



St. Monica's RC Primary School

St. Monica's E-safety Workshop

Wednesday 9th March 2022



St. Monica's RC Primary
School

- App Quiz
- Childnet Presentation
- Parental Controls
- Parent Guides
- <https://www.net-aware.org.uk/> NSPCC hub
- <https://www.stmonicasschoolflixton.org.uk/safety-and-security-including-online-safety/>
- Conversations with children
- Internet legends
- Any questions or issues



Purpose

St. Monica's RC Primary School

- Children are spending an increasing amount of time online and we are seeing an increasing number of instances of misuse.
- We want to work with parents/carers to support key the messages taught in school.
- We want to support those who might need guidance.
- We want to make you aware of where you can find very good resources and support.
- We want to encourage you to have open, honest conversations at home.

It's not all doom and gloom: the benefits of digital use at home

- Communication with family and friends
- Interactive, fun content
- Access to information, music, films etc rapidly.
- Ability to learn at home via homework or home learning, YouTube, BBC bite size etc.



CONDUCT



Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet.



It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted.



When using the internet, it's important to keep personal information safe and not share it with strangers.



CONTENT



Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites.



It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias.



There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.



CONTACT



It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.



If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person (including, but not limited to, a request to meet up or a request for images/videos), it's vital that you report it to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.uk).





CYBERBULLYING



Cyberbullying is bullying which takes place online or using technology. It is important that young people know what to do if they or their friends are the victims of cyberbullying.



Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarrassing photos or exclusion from group chats.




Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.




ADVICE ON CYBERBULLYING


Discuss cyberbullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:

 **Do** save the evidence

 **Do** report to your school/ the police

 **Do** use online tools to report and block the perpetrator.

 **Don't** deny your child access to a device or service. They may feel punished when they're already the victim.

 **Don't** retaliate.



ADVICE ON SEXTING

Discuss sexting with your child - ensure they know that once this kind of content gets out there, it's very difficult to get it back and the consequences of this can be very upsetting.

Make sure they know they can talk to you if they have any concerns or worries.

With younger children, discuss which parts of their body should be kept private.



Do seek advice from your child's school if you need further support.



Do report to the Police or CEOP if you have any suspicions about the involvement of an adult or think your child has been coerced.

We do this through teaching about digital footprints and through the NSPCC Pants programme.

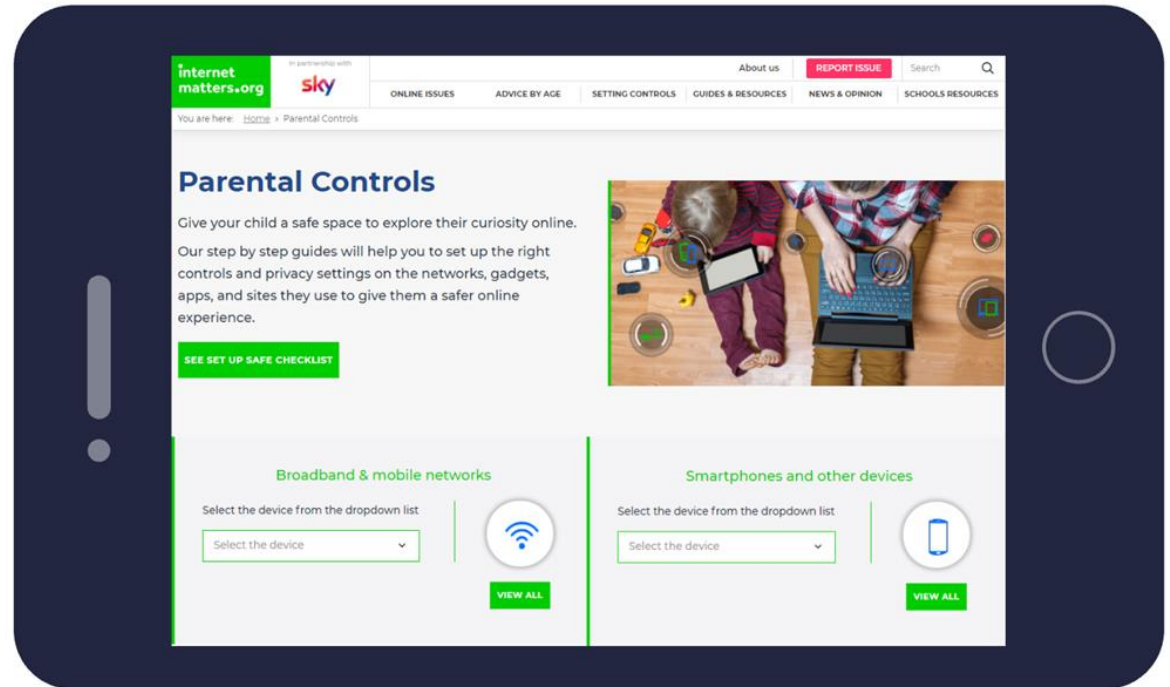
Sharp, Alert, Secure, Kind and Brave.



https://beinternetawesome.withgoogle.com/en_us/interland

Filtering software and settings can help block unwanted content.

Look at filters on individual devices and from mobile & internet providers

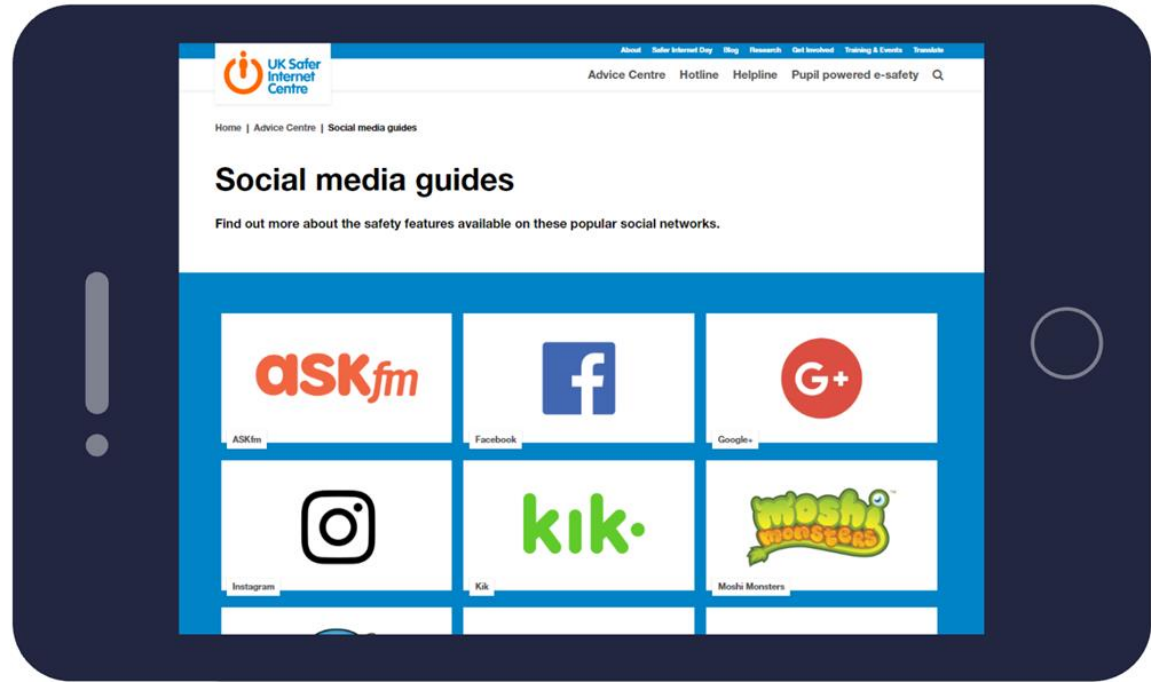


[internetmatters.org/parental-controls/](https://www.internetmatters.org/parental-controls/)

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Familiarise yourself with safety and privacy settings on the services your family uses.

Learn how to report, block and mute other users on games and social media.



saferinternet.org.uk/advice-centre/social-media-guides

<https://www.stmonicasschoolflixton.org.uk/safety-and-security-including-online-safety/>

<https://parentzone.org.uk>

Negative effects of over use of online technology

Withdrawn

Tiredness

Change in mood

Change in language

Reluctance to engage in other activities

Being secretive

Top Tips

Set parental controls and time Limits from an early age - be cruel to be kind.

Don't give in to peer pressure: do they really need a phone in year 4 or 5?
(Even 6?)

Use technology in a shared family room.

Have regular conversations with your child.

Bookmark sites they regularly use.

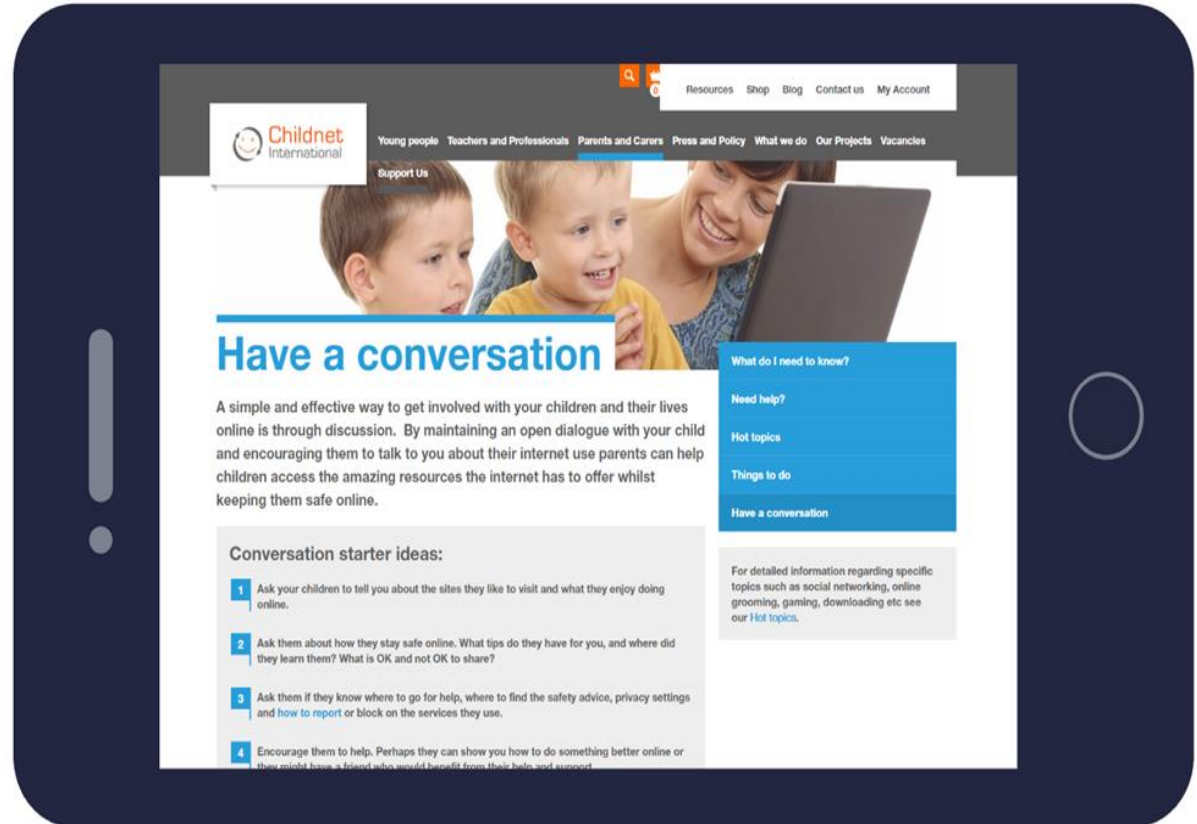
Ensure parties/ chat rooms are not set to public but that they only include friends.

Support your child to know what to do if they don't like something/feel uncomfortable.

Don't stop technology use completely if things go wrong and if friends are still online: this can 'alienate' the child.

An open and honest dialogue with your child is absolutely key.

Talk to them about their internet use and let them know they can talk to you.



www.childnet.com/parents-and-carers/have-a-conversation

START ON A POSITIVE NOTE...

What do you like most about the internet and why?
Whats your favourite game/app/site?

Do you like to be creative online?
What have you created?

(It could be anything from a picture or video to creating their own games, sites or apps.)

The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/-services do you use?

KEEP THE CONVERSATION GOING

Do you have any tips for how to be positive and show respect online?

What could you do if someone online is making you or someone you know feel worried or upset?

How might you know if you are using the internet/technology too much?

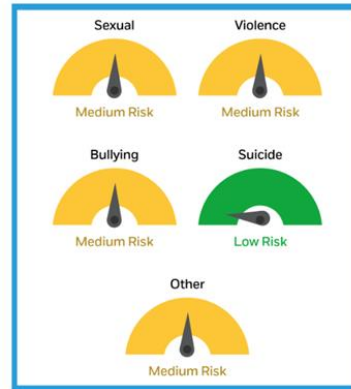
How does the internet make you feel? Do different apps/games makes you feel differently?

Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

Help me!
Can your child show you how to do something better/safer online?

Get involved with your child's life online. Learn about the apps, games and devices they use.

Play their favourite games with them, try out their favourite apps...



net-aware.org.uk

Questions