

INTERNET
SAFETY

Keeping children safe



Monday 16th March

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Safer
Internet
Day 2019 | Tuesday
5 February
Together for a better internet
www.saferinternetday.org.uk



ROAD SAFETY



STRANGER DANGER



Speak out. Stay safe.



Pre-school children are online for an average of 71 minutes a day*

1/2

Over half of 3-4 year olds use tablets*

Balancing screen time

How are children using screens?

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online*



82%

are online almost 9 hours a week

69%

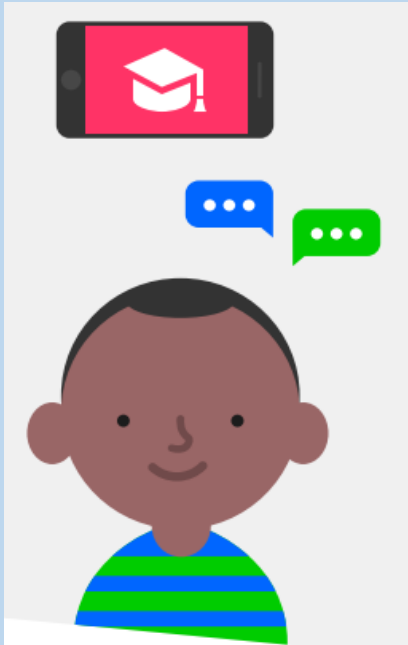
use tablets to go online

Nearly 7 out of 10

of 5 - 7s who use YouTube watch cartoons and funny videos or pranks



What are the benefits and challenges of screen use?

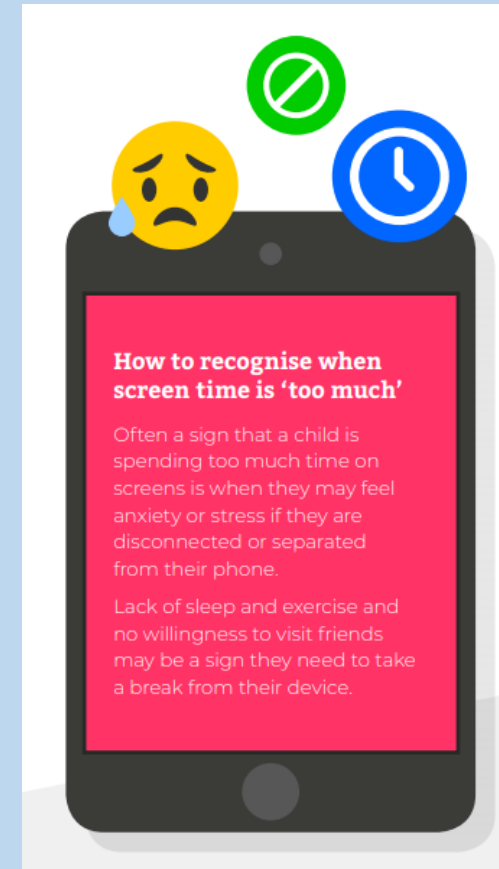


Screen time benefits

- Opportunity for learning and to develop creativity
- Can allow children to maintain relationships with family and friends
- Cheap and easy way to entertain children

Screen time challenges

- They may access inappropriate content
- It can have a physical effect e.g. eyes, sleep, behaviour
- They may find it hard to differentiate between real and fake.





6 February 2018

Staying Safe on Social Media

1. Only accept friends you know
2. Never share your password
3. Don't get personal
4. Use privacy settings
5. Don't react to bullies – delete, block and report

Top tips

1 – Agree digital boundaries together

- Device free zones e.g. the dinner table, bedrooms, bathrooms
- Device free time e.g. bedtime, when watching tv
- Set a maximum time limit for each session or day



Top tips

2 – Take control

- Use parental controls on home broadband and devices (see internetmatters.org for help in doing this)
- Use passwords so they can't access internet without asking first
- Use devices in communal areas



Top tips

3 – Set a good example

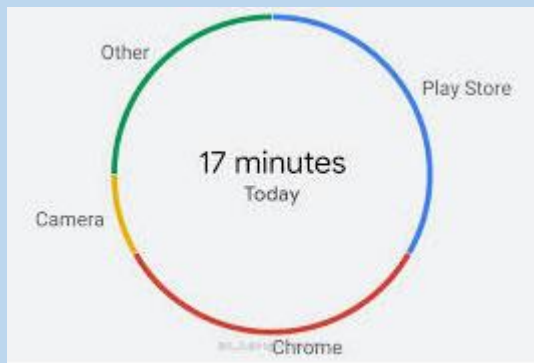
- Children will model their behaviour on you
- Take regular breaks from your phone
- Put your phone away when talking or playing with your children



Top tips

4 – Take the lead

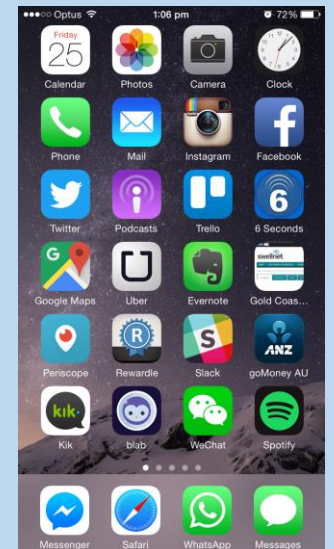
- Find age appropriate apps, websites and games
- Use 'Apple's screen time' or 'Google's digital wellbeing' dashboard to overview how much time they are spending on devices and on line.



Top tips

5 – Choose apps and websites carefully

- Choose apps that encourage active play and develop their language or other skills
- Use safe search engines such as swiggle.org.uk or kids-search.com



Top tips

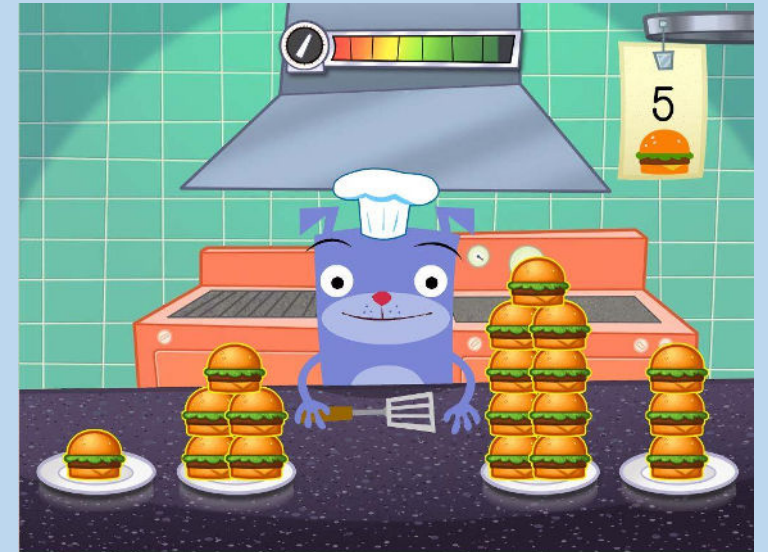
6 – Talk with your child

- Teach them how to keep safe on the internet
- Ask them what they are doing
- Encourage them to always come to you with a question or problem about the internet or their device



7 – Help them learn through games

- Games are great way for children to learn.
- Choose safe, fun and educational games.



8 – Play and discover together

- Stay engaged together.
- Stay calm and don't overreact



9 – Check if it is suitable



PEGI- games www.pegi.info

PEGI (The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices

3+		Violence - Game contains depictions of violence
7+		Discrimination - Game contains depictions of, or material which may encourage, discrimination
12+		Sex - Game depicts nudity and/or sexual behaviour or sexual references
16+		Drugs - Game refers to or depicts the use of drugs
18+		Fear - Game may be frightening or scary for young children
		Bad Language - Game contains bad language

Helpful website

[Internetmatters.org](https://www.internetmatters.org)

[Google.co.uk/safetycentre](https://www.google.co.uk/safetycentre)

<https://www.childnet.com/resources/smartie-the-penguin>

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-3-11s>

www.thinkuknow.co.uk

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

