Online Safety

SECTION 1

Context: Why do we need to teach about online safety in school and at home?
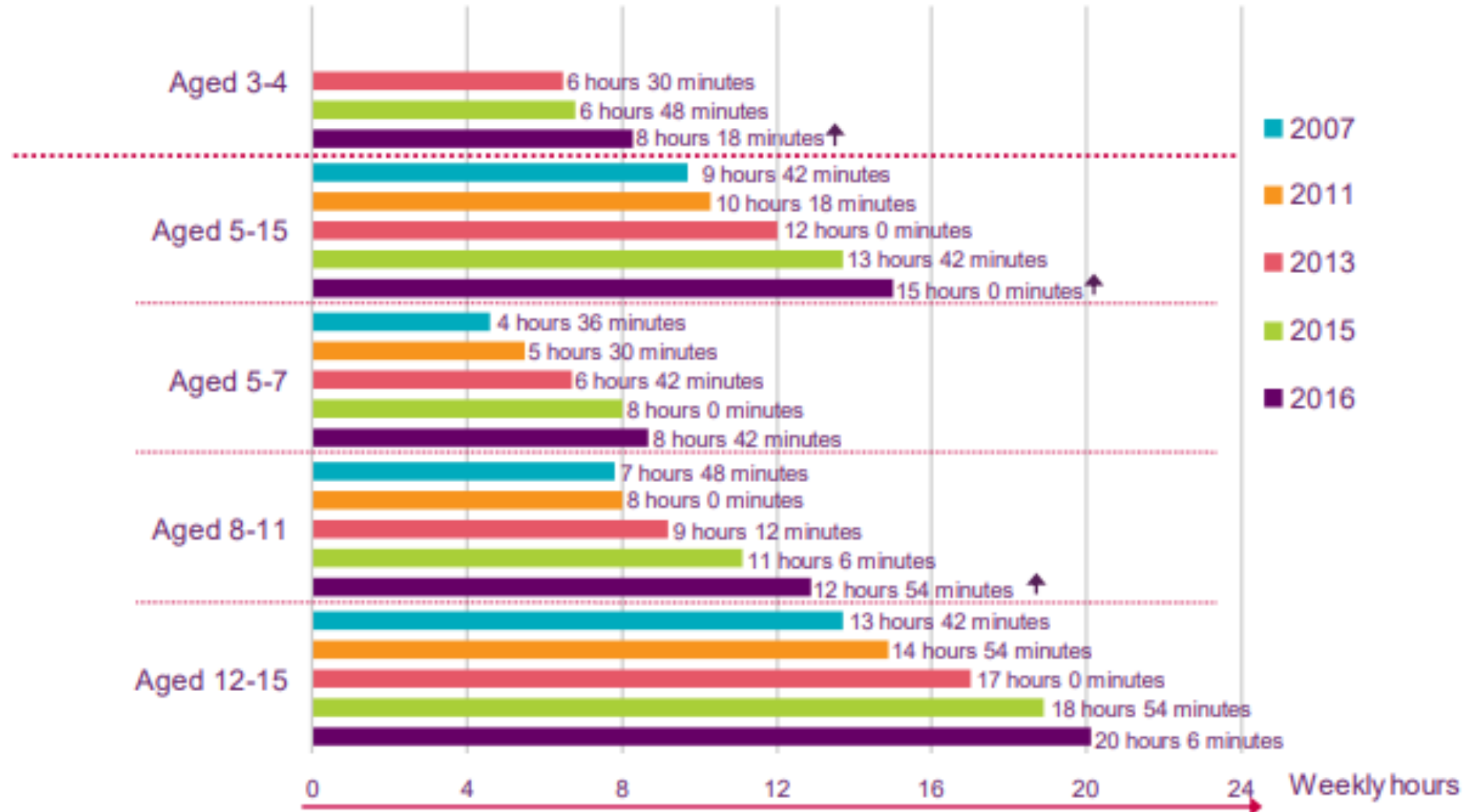
We have known about the need to keep children safe online for ages...

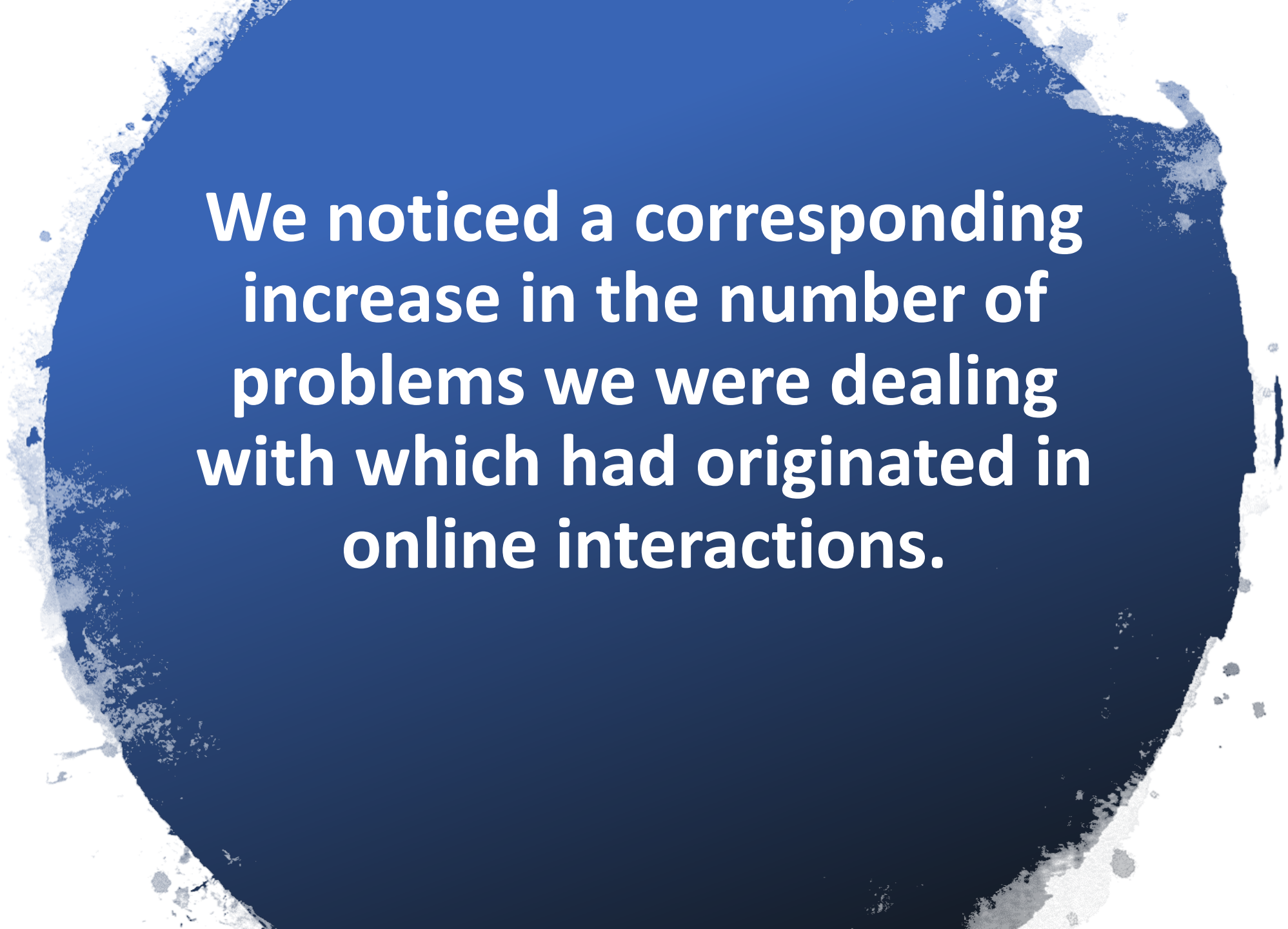# Has anything changed?

Figure 1: Estimated weekly hours of internet consumption by age, at home (2007, 2011, 2013) or elsewhere (2015 and 2016)

Aged 3-4
- 6 hours 30 minutes
- 6 hours 48 minutes
- 8 hours 18 minutes

Aged 5-15
- 9 hours 42 minutes
- 10 hours 18 minutes
- 12 hours 0 minutes
- 13 hours 42 minutes
- 15 hours 0 minutes

Aged 5-7
- 4 hours 36 minutes
- 5 hours 30 minutes
- 6 hours 42 minutes
- 8 hours 0 minutes
- 8 hours 42 minutes

Aged 8-11
- 7 hours 48 minutes
- 8 hours 0 minutes
- 9 hours 12 minutes
- 11 hours 6 minutes
- 12 hours 54 minutes

Aged 12-15
- 13 hours 42 minutes
- 14 hours 54 minutes
- 17 hours 0 minutes
- 18 hours 54 minutes
- 20 hours 6 minutes

Legend: 2007, 2011, 2013, 2015, 2016

Weekly hours (axis: 0, 4, 8, 12, 16, 20, 24)

In the years 2017 – 2019 we noticed a further significant increase in the number of children with their own devices – especially smartphones.

We noticed a corresponding increase in the number of problems we were dealing with which had originated in online interactions.

Other schools we talked to were also noticing this.

Children were using a variety of online tools (Instagram, TikTok, WhatsApp, SnapChat, chat in multiplayer games).

Because children had greater access to their own devices (!), these communications were often outside of adult supervision.

These communications occasionally had a significantly negative impact on the children involved.

We were also aware of behaviours that we considered to be risky (inviting unknown outsiders into groups, sharing personal details, videos & photos – sometimes of others).

It was clear that we needed to change our teaching so that it was matched to the online (and less supervised) world which the children were increasingly inhabiting.

The Department for Education has also noticed and responded to these changes.

Education for a Connected World
A framework to equip children and young people for digital life

UKCCIS
UK COUNCIL FOR CHILD INTERNET SAFETY

Department for Education

Teaching online safety in school

Guidance supporting schools to teach their pupils how to stay safe online, within new and existing school subjects

June 2019

Teaching Online Safety in Schools (June 2019)

- Requires schools to help children develop "underpinning knowledge and behaviours"

Teaching Online Safety in Schools (June 2019)

- This new approach recognises the inevitability that technology will continue to provide new online / social media tools.

- Children need to have transferable behaviours, knowledge... and values.

underpinning knowledge and behaviours include:

- How to evaluate what they see online;

- How to recognize techniques used for persuasion;

- Online behavior;

- How to identify online risks;

- How and when to seek support.

This approach is intended to:

- help children become resistant to online manipulation (grooming, radicalisation, exploitation by games / platform designers);

- help children consider the emotional impact of their behaviour towards others and others towards them;

- protect themselves from potential harm online – including seeking help when needed.

SECTION 2

Education in a Connected World: What school will be teaching the children from September 2020.

It focuses specifically on eight different aspects of online education:

1. Self-image and Identity
2. Online relationships
3. Online reputation
4. Online bullying
5. Managing online information
6. Health, wellbeing and lifestyle
7. Privacy and security
8. Copyright and ownership

Reception: I can recognise that I can say 'no' / 'please stop' / 'I'll tell' / 'I'll ask' to somebody who asks me to do something that makes me feel sad, embarrassed or upset.

Self-image and identity

This strand explores the differences between online and offline identity beginning with self-awareness, shaping online identities and how media impacts on gender and stereotypes. It identifies effective routes for reporting and support and explores the impact of online technologies on self-image and behaviour.

Year Six I can describe ways in which media can shape ideas about gender.

Reception: I can recognise some ways in which the internet can be used to communicate.

Online relationships

This strand explores how technology shapes communication styles and identifies strategies for positive relationships in online communities. It offers opportunities to discuss relationships and behaviours that may lead to harm and how positive online interaction can empower and amplify voice.

Year Six: I can show I understand my responsibilities for the well-being of others in my online social group.

Reception: I can identify ways that I can put information on the internet.

Online reputation

This strand explores the concept of reputation and how others may use online information to make judgements. It offers opportunities to develop strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles.

Year Six: I can describe some simple ways that help build a positive online reputation.

Reception: I can describe ways that some people can be unkind online.

Online bullying

This strand explores bullying and other online aggression and how technology impacts those issues. It offers strategies for effective reporting and intervention and considers how bullying and other aggressive behaviour relates to legislation.

Year Six: I can describe some simple ways that help build a positive online reputation.

Reception: I can talk about how I can use the internet to find things out.
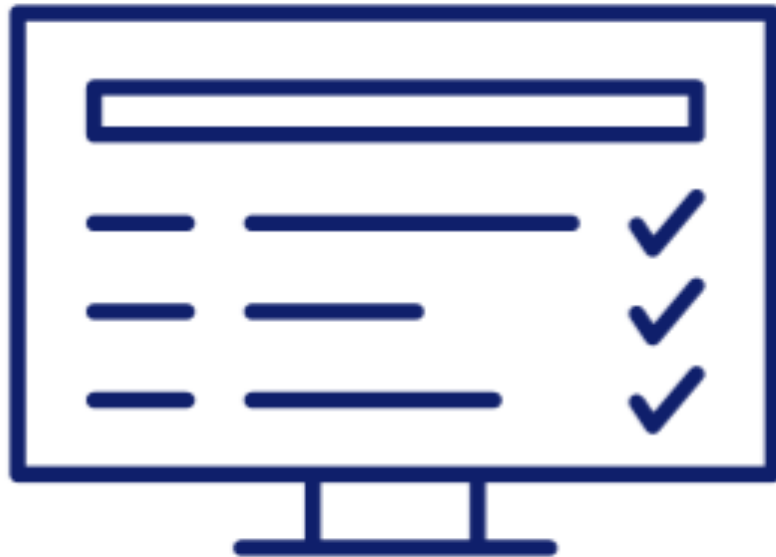
Managing online information

This strand explores how online information is found, viewed and interpreted. It offers strategies for effective searching, critical evaluation and ethical publishing.

Year Six: I can describe how some online information can be opinion and can offer examples.

Reception: I can identify rules that help keep us safe and healthy in and beyond the home when using technology.

Health, well-being and lifestyle

This strand explores the impact that technology has on health, well-being and lifestyle. It also includes understanding negative behaviours and issues amplified and sustained by online technologies and the strategies for dealing with them.

Year Six: I can explain the importance of self regulating my use of technology; I can demonstrate the strategies I use to do this (e.g. monitoring my time online.

Reception: I can identify some simple examples of my personal information (e.g. name, address, birthday, age, location).

Privacy and security

This strand explores how personal online information can be used, stored, processed and shared. It offers both behavioural and technical strategies to limit impact on privacy and protect data and systems against compromise.

Year Six: I can describe simple ways to increase privacy on apps and services that provide privacy settings.

Reception: I know that work I create belongs to me.
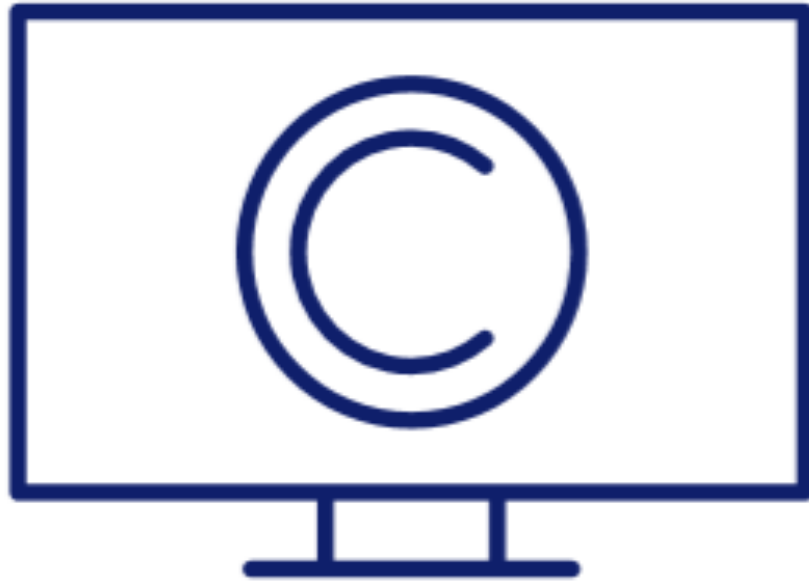
Copyright and ownership

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.

Year Six: I can demonstrate how to make references to and acknowledge sources I have used from the internet.

SECTION 3

Thinking about how we start to teach very young children about online safety

E-safety for the very young

It's now commonplace to see children as young as 1 and 2 years old adeptly navigating touch screens with their tiny fingers mere months after they've mastered the pincer grasp. In fact, a 2017 study from the nonprofit group Common Sense Media found that nearly 80 percent of children have access to an iPad or other type of tablet. The study also found that about two-thirds of parents have downloaded apps specifically for their children to use. Since those percentages have only increased over the years, it's important for parents to know both the pros and cons of toddlers' tablet use — and to put some rules in place.

The benefits of iPads for young children

Not only is the iPad an engaging toy that's small enough to fit into your bag and take on the go, but some studies indicate that it can have real educational benefits for young children. Some research found that certain apps may improve children's vocabulary and math skills. There is also evidence that in children with cognitive delays iPad apps can boost language use and social interaction.

Some guidelines for using iPads with young children

Even though there may be benefits of iPads for kids, that doesn't mean you should let your child use an iPad for hours on end or stick a screen in front of her face every time she's in a waiting room, since that'll keep her from learning how to occupy herself with her thoughts and imagination.

Also keep in mind that iPad use should not crowd out other toys, games, physical activity, creative free play and face-to-face social interaction. After all, a screen offers a limited sensory environment and no physical exertion.

Your child can't feel an app the way she can feel her stuffed animal or her dress-up clothes. She can't smell an app the way she can smell the cookies you bake together. She can't hold and manipulate an app the way she can hold and stack blocks or Legos. She can't run with an app the way she can romp in the fresh air, and she can't connect with an app the way she can when she hugs you. All of these real-world activities offer rich opportunities for your toddler to use her body and experience her environment and human relationships. So while you don't need to feel guilty about letting her use your iPad in moderation, make sure it's just one of many activities she gets to learn from, explore and enjoy.

Explore together

Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do.

Put yourself in control

Install parental controls on your home broadband.

Use passwords

Keep your devices out of reach and set passwords on all your internet-enabled devices.

Manage access

Set your homepage to a child-friendly site like CBeebies and create a user account for your child on the family computer or device which only allows access to sites you've chosen.

Set boundaries

It's never too early to start setting boundaries. Set some rules about how long your child can spend online.

Be involved

Encourage them to use devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Search safely

Use safe search engines such as Swiggle or Kids-search You can save time by adding these to your 'Favourites'.

Do not use before bedtime

Computer Tablets Can Cause Sleep Issues. Studies indicate children who did not use computer tablets were able to fall asleep faster and sleep longer with fewer problems than those children who used tablets. Proper sleep is crucial for mental development and cognitive learning

SECTION 4

What can parents do at home to limit what their children can access online? The following slides are for parents' information. They show what advice parents can access at www.internetmatters.org . This website has very practical advice on how to configure settings on a range of devices in your home.

www.internetmatters.org

Get started

- Set parental controls on your broadband to prevent your children seeing things they shouldn't.

- For smartphones, check parental controls are also set up on the mobile network

Set up the device safely −

- Use the device setting so you can only download age appropriate apps and games.

- Disable location services so your child doesn't unintentionally share their location with others.

- Set up password control or disable in-app purchasing so big bills are not run up accidentally.

- Download age-appropriate apps you're happy for your child to use.

Set up the device safely

Use the device setting so you can only download age appropriate apps and games

Disable location services so your child doesn't unintentionally share their location with others

Set up password control or disable in-app purchasing so big bills are not run up accidentally

Download age appropriate apps you're happy for your child to use

Talk about staying safe online —

- If your children are 8-10 years old, download InternetMatters app (android ☐ / App store ☐), our new parent/child app to help you talk about e-safety issues in an interactive way.

- Be aware of key issues and how to discuss them with your children so they know how to stay safe online.

- If your child is using social networking apps check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know.
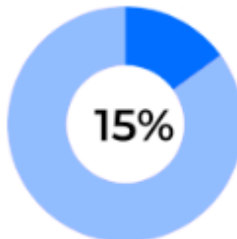
What are parental controls?

Parental controls are the names for a group of settings that put you in control of what content your child can see. Combined with privacy settings these can help you protect your children from the things they shouldn't see or experience online.

9/10 More than nine in ten parents of 5-15s who use parental control software consider it useful [1]
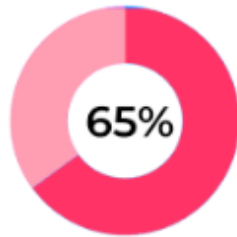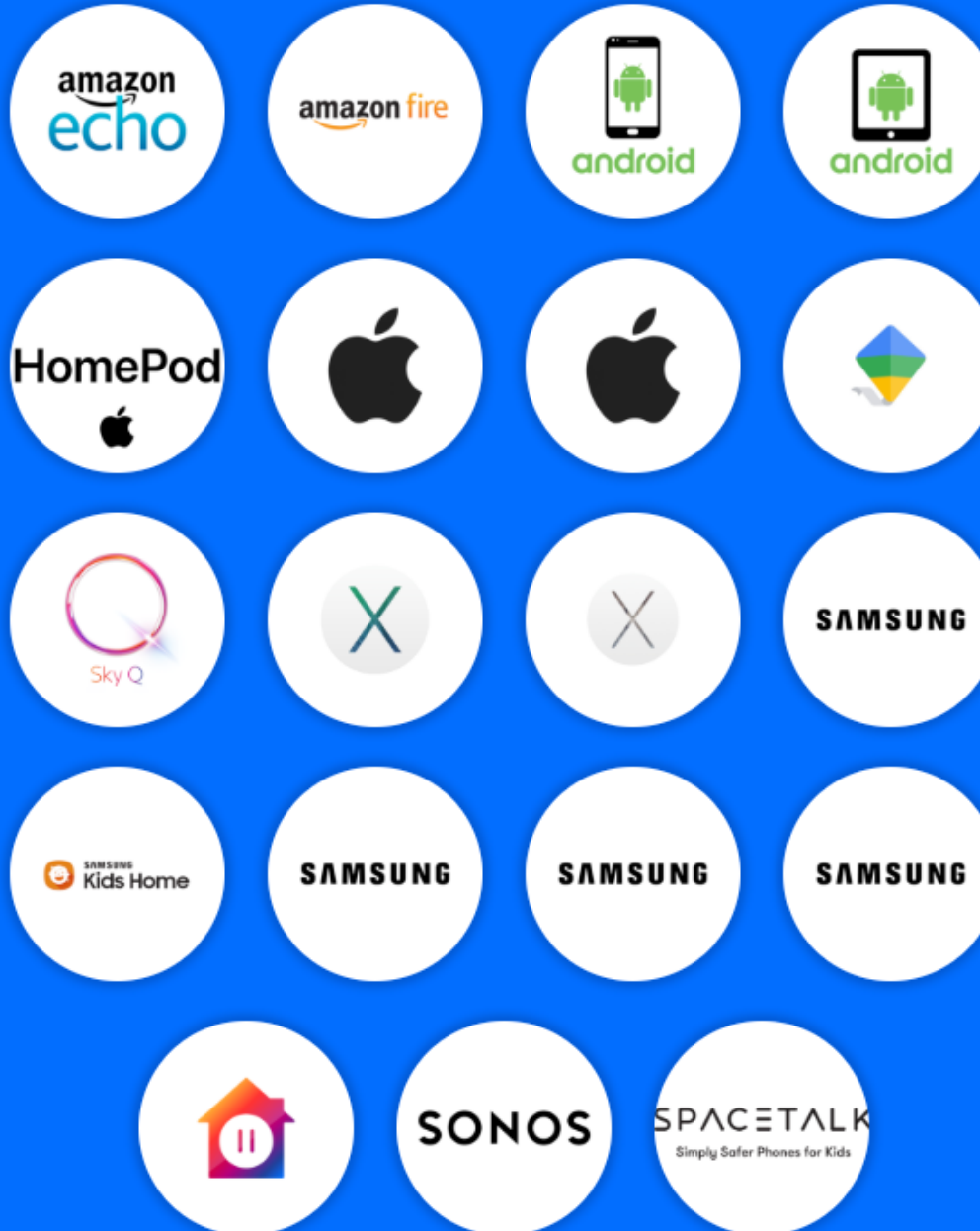
65% 65% of young people aged 11-16 are in favour of the controls [2]

15% 15% of Teens say parental controls and restrictions should only be taken away once they're over 18 years of age [3]

www.internetmatters.org has advice for all these devices and companies, helping you configure settings to control online access

www.internetmatters.org
has advice for all these
operating systems too,
helping you configure settings
to control online access

Operating systems

Windows 10

Windows 7

Windows 8

Smartphones and other devices

Select the device from the dropdown list

| Samsung smartphones guide ⬍ |

VIEW ALL

Entertainment & Search engines

Select the device from the dropdown list

| ⬍ |

VIEW ALL

Broadband & mobile networks

Select the device from the dropdown list

| ⬍ |

VIEW ALL

Social media

Select the device from the dropdown list

| ⬍ |

VIEW ALL

www.internetmatters.org
has advice in all these
areas, helping you configure
settings to control online access
for hundreds of devices

Gaming console

Select the device from the dropdown list

| Select the device ⌄ |

www.internetmatters.org
has advice in all these
areas of potential concern

ONLINE ISSUES   ADVICE BY AGE

Screen time

Cyberbullying

Inappropriate content

Online reputation

Online grooming

Online Pornography

Sexting

Self-harm

Radicalisation

Privacy and identity theft

www.internetmatters.org
has advice for different age groups

ADVICE BY AGE   SETTING CONTROLS

Pre-school (0-5)

Young Children (6-10)

Pre-teen (11-13)

Teens (14+)
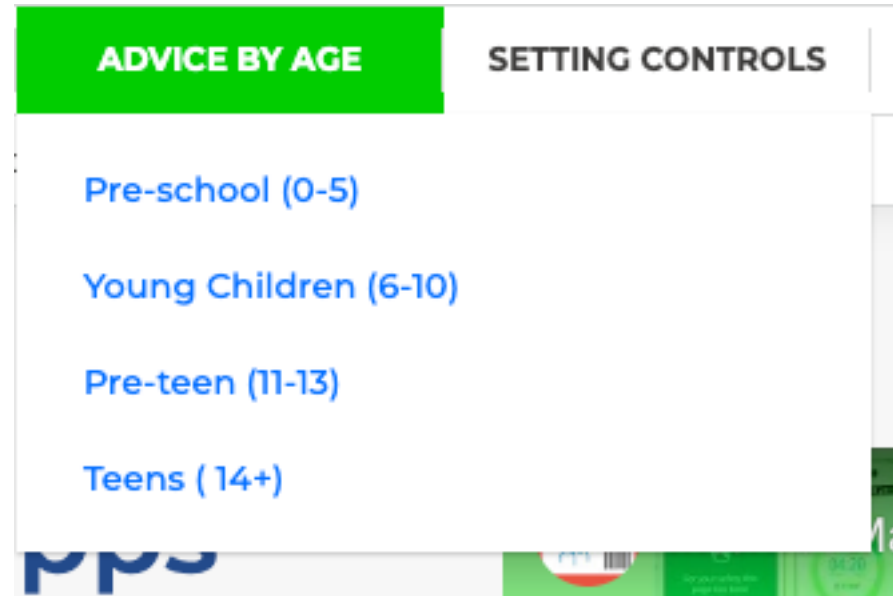
www.internetmatters.org has advice in all these areas to help you configure settings

SETTING CONTROLS GUIDES & RESOURCES

Smartphones and other devices

Broadband & mobile networks

Gaming platforms and devices

Social media privacy guides

Entertainment & search engines

Get kids tech set up safe

www.internetmatters.org has dozens of guides and resources for parents in this section

internet
matters.org

In partnership with

Google

ONLINE ISSUES   ADVICE BY AGE

You are here: Home > Resources

Guides & Resources

We've created a one-stop shop resource centre featuring our parent guides, recommended resources for parents and teachers and more. Make use of the filter to find what you need.
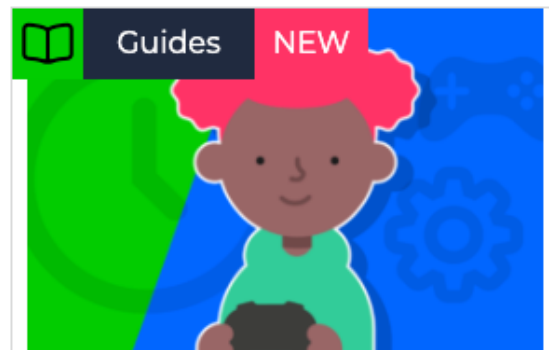
SEE WHAT'S NEW

Guides NEW

Screen time tips to support 7-11 year olds

Typically at this age children will start ...

👍 834 likes

READ MORE | SEE RESOURCE

Guides NEW

Screen time tips to support 11-14 year olds

As children start senior or secondary school ...

👍 727 likes

READ MORE | SEE RESOURCE

Guides NEW

Screen time tips to support teens

Smartphones are central to teen's daily routine, ...

👍 3 likes

READ MORE | SEE RESOURCE

Guides

Amazing games guide for families

Playing games with your child and understanding ...

👍 535 likes

READ MORE | SEE RESOURCE

www.internetmatters.org
has dozens of videos for parents and children to inform or initiate conversations

Showing 36 of 319 results

LOAD MORE

SECTION 5

Summary – 4 things to remember!

Don't forget, there is more advice on the websites of both schools.

Pop in if you have any questions.

And finally…

FOUR STEPS TO E-SAFETY

saferinternet.org.uk recommend the following four steps for parents:

- Have conversations with your children about staying safe online

- Use safety tools on social networks and other online services, eg Facebook privacy settings

- Decide if you want to use parental controls on your home internet

- Understand devices and the parental control tools they offer in our Parents' Guide to Technology

Clickable links on website…