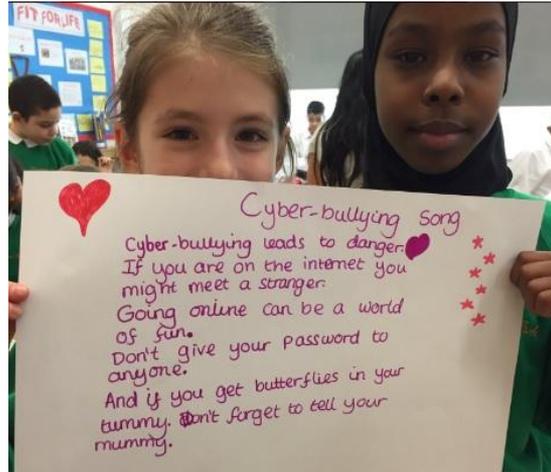


# KPJS Internet Safety Meeting for Parents By Mrs R Thomas 4.11.21



We are a Google Champions School, leading learning through technology and positive collaboration. Using Chromebooks as a stimulating learning tool, all Staff and Pupils have access to Gsuite, including Google Classroom. Staff have recently been trained for the level 1 Google Educator Certification.

# Introduction

Everywhere we look, technology seems to be taking over our lives! From online shopping to online banking, from keeping in touch with friends via text message, to voting for our favourite X-factor finalist! Learning in school has also changed dramatically due to the rise of the Internet and handheld devices, and the amazing opportunities they provide. Instead of shutting out such changes, we have decided to embrace them although we also follow many E Safety procedures too.

## At KPJS

- We teach internet safety throughout the year in Computing lessons, PSHE lessons and when it's needed.
- Children create posters, poems, videos, songs and podcasts to teach ways to stay safe
- All children have an internet safety bookmark in class to refer to.
- There is a designated internet safety day every year.
- We carryout children and parent questionnaires to assess where the needs are.
- Regular items feature in our newsletter.
- Our website has lots of information under Safeguarding - Esafety, including this presentation.
- Regular Assemblies.
- Parents and children can report incidents to the Safeguarding team, Mrs Thomas or on Tootoot.

# Bookmarks

Our KPJS bookmarks are a great resource we've made for children to use in school to raise awareness of online safety. They include important advice and reminders for children when they're enjoying time online, to keep them safe and most importantly aware of the dangers.

By learning the rules included on the bookmarks for books on online safety, children can learn to recognise dangers online and grow up with the confidence to make the decisions that will keep them safe.

We have one set for years 3&4 but a different set for years 5&6, which include more advice about online gaming.



## Staying safe online

- All apps / games have an age restriction. Please check this, then ask your parents for permission before creating an account.
- Most online apps have their own privacy settings, please check these.
- If you have any worries or concerns online, press the REPORT button, or tell a trusted adult.
- Beware of people sharing your posts or photos.
- Don't share any personal information online like address, full name, number, age or your school.
- Don't go on any sites you are not familiar with or open any messages from senders you don't know as they could carry a virus.
- Taking regular breaks is very important as it can be addictive and damage your health. Exercise regularly.
- Don't accept friend requests from anyone you don't know.

## Staying safe online



If you're not sure, ask an adult

<b>S</b> <b>Stay Safe</b> Don't give out your personal information to people / places you don't know.	<b>M</b> <b>Don't Meet Up</b> Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.	<b>A</b> <b>Accepting Files</b> Accepting emails, files, pictures or texts from people you don't know can cause problems.	<b>R</b> <b>Reliable?</b> Check information before you believe it. Is the person or website telling the truth?	<b>T</b> <b>Tell Someone</b> Tell an adult if someone or something makes you feel worried or uncomfortable. Follow these SMART tips to keep yourself safe online!

If in doubt, ask KPJS staff or a trusted adult

# Internet Safety Day every February

Last year's presentation with activities was done online in Lockdown.

It's on our website.

We always start with a video called Caught In The Web as a talking point. <https://www.bbc.co.uk/newsround/13908828>



The show, which is voiced by David Tennant, tells the story of a girl called Lost Princess, who gets into danger after meeting someone in a chatroom.

It also has lots of tips on how to be safe, and case studies of children with real-life experiences of how things can go wrong.

# Examples of work

*Be a Friend to everybody*  
*Use polite words when treating others*  
*Look out and tell an adult you trust*  
*Learn to not bully others it will come back*  
*Your private information should be kept to*

This is my song about internet safety. Felicia SM  
 Do not talk to anyone that you don't know  
 Because they might ask for personal information  
 Don't talk to people that you don't know  
 Report all bullies and don't keep it to yourself  
 Be kind and don't bully  
 Because the internet is a lovely thing!

Internet Safety Day  
 Never tell your password to anybody except your parents  
 Don't give private information to strangers  
 Don't play games that are not your age  
 For example Fortnite is 13 and if you are under 13 then you are not allowed to play Fortnite.

**Internet safety**  
**Safety tip:** If you are contacted on a platform by someone who you are not familiar with block them or remove them as a friend or follower.  
 Never give any personal information about you or family members because you don't know what people could do with that information.

Be a Friend!  
 Use kind words!  
 Look for and report bullying!  
 Learn to use empathy!  
 You can stop bullying!

Kenmore Park Junior School  
 Do not give personal information if you are asked  
 Always use words in a respectful way  
 Always report to a teacher if you see someone being bullied  
 Always be kind to everyone  
 Remember to be safe and happy!

**Internet Safety**  
 Be careful on the internet  
 Because you might get upset  
 Don't be mean behind the screen  
 Don't share your private information  
 Never talk with strangers  
 don't have a conversation  
 Never meet up with a stranger  
 You never know there might be danger  
 Be careful who you talk to  
 Remember kids don't talk with strangers

Poster and Poem by Priyansh  
 Internet safety  
 Always report to a teacher if you see someone being bullied  
 Always be kind to everyone  
 Always use words in a respectful way  
 Always report to a teacher if you see someone being bullied  
 Always be kind to everyone  
 Always use words in a respectful way

Internet Safety  
 Always report to a teacher if you see someone being bullied  
 Always be kind to everyone  
 Always use words in a respectful way  
 Always report to a teacher if you see someone being bullied  
 Always be kind to everyone  
 Always use words in a respectful way

Stay safe online  
 Ask for help if you are ever in trouble  
 Always be kind to everyone  
 Always use words in a respectful way  
 Always report to a teacher if you see someone being bullied  
 Always be kind to everyone  
 Always use words in a respectful way

My Internet Safety Poster



<https://www.youtube.com/watch?v=vNDojMnICCY&t=1s>

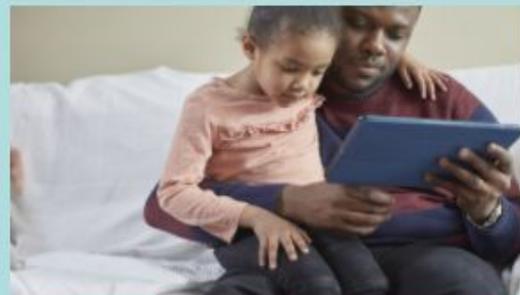
# Online help

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

## Worried or need some advice?

Whatever your worry, our helpline is here to help. Call us on [0808 800 5000](tel:08088005000), email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or fill in our [online form](#) to get advice and support from safeguarding experts.

It may feel daunting to talk about staying safe online – especially when your children are using the internet differently to you. We have advice and support to help:



### **Free online safety resources**

From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe. Read our guides below.

### **Start a conversation about online safety**

We have advice about [how to start talking to your child about online safety](#) and how to make sure they know they can turn to you about anything that worries them.

### **Book a free online safety webinar**

The NSPCC are offering free webinars for groups of parents and carers, making it easy for you to keep your family safe online. [Email us to book your place.](#)

### **Reviews of 80+ apps and platforms on Net Aware**

Get expert risk ratings and age recommendations on our reviewed apps, sites and games. We provide a safety and support rating to help parents make informed decisions. [Visit NetAware.](#)

<https://www.thinkuknow.co.uk/>

thinkuknow.co.uk

## Welcome to Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

Are you...

- 4-7?
- 8-10?
- Parent/Carer?
- 11-13?
- 14+?
- Children's workforce?

The *Band Runner* game can be found on our informative 8-10's website which also provides clear and practical safety advice under the following headings:

- Play – Playing games online
- Like – Being kind to others online
- Share – Sharing videos and photos online
- Chat – Talking to others online
- Lock – Keeping information private
- Explore – Exploring the internet

### Concerned?

If you're worried about your child and think something is not quite right, it's best to be on the safe side and find out more.

- > [Where can I get help?](#)
- > [Reporting an incident to CEOP](#)

# <https://www.bbc.com/ownit/curations/staying-safe>



Reporting an issue on social media



5 ways a better internet starts with you



What to do if you see something upsetting



Quiz: How much does the internet know about you?



"I'm a MEME!"



Has something scared you online?



Dodie's (quite short) ode to life online



"A stranger asked me out when I was gaming"



8 top tips for staying safe online



Your thoughts on social media



Being smart on social media



How to turn off notifications

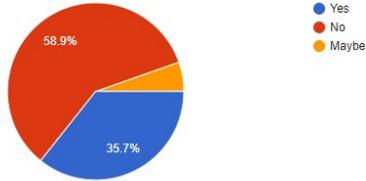
All these links are on our KPJS website: <https://kpjs.harrov.sch.uk/esafety.html>

# Do you know what your child is doing on their screen?

Feb 2021

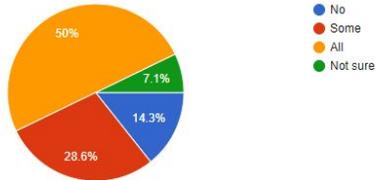
Does your child use the Internet / Email/ Device without supervision?

56 responses



Do you have parental controls set up on any devices?

56 responses



Children can benefit from some types of screen time, such as using educational apps and videos. By doing this together, you can help your child understand what he or she is seeing and apply it in real life.

However, passive screen time shouldn't replace reading, playing, socialising, exercise or problem-solving.

As your child grows, keep in mind that too much or poor quality screen time has been linked to:

- Obesity
- Mental health problems
- Attention difficulties
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Loss of social skills
- Violence
- Less time for play
- Less progress in school

## Develop screen time rules with your children

LinDees

### 6 Tips To Limit Screen Time For Your Kids

#### 1 Make Screens Off-Limits for Certain Days or Hours

Create a schedule for the family to spend some screen time together. Especially during school days.



#### 2 Make Bedrooms Screen-Free

Keep TVs, video game consoles, and computers in common areas, instead of kids' bedrooms so you can monitor them.



#### 3 Provide Active Alternatives

Playing with them is often a big draw. Encourage them to take walks, ride bikes, or play outside, instead of using their screens.



#### 4 Make Them Earn It

Have your kids to keep track of time spent on chores, and allow the same amount of screen time.



#### 5 Be a Role Model

Remember that what you do sends a much more powerful message than what you say. Set a good example by limiting your screen time as well.



#### 6 Give Your Child (Some) Control

Give warnings before time is up, and allow kids (especially little ones) the chance to press the "off" button themselves.



# Top Tips for parents <https://www.webwise.ie/parents/advice-top-10-tips-for-parents/>

## 1. Discover the Internet together

Be the one to introduce your child to the internet. For both parent and child, it is an advantage to discover the internet together. Try to find websites that are exciting and fun so that together you achieve a positive attitude to internet exploration. This could make it easier to share both positive and negative experiences in the future.

## 2. Agree with your child rules for Internet use in your home

Try to reach an agreement with your child on the guidelines which apply to Internet use in your household. Here are some tips to get started:

- Discuss when and for how long it is acceptable for your child to use the Internet
- Agree how to treat personal information (name, address, telephone, e-mail)
- Discuss how to behave towards others when gaming, chatting, e-mailing or messaging
- Agree what type of sites and activities are OK or not OK in our family
- Follow the rules yourself! Or at least explain why the rules are different for adults.

## 3. Encourage your child to be careful when disclosing personal information

A simple rule for younger children should be that the child should not give out their name, phone number or photo without your approval. Older children using social networking sites like Facebook should be encouraged to be selective about what personal information and photos they post to online spaces. Regardless of privacy settings, once material is online you can no longer control who sees it or how it is used.

## 4. Talk about the risks associated with meeting online “friends” in person

Adults should understand that the internet can be a positive meeting place for children, where they can get to know other young people and make new friends. However, for safety and to avoid unpleasant experiences, it is important that children do not meet strangers they have met online without being accompanied by an adult you trust. In any case, the child should always have their parents' approval first. In addition, it is also a good idea to have a fail-safe plan in place such as calling them shortly after the meeting begins so that they can bail out if they feel uncomfortable.



## **5. Teach your child about evaluating information and being critically aware of information found online.**

Most children use the internet to improve and develop their knowledge in relation to schoolwork and personal interests. Children should be aware that not all information found online is correct, accurate or relevant. Show your child how to check information they find by comparing it to alternative sources on the same topic. Show them trusted sites they can use to compare information.

## **6. Don't be too critical towards your child's exploration of the Internet**

Children may come across adult material by accident on the web. Also, a child may intentionally search for such websites; remember that it is natural for children to be curious about off-limits material. Try to use this as an opening to discuss the content with them, and perhaps make rules for this kind of activity. Be realistic in your assessment of how your child uses the internet.

## **7. Let your children show you what they like to do online**

To be able to guide your child with regard to Internet use, it is important to understand how children use the Internet and know what they like to do online. Let your child show you which websites they like visiting and what they do there.

## **8. Remember that the positive aspects of the Internet outweigh the negatives.**

The Internet is an excellent educational and recreational resource for children. Encourage your child to make the most of it and explore the internet to its full potential.

# Age restrictions for a reason

## OK for under-13s

Why 13? A lot of very popular sites and apps make 13 the minimum age for users. This is because the United States passed a law in 1998 that said that companies could not collect data from children under the age of 13 without their parents' permission. The expense and work involved led many companies to restrict their services to over-13s.

These are services that are either designed for children aged under 13, or are specifically designed to be used by under-13s providing they have parental consent:

**Popjam** This service is available for use by children aged under 13. Their terms explain that if a child is younger than 13, they need the consent of a parent or legal guardian before giving out any personal information when they register. In some countries (including the US), Popjam may also separately contact parents or legal guardians to get consent and verification before a child uses their services or provides personal information. They would not be required or expected to do this in the UK.

**Club Penguin** A site specifically for under-13s, with parental consent required.

**Moshi Monsters** A site specifically for under-13s, with parental consent required.

## Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?



Sourced from NSPCC website October 2019

## Over-13s only

Some of the best-known sites on the web are for over 13s only. As we have seen, this is because of American law, which specifies that anyone under 13 is a child, as far as collecting their data is concerned. (They must get their parents' permission.) In the UK, under-13s registering for these sites aren't breaking UK law but they are breaching the terms and conditions of the website.

It's also worth remembering that because these sites are designed for over-13s, they won't necessarily have procedures in place to make them suitable places for younger children. These sites include:

**Google** To have a Google+ account and access all their main services including YouTube and Gmail you need to be over 13. However if your child is under-13 they can still use these services, but they won't be able to create an account or upload content.

**Facebook** You need to be 13 to have a Facebook account. It is a violation of their terms and conditions to create an account for someone under 13.

**Twitter** It's not easy to find how old you have to be to use Twitter. The information they provide for parents doesn't specify an age nor does the information for teens. However, in their privacy policy they say that their services are not directed to persons under 13.

**Instagram** You need to be over 13 to use Instagram.

**Ask.fm** This site requires users to have parental consent if they are under the age of majority, which, in the UK, is 18. In any instance they require users to be over 13. It is important to be aware that when a child signs up for this service they simply have to affirm that they have parental consent if they are between the ages of 13 and 18. A child entering their age as under 13 won't be able to create an account.

**Snapchat** You need to be over 13 to have a Snapchat account. However, some features are limited to over-18s and to use those you have to affirm that you are either over 18 or have parental consent. At the moment, those features are only available in the US.

**Spotify** You cannot use Spotify if you are under 13 and anyone between the ages of 13 and 18 is required to have parental consent (not something Spotify checks).

**WhatsApp** - The minimum age of use for WhatsApp is **16 years old**. It had previously dropped to 13 years old but in April 2018 returned to 16, as a response to data-protection legislation. Lots of under age users and their parents have been investigated by the police.

# Set up parental controls on devices

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

## What are parental controls?

Parental controls help you to block or filter upsetting or inappropriate content, and control purchases within apps. You can install parental control software on your child's and family's phones or tablets, games consoles, laptops and your home internet.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have [inappropriate content](#)
- manage the content different family members can see.

## Setting up parental controls on:

Mobiles, tablets and computers



Your home internet



Games consoles



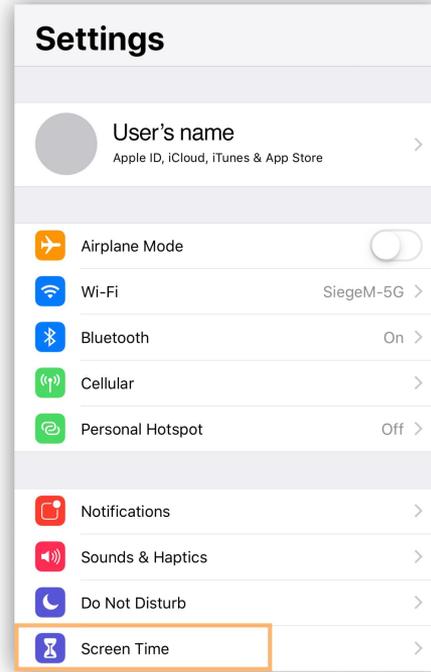
Film, music and TV subscriptions



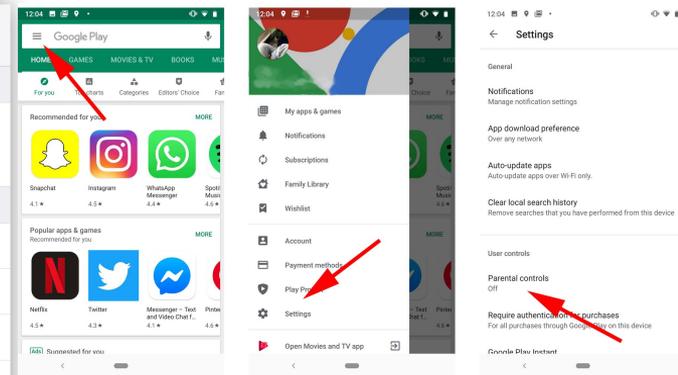
Search engines



## iPhone, iPad



## Android



# Summing up the important points

- Make the internet a 'shared' educational fun experience, not an event that 'keeps children busy and out of the way in private'
- Find appropriate apps and websites together
- Always talk to your child about their device uses
- Limit screen time for mental health and physical well being
- Keep them where you can see them
- Set up screen time and parental controls on all devices and apps
- Teach your child how to deal with any inappropriate online activity
- Give your child control by setting up screen times together and giving 5 minute warnings before they turn it off
- Use screen time as a reward, don't just let them do it everyday
- Check age restrictions to prevent police involvement or unwanted incidents
- Have a timetable for each day, displaying less screen time, more fun or physical activities
- Be a role model. Have no screen days!



You can contact Mrs Thomas if you are unsure about anything. Many thanks.



# Be Internet Legends - Friday 12th November 2021 11am



The video link to join was sent in Weduc:

<https://youtu.be/16dXNpkjXs0>

Thank  
You  
Any  
Questions

