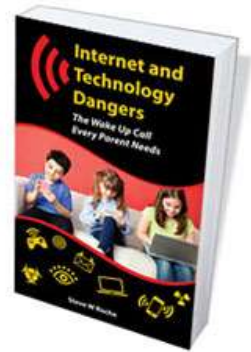
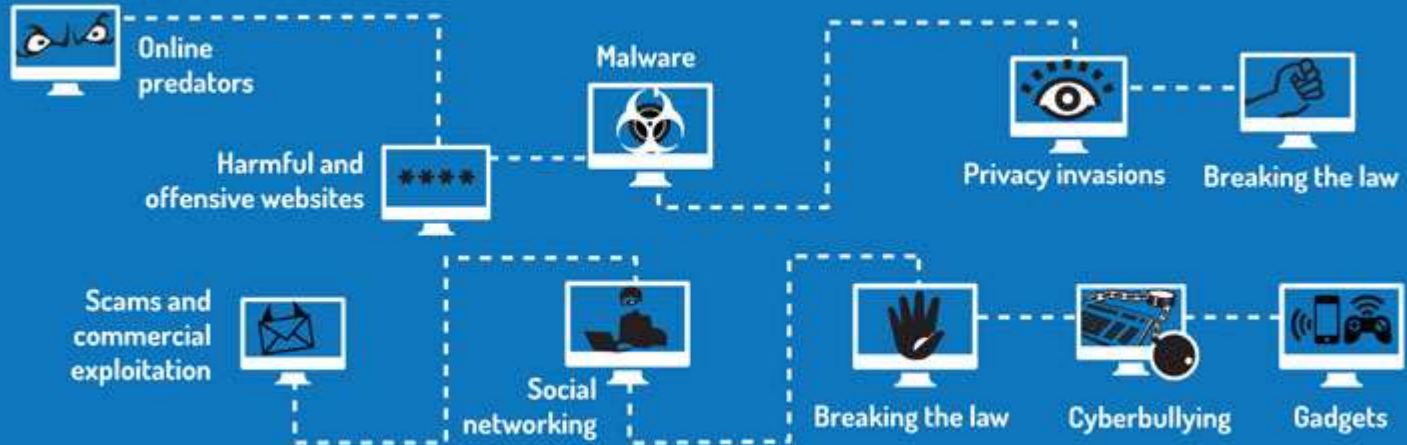


eSafety Advice for Parents

Steve Roche, Author of *Internet
and Technology Dangers*



The Dangers



Your approach to eSafety

- **Wake up** to the realities but don't panic and overreact - many parents either underestimate or don't realise how often children and young people come across potential risks
- **Take a genuine interest** in what they do - don't condemn their gadgets and what they do online
- **Understand the attraction** and why they want to spend so much time using their gadgets
- **Set rules** which are fair, agreed and workable - and stick to them
- **Learn** at least the basics

Think of eSafety as being like Road Safety

- We hold their hands when they cross
- Then we teach them but we continue crossing with them and holding their hand
- Later we let them cross the road without holding our hand but we make sure they walk beside us
- Eventually we let them cross on their own but with us watching from a distance
- Finally we let them cross the road on their own without any supervision

How to use this approach for eSafety

Follow a similar approach with eSafety

- Start by teaching an aspect of eSafety and be around while they learn
- Then gradually pull away but monitor and check on what they're doing
- When you're happy that they have got it, let them do things on their own without your supervision

The online lives of kids

- The world that children live in has changed dramatically – it is fun and exciting but has more pressures and dangers
- Children see the online world as **fun**, a place where they can **express themselves** and where they can **feel in control**
- Many children see the online world as **separate** from the real world
- They feel they are free to **be a different person** and behave in ways that they wouldn't do in the offline world

1. Screen time



- Set family rules for how much time they can spend using gadgets
- 2 hours a day should be the most
- They should come off all screens at least an hour before bedtime

Scientific studies into screen time

- Some studies show that too much exposure to gadgets can cause negative changes to the brain:
 - An area of the brain called the frontal lobe can be affected - it controls things like planning, prioritizing, organizing and impulse control
 - Another area of the brain that can be affected is the insula - this is involved in our ability to process emotions and show empathy and compassion
- Other studies show that gadgets can improve eye-hand coordination, multi-tasking, attention, working memory and quick decision-making

2. Privacy



Privacy invasions

Points children should understand:

- They shouldn't allow a person to be an online friend unless they know who they are
- Not to swear or be rude
- They should never give out personal information online to people they don't know - this includes things like their name, age, email address, mobile number, school name, sports club, things they are doing and pictures or videos of themselves

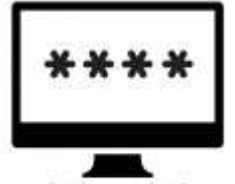
3. Cyberbullying



Points children should understand if they are bullied:

- It's never their fault
- They shouldn't believe what the bully is saying
- Don't bully that person back
- Tell an adult they trust
- Block the bully
- Keep the messages as evidence

4. Harmful and offensive websites



Harmful and offensive
websites

Make sure

- that 'safe search' is turned on for the search engine being used – you can change it in Settings
- they spell words correctly when they do searches
- that the child safety 'filters' are on for your Internet connection
- they know to talk to an adult they trust if they come across something online that worries them

5. Mobiles



Social Media & Messaging Apps

- Social networks like Instagram have a minimum age of 13
- This is because bullying can happen, children can see content which is not meant for them and because they can give away their location (for example, the Photo Map feature on Instagram)

Make sure the Location setting on their devices is set to off

6. Video Games



Video games

- Always look for the age classification of video games
- If you're not sure about the age classification for a game visit **www.pegi.info**
- Don't let children play games that are not age appropriate for them
- Be involved - play video games with them, watch over them when they play and talk with them about the games they play
- Be aware that online games sometimes enable the download of extra software that can alter the game content and the age classification of the game

6. Video Games

- Use the parental control tools of the game console
- Online games are often played with other players so make your children understand that they shouldn't give out personal details



Video games

7. Online predators



Online predators

Paedophiles use specific methods to:

- find their potential victims
- groom the children they find that match their preferences

The official definition of grooming is - *a course of conduct enacted by a suspected paedophile, which would give a reasonable person cause for concern that any meeting with a child arising from the conduct would be for unlawful purposes.*

How online predators can operate

- They try to meet children in places like Internet chat rooms and social networking sites
- They start by looking at the profiles children create for themselves - this is why children should be careful about the personal information they give out
- A paedophile might provide a false description of themselves
- Often they will try to persuade a child to add them as one of their friends
- If a paedophile knows about the hobbies and interests of a child, they are able to use that information in a sinister way

How paedophiles groom a child

- 1. Friendship** - the predator wants to be certain the person they are talking to is actually a child and matches their profile
- 2. Relationship** - conversations get more personal
- 3. Risk assessment** - the predator now tries to establish whether it is safe to progress any further
- 4. Exclusivity** - now they'll use a variety of ways to try to get the child to trust them and to keep their relationship a secret
- 5. Sexual** - conversations become more intimate, photos and videos may be exchanged and meet-ups may be suggested

General tips

- Get the necessary technology skills - do what kids do if there is something they don't know:
 - Google it or search for how-to videos on YouTube
 - See if you can work it out yourself
 - Ask someone
- Learn the jargon
- Teach your children critical thinking skills and resilience

General tips

- If your children open up to you about bad experiences on the Internet, don't overreact or blame them
- Listen and learn - find out from your child what they use the computer for and how they use the Internet
- Be understanding - remember what it was like when you were their age

The amazing possibilities and opportunities

- Technology is affecting everything we do. Jobs of all kinds will continue to be impacted by it.
- As parents, we need to make sure our children are able to thrive in this new world - so we need our children to embrace it and not be scared of technology.
- We need them to be able to understand and use technologies. But just as importantly, we need to make sure they are able to do things and create things with it and not just be passive users.

More help and information

An extra practical eSafety session can be arranged at the school where you can bring in your devices if you'd like to be shown how to do specific things.

For a **copy of this presentation** visit the Sacred Heart website or www.protection.org.uk/sacred-heart-school

eSafety Videos can be viewed at www.protection.org.uk/esafety-videos



eSafety Training and Awareness Sessions for Schools
www.protection.org.uk