

The background is a dark blue field filled with various white and yellow icons and stylized human figures. Icons include a code symbol (</>), a star, a speech bubble, a heart, a play button, a laptop, a padlock, and a circuit board. Stylized figures of people are shown in various poses, some interacting with technology like a laptop.

Online Safety Awareness

Navigating the ever-changing digital landscape



turn IT on

Connecting schools and technology

Noddy Black
Lead Curriculum Consultant

Understanding the Digital Landscape

44% of Primary Children have their own phone!

91% of 12-15 year olds use Social Media **Influencers** as their main news source!

8 - 10



h/day

11 - 14



h/day

15 - 18



h/day

18

45mins



Understanding the Digital Landscape



China has added a law to say that under 18s can only have 90mins of screen time on a Friday and over public holidays.

**No Screen Time
Monday to Thursday!**



The 4 C's of Online Safety

1

Content



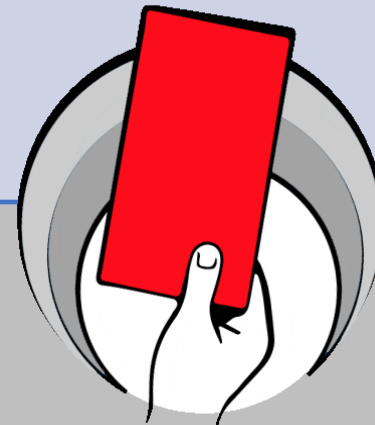
2

Contact



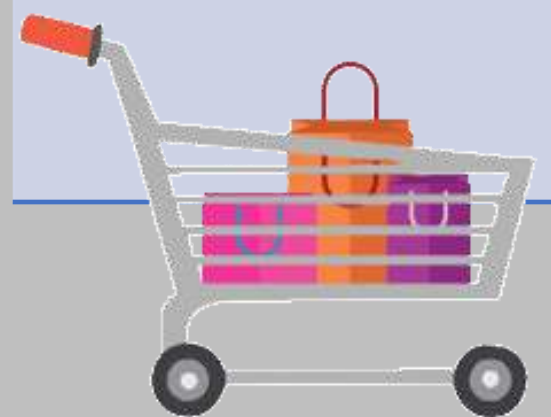
3

Conduct



4

Commerce



5 Biggest Online Dangers & Worries



CYBER BULLYING



ONLINE GROOMING



ANXIETY & DEPRESSION



INAPPROPRIATE CONTENT



IDENTITY THEFT & FRAUD

Why Online Safety Matters

The warning signs and effects:



Increase in
Violent Behaviours



Loss of Motivation



Risk of Suicide x4



Skip School



Decline in grades



Isolation from
friends/family



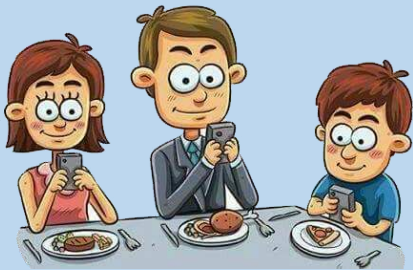
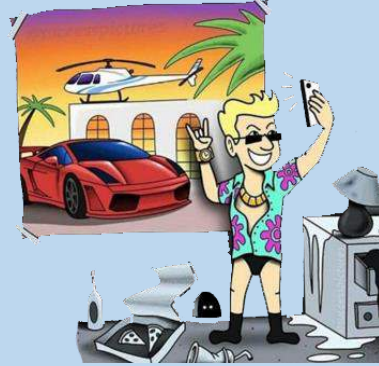
Increase screen time &
use of online world.

Communication Is Key



**Open and honest but
age appropriate**

**Not everything
we see is real**



**A family
agreement**



**There to talk
not to judge**



**Make your
interest clear**

**Keep
Talking!**

**Remain
calm**



Setting Clear Boundaries



Screen time limits



Appropriate websites and content



Using 'privacy settings'

Average 5 Hours
of Sleep:

↑ 37%

↑ 40%



Less than 5 Hours
of Sleep:

↑ 137%

↑ 83%



Teach Critical Thinking



Being careful with Personal Information



Evaluate Information



Recognise Potential Risks



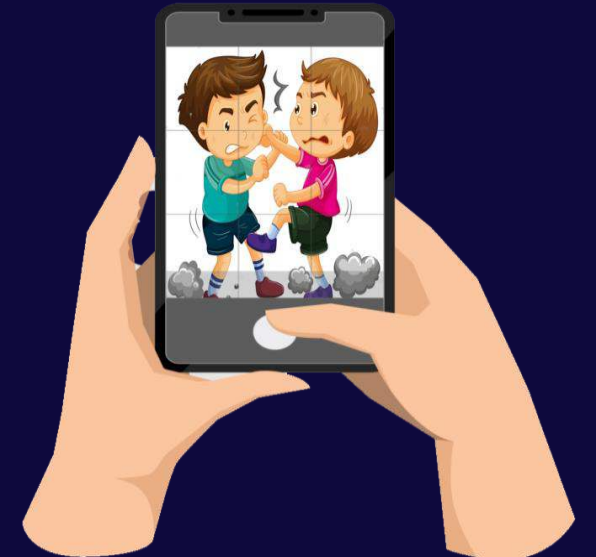
Encourage Digital Creativity



How Children Cyberbully?



	First name
	Last name
	Date of Birth
	Home Address



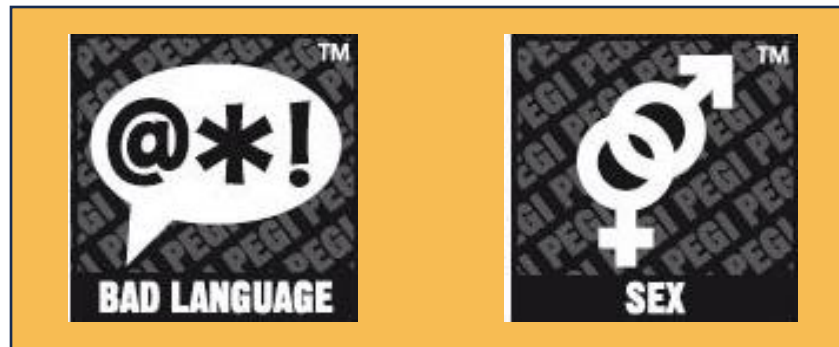
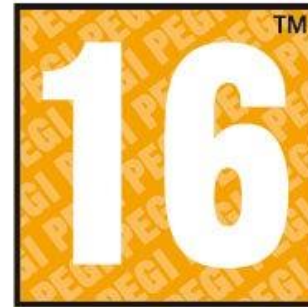
Age Limits & Restrictions




Age Limits & Restrictions



<https://pegi.info>



The Online Safety Act (2023)

 **ONLINE AGE VERIFICATION
FOR GAMES & APPS IS COMING!**



Monitor Online Activity

👉 Know your child's online "*friends*"

⚙️ Regularly check privacy settings

👨👩👧 Uses of parental control tools



MOBILE & TABLET



Android

Google Family Link



Apple

Family Sharing

PC/LAPTOP



Microsoft

Family Safety

GAME CONSOLES



PlayStation

Family Management



Xbox

Parental Control

SOCIAL MEDIA



TikTok

Parental Control

BRECK'S LAST GAME



Online Grooming



2019

2021

2022

7 to 10

5,443

27,550

63,050

↑ 1058%

11 to 15

200,000

361,060

375,230

↑ 4%



82%



64%



47%



24%



1.7%

6 Signs of Online Grooming



**Spending more time
online**



**Phone calls/messages
from people you don't**



Pornography



Gifts/Packages



Withdrawn



**Using someone else's
online accounts**

Cybersecurity Basics

- Strong, unique passwords
- Two-factor authentication
- Recognise phishing attempts



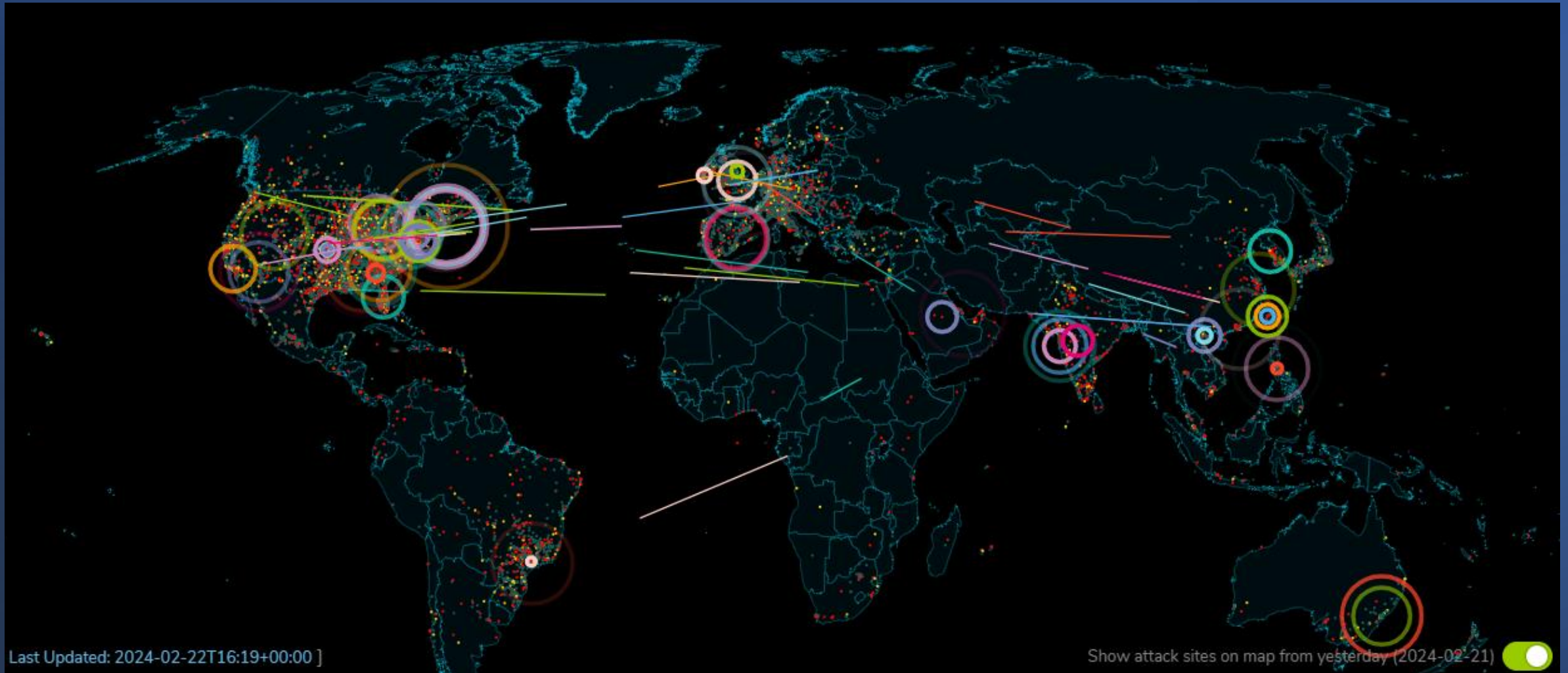
Making a Secure Password



- ☐ 3x Words
- ☐ 1x Number
- ☐ 1x Symbol
- ☐ 1x Capital Letter

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	1 sec	2 secs	4 secs
8	Instantly	Instantly	28 secs	2 mins	5 mins
9	Instantly	3 secs	24 mins	2 hours	6 hours
10	Instantly	1 min	21 hours	5 days	2 weeks
11	Instantly	32 mins	1 month	10 months	3 years
12	1 sec	14 hours	6 years	53 years	226 years
13	5 secs	2 weeks	332 years	3k years	15k years
14	52 secs	1 year	17k years	202k years	1m years
15	9 mins	27 years	898k years	12m years	77m years
16	1 hour	713 years	46m years	779m years	5bn years
17	14 hours	18k years	2bn years	48bn years	380bn years
18	6 days	481k years	126bn years	2tn years	26tn years

<https://securitycenter.sonicwall.com/m/page/worldwide-attacks>



Where to turn for support

NSPCC

ChildLine
0800 1111



tellmi

em 4



What to takeaway

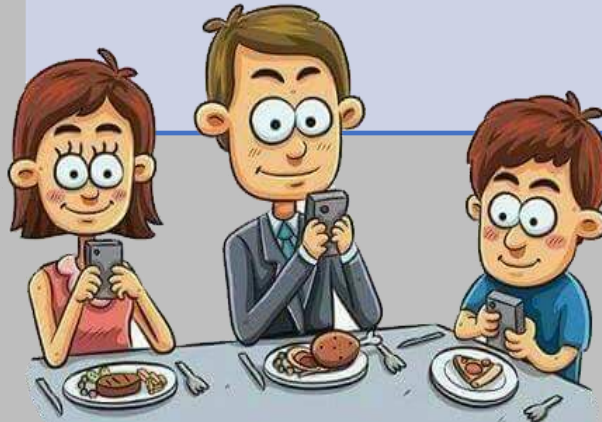
1

**Be a Positive
Role Model**



2

**Follow your
Family
Agreement**



3

**Stay
Informed**



4

Keep Talking



THANK
YOU!!

QUESTIONS

How do you prevent other users from cloning or hacking into your account?

How can you prove it is cloned or hacked and are you able to locate who they are?

- Secure Password
- 2FA
- Beware of scams
- Check for HTTPS
- If Cloned: report via the “3dots”
- Change password
- Use log out of all devices.

How good are all the children safe about people they meet online,

and at what point do parents understand when to come in and find out your child is safe, because not all parents are born during the Internet time?

They are taught about from Year 1! But like all rules, children will push the boundaries as they get older.

Do you have guidance about screen time for Year 10 boys and would you include TV in that guidance time ?

For 5 – 17 year olds advices from the NHS is 2 hours a day - This does not include homework time and TV time can be additional to this.

My Advice:

Discuss as a family and update your family agreement.

How can I ensure my child can't access inappropriate content online?

Using Parental controls on the device:

- Google Family Link
- Apple Family Sharing
- Microsoft Family Safety



Where this helps prevent it is never 100%. Children find a way!

QUESTIONS

How do our kids know who they are 'talking' to and are they ever really safe online?

Unless they know them in real life (IRL) they don't everyone online is a stranger.

They are safe as long as they follow the rules.

S.M.A.R.T

How to encourage your son to open up if they ever see something unsuitable/harmful online

Communication is Key!

Don't Judge
Stay Calm
Show an Interest
Open and Honset

What safety issues I should be aware of around online gaming and use of platforms like discord and twitch and what safeguards I can put in place?

You having to download and create an account yourself and then pairing your account and your child's together.

Set up safe! Otherwise they have full control.

How we can control the discord group chat in easy way

Pair your account to theirs.

Just because they are 13+ doesn't mean they are old enough to navigate and use the app unsupervised or without restrictions in place.