Slide 1

**Online Safety
For Parents
Selected slides from parents workshop
PAUL HAY**

Useful Links
www.pclstraining.com/links

Email me with any questions
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Slide 2

SID's Top Tips for young gamers

- Top Tip Number 1
  - People you don't know are strangers. They're not always who they say they.
- Top Tip Number 2
  - Be nice to people on the computer like you would in the playground
- Top Tip Number 3
  - Keep your personal information private
- Top Tip Number 4
  - If you ever get that 'uh oh' feeling, you should tell a grown-up you trust

Slide 3

Gaming Obsession

- Strive to get better
- Always something new
  - New Games
  - New versions
- Available 24 / 7
- Something they are good at and are recognised for it
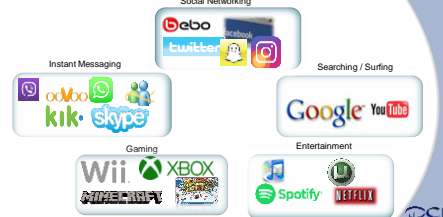- Can effect their moods

Slide 4

Gaming Recommendations

- Discuss with young people which games they play
- Who controls the game ?
- Ask if they are able to talk or message other players.
- Do the games have privacy settings ? Have they set them ?
- Can they control who they speak to ?
- Do they know how to block other players ?

Slide 5

What kids do

Slide 6

Social Networking - Common problems

- Increased use for negative purposes
  - Bullying
  - Inappropriate pictures
- Oversharing of information
  - Digital footprint
- Contact with strangers
- Negative effect on themselves
  - Body image
  - View on relationships

Slide 7

5 Top Tips for young people

- Know who is on your friend / follower list
- Never meet somebody without taking an adult with you.
- Ensure your user settings are kept private
- Never post pictures that you would not want everybody to see
- If you are worried, tell a grown-up that you trust

Slide 8

Social Media Compulsion

- This is their social world
- Fear of missing out – FOMO
- Affected by what others say
- "Remote" from rest of the family
- Can find "supporters" of their views and thoughts
- Lack of social skills when not on their device
- Anxious when not connected
- May have more than one profiles !

Slide 9

Social Media Recommendations

- Discuss with young people which sites they use
- Talk about the apps they use to share and talk
- Do the apps have privacy settings ? Have they set them ?
- Talk about their "Digital Footprint"
- Can they control who they speak to ?
- Show an understanding of why they want to use it.

What they can do about bullying ?

- Block the Bully
- Don't retaliate or reply
- Save the evidence
- Tell somebody about it
  - Create a culture where they feel empowered to talk
- Support the victim not the bully
  - Give comfort
  - Report the incident

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Their view on life - What they are seeing

- It is a constant flow of messages and imagery
- There is no filter or mediation
- What they see on line resonates
- Think that online advice is the only avenue open to them
- Judge themselves against what they see

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View on Life - Recommendations

- Discuss with young people about what they see on line.
- Ask if they feel confused ? Upset ? Scared ?
- Tell them that these are natural reactions.
- Discuss online v reality
- Talk about what may be hoaxes or fake news.

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What you can do to help

Communication Keep communication open with your children, discuss their online friends in the same way you would with 'real world' friends.

Show Interest Try not to be judgemental.

Personal Information Make sure your children understand what is personal information and what they shouldn't share. What is their "Digital Footprint" ?

In Plain Sight Avoid using in bedrooms with the door shut

Teach Yourself Spend time understanding the technologies and apps your children use. Understand parental controls and how you can use them to keep your children safe.

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Screen Time
- Not all bad
  - New skills
  - Socialise in a positive way
  - Do things as a family
- Each child and age is different
  - One rule doesn't fit all
  - You know your own child
- Negative effects
  - Change of mood
  - Stops physical activity
  - Lack of sleep
  - Stops family interaction
  - Increase snacking
- Agree boundaries
  - Stick to them !
  - Stop an hour before bedtime

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NSPCC – T. E. A. M.

- Talk about what they are doing online and how to stay safe.
  - Discuss why you have concerns
  - Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen.
- Explore your child's online activities with your child.
  - Understand why they like using them and make sure they know what they can do to keep themselves safe.
  - Find out more about the what games and sites they use
- Agree your own rules as a family
  - when using sites, apps and games.
  - Boundaries are consistently applied
- Manage your technology
  - Use the settings available to keep your child safe.
  - Keep in plain sight

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