Online Safety Toolkit 2019/20

Information and links for parents, carers, teachers and schools on a range of topics

Five to takeaway:

1. **Communication & trust:** By talking and trusting our children we can strengthen their understanding. Discuss with our children the dangers present; explain that we can monitor their usage and the behaviour we expect from them. This communication should also extend to the school; ensure your child has reported it to their teacher/tutor as often this is sometimes a missed opportunity for resolution.
2. **Use a parental control system to filter and create set "activity" times.**
3. **Be careful what you post -** Never give out personal information or images of other students. 46% of children say that they have given out personal information to someone that they met online.' - *UK Children Go Online.*
4. **Switch off -** Bedrooms could be a no/low tech zone. Children need to sleep and ideally they need some downtime away from tech for their brains to recover from the blue light.
5. **Set rules/boundaries** then allow trust and consequences, if necessary! An example would be to have set usage time enforced through parental control.

Top 3 Resources:

1. *https://www.thinkuknow.co.uk/parents/*
2. https://www.internetmatters.org/advice/digital-resilience-toolkit/
3. https://www.europol.europa.eu/how-to-set-your-privacy-settings-social-media

How to set parental controls on devices

Easy to use the menu to select systems and devices and set up controls:
https://www.internetmatters.org/parental-controls/interactive-guide/
https://www.internetmatters.org/parental-controls/
https://www.imore.com/how-to-use-parental-controls-iphone-ipad

How to set privacy settings on social media

Range of issues: https://www.internetmatters.org/advice/social-media/
An overview: https://www.europol.europa.eu/how-to-set-your-privacy-settings-social-media
Snapchat: https://www.snapchat.com/safety
Snapchat tracking -
http://www.techradar.com/how-to/how-to-turn-off-snapchat-maps-tracking-feature
Facebook: https://www.facebook.com/safety
Instagram: https://help.instagram.com
Twitter: https://support.twitter.com/

How to report it :

https://www.bullying.co.uk/cyberbullying/what-to-do-if-you-re-being-bullied-on-a-social-network/

https://www.nspcc.org.uk/what-you-can-do/report-abuse/

How to stay safe on FORTNITE + ROBLOX + MINECRAFT

https://www.saferinternet.org.uk/blog/parents-guide-fortnite-battle-royale

https://blog.roblox.com/2017/03/keeping-community-safe/

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/minecraft-a-parents-guide/

http://parentinfo.org/article/staying-safe-on-minecraft

How to find support:

https://www.thinkuknow.co.uk/parents/Support-tools/How-to-guides/

- Anti-Bullying Alliance
- Bullying UK
- Childline
- The Diana Award
- Internet Matters
- Kidscape
- The UK Safer Internet Centre
- UK Council for Child Internet Safety (UKCCIS)

How to find Protection:

Virus guard software is the number one defence:

AVG (Cheapest and high quality)

Avast (Free - But Pro is recommended)

McAfee

Norton

Signs of gaming addiction

- Most of their "free time", non-school hours are spent on the computer or playing video games.
- Fatigue; tendency to fall asleep in school.
- Not keeping up with homework assignments/ not handing in homework on time.
- Worsening grades.
- Lying about computer or video game use so computer or video game privileges aren't taken away.
- Choosing the computer or playing video games rather than spending time with friends or family.

- Dropping out of activities such as social groups, clubs or sports.
- Irritable, cranky or agitated (withdrawal symptoms) when not playing a video game or on the computer

'Online gaming addiction can be predicted by five critical factors: Curiosity, role-playing, obligation, belonging, and reward.'
Hsu et al. (2009).
Individuals with a gaming addiction may use MMORPGs to alleviate negative feelings and moods.
Hussain et al. (2009).
Addiction or just excessive use? If you need help here are some places to look:
http://www.techaddiction.ca/video-game-addiction-test.html
https://www.familylives.org.uk/advice/teenagers/online/gaming/

Share the knowledge - sites and videos for them:
A checklist - *https://privacy.thewaltdisneycompany.com/en/internet-safety/*
https://www.bbc.co.uk/cbbc/shows/stay-safe
www.netsmartz.org/safety/safetytips
www.kidsmart.co.uk
https://www.youtube.com/watch?v=-IL07JOGU5o - *Pantasuarus Song*
https://www.youtube.com/watch?v=z1n9Jly3CQ8 - *I saw your....*
https://www.youtube.com/watch?v=HffWFd_6bJ0 - *How Social media is changing our brains*
http://www.bbc.co.uk/newsround/13908828 - *Caught in the web narrated by*
https://www.youtube.com/watch?v=zgWIxv5_6SE - *INstagram vs real life*

Some of the Topics that your child learns at school in Computing lessons, Online Safety Sessions & Life Skills:
- *Everything you do online can be seen/monitored/hacked*
- *Do not give out personal information & try to only use to sites you trust*
- *Managing screen time, gaming and social media addictions*
- *Sexting & sharing content*
- *Fraud, identity theft and cybercrime*
- *Social media, misuse and abuse.*
- *Extremist ideas, beliefs & fake news*
- *What to do about cyberbullying*
- *Copyright, computer misuse & data protection acts*
- *Malware, viruses, trojans, worms, DDOS & ransomware*
- *Fake news - trust half of what you see and none of what you hear*
- *Do not download software or files unless you are sure they are safe*
- *Cyber security, viruses, malware and networks*
- *If worried or upset by something, report it to someone who can help!*
- *If you talk to others online: be patient, be kind and have good manners!*
- *Think before you post*!

Digital Leaders:

*During 2018 we are setting up Digital Leaders. This is a programme is being run to encourage and upskill any students interested in becoming Digital Leaders. They are being trained up to **champion digital citizenship and digital creativity within their school** and to educate their peers, parents and teachers about staying safe online.*

Other great resources and help:
https://www.vodafone.co.uk/cs/groups/public/documents/webcontent/vfcon096227.pdf

3 simple ways to keep children safe online

Stop Google from tracking you and your kids every movement

5 exciting Youtube channels to get kids interested in Science

Compromised Data - Have you had your account details hacked?
https://haveibeenpwned.com/

Pantasaurus Rex Video - Perfect awkward conversation starter for KS1/2/3 -
https://www.youtube.com/watch?v=-lL07JOGU5o

Youtube for kids:
https://www.youtube.com/yt/kids/

Any concerns or help needed, please feel free to email me on: jrichards@hcc.devon.sch.uk