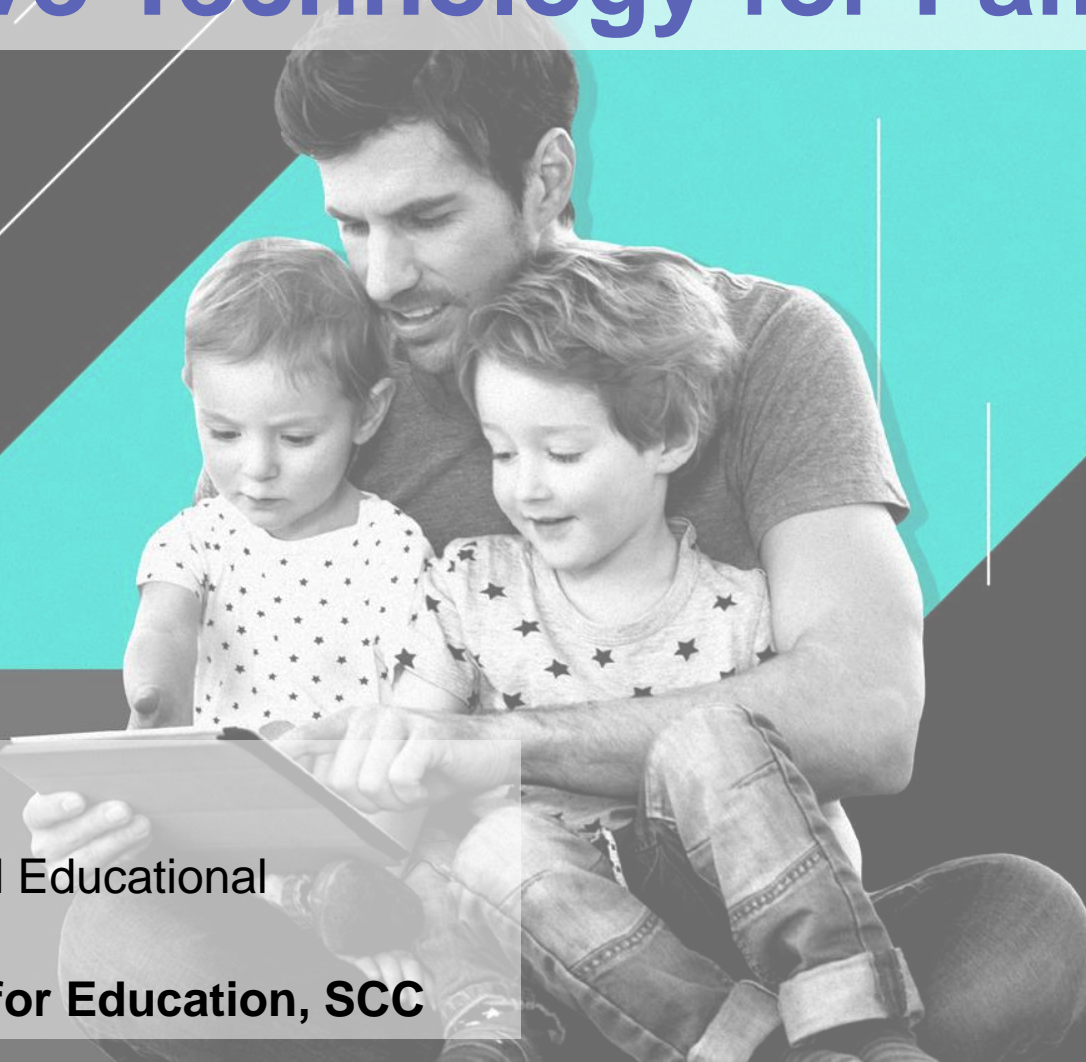


Positive Technology for Families



Amy Brittan

Data Protection and Educational
Technology Advisor

Support Services for Education, SCC



Organisations and resources for parents and carers



This sheet provides parents and carers with useful sources of advice and information, both for general online safety and in particular, for this year's Safer Internet Day theme of 'All fun and games? Exploring respect and relationships online.' It also includes information on how to report online problems.

The UK Safer Internet Centre partnership:



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UK Safer Internet Centre (UKSIC)
The UKSIC co-ordinates Safer Internet Day in the UK. Appointed by the European Commission, the UKSIC is made up of three partners: Childnet International, the South West Grid for Learning and the Internet Watch Foundation. We raise awareness about online safety, develop resources and organise nationwide events such as Safer Internet Day: saferinternet.org.uk/parents
- 

Childnet
A non-profit organisation working to help make the internet a great and safe place for children. The Childnet website has lots of resources for young people, parents, carers and teachers. The Parents and Carers page contains a family agreement, advice on talking to your child about online issues and further places to go for help: childnet.com
- 

Internet Watch Foundation (IWF)
The UK's hotline for anonymously reporting images and videos of child sexual abuse online. The IWF works in global partnership with the online industry, law enforcement, government and international partners. It is a charity with over 150 Members from the internet and tech industries: iwf.org.uk
- 

South West Grid for Learning (SWGfL)
A not for profit, charitable trust dedicated to the advancement of education through the use of technology. Provides professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential: swgfl.org.uk

Resources for you



What will we talk about?

- The opportunities and risks of technology
- Building your confidence
- Starting a conversation
- Creating a family agreement
- Managing the risks

Looking back...

Support Services
for Education



E-mail address:



Where are we now?



Exciting, but...

- Immersive
- Compulsive
- Hard to say 'not now'
- Hard to understand and control

**What are the
opportunities?**



**What are your
fears?**





UK Safer
Internet
Centre

Support Services
for Education



73%

of 8-17s felt
that being online
had helped them
through the pandemic
and lockdown(s),
supporting them
emotionally.



Feb 2021



March 2021

The risks are evolving

The harm is increasing

- More children taking inappropriate images (huge increase in 7-10 year olds)
- More children being exploited online
- More children taking extreme risks with adult apps and websites



What are the risks for children online?

CONTENT What they might see

CONTACT Who they might speak to

CONDUCT How they behave

COMMERCIALISM Financial risks



Building your confidence

What do these words mean?

- GOAT
- Gucci
- TBH
- Lit
- Squad
- Bae
- Throw shade
- Salty
- Ghost

Do you
remember...

- As if!
- Talk to the hand
- Don't go there
- My bad
- Take a chill pill
- Whatever!
- Not!

Building your confidence

You don't have to be a technology expert!

- **You** are the expert on your child
- **You** can set the rules in your home
- **You** can help your child develop responsibility and resilience
- **You** are the best person to support your child if things go wrong

Building your confidence

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- **BBC Own It**
<https://www.bbc.com/ownit>
- **NSPCC** – help and resources to start conversations
- **Common Sense Media** – look up an app, website or game and see if the content is

Organisations and resources for parents and carers



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Organisations and resources
for parents and carers

#SaferInternetDay

www.saferinternetday.org.uk

PARENTS
AND CARERS



73% of
pupils trust
parents on
online safety,
but only 56%
talk about it
more than
once a year

The teachers can help,
but, the parents spend
more time with the kids so
they can help more



bit.ly/eLIMPupilVoiceMarch19



Starting a conversation

Start the conversation

- What do you like most about the internet and why?
- How do you have fun using the internet and technology?
- What's your favourite game, app or website?
- How does going online make you feel?
- How does the internet and technology make your life better?
- Do you most enjoy going online alone, or with other people?

Digiduck and the Magic Castle | Childnet

Resources Digiduck Stories

Digiduck and the Magic Castle

There's a new game that everyone's playing, and Digiduck wants to join in!



- the types of games that young children enjoy playing online and why
- how to tell if real money can be spent
- the social elements of gaming with others (e.g., keeping personal information safe)
- what to do if someone is pressuring you to do something that you are unsure about

For older children

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B B C

Sign in

CBBC

CBBC iPlayer

Newsround

Bitesize

Own It

CBeebies

CBBC on TV

CBBC Help

Search BBC

OWN IT



The Basics



Take Control



It's Personal



Don't Panic



About Us



Where to start with Own It!

Find out more

Teachers - online safety resources

Check this out



Parents - help your child boss their online world

Check this out!



BBC Own It <https://www.bbc.com/ownit>

Creating a family agreement

Children do what children see

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for Education



https://youtu.be/_tf2r0WTFKo

Agree screen time

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for Education



Royal College of Paediatrics and Child Health (RCPCH) January 2019

- Stop use **one hour before bed-time**
- **Mealtimes** can be good opportunities for screen-free zones
- Adults should think about their own screen use, including whether they **use devices unconsciously** too often
- Children need **face to face social interaction** and screens are no substitute for this

Establish age-appropriate boundaries, **negotiated by parent and child**, that **everyone in the family** understands

Agree which sites/apps/games are okay

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Agree relationships

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‘Who is on your friends and followers list?’

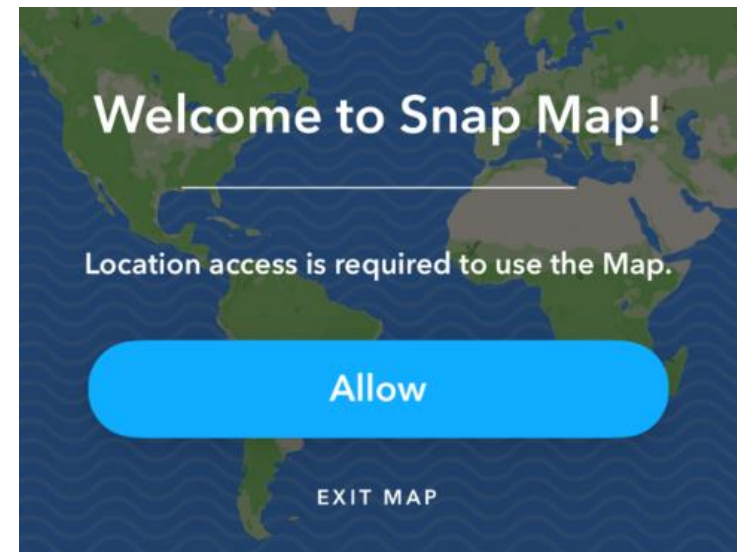
‘Let’s look at your privacy settings together’



A screenshot of a user profile interface. At the top right is a gear icon for settings. Below it are three statistics: 292 posts, 10k followers, and 147 following. At the bottom is a button labeled 'Edit Your Profile'.

292	10k	147
posts	followers	following

Edit Your Profile



A screenshot of a 'Welcome to Snap Map!' dialog box. It features a world map background and a blue 'Allow' button. Below the button is an 'EXIT MAP' link.

Welcome to Snap Map!

Location access is required to use the Map.

Allow

EXIT MAP

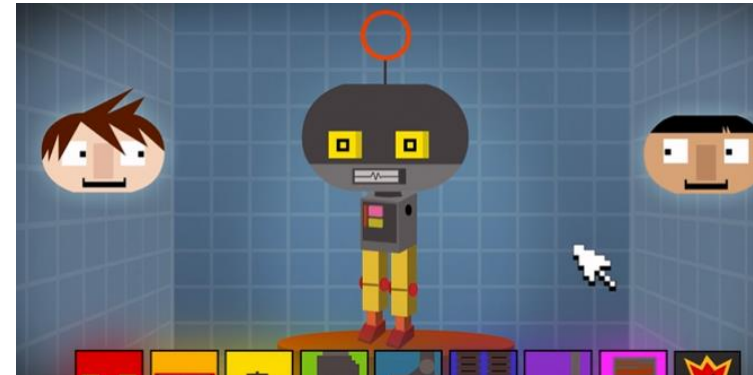
Agree responses

If someone is **bullying your child** online:

- Keep the evidence – screenshots and/or texts
- If it's someone from their school, talk to their teacher
- Report to the service provider
- Find out how to block users on sites and games

If you think your child might be **bullying others** online:

- Explain why you are upset by their responses to others
- Agree a change in behaviour
- If you are concerned about their effect on others, talk to their teacher



Agree what they see you doing

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for Education



Tory MP admits playing Candy Crush during committee



Conservative MP Nigel Mills has been caught playing popular mobile puzzle game Candy Crush Saga game during a Commons committee hearing.

Related Stories

Pictures were pu
Crush Saga on t
on pensions.

Mr Mills, a meml
period of two an

[HOME](#) » [MEN](#) » [RELATIONSHIPS](#)

Are your parents on Tinder?

The middle-aged are flocking to a dating app that has become as socially acceptable as 'a trip to the local pub'

newsround

'Sharenting': Are you OK with what your parents post?

7 Feb 2017 Last updated at 07:53



How do you feel about what your parents post on social media?

<https://www.bbc.co.uk/newsround/38841469>

Agree what happens outside the home

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What happens when they visit friends?

What expectations do you have?

What expectations do they have?



Our Family Contract

Children agree to

- Talk about what I do online and the technology I use
- Show you what I do online
- Check before I download a new app
- Share games I play
-
-

Adults agree to

- Stay calm when problems happen with technology
- Ask permission before posting photos of family
- Discuss apps and check them out together
- Join in with technology activities
-
-

Everyone agrees to

- Family time without technology
- Switch off at an agreed time each night
- Talk about what we do online, just as we do with other activities
-
-



Agree rules about
what's ok and what's not.

T E **A** M



bit.ly/eLIMFamilyAgreement

Managing the risks

App and game settings

- Privacy settings
- Friends lists
- Voice chat
- On-screen chat
- Time
- In-app purchases



Privacy and settings:

Private or public?
Comments allowed?
Time limits
Restricted viewing
mode

(All messaging on
Tiktok is private)



Account settings

Privacy

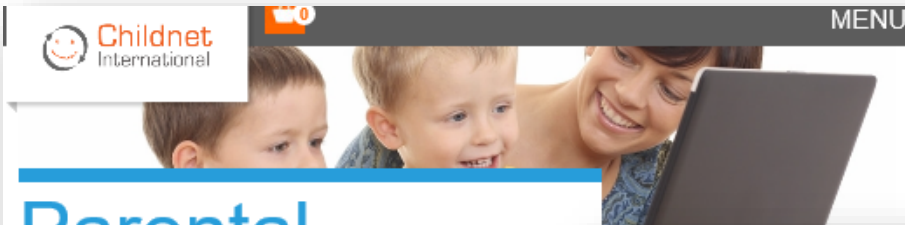
Control settings

Other settings

- No one
- Friends
- Enable Account
Restrictions

Tools to help you

Support Services
for Education



Parental controls

Parental controls are designed to help protect children from inappropriate content they may come across online, such as pornography. These controls can be used to limit...

Keeping kids safe online

Bringing together O2's tech know-how and the NSPCC's expertise in protecting children.

O₂ | NSPCC



Home

Phone O2 and
NSPCC online
safety helpline

0808 800 5002

Help your children get the
most out of the Internet



Can the family go without technology?

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Photos from www.photosforclass.com

What if things go wrong?

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Report Harmful Content <https://reportharmfulcontent.com>

Helping everyone to report harmful content online



Threats



Impersonation



Bullying and
Harassment



Self-harm or Suicide
Content



Online Abuse



Violent Content



Unwanted Sexual
Advances



Pornographic
Content



Child Exploitation and Online Protection Command

A National
Crime Agency
command

www.ceop.police.uk
- grooming



www.iwf.org.uk –
CSA images

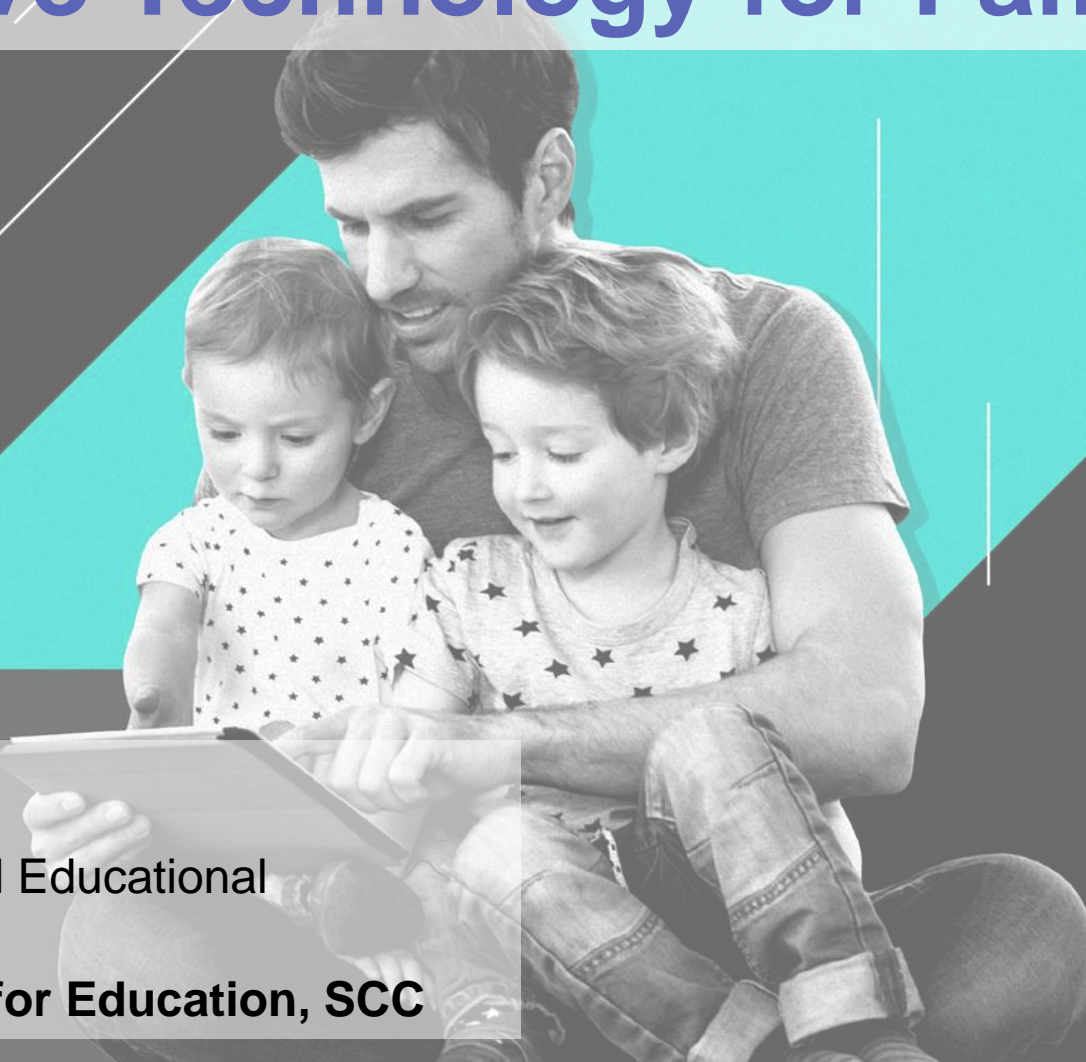


<https://www.childnet.com/our-projects/project-deshame>

Key actions

- Build your confidence
- Start a conversation
- Create a family agreement
- Manage the risks
- Know where to get help and support

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