Rothbury First School Safeguarding Newsletter December 2022

KEEPING SAFE ONLINE

Computing is seen as an essential area of learning. It plays an important role in the everyday lives of children, young people and adults. Consequently, schools need to build in the use of new technologies in order to equip young people with the skills they will need to access lifelong learning and employment.

At Rothbury First School, we are delighted to provide children with the opportunity to use a wide range of resources to deliver our curriculum. Whilst exciting and beneficial both in and out of the context of education. IT, particularly web-based resources, are not consistently policed and users need to be aware of the range of risks associated with the use of these Internet technologies. We understand the responsibility and importance of ensuring that the children are aware of and understand a range of online safety issues.

At Rothbury First School we have a whole-school approach to E-Safety. Children feel safe to report concerns to any member of staff. Incidents concerning e-safety are dealt with in school and parents are informed as soon as any issues arise.

It is important to realise that e-safety issues are not issues that only happen elsewhere. Any community that has online access can fall victim to criminals, whether for financial or other gain. Children in rural communities can be targeted simply because the predator may think they may not be as online-aware as other children.

Children access online services in a variety of ways. It is vital that we teach children to use these services in a responsible way to ensure that they stay safe. Please talk to your children about online safety - they will surprise you with what they know and you may learn new ways to keep yourself safe online!

ONLINE GAMES

With Christmas approaching and Santa's sack filling fast, think carefully about the games you purchase for your child.

PEGI is the standardised way of providing games with an age rating in the UK and Europe. Here, it is a legal requirement for a game to have a PEGI rating. But note: the age rating provided by PEGI is a recommendation; children under 18, for example, can't legally buy an 18+ game, but it is not illegal to play.

PEGI has five different ratings; 3+, 7+, 12+, 16+ and 18+. Ratings are assigned based on several factors: including depictions of violence, sex, swearing, discrimination, drugs, gambling – as well as in-game purchases.

So while the App store, which uses the IARC system, may rate a game as 9+ ('unsuited to children under 9'), platforms that use the PEGI system may rate the same game 7+ ('unsuitable for younger children').

Ultimately, the games you let your child use should be a decision which you make, based on what you understand of the game's content and functionalities.

It is important that children have the opportunity to explore, learn about online spaces and relationships. On occasion, they may have negative experiences or make mistakes. This is all about fostering their digital resilience – and learning the skills to manage their online spaces and experiences.

Whatever app, game, or platform your child wants to use, it's important to both understand why they want to use it in the first place, and to offer guidance and support if they *do* begin using it. Listen without judgement if they ever experience anything that makes them feel uncomfortable – and help them find solutions if there is a problem.

Thank you to those parents who were able to attend our Online Safety presentation. Feedback was very positive.

"Thank you for the E-safety morning, it was very informative. It really helped to take a step back and think about what children have access to, including gaming. It was a great informal session, looking at the benefits of the internet, and also how important it is to be aware of what our children could be innocently exposed to."

Here are some the latest findings from Ofcom's Media use and Attitudes report..

What Parents & Carers Need to Know about
THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

ONLINE LIFE
99% of children went online in 2021

Who owns a mobile phone?
- 24% of 3 to 7-year-olds
- 60% of 8 to 11-year-olds
- 98% of 12 to 17-year-olds

GAMING AMONG CHILDREN
- 18% of 3–4s
- 38% of 5–7s
- 69% of 8–11s
- 76% of 12–15s
- 73% of 16–17s

ONLINE SAFETY
42% 13+ of parents knew the minimum age requirement for using social media

90% of parents had high awareness of parental tools and controls, but only 70% use them

89% of children got online safety guidance from parents

69% of children got online safety guidance from teachers

ONLINE BULLYING
4 in 10 children were bullied. How many of them were bullied online?
- 74% of 8–11s
- 92% of 12–15s
- 84% of 16–17s

FAKE NEWS
NEWS
Save the Tree Octopus!
72% of teens said they could tell real from fake — but in tests, only 11% chose reliable identifiers that a post was genuine.

PARENTAL CONCERNS
- **4 in 10** parents were concerned about their child's screen time
- **7 in 10** were concerned about age-inappropriate content
- **6 in 10** were concerned about content promoting self-harm
- **5 in 10** were concerned about extremist content online

POPULAR PLATFORMS
What percentage of children used …
- YouTube: 89%
- WhatsApp: 53%
- TikTok: 50%
- Snapchat: 42%
- Instagram: 41%
- Facebook: 40%
- FaceTime: 32%
- iMessage: 15%
- Zoom: 14%
- Twitter: 13%

National Online Safety
#WakeUpWednesday

Sources: https://www.ofcom.org.uk/__data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf

SOCIAL MEDIA AND LIVE STREAMING

Age groups	Children who use live streaming apps	Children who use social media
3 to 4-year-olds	32%	21%
5 to 7-year-olds	39%	33%
8 to 11-year-olds	54%	64%
12 to 15-year-olds	73%	91%
16 to 17-year-olds	79%	97%

www.nationalonlinesafety.com   @natonlinesafety   /NationalOnlineSafety   @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.04.2022

Online safety tips for parents of pre-school children
0-5 Year Olds

25% of parents of 4-5-year-olds are concerned about the time their children spend online

Source: Internet Matters Screen time report: Look both ways 2018
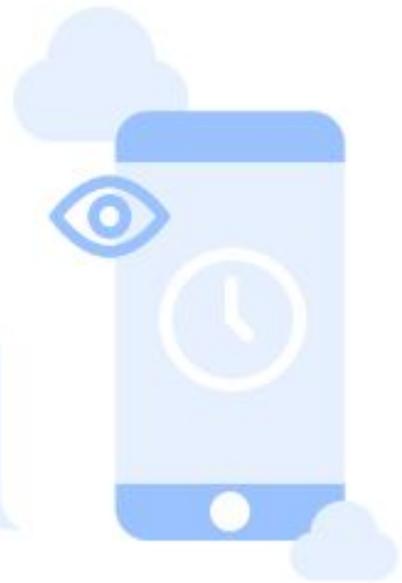
Checklist:

Put yourself in control

Make use parental controls available on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.

Search safely

Use safe search engines such as swiggle.org.uk or kids-search.com. **Safe search settings can also be activated on Google and other search engines** as well as YouTube and it is possible to lock these so that they can't be inadvertently removed. You can find out more by visiting the Google Safety Centre. Once you've put all of these controls in place have a browse and search for a few things to see what your children might see, if they were to do the same. Remember that voice-activated search works really well now.

Set boundaries

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a shared spaces like a lounge or kitchen. Make sure to keep other devices out of reach and use passwords so they can't go online without asking you first. It's also a good idea to have tech-free mealtimes and not to allow children to have devices in their bedrooms at this age.

Explore together

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites and apps you've chosen.

Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them. **Choose a variety of safe and educational online games and apps to play with your child** so that you'll feel more comfortable with them exploring. Make use of websites and platforms designed specifically for pre-schoolers like CBeebies, YouTube Kids, Nick Jr, and use age ratings and reviews in the app store to check app suitability.

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big online safety issues.

Online safety tips for parents of primary school children 6-10 Year Olds
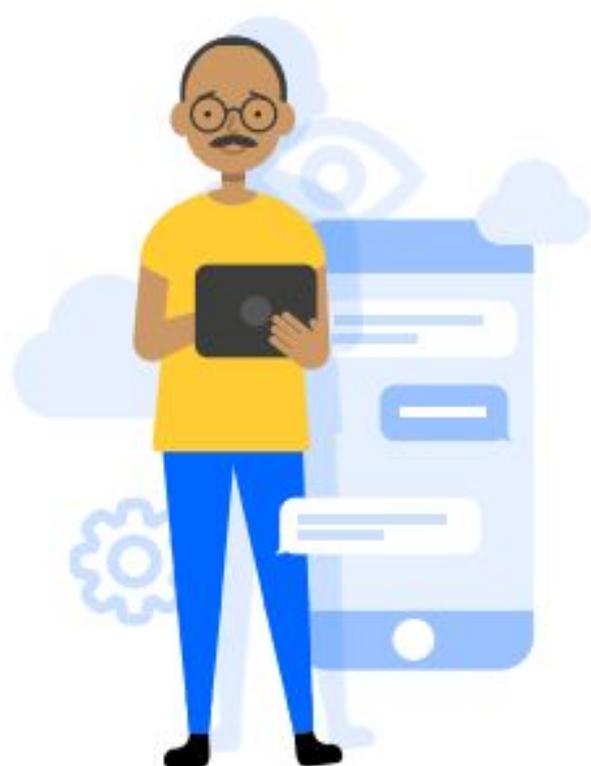
Checklist:

Agree on boundaries

Be clear about what your child can and can't do online – where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

When you do give them their first device make sure that it is set up appropriately for them with the right parental controls in place. It's a good idea to **introduce tech-free meal times** and encourage them to **keep phones out of the bedroom at night** to help them build a healthy screen time balance.

Put yourself in control

Set parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Explore together

The best way to support your child online is to **talk to them about what they do online** and what sites and apps they like to use. Be inquisitive and ask them to show you their favourites to check they're suitable.
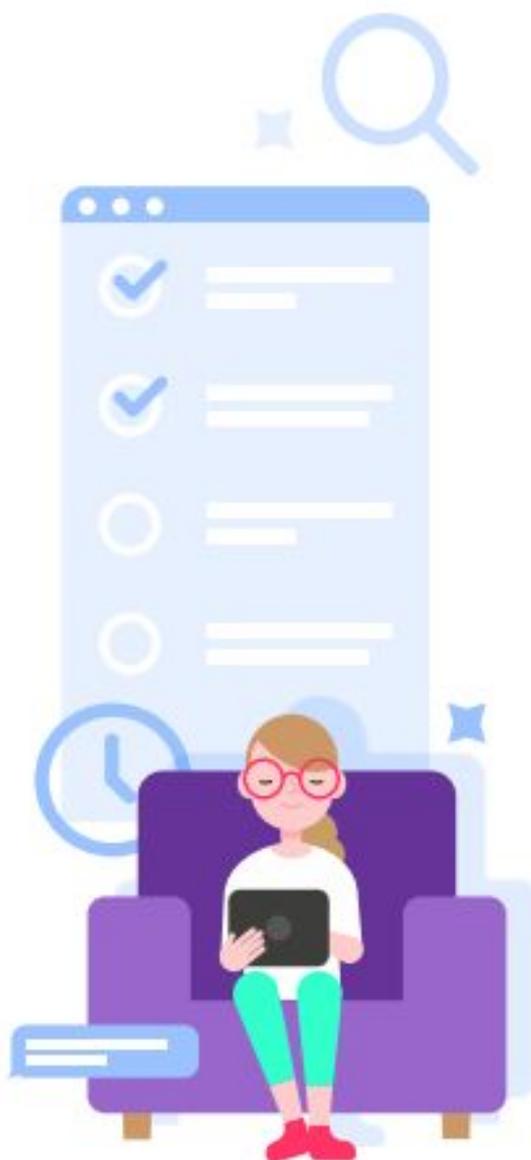
Search safely

If you let your child search independently, **make sure safe search is activated on Google and other search engines**, as well as restricted mode on YouTube. You can set your default search to one designed specifically for children, such as Swiggle, and can save time by adding these to your Favourites.

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. **For example, the minimum age limit is 13 for several social networking sites**, including Facebook, Instagram, Snapchat and TikTok.

Make use of platforms and services designed with children in mind like CBBC, YouTube Kids, Sky Kids, BBC iPlayerKids. Although sites aimed at under-10s like Spotlite (Formerly Kudos) also have social networking elements. See other similar social networking sites built for kids in our 'Social networks made for kids' guide.

Stay involved

Encourage them to use their tech devices in a shared space like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Talk to siblings

It's a good idea to talk to any older children about what they're doing online and what they show to younger children. **Encourage them to be responsible and help keep their younger siblings safe.**

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big online safety issues.

37%
of 5-7 year olds have their own tablet*

63%
use a tablet to go online*

*Source: Ofcom Children and parents: Media use and attitudes report 2019

Learn about it:
Teach your child some simple rules

- Make sure your child knows **not to share personal information** like their phone number or email address online.

- Encourage them to **only talk to real-life friends or family** if they are on sites with a social media or chat element like Roblox.

- **Use privacy settings** wherever they exist to keep their information private - help your child to set these up. Remember that the default on many sites is public.

- **Be a good online friend** and don't say nasty things even if it's just a joke.

- Direct them to use **secure and legal sites to download** music and games to avoid experiencing the risks associated with streaming content from unauthorised sites. Visit our 'Dangers of digital piracy' advice hub more advice.

- Advise them to **Check attachments and pop-ups for viruses** before they click or download anything and ask if they aren't sure. You can set up their phone/tablet so you need to grant permission before they are able to download an app or game.

- **Encourage them to use Public Friendly WiFi** when they're out and about to filter inappropriate content but also use the parental control tools on the device just in case they do connect to an unfiltered WiFi - the most likely place for this to happen could be at a friend's house.

- **Help them to better understand the different online platforms they use** and judge the quality and reliability of online resources. Take a look at our fake news and misinformation advice hub to help children spot, and stop the spread of fake news online.
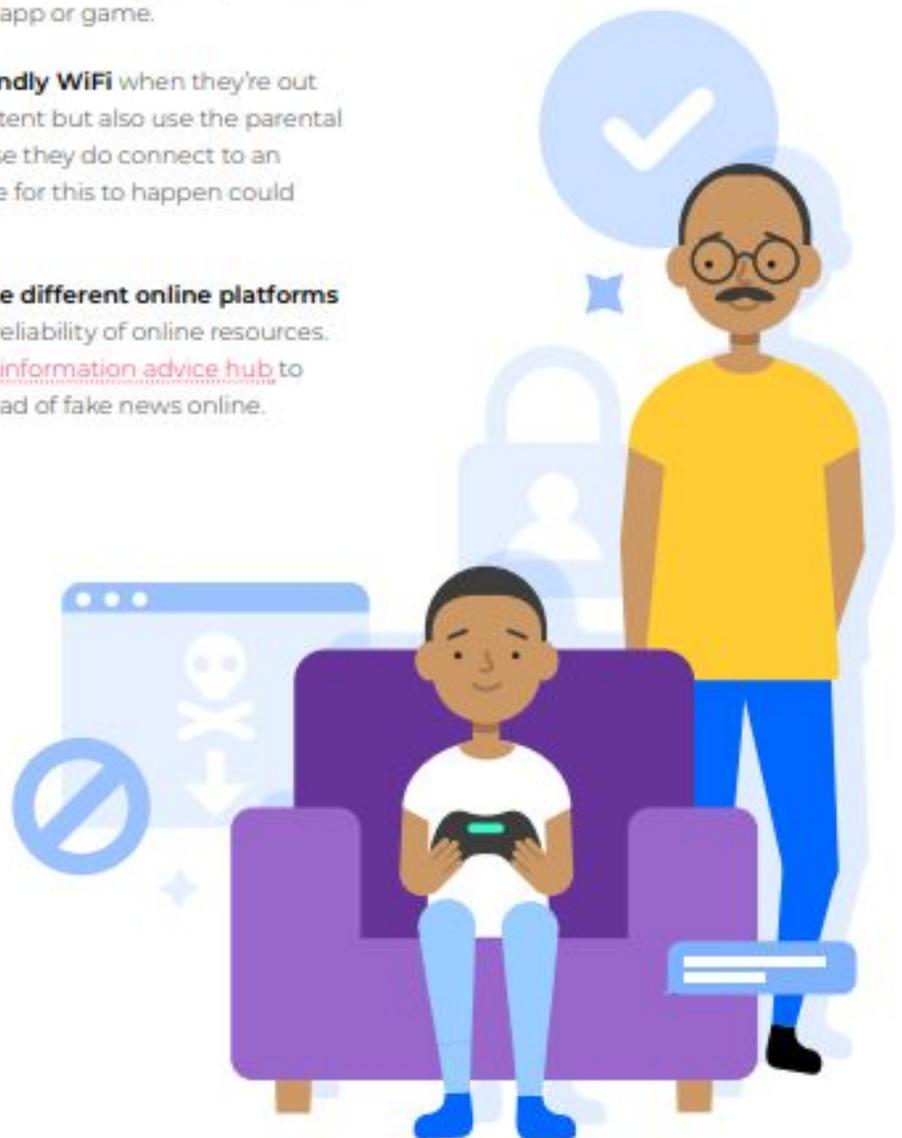
Talk about it:
Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school. **Try to de-personalise it by asking their opinion on a current news story** that relates to an online issue.

- **Be proactive - don't wait until something has already gone wrong** - discuss issues ahead of time - knowing what children of a similar age are doing will help you know more about the environment that your child is living in.

- **Ask them for advice on how to do something online** and use this as a conversation starter.

- Make sure they know they can come to you if they're upset by something they've seen online - **listen to them when they do and try not to overreact** - the important thing is that they have come and told you!

- **Be sensitive and praise them** when they share their online experiences with you.

- If your child comes to you with an issue, **stay calm and listen without judging them.**

- **Talk about online grooming as you would stranger danger** and explain that people they meet online might not be who they say they are.

- Ask them about things online which **might make them (or others) uncomfortable.**
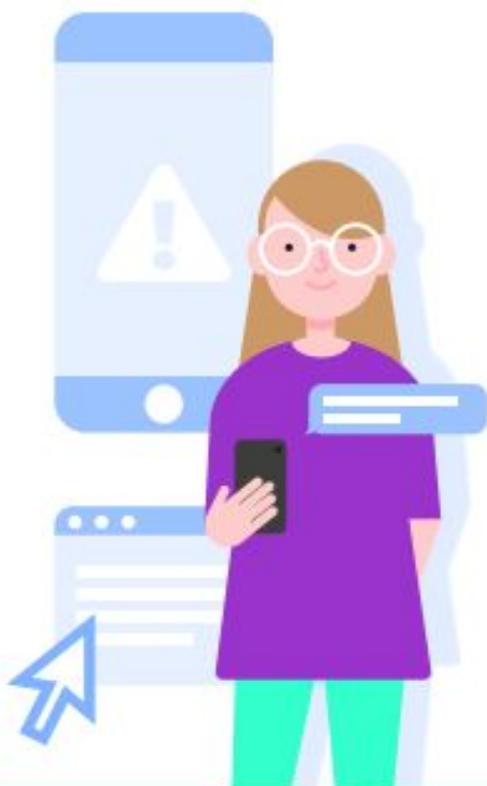
Deal with it

You can find out where to get help and advice on the Report issue resource page of internetmatters.org, where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at internetmatters.org/ageguide10-13