





**Malmesbury**  
Church of England Primary School

# INTERNET SAFETY

KEEPING CHILDREN SAFE ON LINE

# BEFORE WE START – THE INTERNET HAS DONE SOME AMAZING THINGS

- COMMUNICATION
- ONLINE SHOPPING
- PRODUCTIVITY
- BRINGING PEOPLE CLOSER TOGETHER
- DIGITAL STREAMING
- ENTERTAINMENT
- KNOWLEDGE
- TEACHING
- LEARNING

# THE PROBLEM IS, IT'S NOT ALL GOOD!

- Introduction – some facts and figures
- How do children use the internet?
- The issues that children face
- What we can do to help keep children stay safe



# HOW CHILDREN ACCESS THE INTERNET

## SMART PHONES

- 10% of 6-year-olds have a phone (62% use one of the phones in their house)
- Between 10 and 11 (Year 6) this goes up to 55% (70% have access)
- By 12, years old 88% of children have a phone
- By 17, 97% of children have a phone

Source YouGov Dec 2019

# HOW CHILDREN ACCESS THE INTERNET

## TABLETS

- At 6, 40% have their own tablet and 88% have access to one in their house
- At 10, 61% have their own tablet

It seems that phone ownership takes over at this point and tablet ownership decreases

In 2018, tablet devices overtook TV sets for the first time as the most common medium to access media among UK children aged 5 to 15.

Source YouGov Dec 2019

# HOW CHILDREN ACCESS THE INTERNET

## COMPUTERS

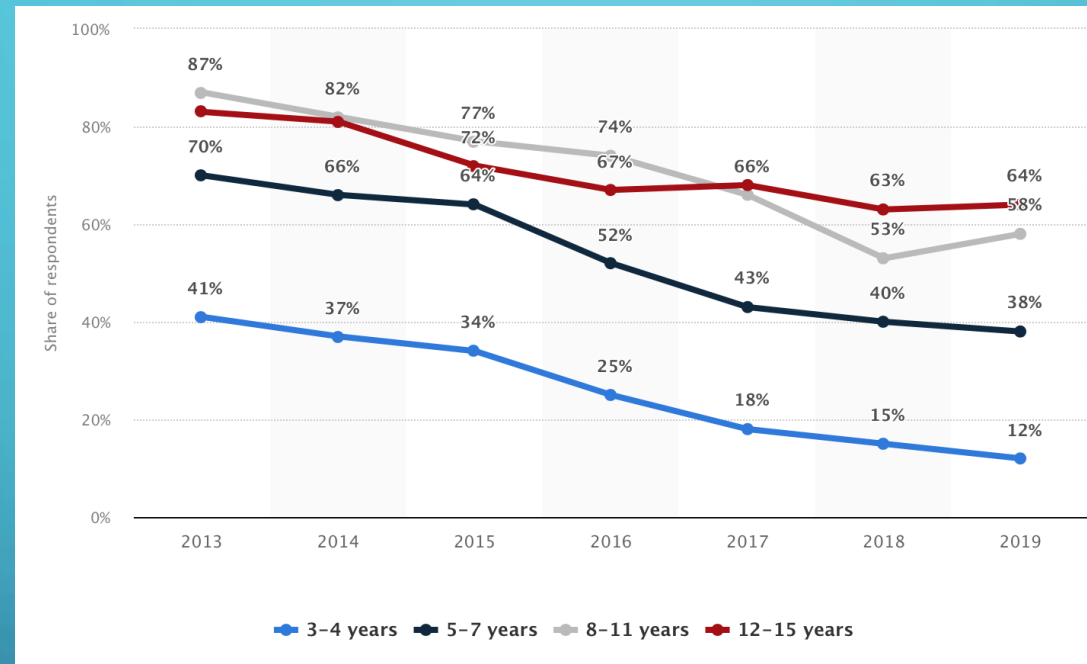
- At 6, only 5% of children have their own computer (82% have access to one)
  - By 11, this increases to 40%
- By the time children enter sixth-form this goes up to 96%

All this data was collected in 2019 and there has been a huge increase in both the purchase of computers and tablets and these figures will have gone up.



# HOW CHILDREN ACCESS THE INTERNET

## GAMES CONSOLES



The use of games consoles for consuming media among children has seen a significant decrease in the United Kingdom from 2013 to 2018. Over the course of 2019, the use of gaming consoles for media consumption in the UK increased over several age brackets then (Fortnite effect).





- The average 3 – 4 year old spends 3 to 4 hours on a screen.
- By 11 – 12 this is 6.5 hrs.
- Over the course of childhood, children spend more time watching a screen than they spend in school.

# HOW DO CHILDREN USE THE INTERNET?



Gaming



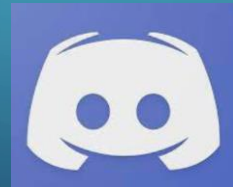
Children friendly  
social media



Streaming



Educational  
social media and  
educational  
content



Messaging



Social Media

# THE ISSUES THAT FACE CHILDREN

Mental Health – It is true to say that studies have shown both positive and negative effects of social media and the internet on mental health.

‘Excessive Internet use may create a heightened level of psychological arousal, resulting in little sleep, failure to eat for long periods, and limited physical activity, possibly leading to the user experiencing physical and mental health problems such as depression, OCD, low family relationships and anxiety.’ YouGov 2019

Studies that have shown correlation to negative body image when looking at lots of photos of certain body types. This is replicated in pictures on Instagram. According to an article [reported by the Wall Street Journal](#), 32% of teenage girls surveyed said that they felt bad about their bodies, and Instagram made them feel worse.

They are not doing other things that are positively good for their mental health.

# THINGS TO DO

- Have conversations about screen time — set limits if you think this helps
- Monitor what the children watch/see
- Talk to your children about what is real and fake
- Think about the content you want your child to be exposed to
- When you give them your phone/tablet, think about if they need it. We are creating habits



# SEXUALISATION AND VIOLENCE



An international study looking at more than 17,000 adolescents, ages nine to 19, from 2010 to 2017, found playing violent video games led to increased physical aggression over time.

# SEXUALISATION AND VIOLENCE

- Children will at some point see images on the internet that you may deem unsuitable
- No firewall is a hundred percent
- Images from Tik Tok and Instagram are meant to be monitored for sexual content but when you look at them, there are sexualised behaviours, that children might copy. This can put them in dangerous positions especially if they post themselves copying that behaviour
- Children see older people doing things and think these are cool and copy them
- Children can't unsee things

# THINGS WE DO IN SCHOOL

- We have robust firewalls in place in school to stop searching for inappropriate content
- We have firewalls in place to block content that is deemed inappropriate e.g. sexual, violent and non-educational
- We discuss suitability of games and streaming on the internet
- We talk about using safe search parameters in year 3 and 4 and trusted websites such as BBC bitesize
- We talk about the risks of searching through search engines in year 5 and 6
- We discuss what to do when you see something inappropriate online every year from year 3 up.

# THINGS YOU COULD DO

- Think carefully about what you want your child to access. The game has a rating for a reason. Is it suitable for your child?
- Social Media is meant to be for children over 13. The hosts of these sites are not thinking about children who are younger than this age accessing their site.
- Have open conversations about your concerns with your children.
- Think of rules for your home about the use of social media and follow up on these
- Think about your internet settings at home – do you have internet settings that have a firewall. All providers have these <https://www.internetmatters.org/parental-controls/>
- TALK TO THEM; MAKE SURE THEY TALK TO YOU
- COMMONSENSE MEDIA <https://www.common Sense media.org>



# CYBER-BULLYING

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behaviour.

Between 2011 and 2016, the number of youngsters facing online harassment in the UK rose by a staggering 88%. According to cyberbullying facts for the UK, in a survey of 12,387 students, 87% specified their bullying experiences as cyberbullying. 47% of victims identified their appearance as the reason for their harassment. (The Guardian)

Children as young as seven told cyberbullying ChildLine counsellors about being tormented and abused by deeply offensive messages from which they felt they had more. Furthermore, nearly one in five (19%) children aged 10-15 in the UK experience cyberbullying, equating to approximately 764,000 children. 77% of those who were bullied said it had an adverse effect on mental health. (Statista)

UK experience cyberbullying, equating to approximately 764,000 children. 77% of those who were bullied said it had an adverse effect on mental health. According to child cyberbullying statistics for the UK, in about 31% of counselling sessions for online bullying, children and young people talked about gaming or social networking sites as places of abuse.

# THINGS WE DO IN SCHOOL

- Cyber-bullying is discussed in our PSHE lessons from 4 – 6
- It is part of our acceptable use policy for children
- It is part of our behaviour policy and we deal with cases in school in liaison with parents

## THINGS TO DO

- Talk to your children about acceptable behaviours online
- Make sure your children Tell someone
- Take a screen shot of what has been said or sent
- Talk to the school about what has been said and share the information
- Children are taught specifically about this in years 5 and 6

# GROOMING

- Grooming is when someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual.
- When a child is groomed online, groomers may hide who they are by sending photos or videos of other people. Sometimes this'll be of someone younger than them to gain the trust of a "peer". They might target one child online or contact lots of children very quickly and wait for them to respond.



# GROOMING

- A groomer can use the same sites, games and apps as young people, spending time learning about a young person's interests and use this to build a relationship with them. Children can be groomed online through:
  - social media networks
  - text messages and messaging apps, like Whatsapp
  - email
  - text, voice and video chats in forums, games and apps.
- Whether online or in person, groomers can use tactics like:
  - pretending to be younger
  - giving advice or showing understanding
  - buying gifts
  - giving attention
  - taking them on trips, outings or holidays.

# SIGNS OF GROOMING

It can be difficult to tell if a child is being groomed – the signs aren't always obvious and may be hidden. Older children might behave in a way that seems to be "normal" teenage behaviour, masking underlying problems.

Some of the signs you might see include:

- being very secretive about how they're spending their time, including when online
- having an older boyfriend or girlfriend
- having money or new things like clothes and mobile phones that they can't or won't explain
- underage drinking or drug taking
- spending more or less time online or on their devices
- being upset, withdrawn or distressed
- sexualised behaviour, language or an understanding of sex that's not appropriate for their age
- spending more time away from home or going missing for periods of time.

A child is unlikely to know they've been groomed. They might be worried or confused and less likely to speak to an adult they trust.

# THINGS WE DO IN SCHOOL

- In school we talk about stranger danger from a young age and include this in our teaching on internet safety.
- From Year 2 we talk about not sharing our personal data online – don't tell people your name or where you live.
- In year 3 and 4 we discuss continue to discuss making sure we do not share personal data on line and discuss keeping passwords safe and not sharing personal

# THINGS TO DO

- Discuss staying safe on line with your children
- Listen carefully to what they are saying
- Be open with them talking to you and be interested in what they are doing on line
- Set parameters for there use on the internet and social media
- Follow their accounts and discuss the reasons for it



# OTHER THINGS THAT CAN HAPPEN!

Fraud

misinformation

Sexting

radicalisation

piracy

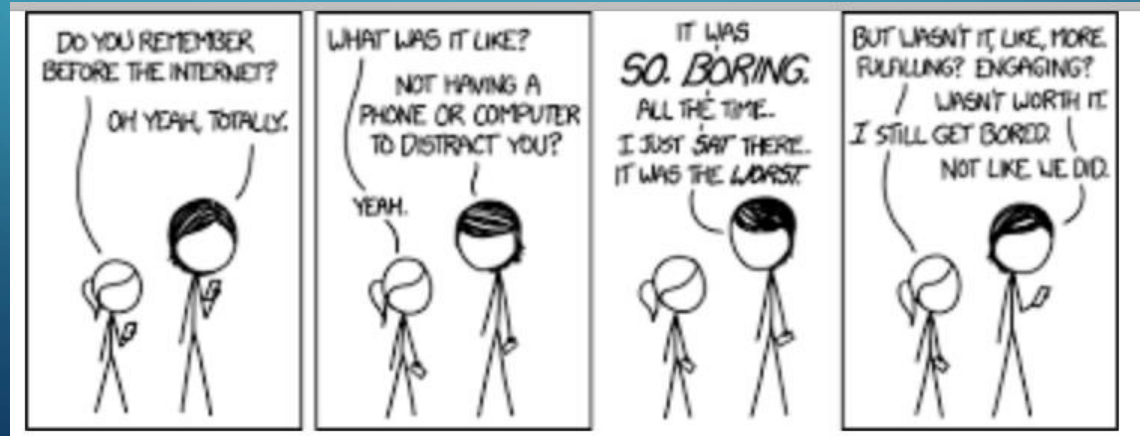
Illegal activity

# THINGS TO THINK ABOUT

- Think about when you give your child a device.
- Think about talking to your child about the use of the internet
- Engage in it with your child – it is their interest. This also makes it easier to know what they are doing
- Be in the room when they are on the internet
- Don't give them access to your credit card!
- Think about what is age appropriate for them to engage with
- Think about permissions settings for your Wifi, but remember this is never full proof.

# IT'S NOT ALL BAD

- Computer skills are some of the most sort after skills in the UK
- The average graduate wage for some one with a Computer Science Degree is £32,000 compared to £24,000 as a whole
- Computer graduates jobs is one of the fastest growing job markets in the UK
- Computing and Internet mean that there friends are a touch of a button a way
- The internet has enable millions of children to be educated over the last 18 months



# USEFUL SITES

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
  - <https://www.thinkuknow.co.uk>
  - <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>
  - <https://www.internetmatters.org/parental-controls/>
- Helps with setting links