



Parents and Carers (Primary)

Protect your children online

www.thinkuknow.co.uk/parents



This presentation will cover:



- What we do at school
- Children online
- What can you do?
- Thinkuknow resources for primary
- Thinkuknow resources for parents and carers
- Reporting to NCA-CEOP



What we do at school



Computing Curriculum Overview Stanmore Primary School			
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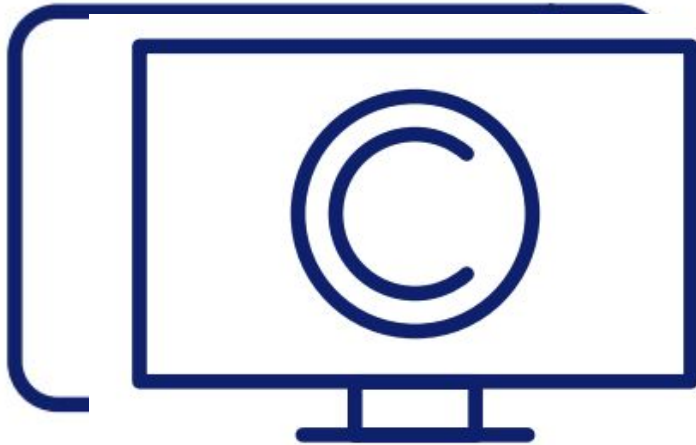
Cycle A		Cycle B	
Year 1 and 2			
Autumn 1	Autumn 2	Autumn 1	Autumn 2
What if London hadn't burnt down? (H) Project Evolve - Privacy and Security Managing online information	What would you do if you were royal for a day? (H) Project Evolve - Self image and identity	What's in the toy box? (H) Project Evolve - Privacy and Security Managing online information	What's at the bottom of the beautiful briny sea? (G)

Spring 1		Spring 2		Spring 1	
Does X mark the spot? (G) Project Evolve - Online reputation and Online Bullying (Link to Internet safety day)	Where on Earth is Stanmore? (G) Project Evolve - Online Relationships	Who's down on top? (G) Project Evolve - relationships and Bullying (Link to Internet safety day)			
Summer 1		Summer 2		Summer 1	
What makes a garden flourish? (Sci) Project Evolve - Health Well being and Lifestyle	SOS – What would you save? (H) Project Evolve - Copyright and Ownership	Is there anyone there? (H) Project Evolve - Self Image and Identity			

Year 3 and 4	
Autumn	Autumn
Raiders or Traders? (H) Privacy and Security Managing Online Information	Incredible Italia! (H&G) Privacy and Security Managing Online Information Online Relationships
Spring	Spring
Who is the 'Pharaoh-est' of them all? (H) Online Relationships Online Bullying Online Reputation	From Stone to Steel (H) Online Bullying Online Reputation Copyright and Ownership
Summer	Summer
What lies beneath the South Downs? (G) Health, wellbeing and lifestyle Self Image and Identity Copyright and Ownership	What makes chocolate unique? (G) Health, wellbeing and lifestyle Self Image and Identity

Year 5 and 6	
Autumn	Autumn
Banished, Beheaded or Boiled in Oil (H) Privacy and Security Managing Online Information	Liquid assets (G) Privacy and Security Managing Online Information Online Relationships
Spring	Spring
How will you get your kicks on Route 66? (G) Online Relationships Online Bullying Online Reputation	Where is the easiest place to survive on Earth? (G) Online Bullying Online Reputation Copyright and Ownership

Areas we cover



Copyright and ownership

This strand explores the concept of ownership of online content. It explores strategies for protecting personal content and crediting the rights of others as well as addressing potential consequences of illegal access, download and distribution.

and
age

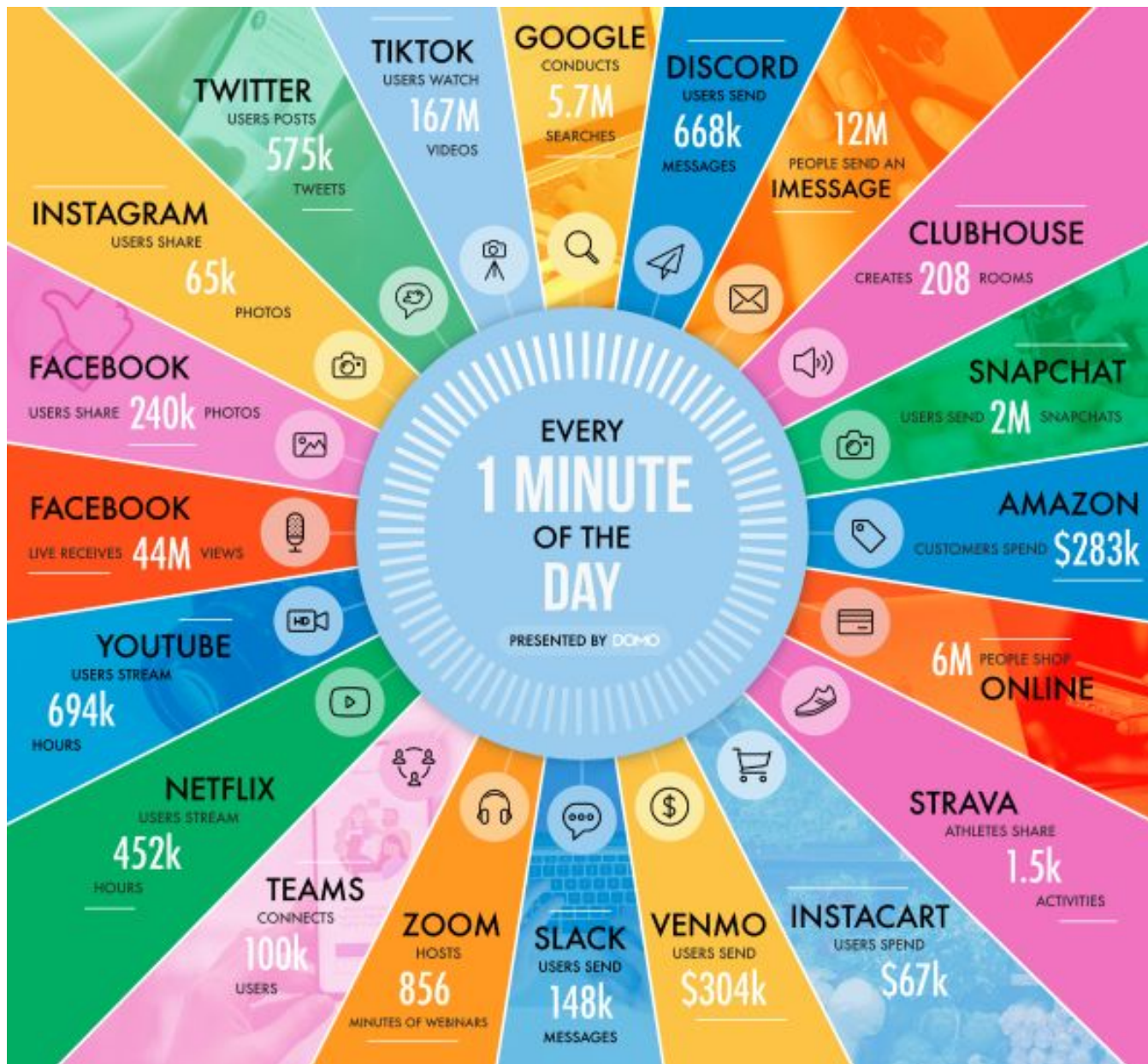


Children Online

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Parents and carers



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

89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends

2020 Ofcom

internet
matters.org

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**
- Children today are **more forgetful** than OAP's
- One study found that the **more distracted** you are, the less able you are to experience empathy
- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.



Media usage by age

6 in 10 use any device to go online



2% have their own tablet

27% use a smartphone to go online and **63%** use a tablet to do the same



62% play games for just over **6 hours a week**

66% play games online



25% use a smart speaker in the home

74% who own a smartphone are allowed to take it to bed with them



81% use their phone to go online and **69%** to do the same



36% more likely to watch streams on a mobile device



35% play games online



45% use a smartphone to go online and **72%** use a tablet to do the same



37% own their own smartphone

98% spent over 11 hours of streaming from a device per week

51% use YouTube in 2019 compared to **37%** in 2016



5% have their own smartphone



83% have their own smartphone

Reference: Ofcom (2019) https://www.ofcom.org.uk/data/assets/pdf_file/0023/190616/children-media-use-attitudes-2019-report.pdf

internet matters.org

Risk is not harm

Positive action can limit risks becoming harmful. Here are 5 tips for parents:

- 1 Understand the risks
- 2 Communicate regularly
- 3 Keep the risks in proportion
- 4 Agree on helpful mediation strategies
- 5 Develop coping strategies that foster resilience



internet
matters.org

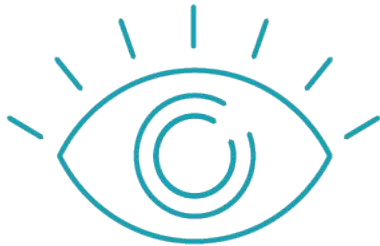
Understanding apps, sites and games



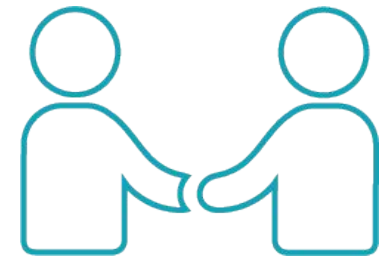
Sharing



Chatting

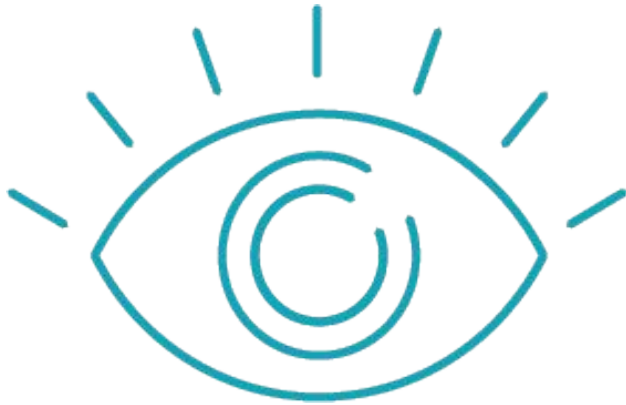


Viewing



Friending

Understanding apps, sites and games



Viewing

- Anyone can post and share content
- There may be inappropriate, sexual or violent content online
- Most apps and games include privacy and security settings
- Parental controls and filters can also help manage online activities

Understanding apps, sites and games



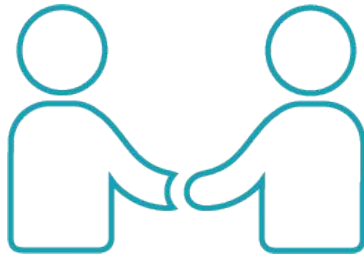
Sharing

- It's easy to share online
- Younger children – seek permission before they share
- Children should never feel pressurised, uncomfortable or blackmailed
- Look out for others by not sharing inappropriate content

Understanding apps, sites and games



Chatting



Friending

- Chatting and meeting new people can be fun and appealing
- Most people just want to chat or be friends, but some seek to harm
- Advise them not to share too much personal information
- Talk to a trusted adult if anything worries them

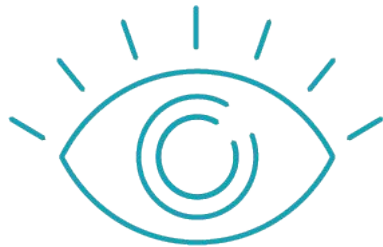
Understanding apps, sites and games



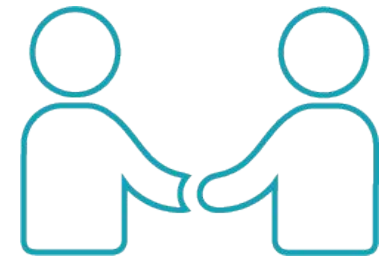
Sharing
What can you share?



Chatting
Who can you talk to? How? Where?



Viewing
What kinds of content do you see?



Friending
Who can you be friends with?



Viewing videos online

www.thinkuknow.co.uk/parents

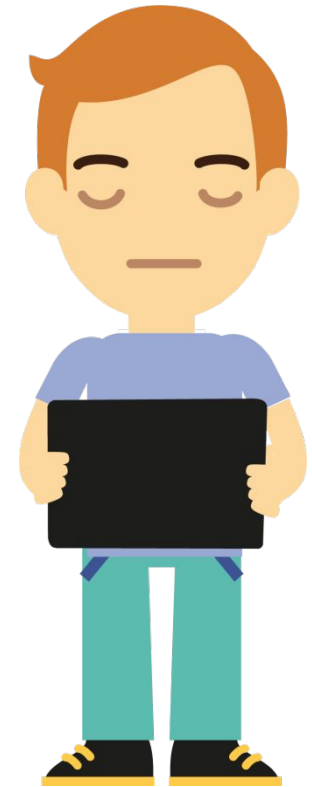


In appropriate video content



The risks

- They may, accidentally, see something not intended for them
- They can be exposed to unsuitable videos through a link they've found or been sent, or an app they've downloaded
- They are curious and they may go looking for content



Viewing videos online



What can you do?

- **Talk to your child** - about the videos they like to watch, what makes a video inappropriate and what to do if they see anything they shouldn't.
- **Look up the age ratings** - before your child uses them for a guide as to whether it's appropriate.
- **Set up parental controls and filters** - to help you manage the content your child may see.



[ideos-online](#)



Gaming online

www.thinkuknow.co.uk/parents

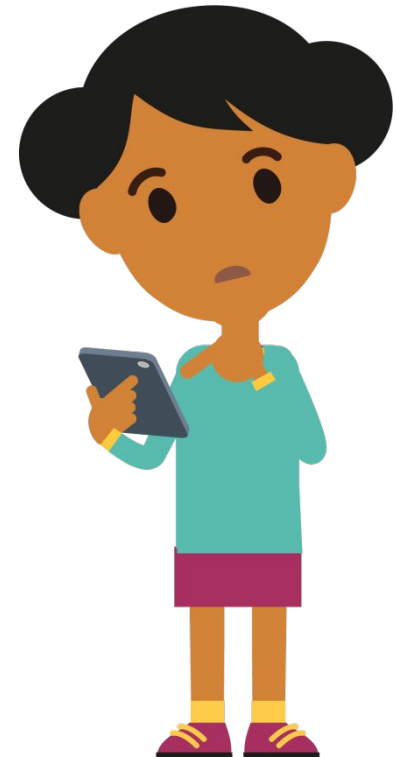


Gaming online



The risks

- Chatting with people they don't know
- Inappropriate or unmoderated chat
- Requests to chat in private
- Offering gifts or trades



Gaming online



What can you do?

- **Play with them** - to understand how they talk online, who they talk to online and what you're comfortable with.
- **Talk to them** - about the games they play, who they talk to and how.
- **Use family controls** - to manage, limit or turn off in-game chat.
- **Encourage reporting** – of inappropriate chat in game and anything in the game makes them feel worried or uncomfortable.





Live streaming

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Parents and carers

Live streaming



The risks

- Exposure to age inappropriate content, including sexual or violent content
- Negative or inappropriate comments
- Acting on impulse, and saying or doing something they'd be less likely to do offline
- Inappropriate contact



Live streaming



What can you do?

- Talk to them – have an ongoing conversation as part of your family life.
- Use devices in public spaces.
- Go through privacy and safety settings.
- Be wary of requests to chat in private.
- Know where to get support and how to report.





Social media

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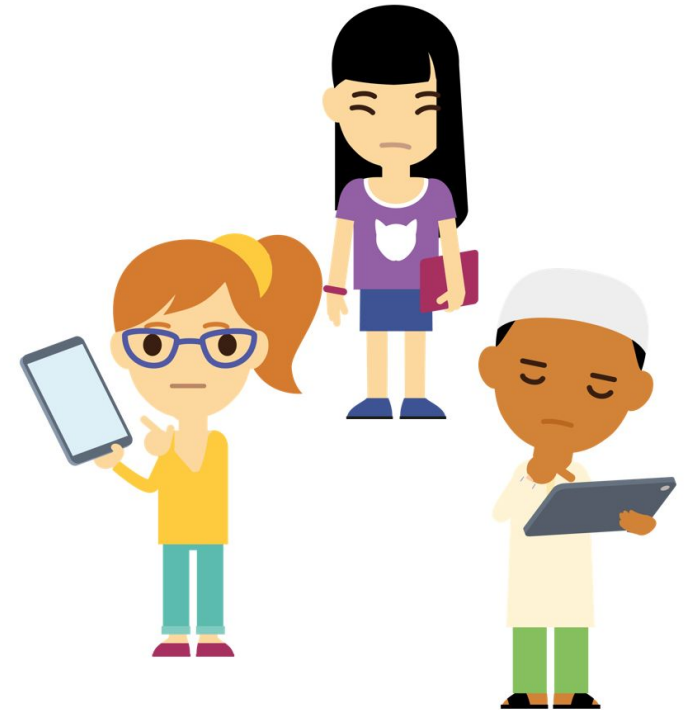


Social media



The risks

- Inappropriate content
- Inappropriate behaviour
- Over-sharing
- Making friends with people they don't know



Social media



What can you do?

- Make sure they are ready.
- Be a great role model.
- Get involved and support them.
- Talking about safe social media use.





What can you do?

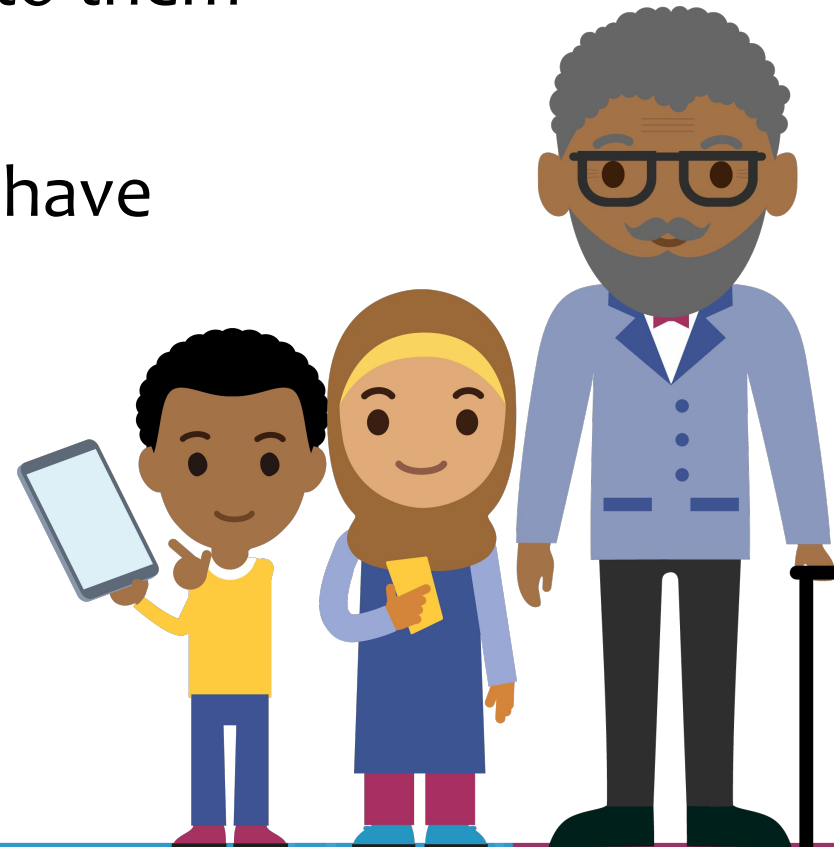
www.thinkuknow.co.uk/parents



Parents and carers

Chat little and often

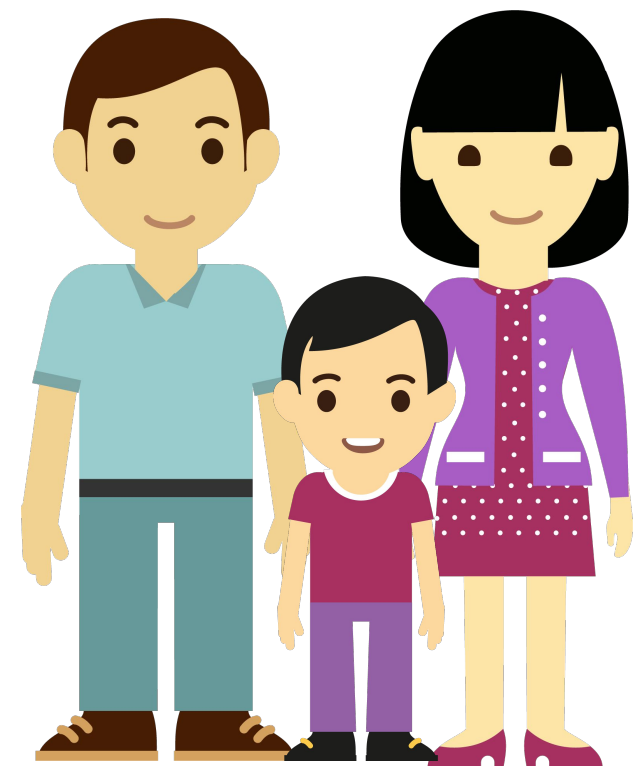
- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



Report anything that worries them

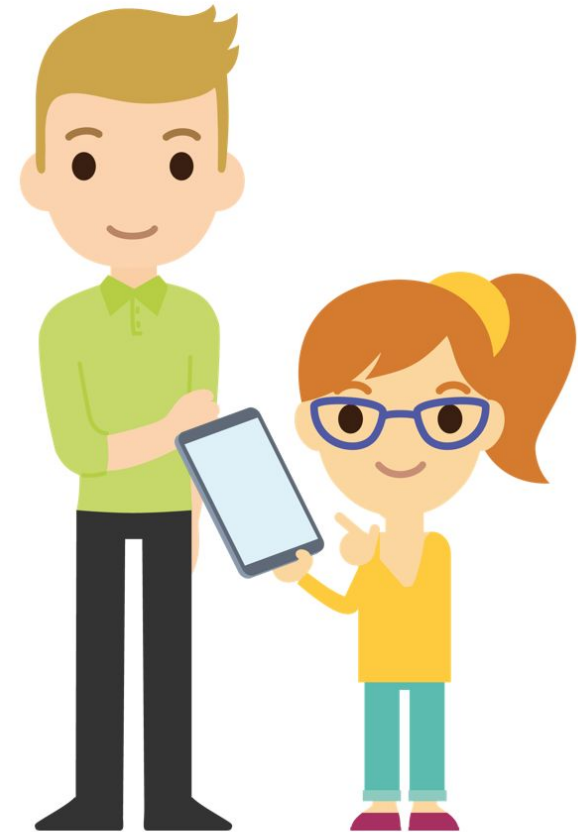


- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them



Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information





Thinkuknow resources

www.thinkuknow.co.uk/parents



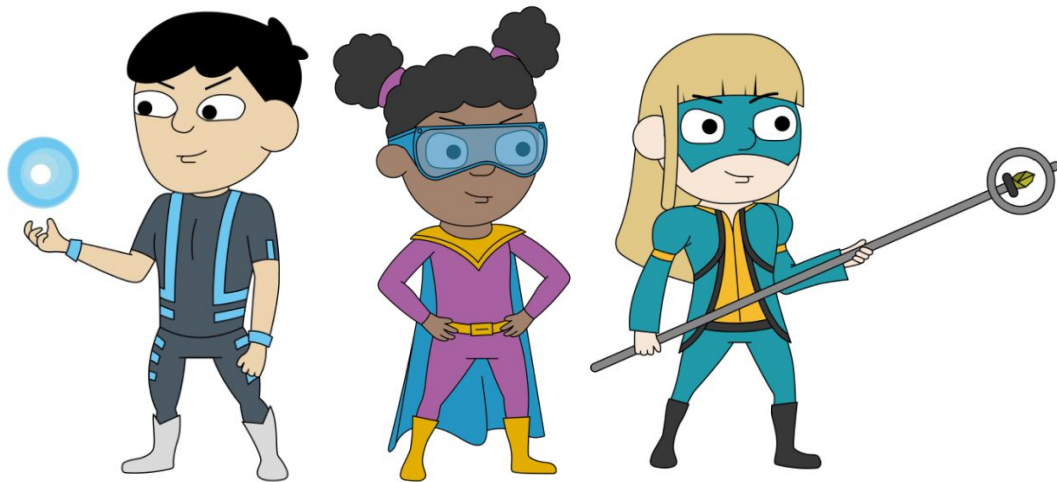
Parents and carers

Resources for primary aged children



4-7s: Jessie & Friends

8-11s: Play Like Share & Band Runner Game



4-7s: Jessie & Friends



I would like advice on...



[Home](#) [Get Advice](#) [Concerned about your child?](#) [How to get help](#) [Who are we?](#) [Support tools](#)



Watch Jessie & Friends: online safety education for 4- 7 year olds



This series of three animations aims to give 4-7 year olds knowledge, skills and confidence to help them respond safely to risks they may encounter online.

8-10s: Play Like Share



about the game



watch



stay safe



grown ups



need answers



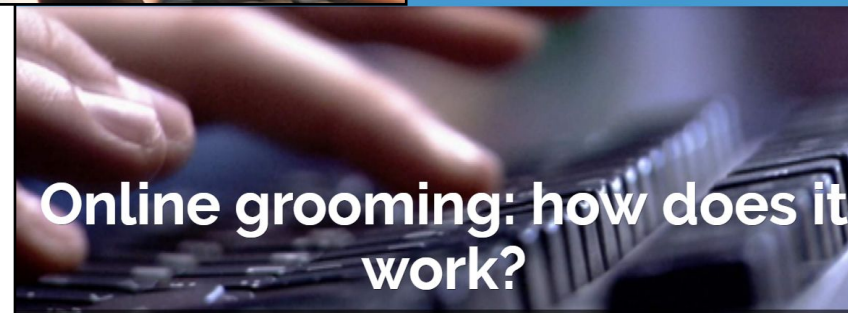
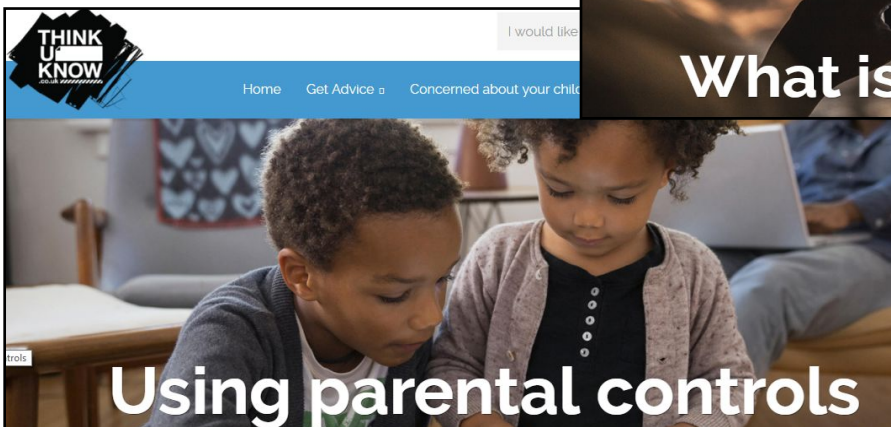
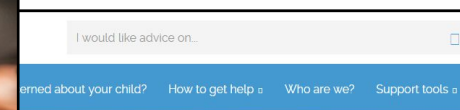
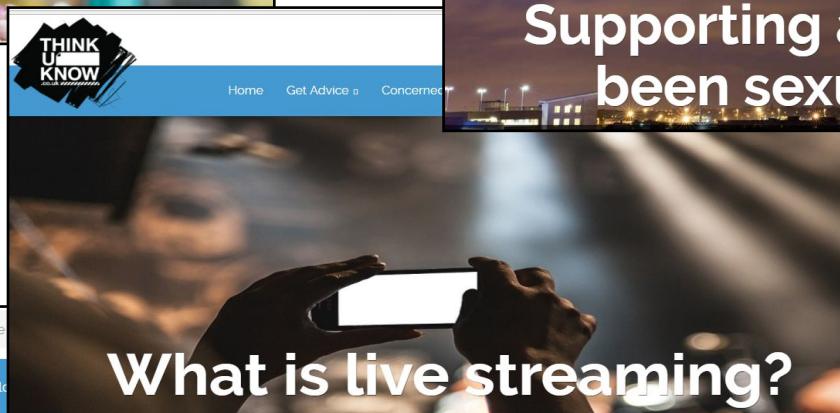
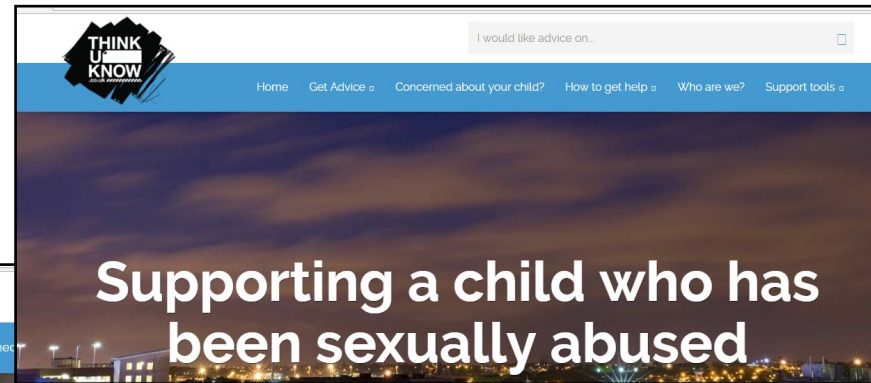
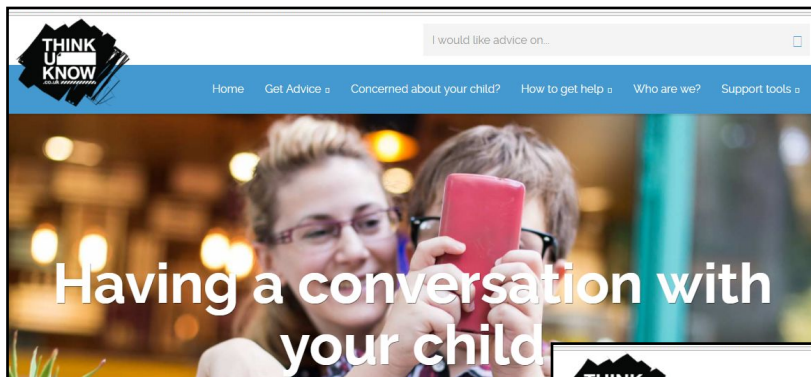
FILM 1: BLOCK HIM RIGHT GOOD ALFIE!



Band Runner



Resources for Parents and Carers





Help and advice for families in a digital world

Parent Info is a collaboration between [Parent Zone](#) and [NCA-CEOP](#), providing support and guidance for parents from [leading experts and organisations](#).

Games, apps
and tech

Parenting

Safety and
settings

Relationships
and sex

Education and
the future

Health and
wellbeing

Reporting to NCA-CEOP – www.ceop.police.uk



The screenshot shows the CEOP website's reporting page. At the top left is the CEOP logo, a circular emblem with 'CEOP' inside, and the text 'A National Crime Agency command' below it. To the right of the logo is the text 'Child Exploitation and Online Protection command'. Further right, there is a link that says 'If you need to hide this site quickly, just click here' with a red arrow pointing to a red button labeled 'Quick exit' featuring a white running person icon. The main heading in the center reads 'Are you worried about online sexual abuse or the way someone has been communicating with you online?' followed by 'Make a report to one of CEOP's Child Protection Advisors'. Below this are three columns of content:

- Should I make a report to CEOP? →**
If you're worried about online abuse or the way someone has been communicating online, let CEOP know.
- What happens when I make a report? →**
One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.
- How can CEOP help me? →**
Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

At the bottom of the page, there are three decorative illustrations: a computer monitor with a sad face, a pencil and a gear; a pencil and a question mark; and a pencil and a happy face.

Other advice and support services



Chat little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



Remind them to report anything worrying

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them

Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information



Staying up to date:



@CEOPUK

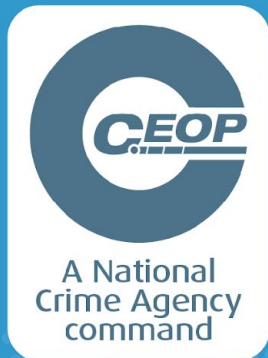


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www.ceop.police.uk/safety-centre

Please contact the CEOP Education team directly at ceopeducation@nca.gov.uk
If you have any queries or feedback on the training you have received.