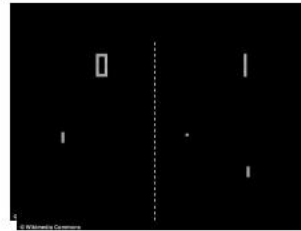


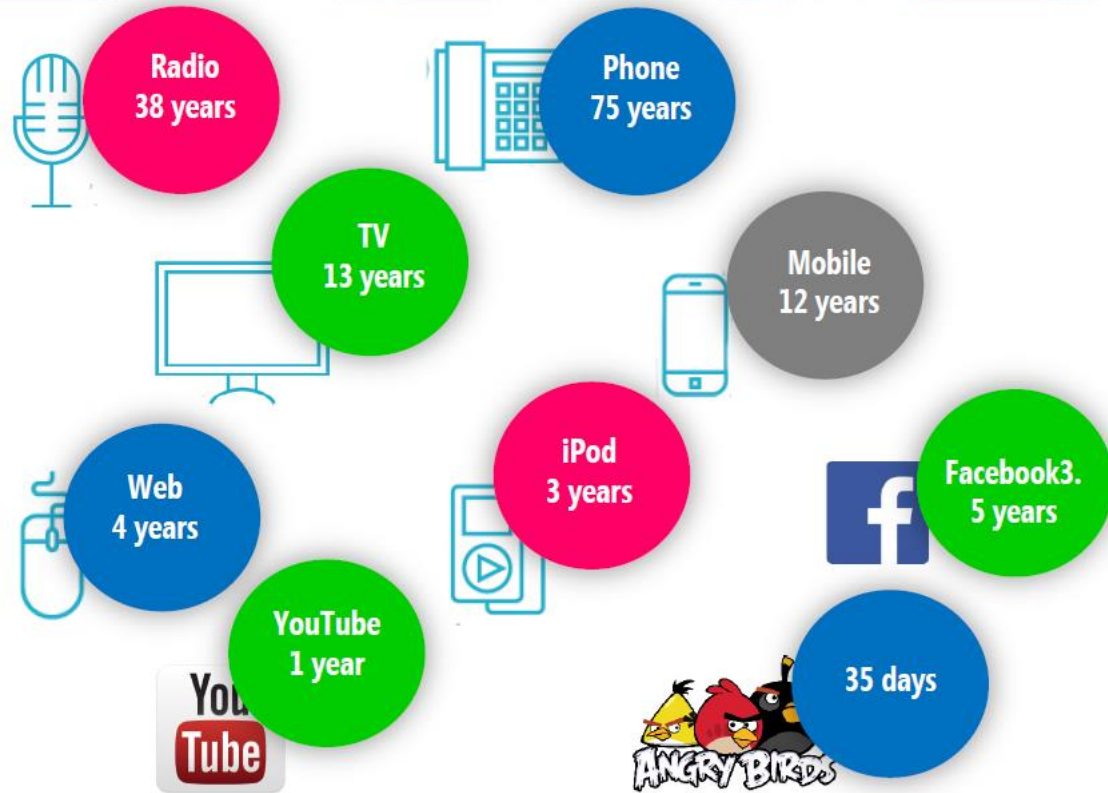


Do you feel left behind when it comes to the latest Apps that your children are using?

My kids know more about the internet than I do.....



Years to reach 50 million users



14 days

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

BUT technology can affect children's development....

- Sleep cycles are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are more forgetful than OAP's
- One study found that the more distracted you are the less able you are to experience empathy



Positive action can limit risks becoming harmful

5 top tips!

1

Understand
the risks

2

Communicate
regularly

3

Keep the risks
in proportion

4

Agree helpful
mediation
strategies

5

Develop coping
strategies that foster
resilience

Inappropriate content

1/3

**of children have seen
explicit images by age
of 10**

Dealing with inappropriate CONTENT

What to talk about

They can come to you if they see anything that upsets them

Top tips /tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines

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 unacceptable for a slightly younger audience. Online, young people often consume content inappropriate content in various ways - from pop-up ads to "click-bait" videos. The increasingly young age at which children become active in the digital world heightens the risk of them encountering content that they find upsetting or frightening. Trained 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?

SOCIAL MEDIA
Age-inappropriate content is mainly accessible through social media platforms. Facebook, for example, is largely popular with 13- to 17-year-olds, but it's also used by younger children. Some of the content shared on these platforms is inappropriate for children. It can be a distressing experience for children, especially if it's related to their own lives or the lives of people they know.

GAMING
Gaming is an enjoyable source of entertainment, but some games can contain content that is inappropriate for children. Some games are aimed at younger children, but some are aimed at older children. Some games also include content that is inappropriate for children, such as violence, sexual content, and gambling. Some games also include content that is inappropriate for children, such as violence, sexual content, and gambling.

STREAMING
The range of video streaming services available online means that there are a wide variety of videos that children can watch on their devices. Some of these videos are inappropriate for children. They can be found on YouTube, Netflix, and other streaming services. Some streaming services have parental controls, but not all do. It's important to check the age rating of any video you watch.

ADVERTS
Online adverts frequently feature age-inappropriate content, usually advertising and ready to be clicked on. Some adverts are aimed at children, but some are aimed at adults. Some adverts are aimed at children, but some are aimed at adults. Some adverts are aimed at children, but some are aimed at adults.

18 Advice for Parents & Carers

TALK IT THROUGH
If a child is upset or angry about something they've seen online, it's important to talk to them about it. Don't be afraid to ask them what they've seen. It's important to talk to them about it. Don't be afraid to ask them what they've seen. It's important to talk to them about it.

CONNECT, DON'T CORRECT
If a child has been particularly distressed by exposure to age-inappropriate content, it's important to offer them support. Don't be afraid to ask them what they've seen. It's important to talk to them about it.

BLOCK, REPORT, CONTROL
If a child has been exposed to age-inappropriate content, it's important to block it. Don't be afraid to ask them what they've seen. It's important to talk to them about it.

GET SPECIALIST HELP
If a child has been exposed to age-inappropriate content, it's important to get specialist help. Don't be afraid to ask them what they've seen. It's important to talk to them about it.

STAY CALM
If a child has been exposed to age-inappropriate content, it's important to stay calm. Don't be afraid to ask them what they've seen. It's important to talk to them about it.

Meet Our Expert
Lizzy Carpenter is a Parental Control expert with the Youth Protection Centre. She has over 10 years of experience in the field of parental control. She has written several books on the subject and is a regular speaker at conferences. She is also a member of the National Online Safety team.

National Online Safety
#WakeUpWednesday

www.nationalsafety.com @nationalsafety #nationalsafety

Inappropriate CONTACT

48%

of secondary school
children have talked to
strangers on social
media

48%

of 11 year olds have a
social media profile

Video

[Jigsaw 8-10s, Film \(teachertube.com\)](https://www.teachertube.com)

Dealing with inappropriate CONTACT

What to talk about

Sometimes people hide behind fake profiles for dishonest reasons

Agree how they will respond to requests from people they don't know in real life

Never ever to meet up with anyone they don't know in real life

Top tips / tools to use

Set up safe social media profiles that don't share personal information

Turn off geo location settings on devices

Use the strongest privacy settings on social media

Learn how to report / block/ mute

Inappropriate CONDUCT

25%

of children will
experience
cyberbullying

50%

of children say
someone has been
nasty online

Dealing with inappropriate CONDUCT

What to talk about

Talk to a trusted adult if they experience anything upsetting online

Think carefully about sharing images of others

Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

Report inappropriate posts/content to the social media providers

Think carefully about using monitoring apps that identify inappropriate behaviour

What are children taught in school?



Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

KS1



Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

KS2



Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns

KS3



Understand how changes in technology affect safety, including new ways to protect their online privacy and identity, and how to report a range of concerns

KS4

In addition, schools embed it across...

ICT
curriculum

PSHE
lessons

Appropriate
filters and
monitoring
system

Curriculum and
safeguarding
assessed as part
of Ofsted
framework

Controlling tech time

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 No phones at the table rule or no phones between 6 and 7 rule
- 5 Family tech free days!

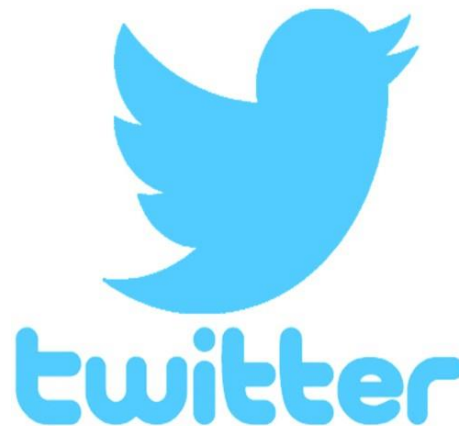
Controlling tech time

And there are tactics you can put in place to help manage their screen time....

1. Set a good example
2. Talk together about the time spent online
3. Agree on appropriate length of time they can use their device
4. Get the whole family to unplug & create screen free zones
5. Use technology / apps to help manage screen time e.g. Forest App



What is the legal age to use each of these?



What is the legal age to use each of these?



