E-Safety Parent Workshop
11th February 2020

Safer Internet Day 2020 | **Tuesday 11 February**

Free to be ME

Exploring identity online

How to start an E-safety conversation

Start the conversation on a positive note:
What do you like most about the internet and why?
What's your favourite game/app/site?
How does going online make you feel?
How does the internet/technology make your life better?
What could you do if being online is making you feel worse rather than better?
What is different about talking online to someone compared to talking face to face?
Is there anything that is the same?
Can people say/do whatever they want online? Why/why not?

Talk about sharing online:
What types of things can we share online? (Pictures, comments, personal information, opinions, etc.)
What is okay/not okay to share online? Why?
What should we do before sharing things online?
What do we do if someone shares something about us that we don't like?
How do you feel about your parents/carers sharing things about you online and vice versa?

Talk about identity online:
What makes you...you? How would you describe your identity?
How do you share your identity online? And where can you share it? (Profiles, pictures, comments, behaviour, etc.)
How can we experiment with our identity online? How are we able to make it different from our offline identity?
Why might someone want to experiment with their identity online?
What might stop someone from being themselves online?
What might make someone feel like they have to hide parts of their identity online?
Do you see other people like you online? (Represented in adverts, emojis, characters, influencers, etc.)

Talk about looking after yourself and supporting others online:

How do you stay safe online? What tips do you have and where did you learn them?

Do you know where to go for help, and where to find the safety tools on your favourite apps and games?

What could you do if someone was unkind to you online about the things you've shared?

What could you do if you saw a friend online needed some help or support?

How do you keep yourself safe online? Can you show me how I could use the internet in a better/safer way?

Resources for 3-7 Year olds

Smartie the Penguin (Ages 3-7)
Childnet's Smartie the Penguin story highlights the importance of always telling a trusted adult if you are unsure about something online or when using technology. The story can be downloaded/read for free and there are also free colouring pages and fun activity suggestions to help reinforce the messages of the story.
www.childnet.com/smartie

Digiduck's Stories (Ages 3-7)
The Digiduck collection has been created to help parents and carers educate children aged 3-7 about online safety. The collection includes a ebooks, PDFs, a poster and an interactive app. Follow Digiduck and his pals in these stories of friendship, responsibility and critical thinking online.
www.childnet.com/digiduck

Resources for 7-11 Year olds

Safer Internet Day 2020 films
Our Safer Internet Day films provide a great way to start a discussion with children about how the internet makes them feel and what tips they have about staying safe. Some of the videos are aimed at younger children and can be watched on the UK Safer Internet Centre website or on YouTube (Search: UKSIC).
www.saferinternet.org.uk/sid-films

The Adventures of Kara, Winston and the SMART crew (Ages 7-11)
Five cartoons for children on how to stay safe online. Each cartoon covers one of the five SMART rules which help children to make positive and safe online choices for themselves and their friends.
www.childnet.com/kara

Childnet primary pages (Ages 8-11)
On the Childnet website you can find a range of information pages specifically designed for children aged 8-11 years old. Each section answers some of the frequently asked questions we hear directly from young people and includes a quiz to review at the end.
Go to www.childnet.com/primary and choose 'Get Answers'.

Social Networks

Does your child use any of these and did you know the age restrictions?

Age Restrictions for Social Media Platforms

13 +	14 +	16 +	18 +
Twitter	LinkedIn	WhatsApp	Youtube
Facebook			Keek
Instagram			Foursquare
Pinterest			WeChat
Google+			Kik
Tumblr			Flickr
Reddit			Tinder
Snapchat			
Tik Tok			

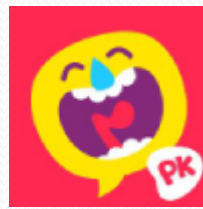# Social Networks for Under 13s

Have you heard of any of these social networks?
They have been designed with extra safety for under 13s.

Kudos   Popjam   Playkids Talk   ChatFoss   Kidzworld

The Reality!
Setting Parental controls.

- Always set a password on your phone and change it regularly
- Disable location settings
- Limit screen time
- Set Privacy settings
- Encourage the children to avoid 'ClickBait'
- Block inappropriate websites by using filters such as Google Safesearch
- A full-featured, third-party parental control service such as Qustodio or NetNanny will give you a lot of control over all of your kid's devices (these usually have a cost)
- To keep tabs on your tween or teen's phone, your best bet is to download an app such as Bark, KidBridge (formerly TeenSafe), or WebWatcher, which monitor text messages, social networks, emails, and other mobile functions.
- You can use GPS trackers such as Find My Friends and FamiSafe to stay abreast of your kid's whereabouts. Your kid's phone needs to be on for these to work, though.

Useful Websites

- https://www.commonsensemedia.org/parents-ultimate-guides

- https://www.saferinternet.org.uk/advice-centre/parents-and-carers

- https://www.childnet.com/parents-and-carers

- https://nationalonlinesafety.com/guides