

# Keeping children safe

## Workshop 3

Health Improvement Team

# Focus for today's workshop:

- ❑ Online risks
- ❑ How you can keep your child safe
- ❑ How you can set clear limits and rules
- ❑ Support and resources

# Using the internet is like driving a car



=



We must learn to use it safely

# Using the internet



- Freedom
- Choice
- Opportunities

*If you don't know how to use it properly*

- Dangerous
- Scary
- Hurt
- Get out of control



# Nature of the risks

## Risks of use of Technologies

	Misleading	Commercial	Aggressive	Sexual
<b>Child as Recipient</b> accessing <b>Content</b>	Misleading info Bias Bigoted Racist	Adverts Spam Financial Scams Phishing Personal Info	Violent / Hateful content  Terrorist recruitment	Pornographic sexual content
<b>Child as participant</b> making <b>Contact</b> with people	Self harm  Unwelcome persuasions	Tracking activity  Harvesting personal info	Being bullied, harassed or stalked	Being groomed  Meetings strangers
<b>Child as Actor –</b> their <b>Conduct</b>	Providing misleading info	Illegal downloading Hacking Gambling Financial Scams	Bullying & Harassing others	Creating / Sharing / Uploading inappropriate material

# Content of Games

Taking Drugs

Violence

Killing

Sexism

Swearing

Torture

Guns

Monsters

Prostitution

Racism

Knifing

War

Zombies

Rape

Murder

Theft

# Content of Games



PEGI labels appear on front & back of the packaging.

They provide a reliable indication of the suitability of the game contents.

 www.pegi.info	<ul style="list-style-type: none"><li>• Fantasy violence</li><li>• Nothing scary</li><li>• No bad language</li></ul>	
 www.pegi.info	<ul style="list-style-type: none"><li>• Possibly scary scenes</li></ul>	
 www.pegi.info	<ul style="list-style-type: none"><li>• Realistic violence</li><li>• Nudity</li><li>• Mild bad language</li></ul>	
 www.pegi.info	<ul style="list-style-type: none"><li>• Lifelike violence</li><li>• Strong language</li><li>• Drugs and Crime</li></ul>	
 www.pegi.info	<ul style="list-style-type: none"><li>• Adult sex</li><li>• Gross violence</li><li>• Blood &amp; gore</li></ul>	


# Online risks

- Risk cannot be totally eradicated
- “As safe as possible, for as many as possible, for as much of the time as possible”



# What can you do?



A large, bold, red capital letter 'T' is positioned on the left side of the image. It is a simple, blocky font with a thick stroke.

**TALK** with your  
child about  
staying safe  
online.

# Stay safe online

Remember the 5 SMART rules when using the Internet and mobile phones.



**S**

**SAFE**g Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



**M**

**MEET**g Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



**A**

**ACCEPTING**g Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



**R**

**RELIABLE**g Information you find on the Internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.



**T**

**TELL**g Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



Find out more at Childnet's website ...

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

Childnet International © 2002-2007. Registered Charity no. 1080172. [www.childnet.com](http://www.childnet.com)

# What you can do ? GOLDEN RULES

## **G = Ground rules**

What is OK / not OK

What information should be kept private

## **O = Online Safety**

Keep Antivirus & Spyware software up to date

Other security protection

## **L = Location**

Keep computer in a busy area

Not in the bedroom

## **D = Dialogue**

Talk with your children

Learn from each other

A large, bold, orange letter 'E' is positioned on the left side of the image. It is a simple, blocky font with a thick stroke.

**EXPLORE** their  
online world  
together.

# Support for parents

- Key websites
- Share aware website
- Home family guidelines
- Setting limits
- SMART rules
- GOLDEN rules
- Family agreement





# Be Share Aware

# What can you do?

- Talk about what might be OK for children of different ages. Ask your child what sites or apps they like. Write a list, and look at them together.
- Be positive about what you see, but also be open about concerns you have: "I think this site's really good" or "I'm a little worried about things I've seen here".



**A**

**AGREE** rules  
about what's  
ok and not ok.

# Family agreement



# Clear guidelines and rules



# Set clear limits

- Discuss with your child.
- Make a plan and set limits. Explain why these limits have been set.
- Stick to your plan.
- Review and assess.

A large, bold, green letter 'M' is positioned on the left side of the image. It is a solid color and has a simple, blocky font style.

**MANAGE** your  
family's settings  
and controls.



# Be Share Aware



# Websites

- Share Aware
- Net Aware
- Safer Internet Centre
- CEOP
- The Parent Zone

# What do we teach the children?

**Nursery:** Uses of the internet, who to talk to if you are worried.

**Reception:** Uses of the internet, who to talk to if you are worried.

**Year 1:** Sharing personal information, who to talk to.

**Year 2:** Trusting what you see or who you talk to online, sharing personal information.



# What do we teach the children?

**Year 3:** Trust and critical thinking, tips for keeping safe.

**Year 4:** Peer pressure online, digital footprint.

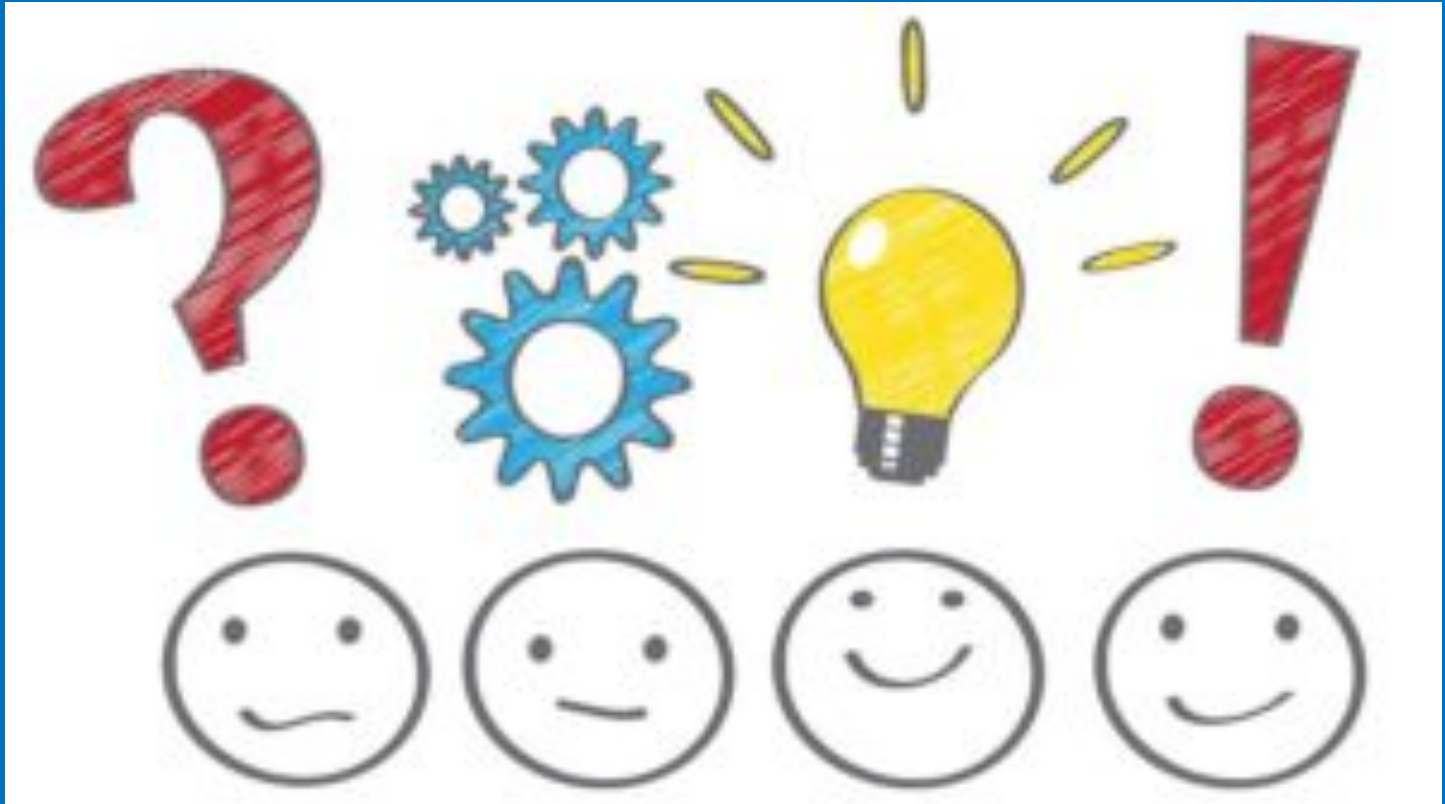
**Year 5:** Sharing online content, peer pressure and group messages.

**Year 6:** Manipulative peer pressure, sharing content and online friendships.

## Next workshop:

- FGM
- FGM and the Law
- Safeguarding women and girls from FGM

# Questions





**Thank you for  
attending!**

**Hoda Ali**