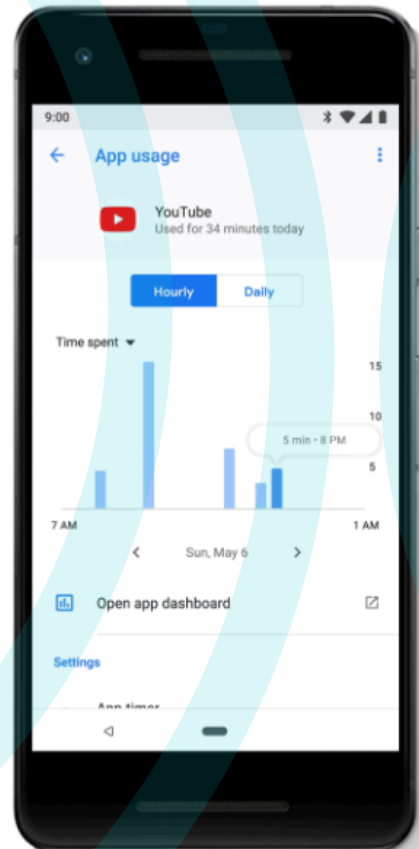
Family Sharing makes it easy for you and up to five family members to share iTunes, iBooks, and App Store purchases, an Apple Music family plan, and an iCloud storage plan. Your family can also share a photo album and a family calendar, and even help locate each other's missing devices.



# What can you do as a parent/carer

## Helping you understand your habits

The first step toward digital wellbeing is often understanding more about how you interact with technology in the first place. We're introducing new ways to keep you more informed and proactive.



android

Learn more about your time spent in apps.

The app dashboard gives you a complete picture of how you use your phone. Get a daily view of the time spent on your phone, how frequently you use different apps, and how many notifications you get.

Coming soon



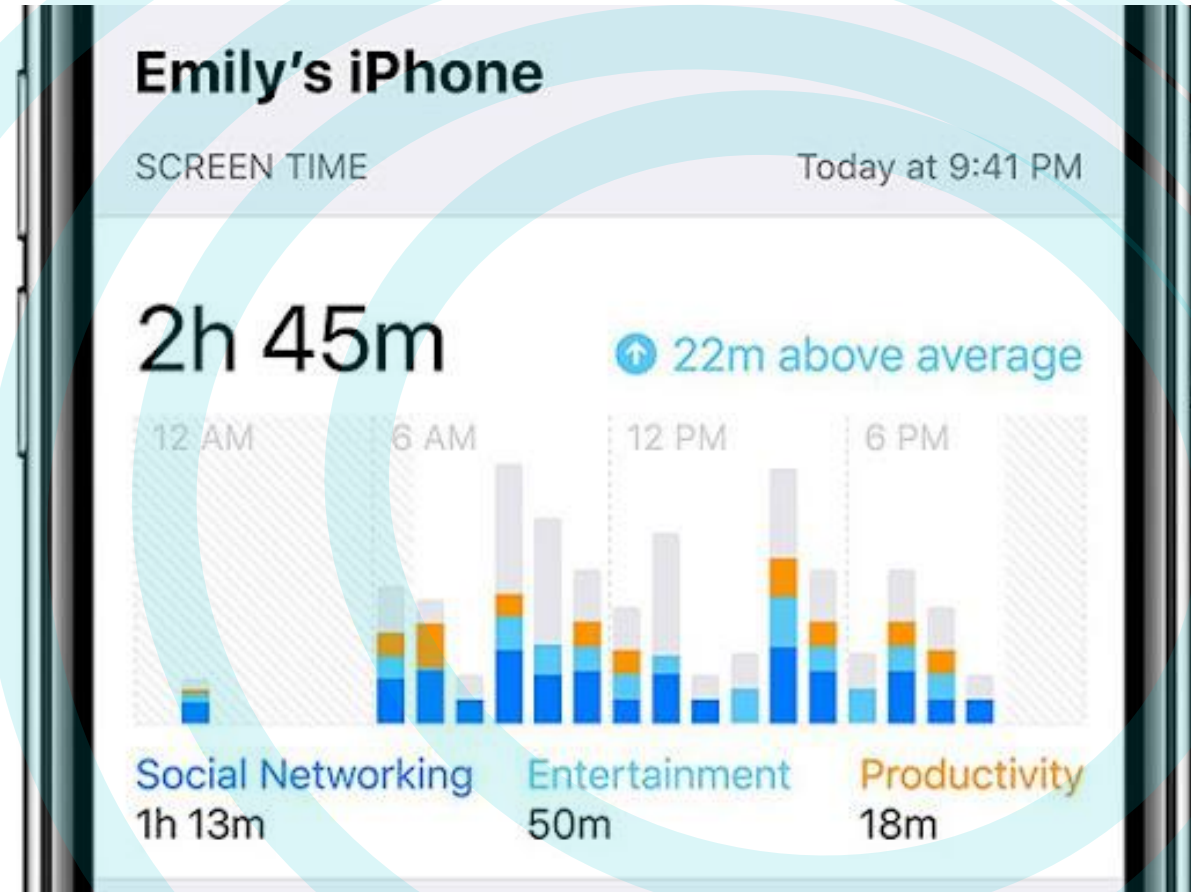
# What can you do as a parent/carer

Screen Time is an area in the iPads' Settings app where you can access real-time reports about time spend on devices

Viewing reports and setting limits including:

- Downtime: Allows you to schedule a time when apps cannot be used
- App Limits: Allows you to set daily limits for certain apps

**Please Note:** Screen Time will breakdown the time spent on apps into categories based on an automatic algorithm.



# What does our school do?

- We have Strong firewall on all our servers
- We have limited use of one-to-one iPads
- We have no visible smartphones policy for primary children



# What does our school do?

- We have an UpToDate E-Safety curriculum (all of Nov and Dec)
- We have STRONG passwords, and these are changed frequently
- We observe Safer Internet Day
- We only use secure educational databases and apps



# What does our school do?

	End of term	Year 1	Year 2	GK1	Year 3	GK2	Year 4	GK3	Year 5	GK4	Year 6
Term 1	Golden Week	What is a computer?	Hour of Code	Hour of Code	Online Detectives	Online Detectives	Touch Typing	Endangered Animals	Youtuber	Youtuber	Web Designer
Term 2	Christmas Break	Online Safety	Online Safety	Online Safety	Online Safety	Online Safety	Online Safety	Online Safety	Online Safety	Online Safety	Online Safety
Term 3	Chinese New Year	Animate with Shapes	Online Buddies	Online Buddies	Dancing Robots	Dancing Robots	Wizard School	Wizard School	ClassVR	ClassVR	Algorithms
Term 4	Easter Break	My Friend the Robot	Code a Story	Code a Story	Hour of Code	Hour of Code	Minecraft Education Challenges	Minecraft Education Challenges	Web Designer	Web Designer	ClassVR
Term 5	Labour Day	Modern Tales	Maths Madness	Maths Madness	MS PowerPoint	MS PowerPoint	Sphero Edu	Sphero Edu	Music Composer	Music Composer	JavaScript
Term 6	Summer Break	Mini Beasts	PowerPoint	PowerPoint	Be Digitally Awesome	Be Digitally Awesome	Dinosaurs	Dinosaurs	Podcaster	Podcaster	Python



# Safer Internet Day and Media Mentor Month



## WHEN?

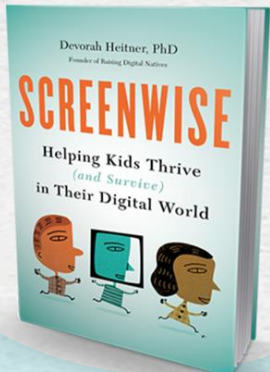
Safer Internet Day takes place every February





# What can you do as a parent/carer

**Devorah Heitner, PhD**  
Raising Digital Natives



Screenwise offers a realistic perspective on how to thoughtfully guide kids in the digital age.



'We found that parents continue to focus on screen time rather than what kind of digital activities their kids engage in.'

Importantly, our findings show that:

- Digital media bring families together – through television and movies and playing video games.
- Families turn to digital media to stay connected, from calls, e-mails and texts to newer media like messaging apps and video chat.

So, contrary to what panicky headlines might have us believe, rather than displacing established ways of interacting, playing and communicating, digital media sit alongside them but present families with new problems, too.'

# Safer Internet Day and Media Mentor Month

## MEDIA MENTOR MONTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><i>"True screen wisdom is about relationships. It's about the kinds of connections we can have with one another. It's about trust. And balance."</i> - Devorah Heitner</p>			<p><b>1</b> Share your favourite YouTube video with your child. What is their current favourite?</p>	<p><b>2</b> Get your child(ren) to show you one thing they've created on their device this week.</p>	<p><b>3</b> FaceTime a relative with your child(ren). You might need to use the world clock feature to calculate different time zones.</p>	<p><b>4</b> Play a video game with a family member.</p>

*"True screen wisdom is about relationships. It's about the kinds of connections we can have with one another. It's about trust. And balance."*  
- Devorah Heitner

- 21** Take a slow-motion video of your child engaged in some sports activity - or even a simple jump shot!
- 22** Learn a new skill with your child by watching instructional YouTube videos ([like this 12-year old](#)).
- 28** Have a family discussion about online/in-app advertising. What is the cost of "free"?
- 29** Find one way to help someone else using your device and do it.

- Get your child to teach you how to do something new on your phone/device.
- Have a discussion with your partner about how to talk to your child(ren) about online pornography in an age appropriate way. [This resource](#) might help.
- Take a slow-motion video of your child engaged in some sports activity - or even a simple jump shot!
- Learn a new skill with your child by watching instructional YouTube videos ([like this 12-year old](#)).
- Model how you search for something online. Share strategies you use if something inappropriate comes up.
- Listen to a podcast with your child. [Check out suggestions here!](#)
- Make a digital photo slideshow to help remember a fun family activity or event.
- 26** Write down three things you are grateful for that mobile devices make possible.
- 27** Search for a new recipe and make it with your child. Try [Pinterest](#) or [Yummly](#) for hundreds of options.
- 28** Have a family discussion about online/in-app advertising. What is the cost of "free"?
- 29** Find one way to help someone else using your device and do it.
- 30** Look up the laws for digital streaming in the country you live in & have a family discussion. Then watch a movie together - legally!
- 31** Take a photo walk around your neighbourhood, capturing your favourite places. The free book [Stories Through the Lens](#) has loads of great tips.

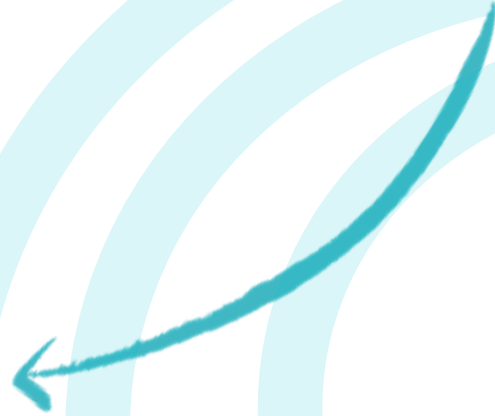
HealthyChildren.org/MediaUsePlan

  
This work by Keri-Lee Beasley & Daniel Johnston created for GEMS World Academy, Switzerland is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License.

## Where to find ideas for cyber safety discussions with your child

A UK based cyber safety website with a variety of resources for parents:

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



*Any Questions?*



谢谢!  
*Thank you!*





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