# E-Safety for Parents and Carers

Aims of the session
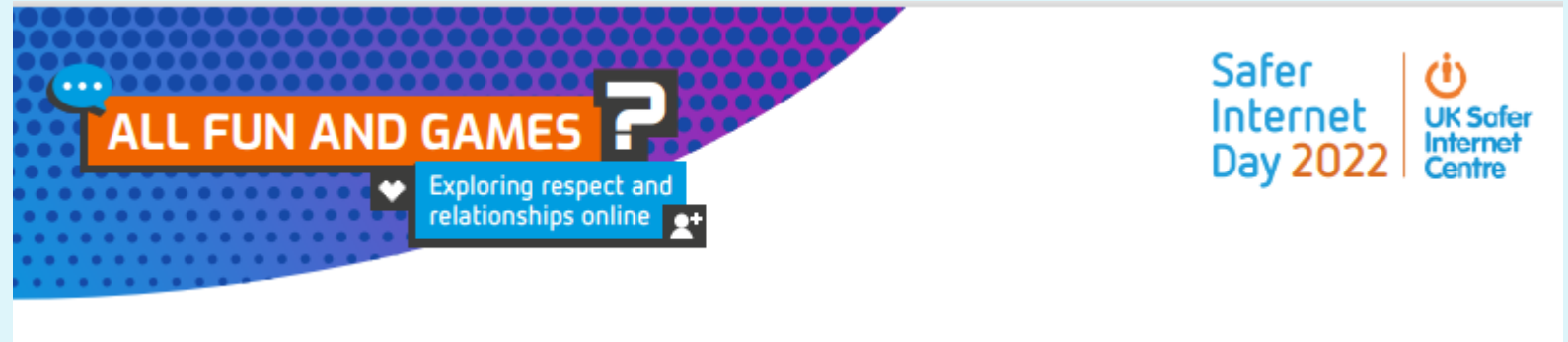
Safer Internet Day 2022

Digital footprint & online reputation

# E- safety

e-safety is a term which means not only the Internet but other ways in which young people communicate using electronic media, e.g. mobile phones.  It means ensuring that children and young people are protected from harm and supported to achieve the maximum benefit from new and developing technologies without risk to themselves or others"

Safer Internet Day 2022 will be celebrated on 8th February with the theme

# 'All fun and games? Exploring respect and relationships online'.

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.

https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers

## How can I show my support?

There are lots of ways that you and your family can get involved in the day and spread the word in making the internet a safe and positive place to be.

## Get involved

Safer Internet Day is celebrated in over 170 countries worldwide. Be a part of this global conversation by using your social media to help promote the amazing things that are happening.

Use these hashtags to help spread the message online: **#SaferInternetDay #playyourpart**

The UK Safer Internet Centre will be posting lots of online safety advice in the run-up to the day and on the day itself. We will reshare lots of messages and advice from others celebrating the day across the UK.

Follow us to see what is happening across the UK and let us know how you are celebrating Safer Internet Day by tagging our social media accounts:

- Instagram: **@UK_SIC**
- Facebook: **saferinternetuk**
- Twitter: **@UK_SIC**
- YouTube: **UKSIC**

Learn more and get involved

**PARENTS AND CARERS**

#SaferInternetDay
www.saferinternetday.org.uk

# Safer Internet day in school

- Assemblies for every year group focus on gaming and being respectful
- Rec-Y2 have a story
- Follow on activities in class
- Yr3-Y6 has lots of scenarios

**Jumpy_frog100**
Sorry I've got to go now, see you tomorrow in school

**Space*Kangaroo**
Come on… can you not stay until the end of the game?!?!

**Jumpy_frog100**
I can't

**Space*Kangaroo**
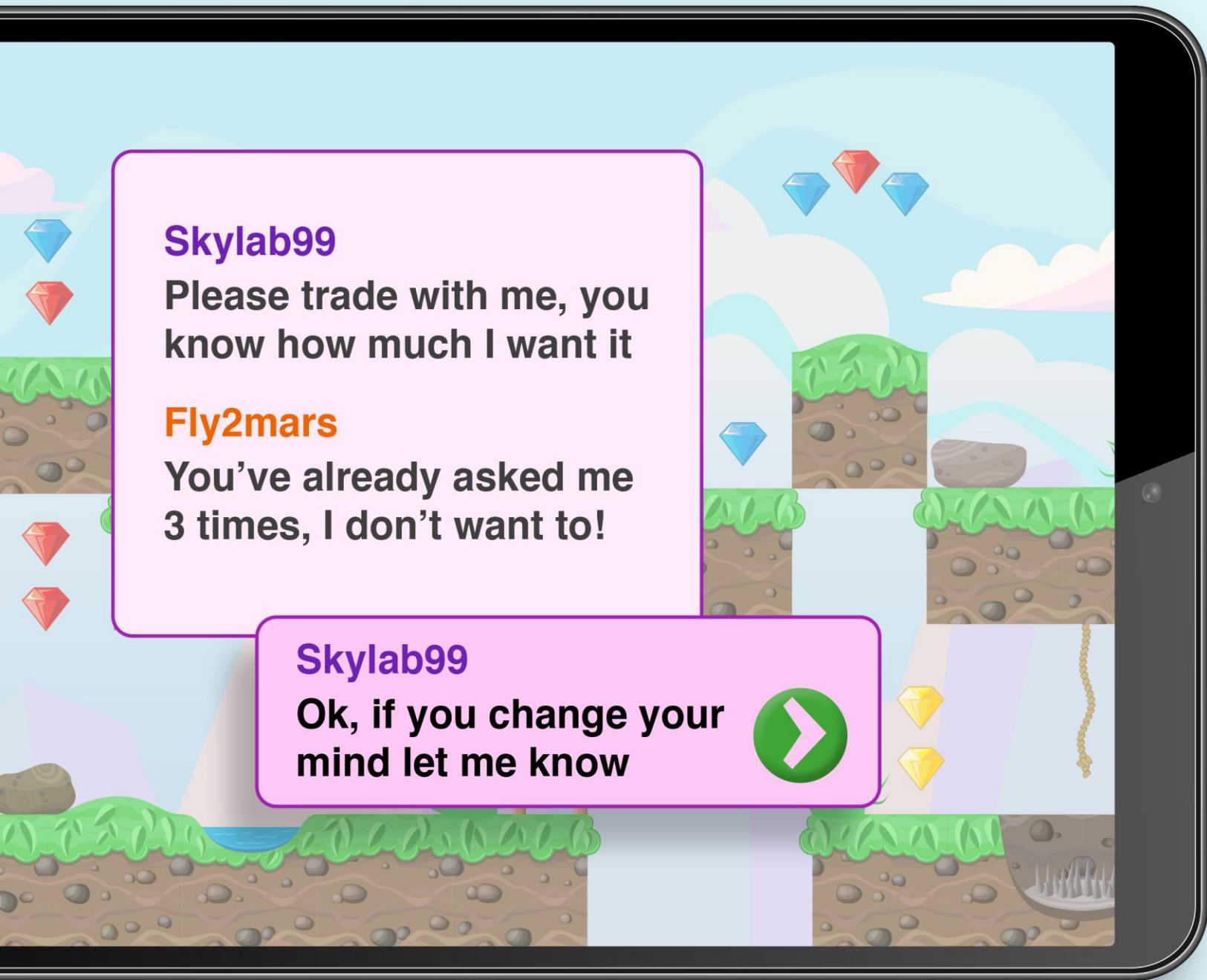You know we're going to lose if you go now 😡

**Don't send** 👎

Not everyone is available all the time. It's not okay to put pressure on someone or make them feel guilty if they need to leave a game.

**What could Space*Kangaroo say or do instead?**

**Send** 👍

**Skylab99**
Please trade with me, you know how much I want it

**Fly2mars**
You've already asked me 3 times, I don't want to!

**Skylab99**
Ok, if you change your mind let me know

It can be fun to trade things with other people, but remember not everyone wants to trade all the time and it's okay to say no. Skylab99 has done the right thing here by accepting their decision.

**Remember –** a trade should always be done using the official trading feature in the game. This will help make sure it happens safely. But you should still make sure that you feel the trade is fair before accepting.

## Level Up Gaming Group

**Peanut_butter_boy**
Is everyone going to be on Fallen Dragon after school? — 13.34

**Bekind12**
Yeh it's so good — 13.39

**RoblxGrrl1**
Yes I will be. 😆 @icyblast what about you? — 14.02

**Icyblast**
I'm not allowed on that game — 14.08

**Peanut_butter_boy**
What!!! 🤣 — 14.14

**Icyblast**
The rating is too old for me and it looks a bit scary — 14.18

**Peanut_butter_boy**
Ha ha ha you are still on the baby games then

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## Don't send 👎

Remember that the age ratings on games are there to help you and your families decide whether you're ready to play them yet.

Someone you live with might give you permission to play on a game, but that doesn't mean everyone else is allowed to or even feels comfortable with the game. It's important to respect other peoples' decisions.

**What could Peanut_butter_boy or the others in the group say or do instead?**

**Lightening-duck2**

Good game! We always win when we are on a team together 😄

**Lightening-duck2**

What school did you say you went to again?

**Blazing_fox**

I go to Park Heights Junior School in Nottingham

It's important to keep personal information safe online. Even if you have been playing a game with someone for a long time, if you don't know them offline they are still a stranger.

Always tell an adult if a player online asks for your personal information or to meet up.

Then together you could:

- ■ Say no to sharing personal information and move the conversation back to talking about the game

- ■ Decide not to reply at all

- ■ Choose to report, block or unfriend the player.

# Being respectful online means:

Including people when they want to be included

Listening to other people

Being kind and supportive

Understanding that someone might not want the same things as you

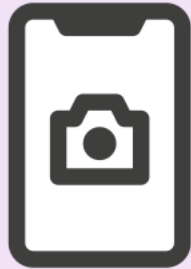Thinking about how your words and actions make other people feel

Not putting pressure on someone and accepting their boundaries

# If someone is being disrespectful you can…

**Tell them how you feel or ask them to stop politely**

Take a screenshot

Block

Report

# Talk to an adult for help and support!

Teacher

Mum

Teaching Assistant

Dad

**Any adult you know and trust**

Grandparent

# Conversation starters

## Start the conversation on a positive note:

- What do you like most about the internet and why?
- How do you have fun using the internet and technology?
- What's your favourite game, app or website?
- How does going online make you feel?
- How does the internet and technology make your life better?
- Do you most enjoy going online alone, or with other people?

## Talk about relationships and communicating online:

- Who do you communicate with online? What different methods do you use to communicate online? (E.g. in-game chat, video calls, group chats, etc.)
- What is good about communicating online?
- What can be challenging about communicating online?
- What is different about talking to someone online compared to talking face to face?
- How much can you trust people you only know online?
- What do you and your friends do to keep yourselves safe and happy, when you are chatting and communicating online?

# Conversation starters



**Talk about respect online:**

- ⁇ What does respect mean to you? What does it look like online?
- ⁇ What does disrespect look like online?
- ⁇ What makes a good friend online?
- ⁇ What can you do if you fall out with a friend online?
- ⁇ Do people disagree more online or offline? Why do you think that is?
- ⁇ What could you do if someone you were talking to online was unkind to you, or made you feel worried, upset, or uncomfortable?

# Family Activities

## Spend time online together

This year's theme is a great opportunity to have some fun and games together! Why not get everyone to write their favourite app or game on a slip of paper then take it in turns to pull from a bowl? Spend some time exploring each one as a family. Whether it's creating something together, competing or watching content, look out for the safety features and make a note of what these do, so you know where they are if you ever need them in the future.

## Explore the Childnet website

Explore the Childnet website where you will find activities, quizzes and videos tailor made for children of all ages. There is also information on key topics for parents and carers, advice about specific apps and games, and activities and conversation starters you can use with your whole family.
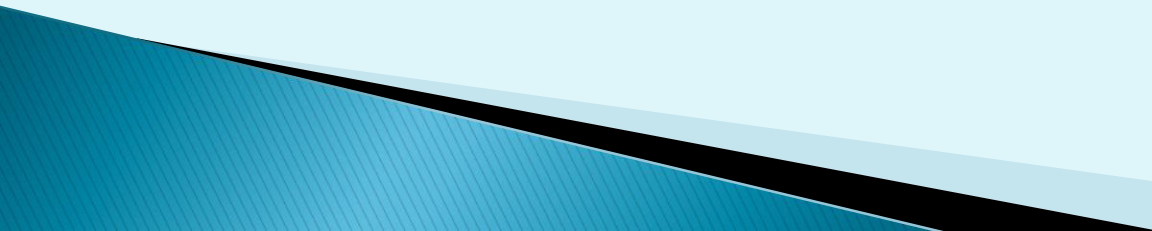
## 'All fun and games? Exploring respect and relationships online' Films

These films produced by the UK Safer Internet Centre are a great way to start a discussion with your child about how the internet makes them feel and what respect looks like online. There are different videos aimed at younger and older children available here: **saferinternet.org.uk/sid-films**.

# Digital Footprint and online reputation

# Digital footprint

- A digital footprint is data that is left behind when users have been online.
- There are two types of digital footprints which are passive and active.
- A passive footprint is made when information is collected from the user without the person knowing this is happening.
- An active digital footprint is where the user has deliberately shared information about themselves either by using social media sites or by using websites.

**Passive digital footprint**
An example of a passive digital footprint would be where a user has been online and information has been stored on an online database.
This can include where they came from, when the footprint was created and a user IP address. A footprint can also be analysed offline and can be stored in files which an administrator can access..

**Active digital footprint**
An example of an active digital footprint is where a user might have logged into a site when editing or making comments such as on an online forum or a social media site.
The registered name or profile can be linked to the posts that have been made and it is surprisingly easy to find out a lot about a person from the trails you leave behind.

https://www.internetmatters.org/issues/online-reputation/

# Cookies

- The digital footprint we leave after browsing websites is called the internet footprint.
- These are commonly called "cookies" and most websites will ask you to accept the use of cookies before you can access the site, without actually knowing what this means.
- If we inadvertently leave a lot of information about ourselves behind it could be passively or actively collected by other people just by using a simple search engine.

# Digital footprint

What would come back if you searched your own name on the internet?
What does your digital footprint contain?

# Digital Footprints

A lot of employers will also use social media to vet prospective employees so it is important that you are mindful as to what you post on any such sites

A 2017 survey by CareerBuilder, the US recruitment company, found that 70 per cent of companies used social media to screen candidates when hiring, up from 60 per cent in 2016 and 11 per cent in 2006.

51% of employers found content on social media that caused them to pass on an otherwise good candidate.
Most common reasons to pass included provocative or inappropriate photos or information (46%), bad mouthing a previous company or fellow employees (36%), and poor communication skills (32%).

**Paris Brown** beat 164 applicants to be appointed as the Youth Police and Crime Commissioner for Kent in the UK. The job involves advising the police about how its policing affects typical teenagers.

When her new role was announced, one of the UK's tabloid newspapers, the *Daily Mail*, took it upon itself to search through her entire Twitter feed. Sunday's daily Mail article contained examples of her tweets: which she has now deleted.

She resigned from her job.

# Ages 5-7

- From an early age, work with your child online
- Discuss tracking features such as cookies
- Search your own name with your child and see what your digital footprint contains
- Stress importance of asking permission before sharing anything online



Did You Know?

**73%**

of 8-12s have shared a photo online. (UK Safer Internet Centre, 2016)

# Ages 7-11

Using a range of browsers, search your own name on the internet with your child

How did that information get there? Is there anything you are unhappy about?

Discuss how you might get the information removed?

If you have allowed your child to have any social media accounts or online game logins check the privacy settings

https://www.internetmatters.org/issues/online-reputation/protect-your-child/

1 in 15

children aged 8-15 have broadcast themselves live on popular social media sites. (Childnet, 2017)

# Sharenting

- We like sharing positive moments in our child's life
- Do we understand the potential risks of posting to social media?
- How often do we ask our child if we have permission to put an image of them online?
- Do we think it's ok because our account is only visible to friends?
- Do we understand the damage that posting and sharing content about our child could have in the future?
- IF IN DOUBT – DON'T SHARE

### 1

**Be a role model.**

Before you post a photo of your kid on social media, ask if it's OK to share. Not only will you give them control over their own digital footprint, you'll also be showing them what you expect them to do with others' photos.

### 2

**Use privacy settings.**

Together, go through all the settings on new apps to make sure you both know what information your kids are sharing. Especially in the beginning, it's better to share very little.

### 3

**Question everything.**

Before you sign school forms or register for a new online service for your kid, check the privacy policy to see what kind of information you're giving the school or company and who they're sharing it with. Sharing some data might be required, but you may be able to opt out of others. Talk with your kid about why it's important to protect your personal data.

### 4

**Use a celebrity as an example.**

With older kids, choose a celebrity or another famous person and look through their Twitter or Instagram posts with your kid. Discuss your impressions of them based on what they post. Ask your kid what kind of image they'd like to project online.

# What do children learn in school?

Year 1 – contribute ideas about communicating appropriately
   – relate online and off-line appropriate behaviour
Year 2 – explain what a digital footprint is.
   – that it is permanent and their online behaviour influences what it shows
   – Relate the creation of a digital footprint to their search history
   – Know that many search engines collect and sell information about users
Year 3 – understand what makes a good password for use on the internet
   – begin to realise the outcomes of not keeping passwords safe
Year 4  - explain what a digital footprint is and how it relates to identity theft
   – give examples of things they would not want to be in their digital footprint
Year 5 – Think critically about the information they share online both about themselves and others
Year 6  –steps they can take to protect their digital footprint
   – Understand their responsibility to others as well as to themselves when communicating and sharing content online.
   – Confident in having strategies to help them promote a positive online image of themselves in their digital footprint.

# What can parents do?

**Have a conversation**

It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions can help.

■ **Ask your children to tell you about the sites they like to visit and what they enjoy doing online.**

What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?

▲ **Ask them about how they stay safe online.**

What tips do they have for you, and where did they learn them? What is OK and not OK to share?

● **Ask them if they know where to go for help.**

Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?

◆ **Think about how you each use the internet.**

What more could you do to use the internet together? Are there activities that you could enjoy as a family?

# Current Issues

## How to access viewing history for a children's profile

You can see the content your children have watched if they have their own profiles on your account.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to manage.
- Open the profile you want to see the viewing history of.
- Open the **Viewing activity**.
- Use the **Show More** button to load additional titles if you are seeing a limited list.

## Netflix checklist

- ☑ Do you know how to set up a children's profile?
- ☑ Do you know how to create a profile with a specific maturity rating?
- ☑ Do you know how to lock profiles on your account?
- ☑ Do you know how to turn autoplay on or off?
- ☑ Do you know how to access viewing history for a profile?

## NETFLIX

Parental Control Checklist

## How to set up a children's profile

Setting up a children's profile is the first step that enables you to manage age appropriate content.

- Access your **Manage Profiles** page by clicking **More** in your app or selecting the drop down menu in a web browser.
- Select **Add Profile** and name the profile.
- To use the Netflix Children Experience for ages 12 and under, select **Children**.
- Select **Continue**.

## How to choose maturity ratings or block shows

Viewing restrictions allow members to customise maturity ratings and provide the ability to remove specific titles from each profile.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to manage.
- Change the **Viewing Restrictions** setting.
- Enter your Netflix password.
- Set the maturity rating for the shows and movies you want to allow in that profile.
- Under **Title Restrictions**, type the name of the title and click on it. You will see a list of restricted titles listed in red.
- Select **Submit**.
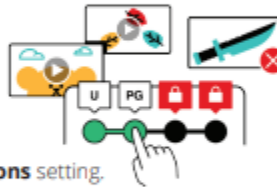
## How to lock profiles on your account

Profiles can be locked with a PIN code. Before content can be viewed, a PIN code must be entered.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to lock.
- Change the **Profile Lock** setting.
- Enter your Netflix account password on the screen.
- Check the box to **Require a PIN** to access the selected profile.
- Enter four numbers into the PIN field. This will be your Profile Lock PIN. If you don't want children to add viewing profiles to your account without entering a PIN, select **Require PIN** to add new profiles.
- Select **Submit**.

## How to turn autoplay on or off

When the **Autoplay next episode** setting is enabled, the next episode in a series will play automatically. This can be disabled through the account page.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile for which you want to turn off autoplay.
- Change the **Playback** settings.
- Check or uncheck the option to **Autoplay next episode** in a series on all devices.
- Select **Save**.

- **www.saferinternet.org.uk/advice-and-resources/a-parents-guide**



## H2b Safer

https://h2bsafetycentre.com/h2usethis/

-Helpful advice.
-Step by step instructions on how to stay safe within different apps including video tutorials.

https://www.internetmatters.org

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

# Thanks for coming

Presentation and many other e safety resources are on the school website:
Curriculum overview/computing