

NSPCC

Keeping children safe online

Workshop for Parents and Carers

""It would be very nice if they wouldn't say 'Be careful who you're talking to online, they might not be who you think they are', and instead 'If anything at all makes you even slightly uncomfortable, then you can talk to someone.'"

Jess, 17

EVERY CHILDHOOD IS WORTH FIGHTING FOR

What to expect from the workshop

3 key takeaways:

- Understanding of the risks and benefits of being online for children
- Practical things you can do to help keep your children safe online
- Knowledge of the tools and resources that can help you



Safeguarding



Self-care



Housekeeping

Children's use of technology and the internet

3-4s

5-7s

8-11s

12-15s

16+

NSPCC

Positives vs. risks

- ✓ Chat with friends and family
- ✓ Get creative
- ✓ Access to information and support
- ✓ Playing games and enjoying videos



- × Unwanted contact
- × Seeing something untrue
- × Oversharing personal information and location
- × Impact on mental health and wellbeing

How to manage the risks

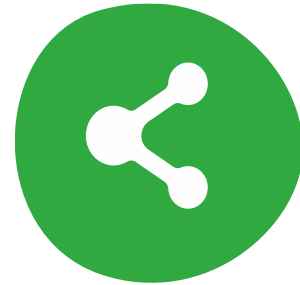
Who they chat to



What they see



What they share



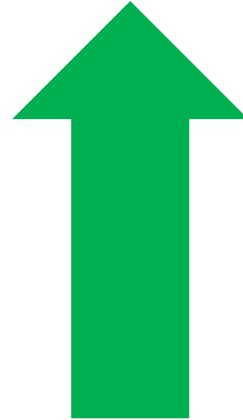
Risks can happen anywhere, to anyone, at any time.

What type of parent are you?

Casual

Confident

Controlling



Gaming

Getting to grips with online games

Like all areas of the online world, games come with **risks as well as benefits.**

Children can play games on **most devices, including phones, tablets and PCs.**

They can also **chat to other players** using in-game chat, messaging platforms for gamers, or whilst watching livestreams of games.

Why do young people play online games?

- To socialise with friends
- To relax and have fun
- To get outside and explore
- To get creative
- To be competitive
- To learn new skills
- Because others are playing

What are the risks?



Contact from people they don't know



Seeing violent or sexual content



Online bullying or griefing



Scams



In-game purchases



Do you know your whispers from your skins?

VR

Virtual reality headsets let you can immerse yourself into the game and experience everything as if you are actually inside it.

AR

Augmented reality layers computer-generated images over the top of existing reality—merging the real and virtual worlds.

Whisper

A private message sent from one player to another during a game.

Loot boxes

Virtual treasure chests containing unknown items which can be bought for real money.

Skins

A skin changes the look of a game or character. They can be earned or bought in a game.

Understanding PEGI ratings

Age ratings

How old should you be to play it...



Content descriptors

And why...



Supporting your child

Help your child game safely:

- Check the game's content and rating.
- Turn on safety settings
- Set up new accounts and play together.
- Keep devices in shared family spaces.
- Play sound through speakers, not headsets.
- Link notifications to your account where possible.

In-game chat

Remind your child any chat should be about the game only. If some asks them personal questions or suggests meeting up or chatting on another app then encourage them to tell you.

Worried your child is spending too long gaming?

- Review what they are playing, when and for how long.
- Help them set up time limits.
- Encourage them to take breaks.
- Try playing with them to make it a whole family activity.

Mental health and wellbeing

Impact on mental health and wellbeing

Positives

- ✓ Able to connect with like-minded people
- ✓ Express yourself and experiment with your identity
- ✓ Access to support networks and advice on any topic
- ✓ Have a voice about important issues
- ✓ Being socially connected to others can ease things like worries, stress and depression

Negatives

- x Comparison to other people's images and lives
- x Constant fear of missing out (FOMO)
- x Impact on mood, self-esteem, relationships, friendships
- x Feeling always available and finding it hard to 'switch off'
- x Feeling judged or ridiculed

Life through a filter



Children see images and videos like this online every day.

It can lead to unrealistic comparisons and drive to achieve the unachievable.

This can affect all children, regardless of gender.

It's not just faces that are filtered – bodies and lives are heavily filtered too.

Remind young people that social media is a highlights reel.

Supporting your child

Ways to feel good online:

- Clean up your feed – unfollow and mute accounts which make you feel sad and start following accounts which make you feel positive
- Remember not everything you see is real
- Don't focus on the 'likes'
- Decide when you want notifications
- Take a break from scrolling

Support children with mental health and wellbeing:

Parents and carers

Contact the Young Minds parents helpline on 0808 802 5544

Young people

Contact Childline on 0800 1111

Use the Young Minds crisis messenger
'Text YM to 85258'

And visit [youngminds.org.uk](https://www.youngminds.org.uk) for more advice

Parental controls

Explore parental controls available

Parental controls can help you to:

- set **what time of day** your child can go online and **how long for**
- create **content filters** and block apps/ websites
- **manage content** that different family members can see
- **manage device and apps settings** from day of purchase.



1. Wifi and phone network

Contact providers to set up



2. On the device

Check device settings and manual



3. On each app and game

Check Net Aware reviews

Four top tips for parental controls

1. Make sure the settings are right for the ages of your children.
2. Check on your settings regularly.
3. Understand the limitations on parental controls .
4. Talk to your child about staying safe online.



Social Media

What is social media?

Social media are websites and apps that allow us **to create and share content with others.**

Social media also allows us to **connect with others through** comments, direct messaging, 'likes' etc.

Do you know the apps and their age ratings?



Facebook

13+



Instagram

13+



Twitter

13+



TikTok

13+



Snapchat

13+



PopJam

7+

What are the risks?

What they share with others

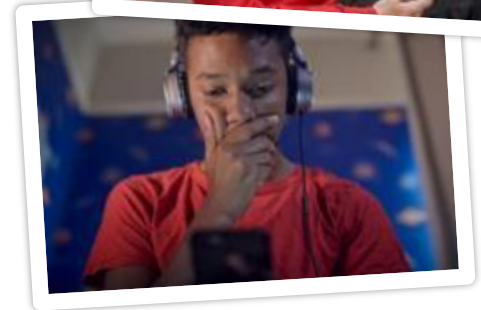
- Oversharing personal information
- Live and frequent locations

Who they are connected with

- They may be contacted by people they don't know and they could see what the child has shared
- They could see or experience cyberbullying

What they see shared by others

- They could see upsetting or worrying posts and comments
- They could click on links shared by others



Do you know your reels from your streaks?

Snaps

Pictures or videos sent on Snapchat which can last for up to 10 seconds or can be on screen until you come off the picture

Reels

15 second videos on Instagram with added effects and music

Stories

Videos which appear outside your regular feed and can be viewed for 24 hours

Hashtag

A way to connect and find posts under any topic

Streak

A reward on Snapchat for sending a snap everyday

Supporting your child

- Check the age ratings before they sign up.
- Set up new accounts together
 - ✓ Support with choosing profile pictures and usernames
 - ✓ Educate children about what info isn't needed (look for the *)
 - ✓ Make sure accounts are set to private
 - ✓ Turn off location settings
 - ✓ Adjust who can contact your child
 - ✓ Remind them some things are always public.
- Talk about only accepting friend requests from people they know and have met before.
- Get to know the tools together.

Useful tools:

... On pages or posts to **report and block**

|| Use the **take a break feature** to pause someone who you are connected with

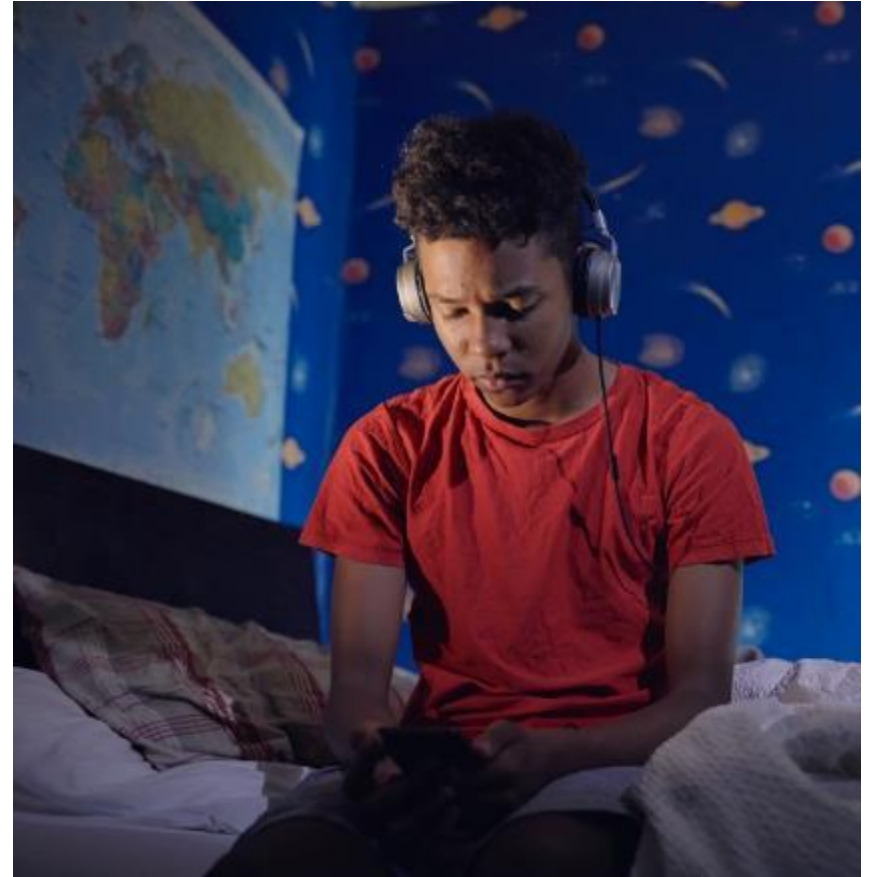
🚫 Limit who can see different parts of your account, like stories

👤 Use the **unfriend button** to remove any unwanted followers

Signs of online abuse

Look out for unexplained and sudden changes in behaviour:

- Either seeming distant, upset or angry
- Or the opposite, seeming extremely happy and confident
- Spending more (or less) time online
- Becoming secretive with devices and profiles
- Having lots of new contacts



Talk with your child

Our 6 top tips to get you started:

1. Start with the positives and take an interest.
2. Make sure they know the basics for keeping safe.
3. Explore their favourite apps and games together.
4. Involve them setting rules and boundaries for online use.
5. Let them know they can talk to you or contact Childline.
6. Keep conversations regular and get support.

If your child reveals abuse:

- listen carefully
- reassure them
- tell them they've done the right thing
- ask open questions
- explain what you'll do next
- get support and report it.

Practical ways to keep your child safe online

With younger children

- ✓ Supervise
- ✓ Turn off autoplay settings
- ✓ Put safety settings on
- ✓ Agree rules and boundaries together



With older children

- ✓ Ask for their help to set up apps safely
- ✓ Explore together
- ✓ Look at Childline's website for advice on sensitive topics
- ✓ Watch Childline's YouTube channel
- ✓ Be realistic with rules

More advice

Explore the online safety hubs on **NSPCC** and **Childline** for more advice and information.

- Chat apps**
Find out about different chat apps like WhatsApp and iMessage and how to help your friends with safety.
- Content promoting self-harm, suicide and eating disorders**
Get advice on how to report a post about self-harm or suicide.
- Fake news, hoaxes and misinformation**
Learn about the risks of believing what you see on social media and what to do if you do.
- Internet connected devices**
Get advice on how to protect your smart TV, smart speakers and other internet connected devices.
- Livestreaming and online video apps**
Find out how to help your friends deal with live streaming and video apps.
- Parental controls**
Get advice on setting up parental controls to make sure your child is safe online.

nspcc.org.uk/online-safety

ONLINE AND MOBILE SAFETY

Having a mobile phone and going online gives you lots of benefits. It can be important to be aware of the dangers too. Learn how to stay safe online.

- 1 Feeling good on social media**
We've got advice to help you feel good when you're using social media apps - like Instagram, YouTube and Snapchat.
- 2 Remove a nude image shared online**
If you're under 18 and an image of you has been shared online we can help you get it removed from the internet.
- 3 Staying safe online**
Watch our online tips for staying safe online.
- 4 Bullying and cyberbullying**
If you or someone you know is being bullied, we're here to help.
- 5 Cover your tracks**
A guide to keeping your visits to Childline private.
- 6 Sorting and sending nudes**
If you've been sexting and something's gone wrong, we've got advice to help.
- 7 Online gaming**
We can help you learn how to stay safe online when playing games.
- 8 Taking care of your digital footprint**
Learn about how to keep your personal information safe online.

www.childline.org.uk/online-safety

Get support for you and your child

If you're worried about the welfare of a child
then call the NSPCC helpline on 0808 800
5000 or help@nspcc.org.uk

If your child is worried about something then
they can contact Childline for support on 0800
1111 or childline.org.uk, or look at the
message boards

Speak to other parents:

- Share knowledge
- Share tips
- Share supervision





Keeping children... safe online

**Sign up to receive our monthly online safety
newsletter**

