



# ONLINE SAFETY UPDATE

**2023 edition**

# Digital Wellbeing at School

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.



# WHY USE TECHNOLOGY?

**Employers struggle to fill digital vacancies as only one in 10 workers possess the skills, report finds**

Experts say skills shortage stems from rapidly evolving technology and the structure of the UK workforce

**Home use, school use, community use, jobs**

<https://www.peoplemanagement.co.uk/article/1814792/employers-struggle-fill-digital-vacancies-one-10-workers-possess-skills-report-finds> (28th Feb 2023)

# OFFLINE OR ONLINE?

Scratch Jr App



<https://support.apple.com/en-gb/HT201304>

# OFFLINE OR ONLINE?

<https://scratch.mit.edu/users/amazingict>



## amazingict » Shared Projects (1238)



**Marty The Robot1**  
by amazingict



**Poppy by Amaia**  
by amazingict



**Colour Variable**  
by amazingict



**Robot fun**  
by amazingict



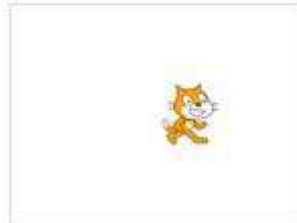
**Amazon Parrots Game**  
by amazingict



**Amazon Parrots Navraj**  
by amazingict



**River watch**  
by amazingict



**Time for change incom...**  
by amazingict



**Character editing**  
by amazingict



**Dog\_variable**  
by amazingict



Early Years - 7

Self-image and identity

No thank you.

I need to ask first.

I'd like you to stop doing that please.

**'No'**

**'Please stop'**

Please stop.

**'I'll tell'**

No that's not ok.

I'll tell someone about this.

**'I'll ask'**

I need to tell someone first.

PROJECT  
**EVOLVE**

<https://projectevolve.co.uk/about> provides 400 resources for staff in school (links with PSHE)



## 4 Cs of online concern (Content, contact, conduct and commerce)

<https://drive.google.com/file/d/1GSh70z4f3JbMeCmqGzXOd8BBmkhTe0uo/view?usp=sharing>

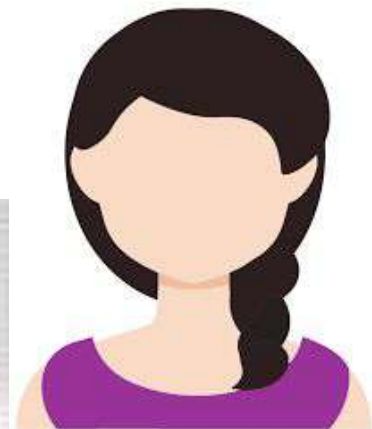
<https://www.onlinesafetyalliance.org/meeting-the-online-safety-4-cs-of-kcsie>



**4 Cs of online concern  
(Content)**



# YOUR DIGITAL PROFILE



# 'RANDOMERS'

'Teachers and parents need to work together and properly prepare young people for all aspects of digital citizenship.'

[From Metro news](#)

Whisper: An anonymous app focused on sharing personal secrets and meeting new people.

Calculator %: Disguised as a calculator, the app is actually a secret photo vault.

Omegle: A video chat website where users are matched randomly with strangers.

'Through meaningful dialogue about online spaces a normal part of home and school life, we can make children aware of the potential risks, and give them a support network of trusted adults they can turn to if they have a problem online.'

'SHROPSHIRE'

.....pleaded guilty to two counts of attempting to engage in sexual communication with a child and one charge of attempting to cause a child under 13 to watch an image of sexual activity. (January 2023)

# 'GROOMING'

Groomers might try and isolate children from their friends and family, making them feel dependent on them and giving the groomer power and control over them. They might use blackmail to make a child feel guilt and shame or introduce the idea of 'secrets' to control, frighten and intimidate.

It's important to remember that children and young people may not understand they've been groomed. They may have complicated feelings, like loyalty, admiration, love, as well as fear, distress and confusion.

**<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming>**



# SAFE USE OF ONLINE GAMES AND PLATFORMS

LOTS OF PEOPLE LOVE ONLINE GAMES...

# ROBLOX



NEWS

**ROBLOX**



Until now Roblox has **7+** by **Pan-European Games Information**.

This has changed to “Parental Guidance Recommended” PEGI !

Additionally, Roblox is introducing **more parental controls** to filter different experiences dependent on the age of the user. This is due to the incredible amount of user-generated content within Roblox, and a change that we’re sure many parents will welcome.

To find out more, you can read [this article](#).



Roblox Condos <https://www.bbc.co.uk/news/technology-60314572>



## 2 BITS OF ADVICE



1. Disable messages if there are any concerns. Setting can be set to **only talk to known friends**.
2. Set the **parental controls** - moderate who children talk to and which games they can play. To enable these, add your email address to your child's account through the security menu and create a pin to stop settings being altered. In the privacy menu apply moderation to in-game chat, personal messages, invites and more.

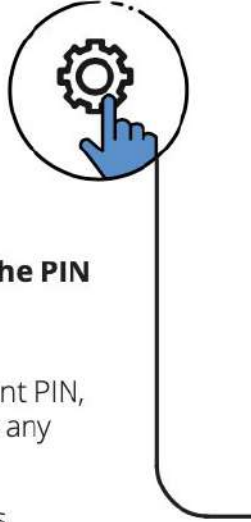
# ROBLOX - HOW TO...

## Adding a PIN to your account

- Click the **Gear icon** in the upper right corner and click **Settings**
- Select **Security** in the menu on the left-hand side of the screen
- In the **Account PIN** section, press the **Toggle** button
- You will be asked to **create and confirm the PIN**
- When you're done, press **Add**

All account settings are protected by the account PIN, which will need to be entered in order to make any changes.

Creating a PIN requires a verified email address. You will be prompted to add and verify your email if the account does not have one.



# ROBLOX

Use the Roblox checklist to check privacy and safety settings.

Available in folder via QR link.



POSTERS PROVIDE DRIP FEED  
HELP TO PARENTS / CARERS / STAFF



[https://www.onlinesafetyalliance.org/wordpress/wp-content/uploads/2020/02/combined\\_parental\\_guides.pdf](https://www.onlinesafetyalliance.org/wordpress/wp-content/uploads/2020/02/combined_parental_guides.pdf)

<https://nationalonlinesafety.com/guides>

# SUPPORT AND RESOURCES: NATIONAL ONLINE SAFETY



## Hundreds of online safety guides

Instant access to all of our award-winning guides, absolutely free, providing advice and guidance on the latests apps, games, platforms and devices.



## Free parents course

Made up of four mini-courses, our online safety course for parents & carers focuses on how children from age 4 to 18 will use, engage with, and potentially be at risk by their online activity.



## Everything you need to know in one place

Favourite your chosen guides and training to make your interface bespoke to you.

THE... 'DON'T YOU TRUST ME' CHAT!



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ONLINE SAFETY

**Managing Social Media**



I EXPLAIN AND USE THE TERM  
'SOCIAL MEDIA'

I TALK ABOUT ALGORITHMS 'FEEDING' YOU INFORMATION

# SOCIAL MEDIA



- Age restrictions
- Privacy settings
- Sharing information
- Block and report
- BEWARE of Live Streaming



## 4 risks of using Snapchat



1. People can see exactly where you are in the world unless you are on **ghosted mode** (which you need to set up on settings).
2. **Anyone** can add you and ask to chat **privately** (can be saved as a record) when there is a thick blue line on a private chat it means the person you are talking to has saved the chat .
3. People can do a **screen print of images** sent and then share with others
4. You can limit the **time shown** on your photo to 1 second - unlimited

There is also a **family centre** setting so you can feel more at ease

<https://help.snapchat.com/hc/en-gb/articles/7012343074580>

# YOUR DIGITAL FOOTPRINT



<https://www.thetimes.co.uk/article/draw-your-own-digital-footprint-dhwdsvbxm>

THE... 'I AM THE ONLY PERSON NOT ON IT' CHAT!

# WHATS APP

## Is WhatsApp safe for my child?

- 16 + (due to collection of data)
- Encrypted messages (only the people sending and receiving the messages can read them)
- Phone numbers are available to all
- If someone from the group adds a person they can communicate with all other users
  
- Best to keep groups small if possible

# Is WhatsApp safe for my child?

To prevent children being added to groups by people they don't know, we recommend changing the group settings to **'My contacts except'** and using the tick icon to select all contacts. This option means only your child's phone contacts, except those you exclude, can add your child to groups. But by selecting all contacts, it means that nobody can add your child to a group chat without first sending them an invitation.

In the same section, you can also **switch off 'read receipts'**, which means other people cannot see when you have read their message. This might help if your child is feeling under pressure to respond to messages.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child>



# TikTok


TIKTOK

TikTok

- TikTok has an age rating of 13+ <https://www.bbc.co.uk/news/technology-63033263>
- A social media platform that lets you create, share and discover 60 second videos
- Music and effects can be used to enhance the videos
- Can browse other people's videos and interact with them.
- Strangers could message people
- Must aim to keep personal information and location private

# TIKTOK - STAYING SAFE




 View profile

 Get coins

 Settings

 English

 Feedback and help

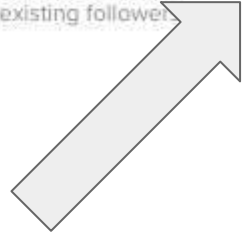
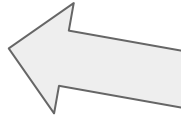
 Log out

## Privacy

### Discoverability

Private account

With a private account, only users you approve can follow you and watch your videos. Your existing followers won't be affected.





# TIKTOK - STAYING SAFE

Content preferences >

Ads >

Digital Wellbeing >

Family Pairing >

Accessibility >

## CACHE & CELLULAR DATA

Clear cache 14 M

Data Saver >

## SUPPORT

Report a problem >

# TikTok



## Digital Wellbeing

Screen Time Management Off >

Restricted Mode Off >



## Keeping children safe from online sexual abuse

Advice and guidance for parents who are worried about their child being groomed.



## Is TikTok safe for children?

A recent report by Ofcom highlighted that over half of 3-17-year-olds are using TikTok. Here's everything you need to know about the popular video-sharing app.



# BLOGS

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

You can **comment** on some blogs



# PODCAST

<https://swgfl.org.uk/magazine/swgfl-launch-interface-a-new-podcast-series>

You can **subscribe** to a podcast series

# ARTIFICIAL INTELLIGENCE + MACHINE LEARNING

*Chat Generative Pre-trained Transformer (Chat GPT)*

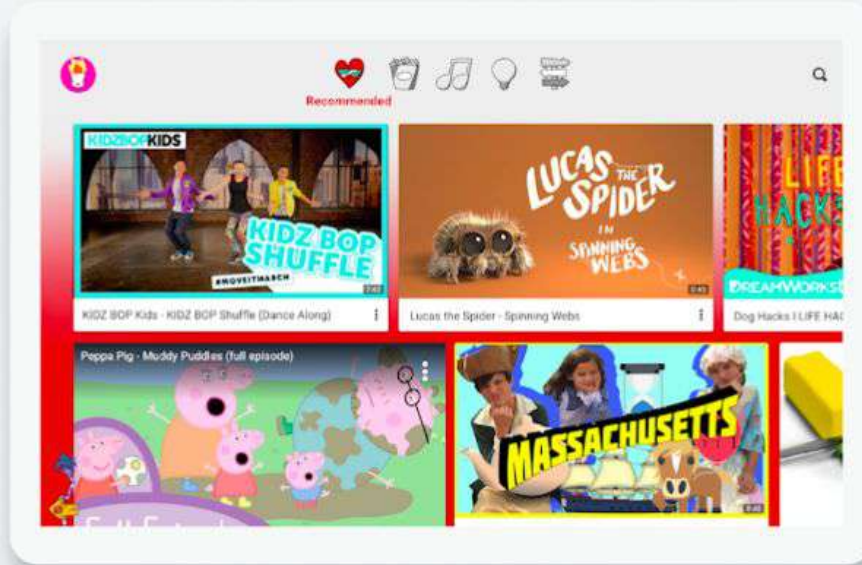
<https://onlinedegrees.sandiego.edu/artificial-intelligence-education> (Education)  
<https://www.youtube.com/watch?v=gsv10sCEad0> (Deep Fakes)  
<https://quickdraw.withgoogle.com> (Drawing recognition)



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**Managing YouTube**

# YOUTUBE - YOUNG CHILDREN SHOULD BE USING YOUTUBE KIDS



## YouTube Kids

Make it fun for your child to discover new interests on their own, and simpler for you to guide their journey along the way.

[Explore YouTube Kids](#) 

# YOUTUBE WITHOUT THE ADVERTS!



Insert a 'hyphen' between t and u

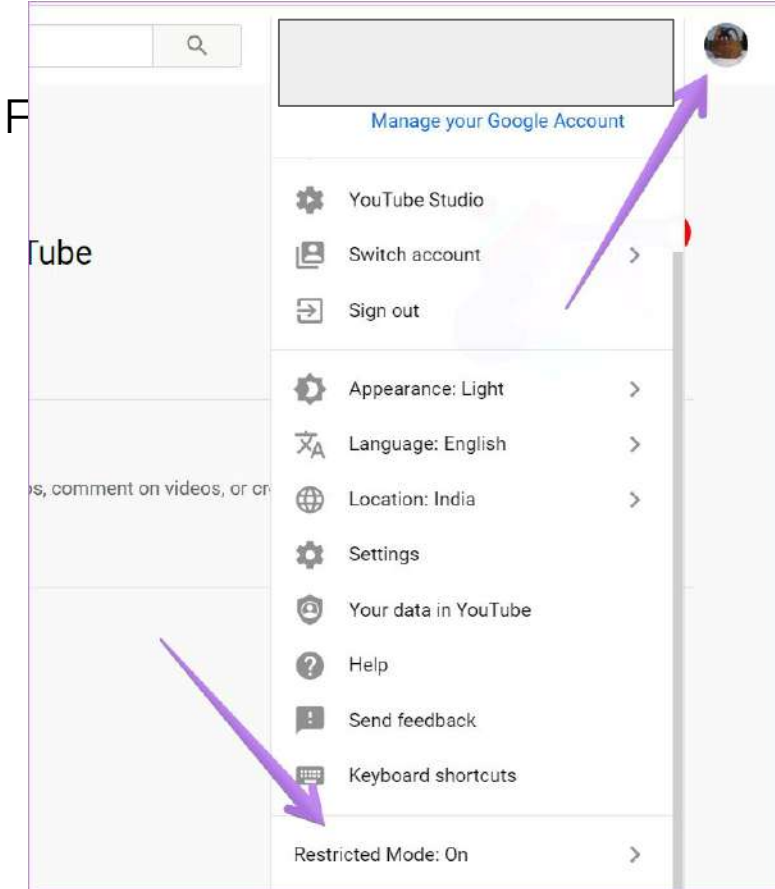
Example

# YOUTUBE - 5 WAYS TO STAY SAFE

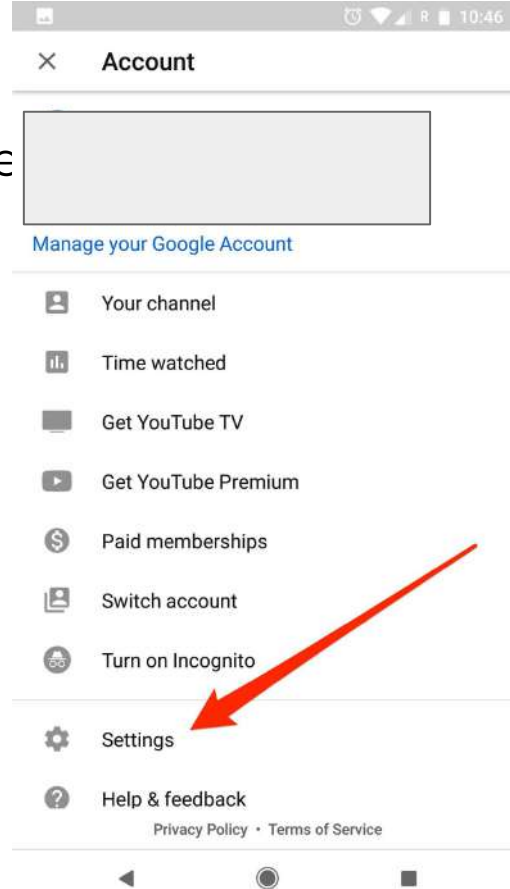
- 1) Setting up the family account - on Google families (discuss later)
- 2) Turn on Safety Mode - located at the bottom of the YouTube page  
(need to be logged in for it work!)
- 3) Subscribe to trusted channels - keep them focussed on the content you approve of
- 4) Upload privately - if children want to upload, limit who can view!
- 5) Disable Comments - no offensive comments



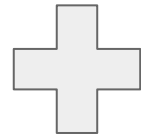
# YOUTUBE - RESTRICTED MODE



t be



MANAGING  
ONLINE  
WORLD



EDUCATING  
CHILDREN



SUCCESS

## Online Safety

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1101454/Keeping\\_children\\_safe\\_in\\_education\\_2022.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1101454/Keeping_children_safe_in_education_2022.pdf)



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**Managing your devices: Parental Control**

# WHAT ARE PARENTAL CONTROLS?

‘Parental controls are the **settings** that you add to control what can be done on a device.

# LOCKING APPS ON THE IPAD - GUIDED ACCESS - SINGLE APP



## What do I need?

An iPhone or iPad device and account

## Restrictions you can apply



Apps Access



Browser Access



In App purchasing



Inappropriate content



Media streaming



Online games



Parental control



Sharing Data



Sharing location



Social networking



Timer



# GOOGLE FAMILIES (FAMILIES.GOOGLE)

1. Set screen time limits on your child's Android or Chrome OS devices;
2. See the location of your child's signed-in and active Android devices;
3. Approve your child's downloads and purchases on Google Play and Stadia or limit the visibility of content based on maturity ratings;
4. Manage settings such as SafeSearch for Google Search;



# GOOGLE FAMILIES: GOOGLE FAMILY LINK FOR PARENTS APP (APPLE AND ANDROID)



- 1) Helps guide them to good content - view their apps, manage the apps and feed curiosity
- 2) Keep an eye on screen time - set limits, lock their device.
- 3) See where they are - check location



# APP

Set  
screen  
limits



Daily limit      Bedtime

Scheduled

| Day | Time Range    | Status |
|-----|---------------|--------|
| MON | 20:00 - 07:00 | ✓      |
| TUE | 20:00 - 07:00 | ✓      |
| WED | 20:00 - 07:00 | ✓      |
| THU | 20:00 - 07:00 | ✓      |
| FRI | 20:00 - 07:00 | ✓      |
| SAT | 20:00 - 07:00 | ✓      |
| SUN | 20:00 - 07:00 | ✓      |

View  
daily  
activity



← Apps ?

Day    Week    Month

◀ TODAY, JUL 4 ▶

## 1 hour 34 minutes

total

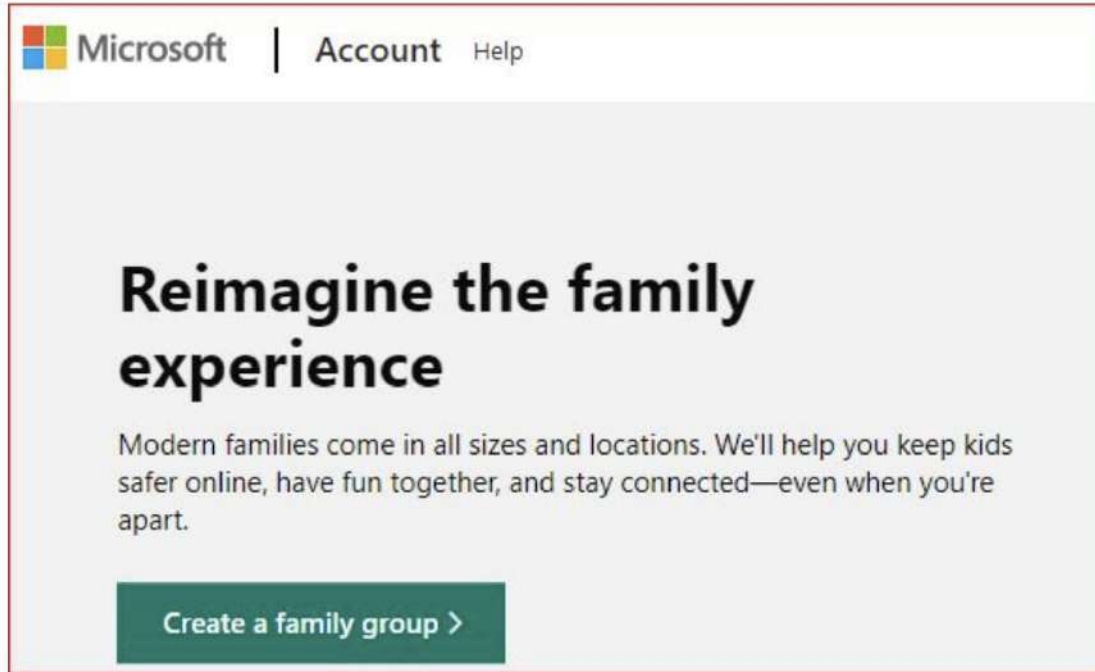
| Day | Time Spent |
|-----|------------|
| Mon | ~0.5h      |
| Tue | ~0.7h      |
| Wed | 1.5h       |
| Thu | ~1.1h      |
| Fri | ~0.6h      |
| Sat | ~1.3h      |
| Sun | 1.5h       |

Time spent ↓

- Idle Military  
58 mins
- Deathigner  
26 mins
- Google Chrome: Fast & Se...  
5 mins
- Spotify: Free Music and Po...  
4 mins

# MICROSOFT FAMILY SAFE

<https://account.microsoft.com/family/about>



The screenshot shows the top portion of a web page. At the top left is the Microsoft logo, followed by a vertical separator line, the word "Account", and the word "Help". Below this is a large, light gray section with the heading "Reimagine the family experience" in bold black text. Underneath the heading is a paragraph of text: "Modern families come in all sizes and locations. We'll help you keep kids safer online, have fun together, and stay connected—even when you're apart." At the bottom of this section is a dark green button with the text "Create a family group >" in white.

Establishing a family group is an easy, effective way to encourage healthy online habits and manage busy schedules. A family group is a set of individuals connected through the [Microsoft Family Safety](#) app on their Windows, Xbox, or mobile devices.

# SCREEN TIME - ADVICE



- Set the rules/ limitations
- Frequent breaks e.g. 40 minute screen time met with an hour break for under 10s
- Five- minute warnings before their allotted time is up
- Take away future screen time if they don't switch off
- Talk to them about why you are removing the screen
- Bonuses for the good screen behaviour
- Switch off an hour before bed

# THE... 'DIGITAL DETOX' CHAT!

**It has been amazing watching their behavior transform, we have been able to connect with our kids more than ever, watch them thrive & play together!**

**Less tantrums, their behavior has significantly improved, bedtime is smoother & so much more**



thegingypants



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**Educating our Children at home and in school**

# GOOGLE'S INTERLAND



## Be Internet Awesome

Find resources to help kids be safe, smart, and positive online explorers. Be Internet Awesome is a free resource that teaches kids the fundamentals of digital citizenship and safety.

[Explore Be Internet Awesome](#)

[https://beinternetlegends.withgoogle.com/en\\_uk/parents/](https://beinternetlegends.withgoogle.com/en_uk/parents/)



# THINKUKNOW (CEOP - NATIONAL CRIME AGENCY)





4 - 7 year olds




8-10 year olds

<https://www.thinkuknow.co.uk>


# OWN-IT (BBC)




The Basics




Take Control



It's Personal




Don't Panic




About Us

## Parents - help kids make the most of their lives online


Find out all about device safety for your child and help them to have positive experiences online. Whether they're getting a device for the first time, starting out on social media or making the leap to secondary school, we've got advice for you.




**4 tips to help your child cope with cyberbullying**



**5 ways a better internet starts with your child**



**Supporting children with social media apps**





**Should I worry about children using multiple devices at once?**



# FOR THOSE WITH CHILDREN WHO ARE AVID GAMERS




— FAMILY —  
VIDEO GAME  
— DATABASE —

Sign-In 


Search Database 



[Start Here](#) [Health Advice](#) [Dig Deeper](#) [Curated Lists](#) [About](#)

We're here to help parents and guardians navigate the world of video games:

-  Discover Amazing Games: [Search For Games](#), [Filter and Browse](#) and [Curated Game Lists](#)
-  Understand Benefits and Risks: [Parent Blog](#), [Features](#), [Newsletter](#) and our [Taming Gaming Book](#)
-  Connect With Your Child's Gaming: What's [New and Trending](#) today

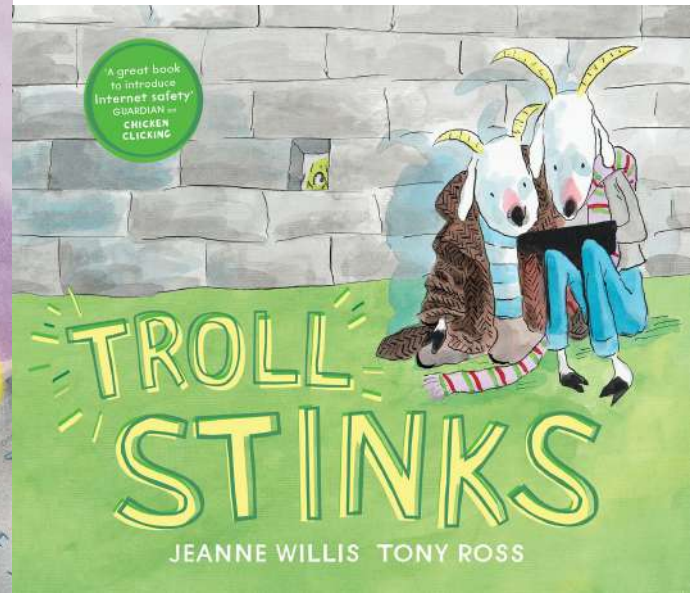
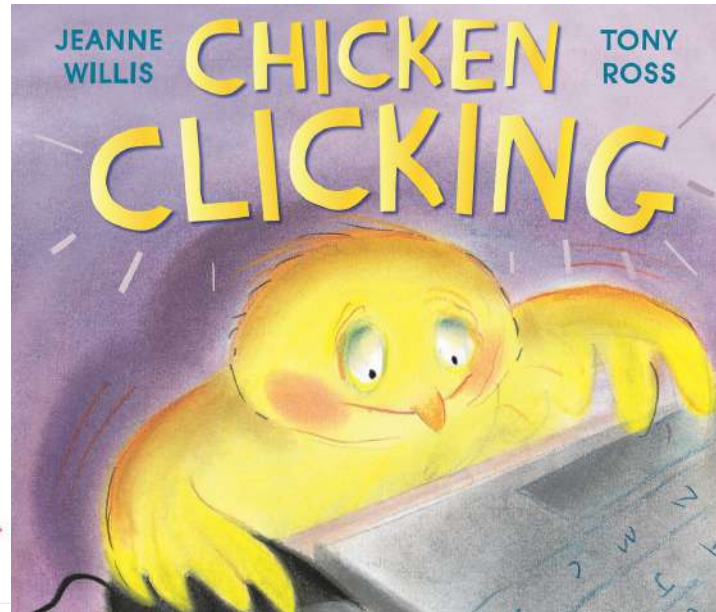
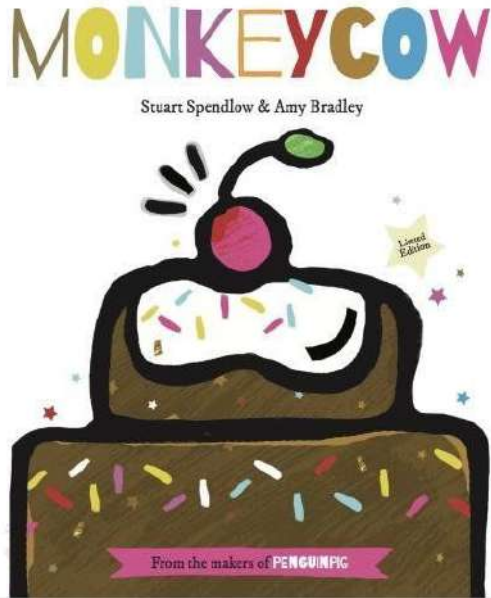
To get started, just type a game or topic into the search at the top of every page, scroll down here to browse our recent content or use the detailed search to find games that match your family's requirements.

 Our Team's Favourites

-  **Phantom Abyss** *Rowan's Pick*
-  *Andy's Pick*
-  **Loop Hero** *Andy's Pick*

# ONLINE SAFETY BOOKS

Lots of fantastic books available with online safety messages.



# TOP TIPS FOR STAYING SAFE

- 1) Explore the app/game/website together
- 2) Check the age rating of the game
- 3) Talk to your child about who they're talking to
- 4) Talk to your child about what they're sharing
- 5) Let your child know they can talk to you





## Talking to your child about online safety

Advice on how to start the conversation and get support if you're worried.



**internet  
matters**

Learn together and  
stay safe online

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

[www.internetmatters.org](http://www.internetmatters.org)





THANKS + STAY IN TOUCH

[www.amazingict.co.uk](http://www.amazingict.co.uk)

[amazingict@icloud.com](mailto:amazingict@icloud.com)