

Online safety information for parents and carers

Online safety is an important part of keeping children safe at [Kingsnorth CE Primary School](#) school.

All of our pupils are taught how to be safe and behave appropriately online, but we can only be successful in keeping children safe online if we work together.

It's important that as adults, we take an active interest in our children's online lives and show a willingness to engage in the digital world with them.

If you believe a child is in immediate danger, always contact 999 for police assistance.



Think U Know: www.thinkuknow.co.uk

The National Crime Agency Child Exploitation and Online Protection Command (NCA-CEOP) have a website which is suitable for children aged 5-16 and has a section just for parents/carers with advice and information.



NSPCC: www.nspcc.org.uk/onlinesafety

The NSPCC have produced resources for parents. Their website covers excellent advice for parents about issues such as online grooming, nude image sharing and cyberbullying, as well as specific advice for children with special educational needs and disabilities.



Childline: www.childline.org.uk

The Childline website has a wide range of information and advice on both online and offline safety for children. There is information about online gaming, grooming, and the Zipit App which helps children feel empowered when confronted with inappropriate chat online. They also provide a helpline for children to get advice over the phone: 0800 1111



UK Safer Internet Centre: www.saferinternet.org.uk

UK Safer Internet Centre provides a wide variety of advice and guidance to help you discuss online safety with your children. There are useful checklists for privacy settings on social networks and suggestions to consider before buying devices for your children.



Childnet: www.childnet.com

Childnet has resources, including videos and storybooks, to help you discuss online safety with your children. It includes advices on setting up parental controls, cyberbullying and setting up a family agreement for safer internet use.



Internet Matters: www.internetmatters.org

Internet Matters bring you all the information you need to keep your children safe online. It has a tool which guides you through how to set up parental controls on all the different devices in your home to protect your children.



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GOLDen rules for parents and carers

Ground advice

- Discuss and agree as a family how the internet will be used in your home. Let your children tell you what they think is and isn't acceptable for them to do online, such as not being nasty to people, keeping personal information private and speaking to an adult when they are worried. Then add your own rules such as how long they can spend online and when and where webcams can be used.
- You might find it helpful to write these 'ground rules' down as a visual reminder.
- Make sure your child understands that their actions and behaviours online can have offline consequences.
- Remember these are whole family rules, so consider your own use of the internet and think about how much information you are sharing on your social networks about your children and who can see it, such as school photos.
- Agree on what will happen if they don't follow your family rules.

Online safety

- Make sure you apply parental controls to all internet enabled devices in your household, including tablets, phones and games consoles. They can restrict access to inappropriate content and can help you manage how much time your child spends online.
- Make sure your child understands the parental controls are in place to protect them, not restrict them; some children will actively work around parental controls if they feel constrained without knowing why.
- Set up filters on internet search engines to limit the likelihood of your children accidentally coming across inappropriate content when searching online.
- Be aware that internet history can be hidden and deleted, so talk to your children and supervise their online use appropriately.
- Remember filters and parental controls are not 100% effective so you cannot rely on them alone to protect your children. It is important your children understand they should tell you straight away if they see something inappropriate or upsetting online.

Listen

- Take an active interest in your child's online life and talk openly with them about the things they do. Talk to you child about which websites and apps they like to use and why; engage in their online world with them.
- Be aware of any changes in behaviour, language and attitude in your child. These behaviour changes can indicate something is upsetting your child online. Children who are groomed, radicalised, abused or exploited online will often be pressured to withdraw from family and friends.

Dialogue

- Talk to your children – be open and positive when talking about the internet.
- Make sure your child knows they can come to you for help if something happens online that makes them feel scared, worried or uncomfortable. Many children won't disclose online worries because they are scared adults will blame them or remove their access to the internet.
- Ask your child if they know where to go for help, where to find safety advice, information about privacy settings and how to report or block users on their games and websites.
- Explore their games and websites together to ensure your child knows how to block and report anyone who is nasty or inappropriate. Encourage your child not to retaliate or reply and to keep any evidence. If the game/app has a 'parent section', explore the parental controls and reporting systems yourself.
- Ensure your child understands pictures, videos or comments posted online can be very difficult to remove and rarely remain private.
- Discuss the pressures for young people to send inappropriate or nude(indecent) images to each other. How might this behaviour affect their relationship? Do they know what they would do? Young people need to be aware images can be copied, saved and shared without their knowledge and if they are under 18, they may also be breaking the law by making an indecent image of themselves.



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#WakeUpWednesday

What parents and carers need to know about age-inappropriate content

Certain online activities drastically increase the chance of a child seeing upsetting content: joining social networks below the recommended age, using age-inappropriate games or apps; watching live streams; and participating in unmoderated chat groups. A 2021 report by Ofcom, however, found that only 30% of parents set up their children's devices to block inappropriate content.

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, blogs and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

Age-inappropriate content is readily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or pirnarity. Some social media users also express hate speech or promote self-harm and self-harm, which could cause lasting damage to a child's emotional and mental health.

SOCIAL MEDIA

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

GAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language or extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

STREAMING

Online adverts frequently include age-inappropriate content, usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history, so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect that the next time your child borrows your device.

ADVERTS

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake - but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and responsive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cathy Singleton is a Registered Counsellor with The Health Professions Council of South Africa, and runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.

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