CORNWALL COUNCIL
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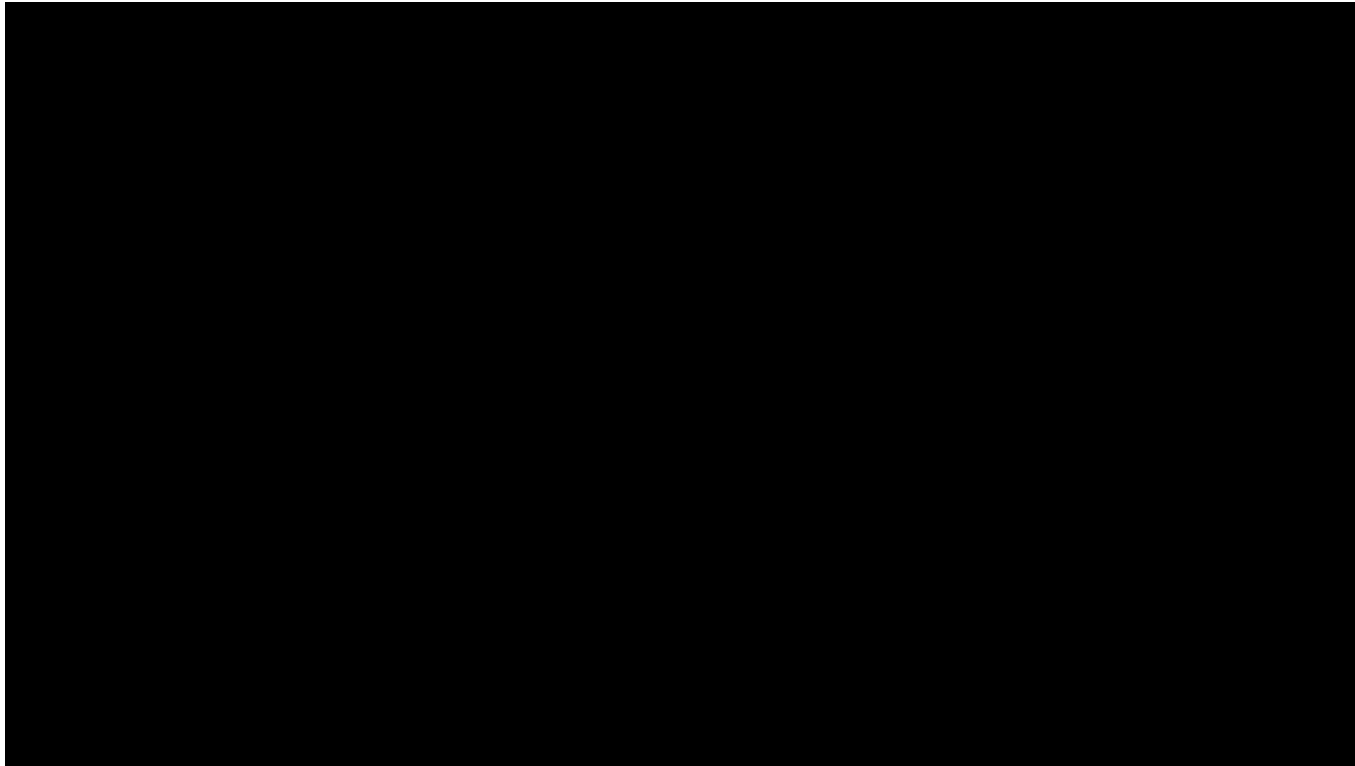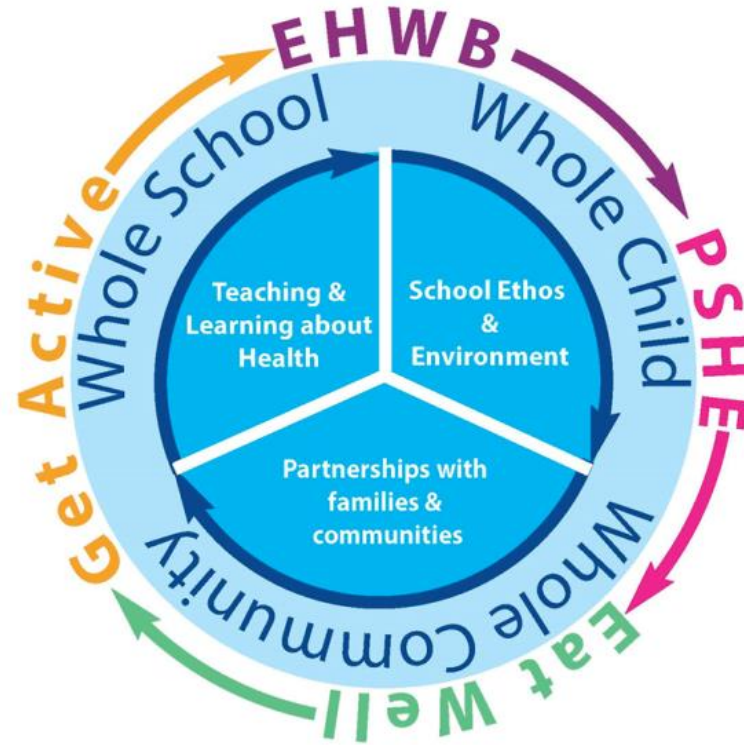**Healthy Schools**
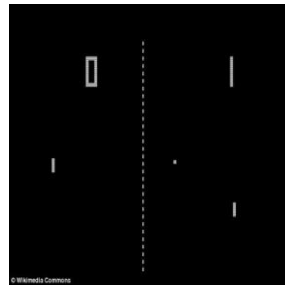
Online Safety
for Parents and Carers

www.cornwallhealthyschools.org

"My kids know more about the internet than I do!"

There are lots of positives

Online games can enhance teamwork and creativity

Add to the child's store of knowledge

Households with computers perform better academically

Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

EU Kids Online 2013

Key Life Moments

Children

Age 3-4
1% own a mobile phone, 16% own a tablet, 0% have a social media profile

Age 5 – 7
67% of children are online.
Average time spent per week: 8 hours 42 minutes
3% have a social media profile
Children start to browse internet for school work and general browsing

Under 10
Internet use limited to gaming, streaming video and TV and video calling

Age 8 – 11
90% of children are online, 49% own a tablet
Average time spent per week: 12 hours and 54 minutes
56% play games online, 12% against people who they've never met

Age 10 - 11
Phone ownership rises from 21% to 43%.

Age 12 - 13
Phone ownership rises from 50% to 74%
74% of 13 year olds have a social media profile

43% of 11 year olds have a social media profile and are messaging, sharing and liking throughout the day

12-15
98% of children are online
Average time spent per week: 20 hours and 6 minutes
27% play games against people they've never met

Secondary school children use an average of 5 social networks

Learn to read & write

Start Secondary school

4   5   6   7   8   9   10   11   12   13   14   15   16

Parents

Age 3-4
55% of parents think the benefits of the internet outweigh the risks
10% think their child knows more about the internet than they do

Age 5-7
35% of parents have never spoken to their children about managing risks online
4% never supervise online access and use

Under 10
Parental concern is limited to sexual content, inappropriate content, violent content and strangers/grooming

Age 8-11
68% of parents think the benefits of the internet outweigh the risks
41% think their child knows more about the internet than they do
34% are concerned about their child being bullied through their mobile phone

Age 10-13
Parental concerns around online bullying increase

Age 5-15
42% of parents have no awareness of content filters

Age 5 – 15
16% of parents have never spoken to their child about managing risks online

Age 12-15
8% of parents do nothing to regulate or monitor their child's activity online

Source: 2016 OFCOM Children and parents: media use and attitudes report, 2013 Cybersafe Report

But technology can affect children's development

- **Sleep cycles** are affected by blue light from screens

- Screen-based entertainment increases central nervous system arousal

- Millennials are **more forgetful** than OAP's

- One study found that the **more distracted** you are the less able you are to experience empathy
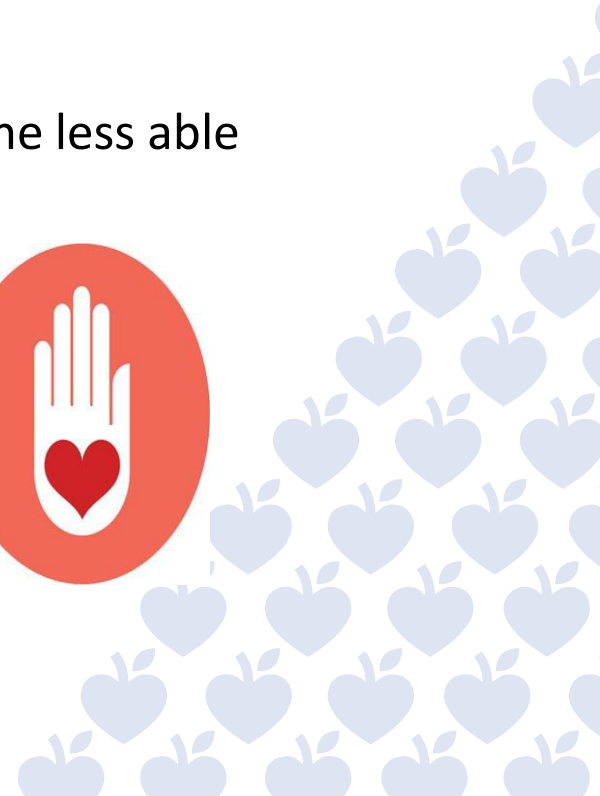
And there are risks

	Content (Child as receiver of mass productions)	**Contact** (Child as participant in adult-led activity)	**Conduct** (Child participation, perpetrator or victim)
Aggressive	Violent	Harassment	Cyberbullying
Sexual	Pornographic	Grooming, sexual abuse	Sexual harassment, 'sexting'
Values	Racist / hateful	Ideological persuasion	Harmful user generated content
Commercial	Marketing	Personal data misuse	Gambling, copyright infringement

Live Streaming

- Visual broadcast live over the internet via any smart phone or tablet with a camera

- Live streamed videos are unedited and shared without delay

- Unmoderated, unrehearsed & unpredictable

- Viewers can send gifts, comment and talk directly with the person live streaming

Risk is not harm. Positive action can limit risks becoming harmful

5 tips for parents:

1 Understand the risks

2 Communicate regularly

3 Keep the risks in proportion

4 Agree helpful mediation strategies

5 Develop coping strategies that foster resilience

Dealing with inappropriate CONTENT

4.7m

URL's showing pornographic content

More than 12% of the internet

11yrs

Average age to first view porn online

1/3

of children have seen explicit images by age of 10

Dealing with inappropriate CONTENT

- **What to talk about**
  - They can come to you if they see anything that upsets them
  - If they have seen pornography; that it presents an unrealistic image of sex and relationships
  - The importance of respect for each other and the meaning of consent

- **Top tips / tools to use**
  - Parental controls on home broadband
  - Content lock on mobile networks
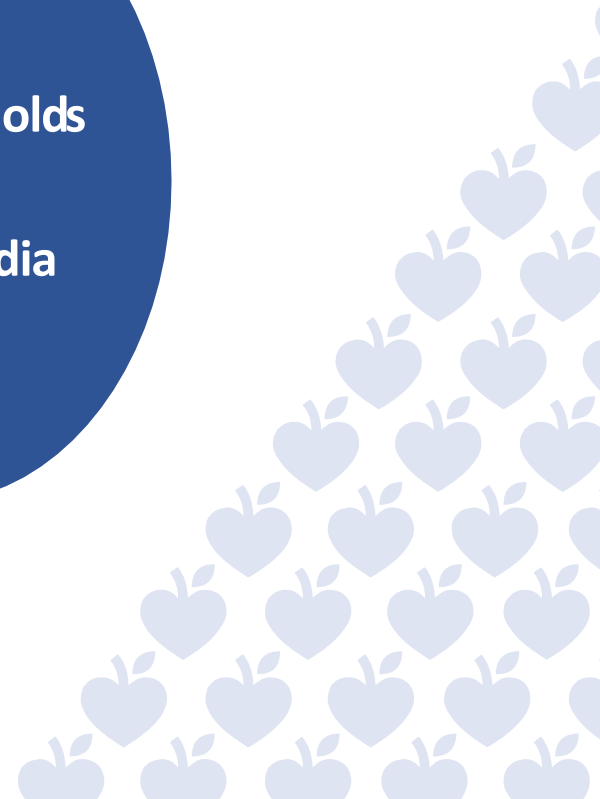 - Safe search on Google (& other browsers) & YouTube; child –friendly search engines

Dealing with inappropriate CONTACT

48%

of secondary school children have talked to strangers on social media

48%

of 11 year olds have a social media profile

Dealing with inappropriate CONTACT

- **What to talk about**
  - Sometimes people hide behind fake profiles for dishonest reasons
  - Agree how they will respond to requests from people they don't know in real life
  - Never ever to meet up with anyone they don't know in real life

- **Top tips / tools to use**
  - Set up safe social media profiles that don't share personal information
  - Turn off geo location settings on devices
  - Use the strongest privacy settings on social media
  - Learn how to report / block/ mute
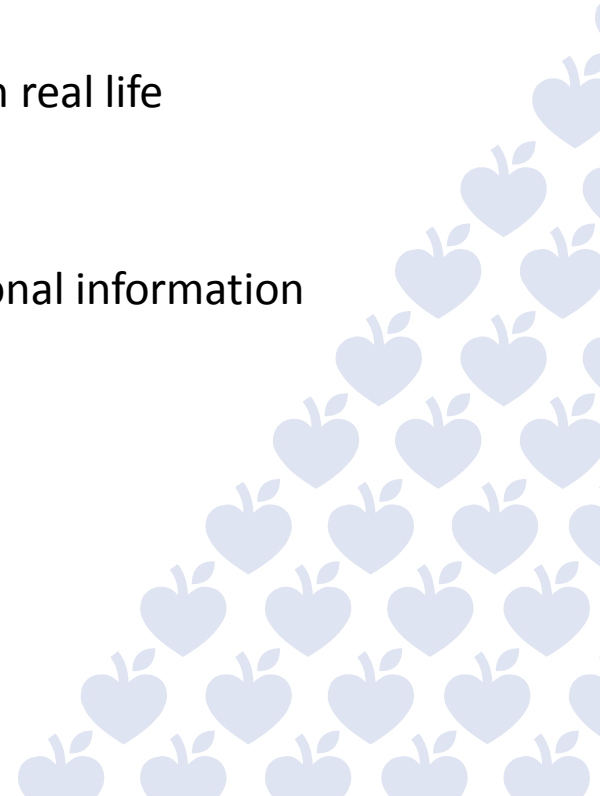
Dealing with inappropriate CONDUCT

25%

**of children will experience cyberbullying**

50%

**of children say someone has been nasty online**
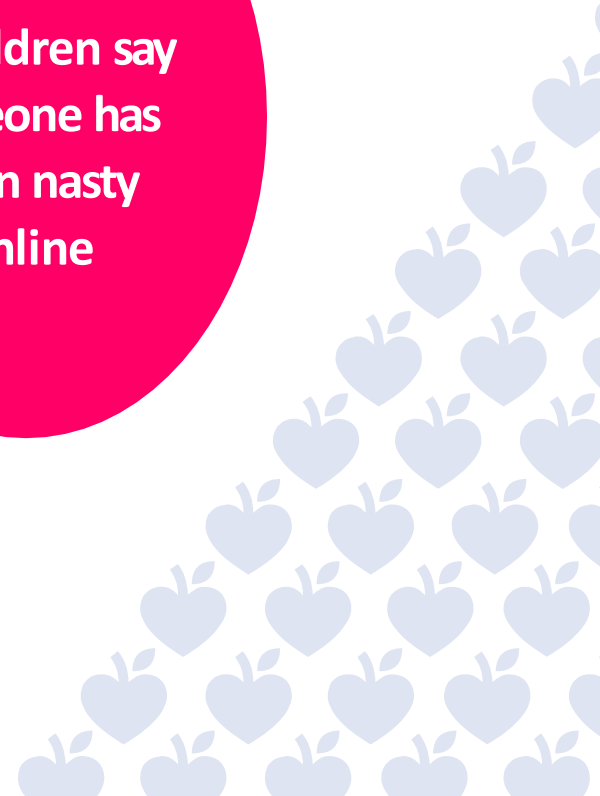
Dealing with inappropriate CONDUCT

- **What to talk about**
  - Talk to a trusted adult if they experience anything upsetting online
  - Think carefully about sharing images of others
  - Be responsible online, remembering they are creating their own digital footprint

- **Top tips / tools to use**
  - Report inappropriate posts/content to the social media providers
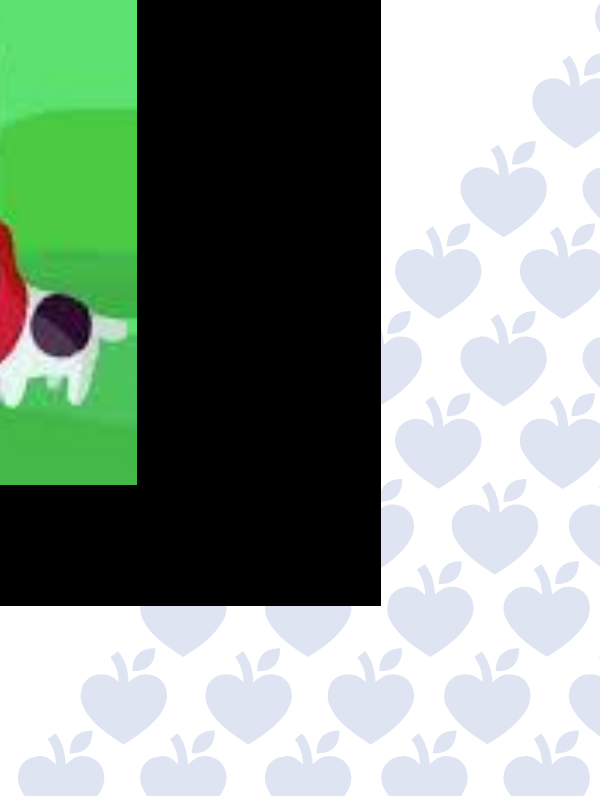 - Think carefully about using monitoring apps that identify inappropriate behaviour
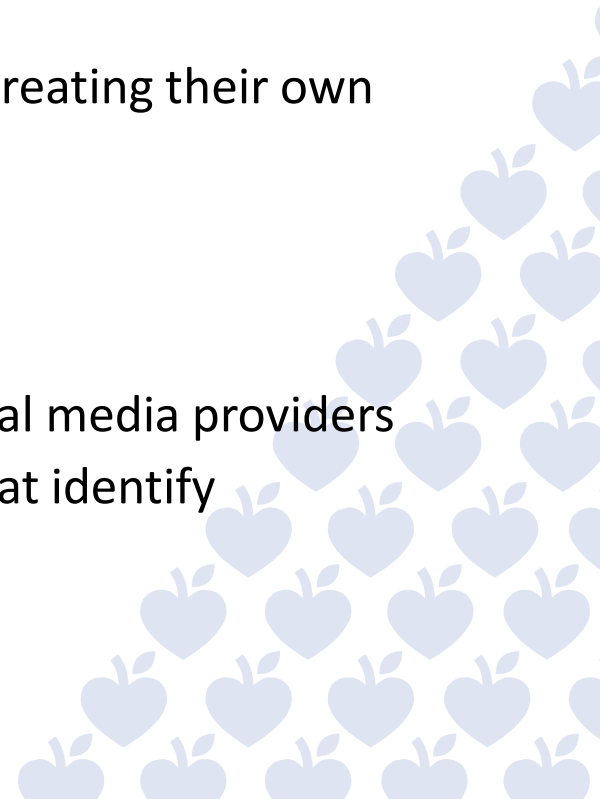
Nude Selfies

www.thinkuknow.co.uk/parents
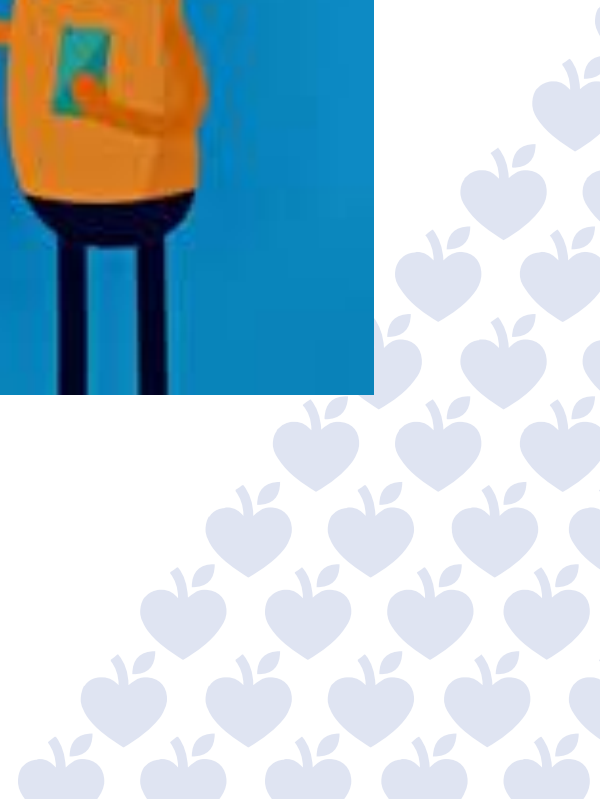
I saw your willy – NSPCC

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware

NSPCC Share Aware

Help your kids stay safe online.
Work as a **TEAM**

Talk — Explore — Agree — Manage

Talk about staying safe online.
(T) E A M

Explore their online world together.
T (E) A M

Agree rules about what's ok and what's not.
T E (A) M

Manage your family's settings and controls
T E A (M)

Digital 5 A Day

BE MINDFUL: If time online is causing stress or tiredness then take some time off and ask for help when you need it

CONNECT: Message, have fun and play with friends and family both online and offline

GIVE TO OTHERS: Be positive online, report bad content and help others to balance their own 5-a-day

ACTIVE: Take some time off and get active – movement helps boost emotional wellbeing. Children should aim for 60 minutes of physical activity a day

GET CREATIVE: Don't just browse the internet but use digital tools to create content, to build new skills and discover new passions
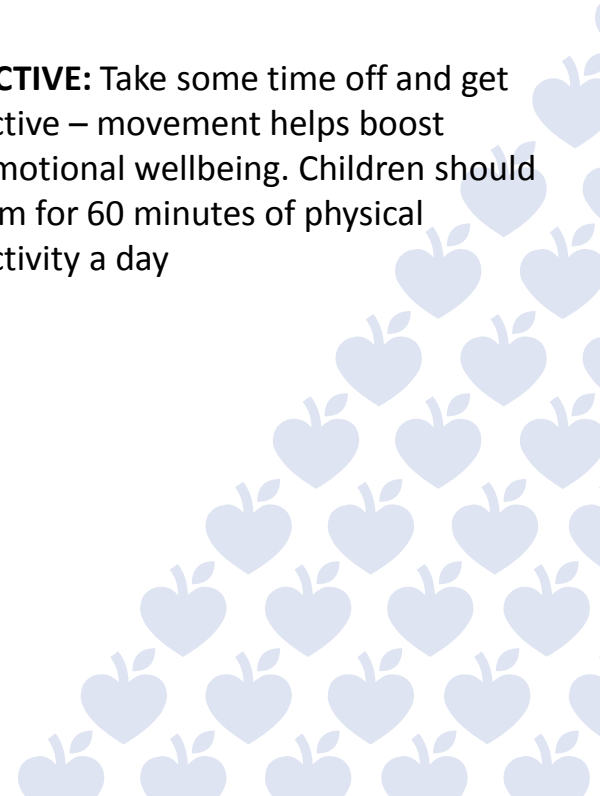
What are children taught in school?

KS 1
Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

KS 2
Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

KS 3
Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns

KS 4
Understand how changes in technology affect safety, including new ways to protect their online privacy and identity, and how to report a range of concerns

CORNWALL COUNCIL

Healthy Schools

Controlling tech time

Turn off notifications on apps to avoid that constant 'ping'

Use an alarm clock so you don't have devices in the bedrooms

Keep phone on silent when you pick the kids from school

No phones at the table rule or no phones between 6 and 7 rule
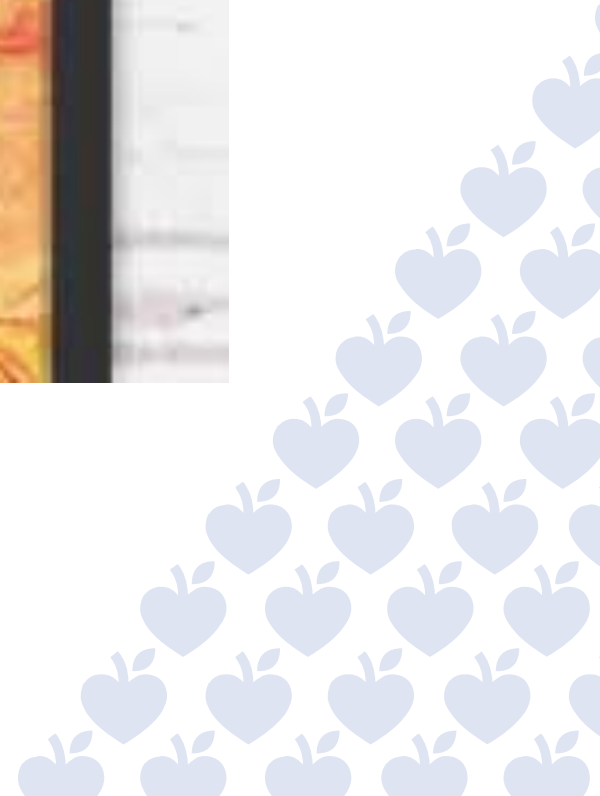
Family tech free days!

What's going on?

Find us on Facebook: CornwallHS

Twitter: @CornwallHSTeam

Telephone 01209 615600

www.cornwallhealthyschools.org