Online Safety Update

2023 edition

Digital Wellbeing at School

SWGfL
Safe, Secure, Online

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.

https://swgfl.org.uk/resources/online-safety-posters

Why use technology?

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

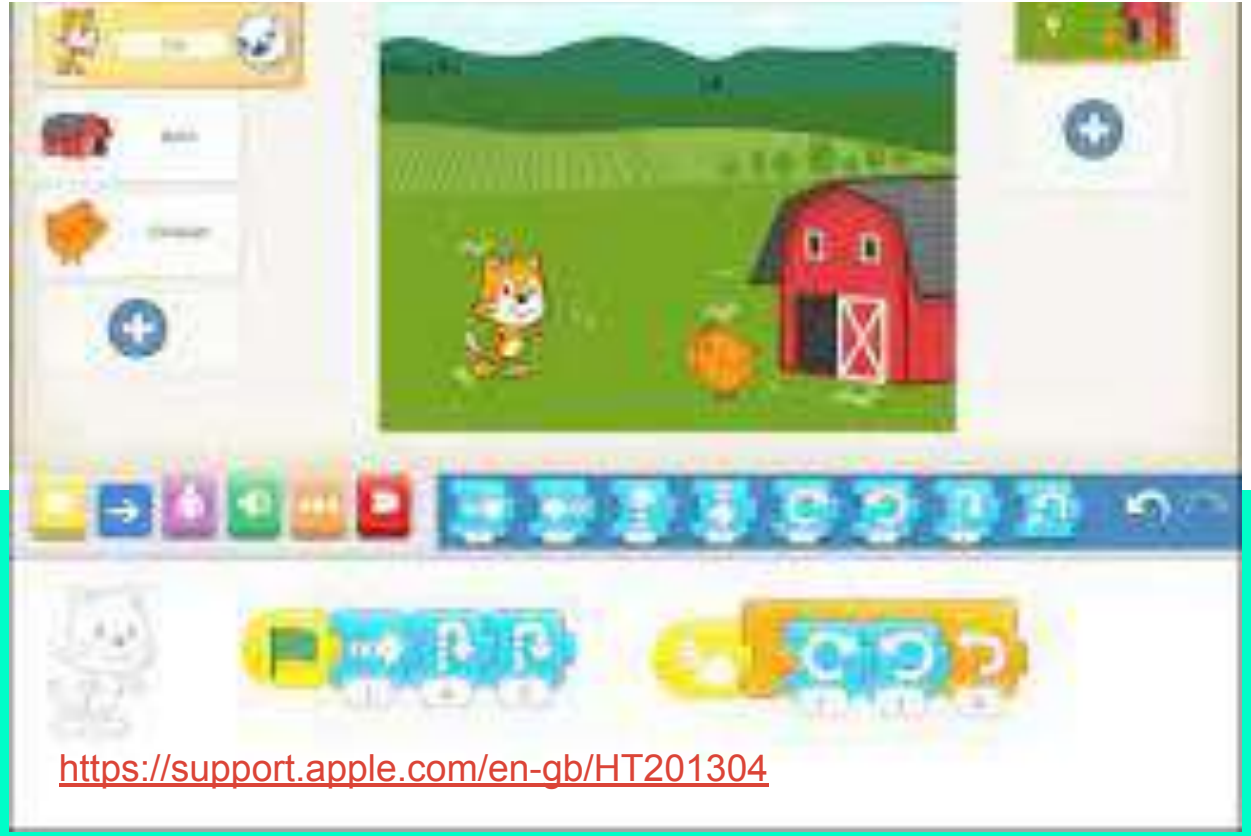
Experts say skills shortage stems from rapidly evolving technology and the structure of the UK workforce

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?

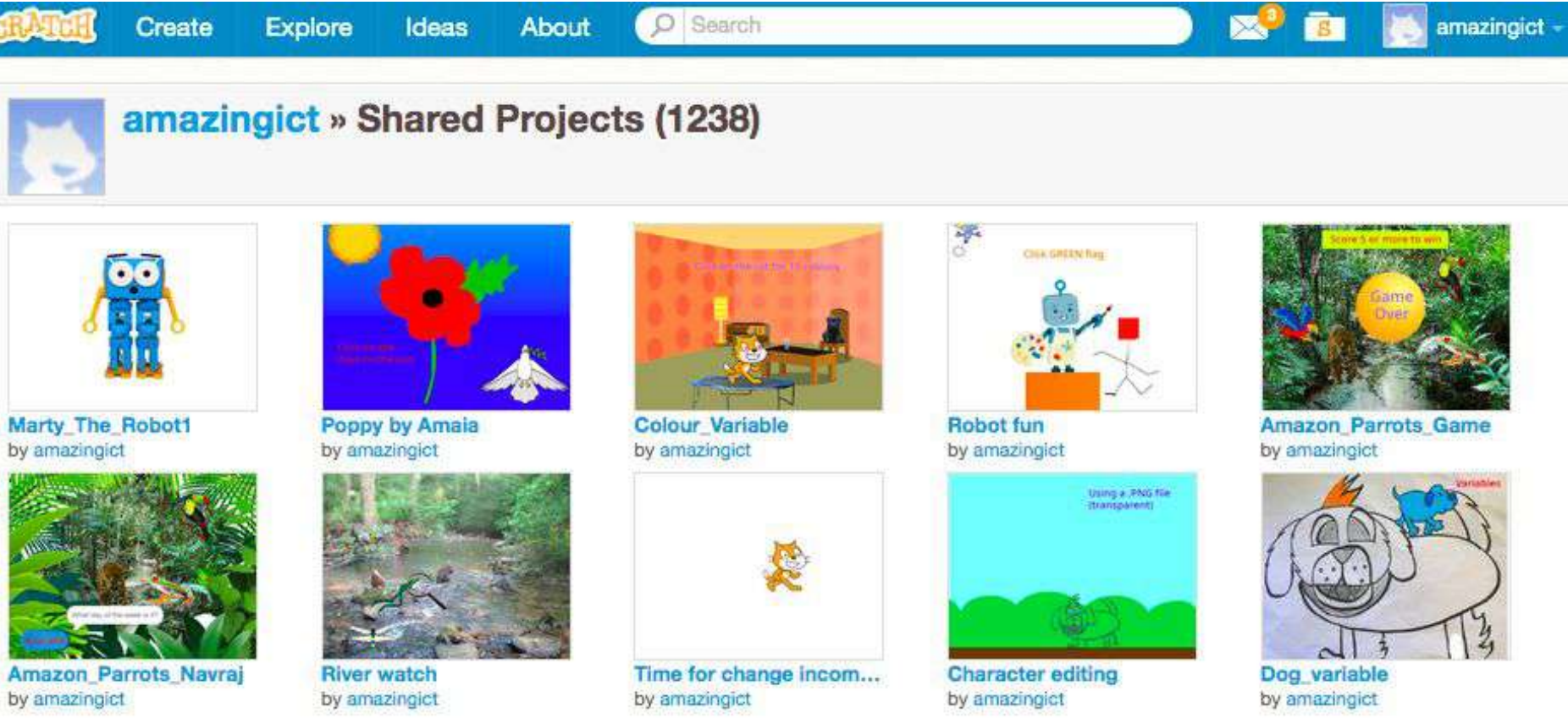
Scratch Jr App



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

Offline or ONLINE?

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



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/1GSh7Oz4f3JbMeCmqGzXOd8BBmkhTe0uo/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

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

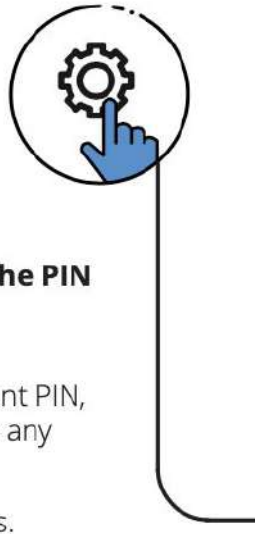
ROBLOX

1. Disable messages if there 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.

Use the Roblox checklist to check privacy and safety settings.

Available in folder via QR link.

Instagram
Parent / Carer Advice

AMAZING ICT

POSTERS PROVIDE DRIP FEED HELP TO PARENTS/CARERS/STAFF

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!

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

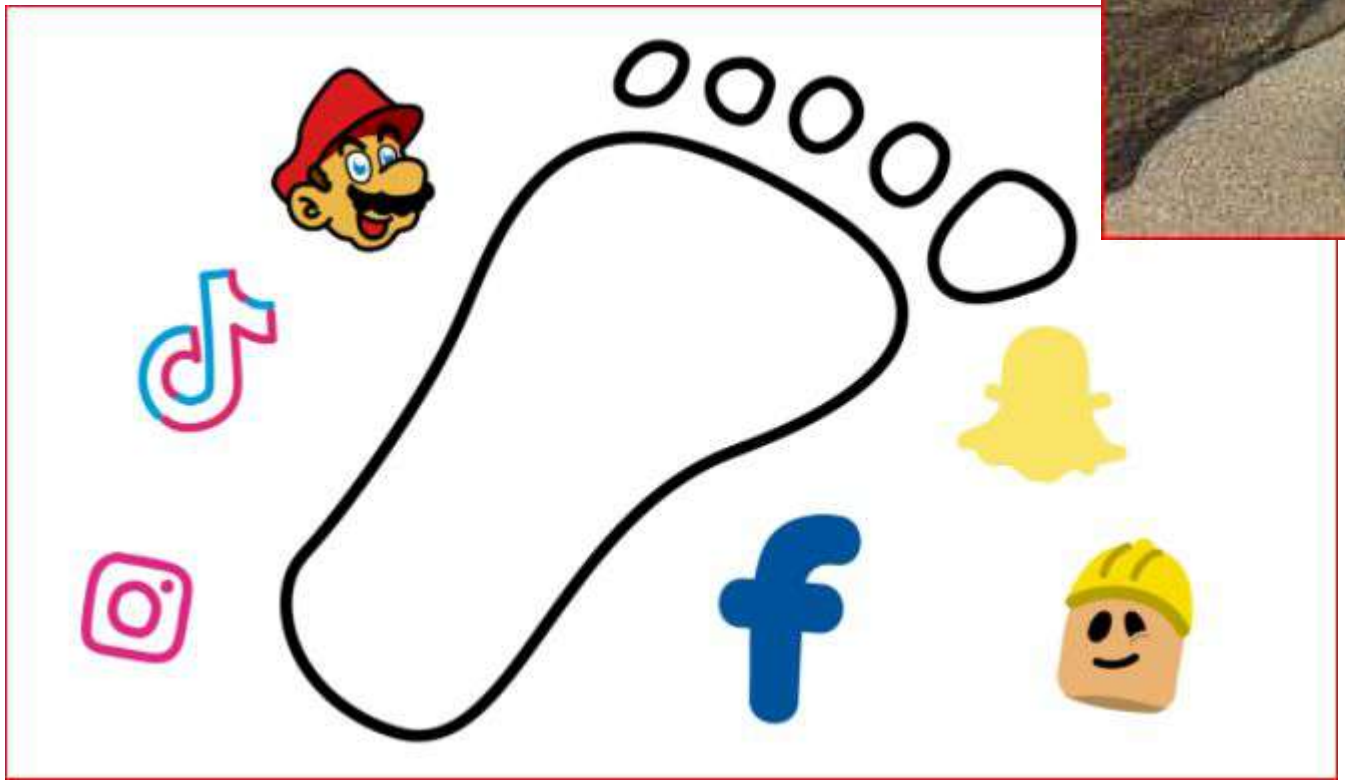
4 risks of using Snapchat

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.

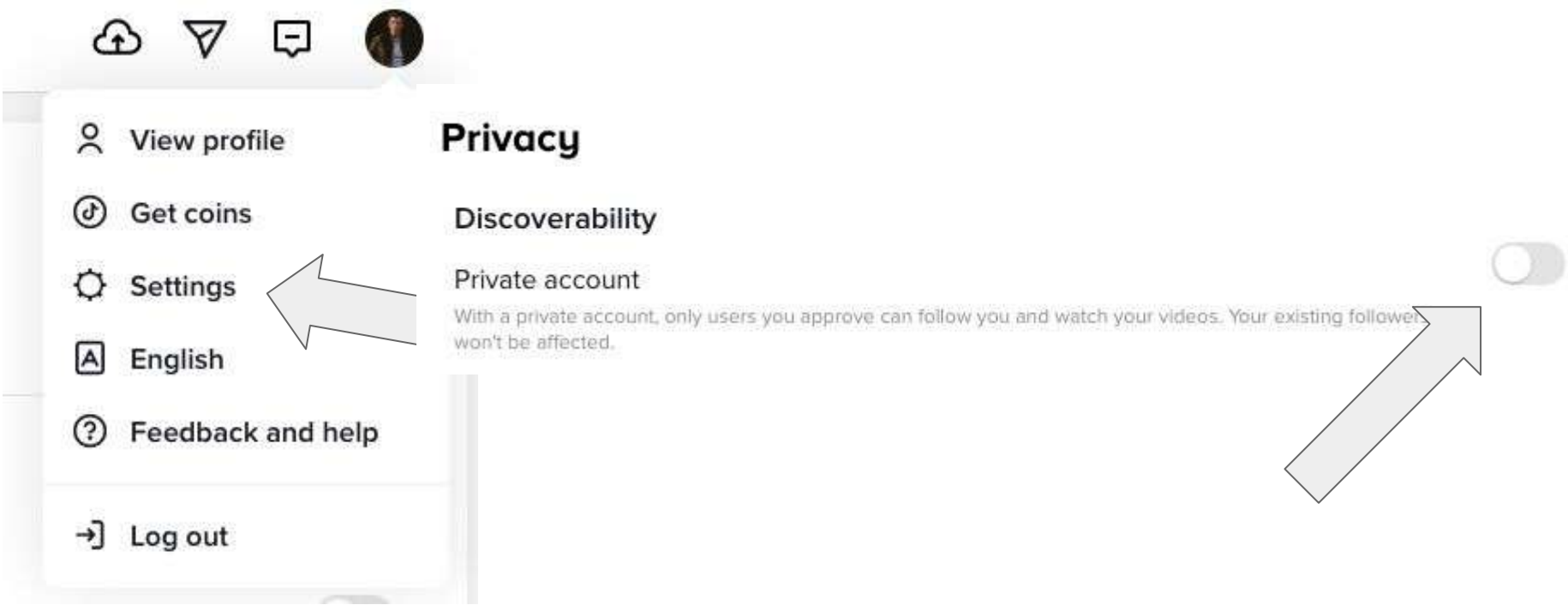
https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child

TikTok

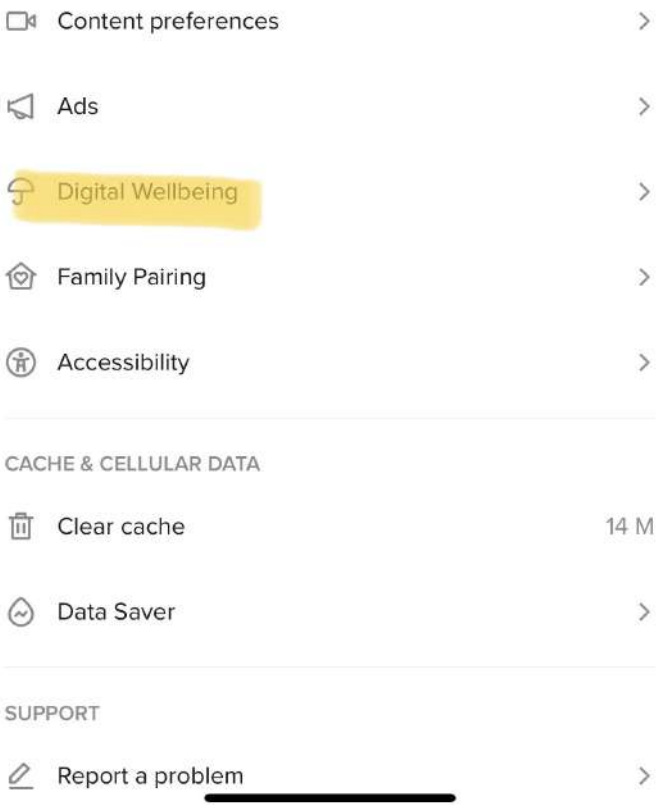
TikTok

- TikTok 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



TikTok - staying safe



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

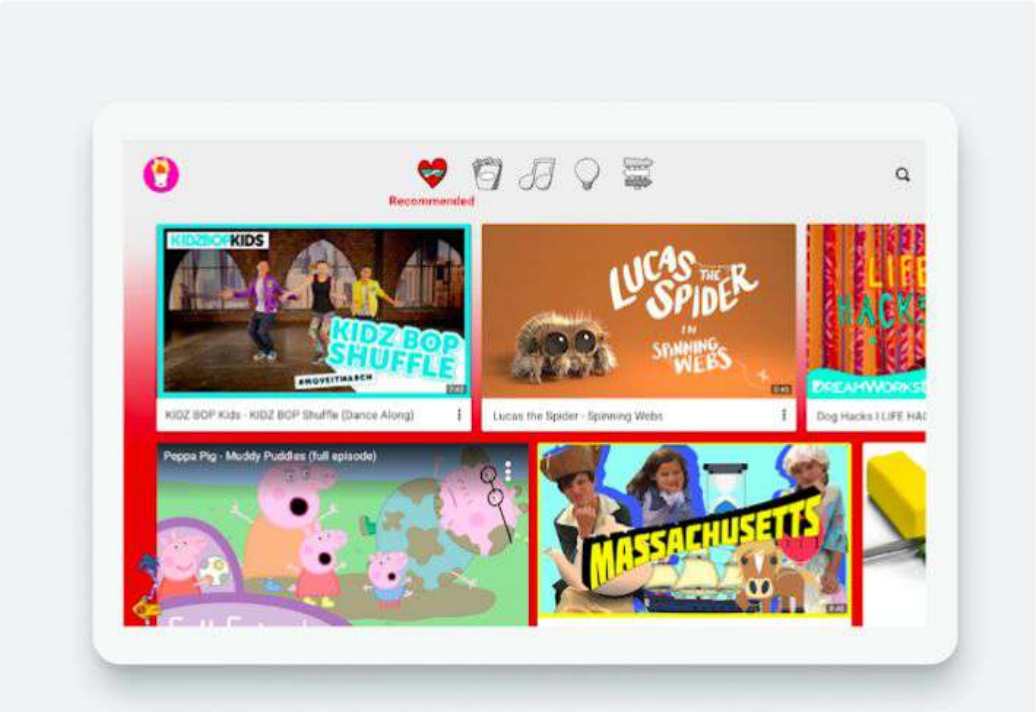
Chat Generative Pre-trained Transformer (Chat GPT)

https://onlinedegrees.sandiego.edu/artificial-intelligence-education (Education)
https://www.youtube.com/watch?v=gsv1OsCEad0 (Deep Fakes)
https://quickdraw.withgoogle.com (Drawing recognition)

Online Safety

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

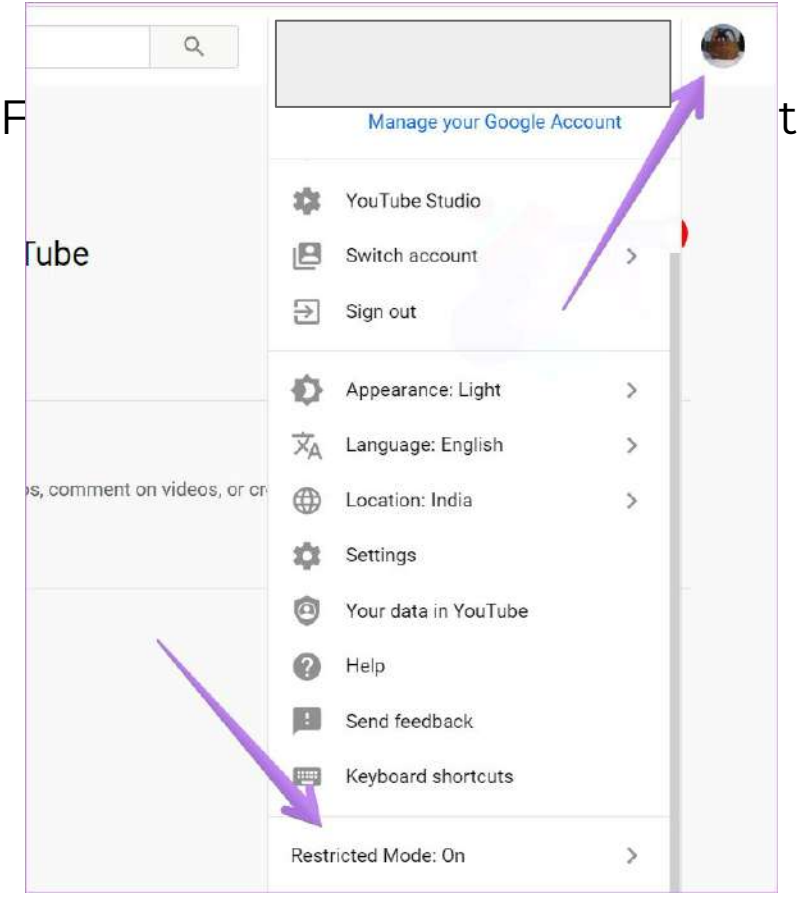
Example

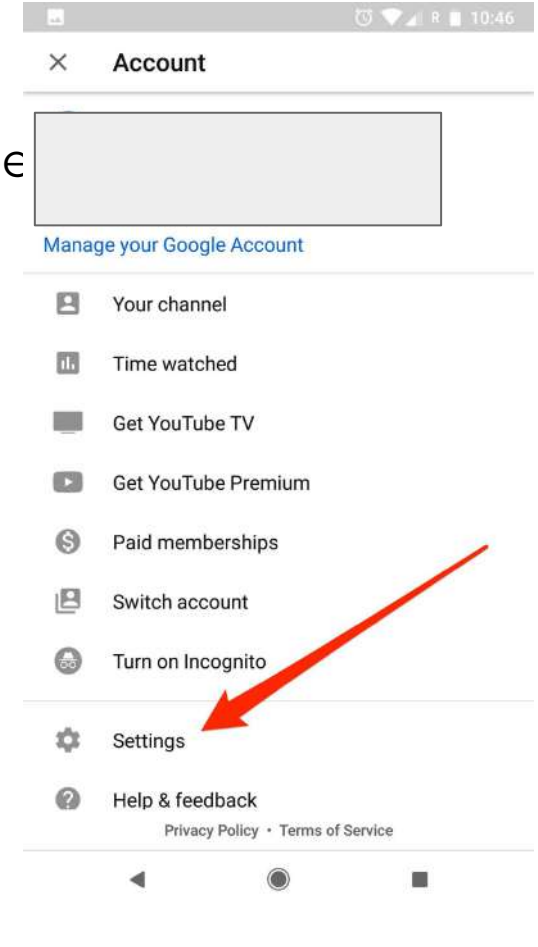
YouTube - 5 ways to stay safe

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

F 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

Online Safety

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

https://www.internetmatters.org/parental-controls/

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;

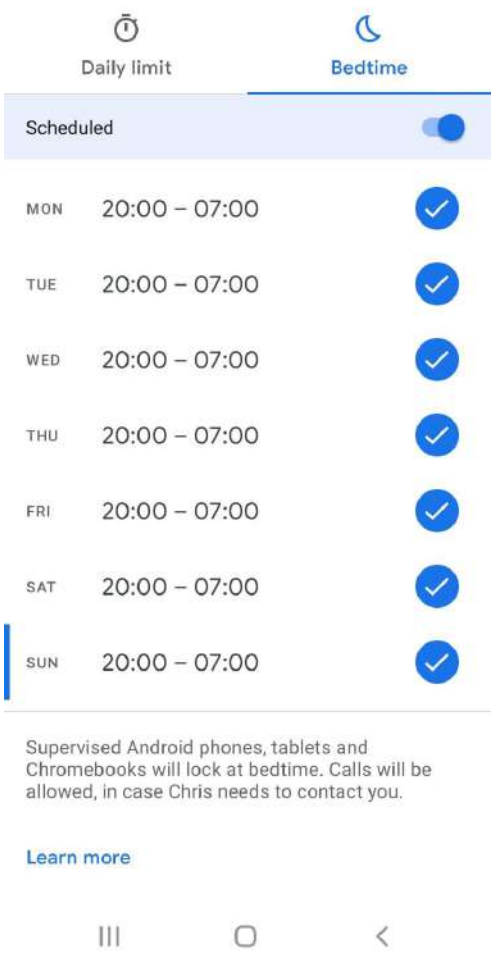
4. Manage settings such as SafeSearch for Google Search;

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

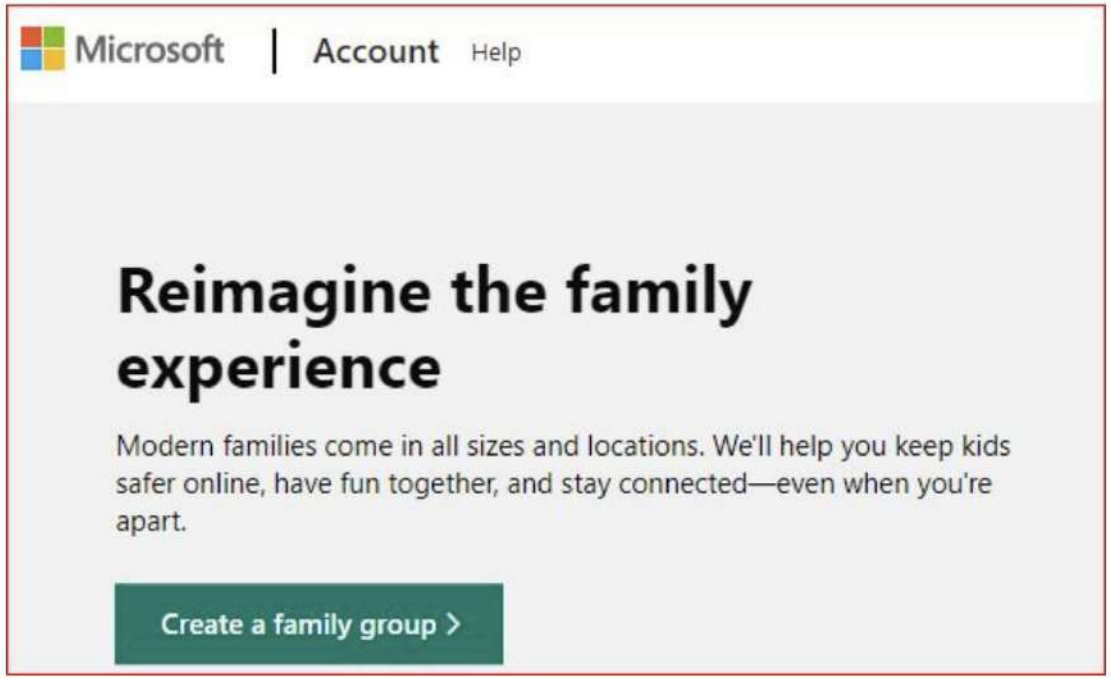


View daily activity

AMAZING ICI

Microsoft family safe

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



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!

Online Safety

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/

AMAZING ICT

Thinkuknow (CEOP -National Crime Agency)

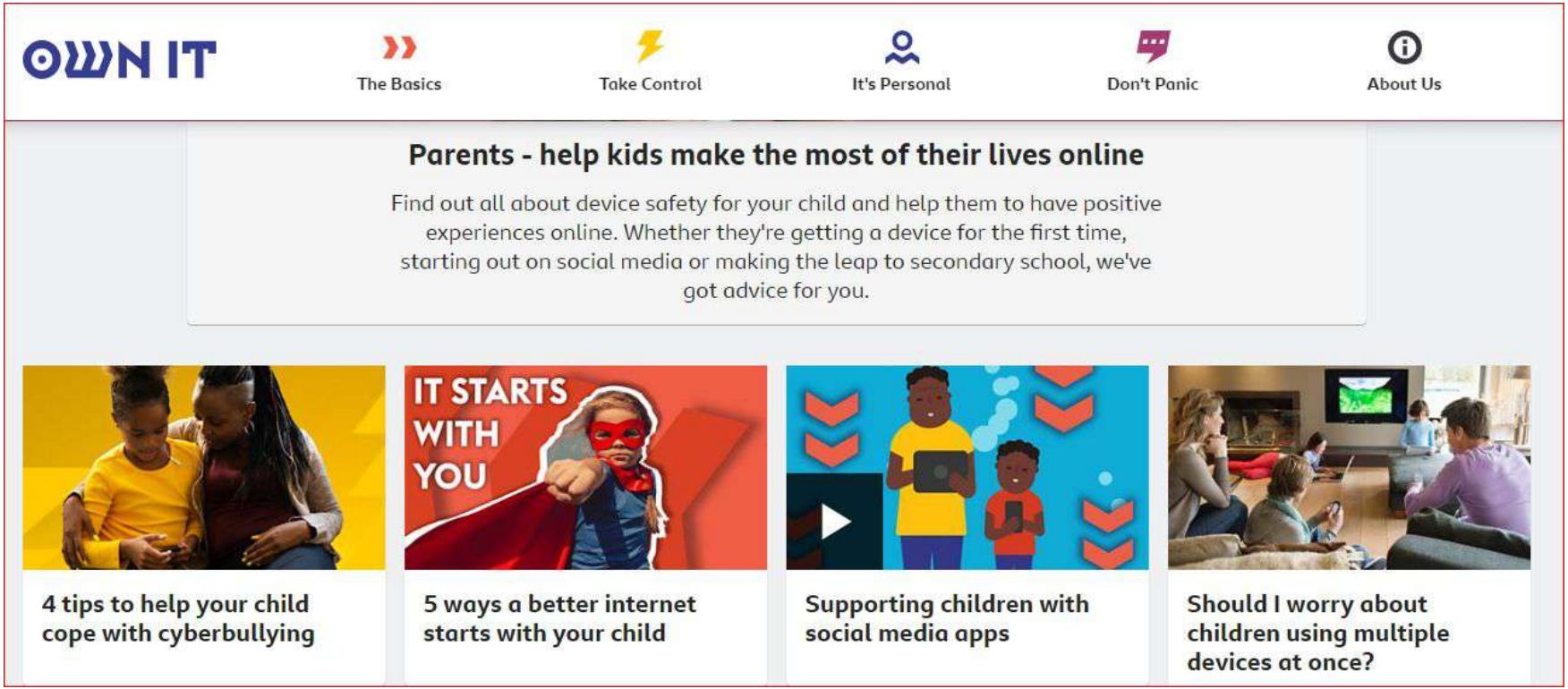
4 - 7 year olds

8-10 year olds

https://www.thinkuknow.co.uk

AMAZING ICT

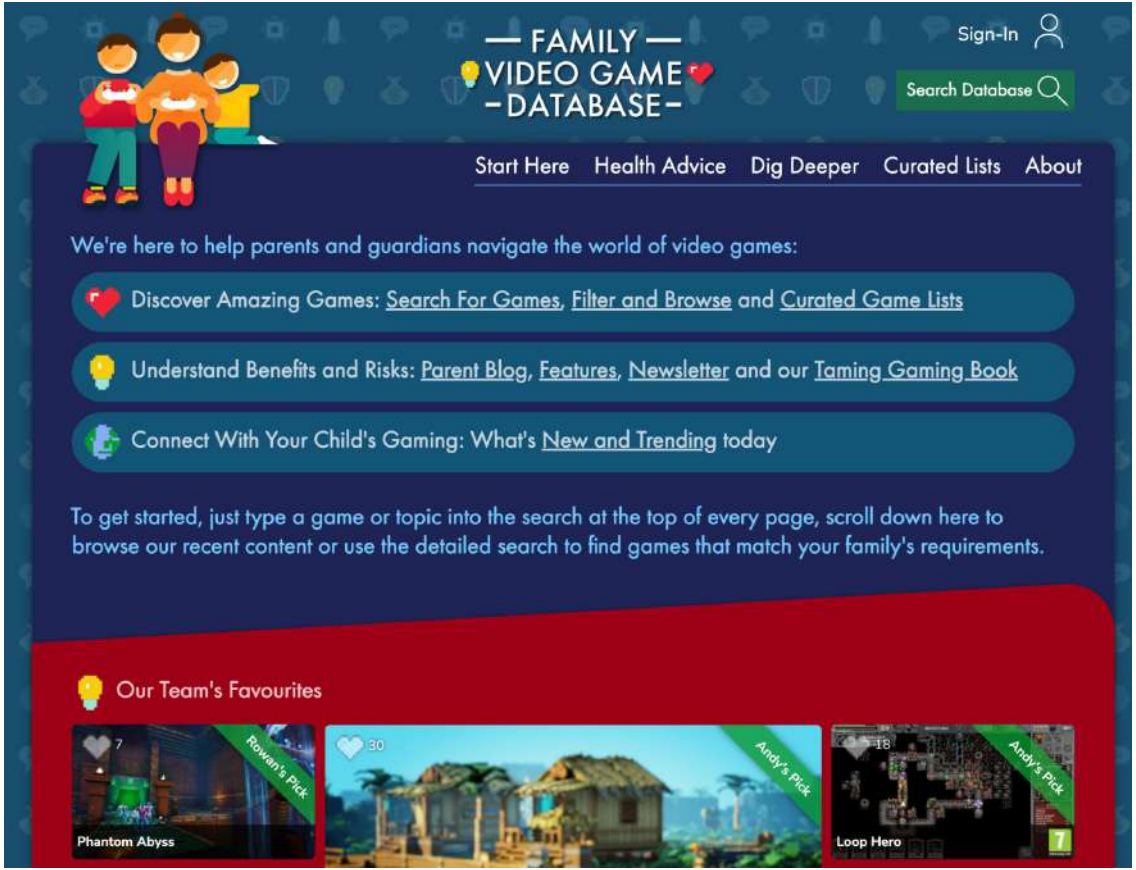
Own-It (BBC)



https://www.bbc.com/ownit

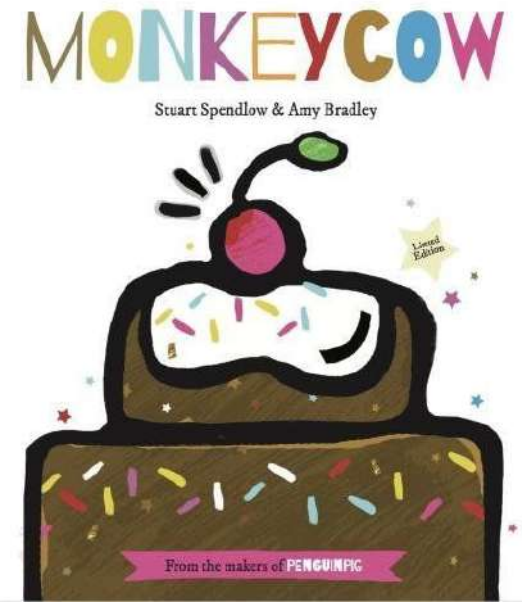
https://www.taminggaming.com/en-gb/home

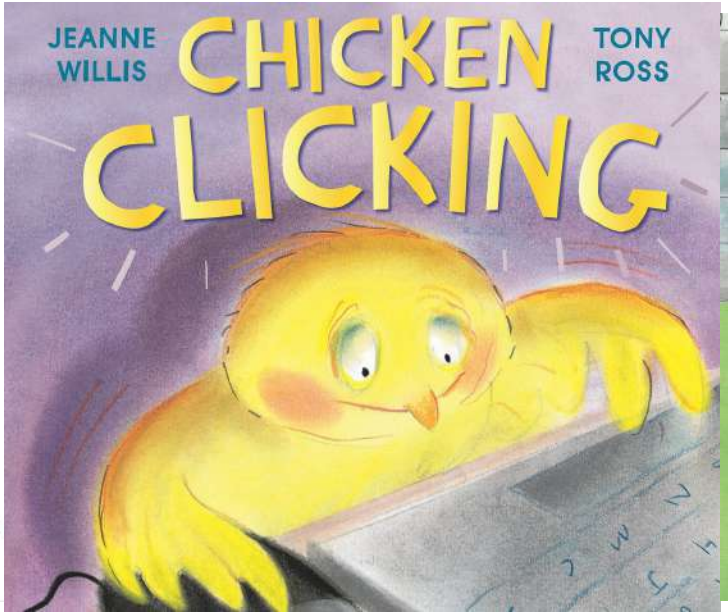
For those with children who are avid gamers

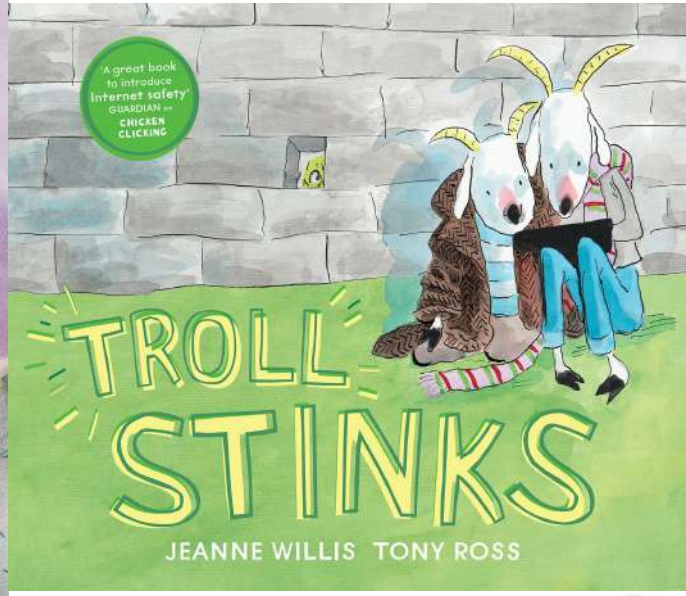


Online safety books

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

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

internet matters

Learn together and stay safe online

www.internetmatters.org

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Thanks + Stay in touch

www.amazingict.co.uk

amazingict@icloud.com