

St Bede's E-safety workshop 31st January 2023

Useful Links

NSPCC Online safety guides for parents

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>

PEGI Ratings website

<https://pegi.info/parental-controls>

BBC Own It – General online safety advice for children and parents

<https://www.bbc.com/ownit>

Protect Young Eyes – Info on setting up parental controls

<https://protectyoungeyes.com>

NSPCC – Info on setting up parental controls

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

NSPCC – Talking to your child about online issues

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

NSPCC – resources for use at home with SEND children

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/>

Internet Matters – general internet safety advice for parents.

<https://www.internetmatters.org/>



How to build a good online reputation

Tips to help kids create a good digital footprint

Teach them the difference between public and private information online

Review their privacy settings on the platforms they use to **make sure they stay in control** of who has access to what they share.

It's important to make the point that if it's online there is the potential that the world could see it so **'Thinking before posting' is key.**

Encourage them to keep it positive online

Actions online can have a real world consequences - **share real stories** to help them understand the power of being positive online.



Make sure they know how to report abuse

Together get familiar with the reporting and blocking settings available on the platforms they use to screen out any abuse that breaks a platform's community guidelines.



Empower them to be themselves online

Encourage children **not to hide behind anonymity** online and be tempted to say or do things they shouldn't. Use examples to highlight the power of being real online and developing their passions to create a positive digital footprint.



Encourage them to do a search on their name

Make sure they are aware of the information that future employers and teachers may see and take a call to remove anything that is unpleasant or incorrect.



Make them aware that they can recover from mistakes made online

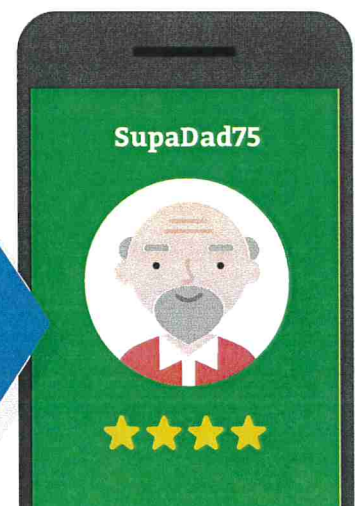
Let them know that if they make a mistake by posting something they shouldn't **there is always a way to deal with it** and give them support to make smarter choices in the future.

Highlight the importance of choosing respect

Talk to them about **respecting other people's privacy and viewpoints** even if you don't agree with them.

Be the example they can follow

Let your child see how you interact online to **learn how to be kind and make safer choices online.**



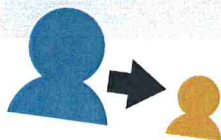
internet matters.org

Online Grooming

What parents need to know

internet
matters.org

Grooming is when someone seeks to build an **emotional connection with a child** to gain their trust for sexual purposes. It happens both online and face to face.



What is online grooming?

Children may often meet people through **social and gaming sites** that aren't who they say they are so it's important to discuss the risks with them.



Once groomers have gained a child's trust they **may encourage them to share** sexual images, or videos of themselves, live stream, or arrange to meet.

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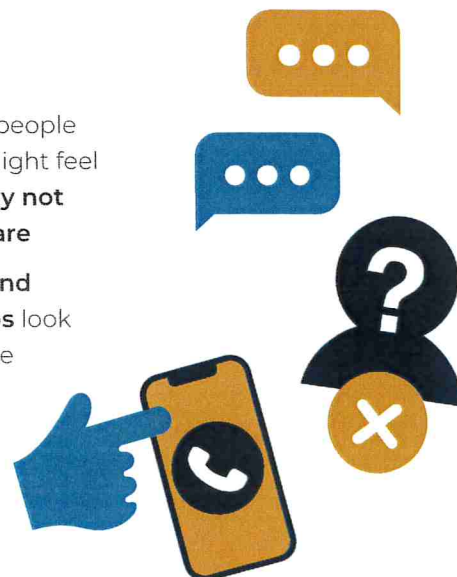
Groomers are **not always strangers** and sometimes children may not be aware that they are being groomed **believing they're in a relationship** with the person.

Ways to protect your child

Talk about it

Although a tricky subject to talk about with your child it is important that you start a conversation

- Show them where to get help if they are concerned and to **talk to you or a trusted adult** for support
- **Spend time discussing** where they interact with friends online and how and what they share with others
- **Explain how easy it is to pretend** to be someone else online, and why an adult may wish to approach them
- Remind them that the people they have met online might feel like friends but they **may not be who they say they are**
- Discuss what **healthy and unhealthy relationships** look like to make them aware





Tools to keep them safe

Encourage them to **make use of privacy settings on the social networks and platforms** they use so they stay in control of who can see their content.

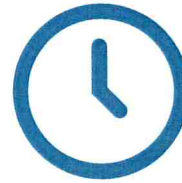
For younger children **use our parental control how-to-guides** to set the right controls across devices, platforms and internet connections.

Spotting the signs

Recognising the signs of online grooming can be hard because it can happen at home and groomers often tell children not to talk to anyone about it.

There are a number of signs to be aware of (although a lot of them are quite common among teens), but look out for increased instances of:

- wanting to spend **more and more time** on the internet
- **being secretive** about who they are talking to online and what sites they visit
- **switching screens** when you come near the computer
- **possessing items** – electronic devices or phones – you haven't given them
- **using sexual language** you wouldn't expect them to know
- becoming **emotionally volatile**




Steps to take if it happens

If you are concerned that your child is being targeted by an online groomer here are a few actions you can take to protect your child:

- **Report it** to the authorities
- **Reassure them** it's not their fault
- **Seek support** from the National Crime Agency's CEOP command for support
- **Contact Childline** - 0800 1111 or the **NSPCC Helpline** on **0808 800 5000** for one-to-one support
- **Report any sexual abuse images** to the Internet Watch Foundation



 www.internetmatters.org

 [InternetMatters](https://www.facebook.com/InternetMatters)  [internetmatters](https://www.youtube.com/internetmatters)

 [@im_org](https://twitter.com/im_org)  [@InternetMatters_org](https://www.pinterest.com/InternetMatters_org)

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matters.org**