



ONLINE SAFETY

St Mary's Catholic Primary School



HOW WE CAN² KEEP OUR CHILDREN SAFE ONLINE

- Peer pressure for children and adults
 - Social media age restrictions
 - Parental controls

Staying safe online requires us as adults to understand what we are letting our children do when they are connected to the internet.

Online doesn't just mean searching on google it also accounts for the safety of children using whatsapp, playing roblox, Minecraft or any other game that needs the internet. It also includes watching video's on Youtube and social media apps such as TikTok, snapchat, facebook, Instagram and many more.

PEER PRESSURE FOR CHILDREN AND ADULTS

“all my friends have it”

Peer Pressure for children

Children will receive peer pressures in different ways:

Some will feel that just by hearing their peers saying they have an iphone that they need one

Some children will be directly asked if they have a phone, and if they don't, why don't they

Some children will feel that they are being excluded from social opportunities because they don't have a phone to be involved in the latest group chat.



PEER PRESSURE AS PARENTS/CARERS

- Peer pressure is not just considered as children being encouraged to do things because others are doing it. Peer pressure is also us as parents/carers feeling pressured to allow something because you know your friend lets their child, or you know others in your child's class are allowed to do it.
- As the adults we need to show our children that we don't do something just because others are doing it, and that we don't need something, like an app or device, just because someone else we know has it.
- Peer pressure and parental pressures are constant, but for the safety of our children, we need to follow what we know to be right. When they are asking for Instagram (age restricted to over 13's) we know it is illegal to input the wrong data to pretend they are 13 so will we as adults and parents teach our children that is okay, or should we say no?

SOCIAL MEDIA AND AGE RESTRICTIONS

“websites and applications that enable users to create and share content or to participate in social networking”



Based on the definition of social media being “websites and applications that enable users to create and share content or to participate in social networking” This will include many games and apps you would not usually think of as social media.

SOCIAL MEDIA



Fortnite has a chat facility



Roblox has a chat facility



It's not all dances and trends



chat disappears

SOCIAL MEDIA

- **Roblox** is a popular online gaming platform that allows users to create and play games, chat with others, and customize their avatars. However, Roblox also poses some dangers for children, such as:

- Cyberbullying from other players
- Online predators who may try to lure or exploit them
- Inappropriate or adult content in some games
- Simulated violence or horror that may affect their mental health
- Online scammers who may hack their accounts or steal their money

Fortnite is a free game for children over the age of 12 years old! It is a game that revolves around killing and violence, and in app purchases. The game also has a chat function where anyone can speak to anyone. The risk associated with Fortnite are:

- Exposure to violence
- In-game purchases
- Exposure to inappropriate content
- Negative impact on physical and mental health
- Social anxiety

SOCIAL MEDIA

Snapchat is a popular social media platform that allows users to send and receive photos and videos that disappear after a few seconds. However, Snapchat also poses some dangers for its users, such as:

- Contact from potentially harmful strangers
- Seeing inappropriate content
- Endless scrolling or doom scrolling
- Bullying, harassment or hate from both friends and strangers
- Negative mental impacts such as anxiety, loneliness, and depression

TikTok is a popular app that allows users to create and share short videos, but it also poses some dangers such as:

- Increasing your digital footprint and making you more vulnerable to phishing attacks, stalking, and future career obstacles
- Exposing you to inappropriate content that may not be suitable for your age group or preferences
- Subjecting you to online bullying and harassment from other users who may have malicious intentions
- Encouraging you to participate in dangerous trends that can be life-threatening or harmful to your health and once again your mental health

AGE RESTRICTIONS.

SOME ARE RECOMMENDATIONS AND
SOME ARE LAW.

Fortnite: 12 years old

Whatsapp: 16 years old

Roblox: 13 years old

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Facebook: 13 years old

Snapchat: 13 years old

TikTok: 13 years old

Instagram: 13 years old

To have a YouTube channel you must be aged 13. However, to watch videos there is no age restriction. This does not mean that your child is safe to watch you tube this means quite the opposite. The videos are only restricted as 18+ therefore the content your child can view can be extremely concerning and inappropriate.

IF AGE RESTRICTIONS ARE IN PLACE, IT IS FOR A REASON.

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It is important to consider who and why the age restrictions have been created. The app developers have either stated the restriction themselves or been advised of the age restriction.

The app developers could ensure no age restrictions to make more money, but they don't. Equally if they state age 12, they do not need to consider if content is appropriate for our children below 12. So, these apps will not be filtered to 9 years olds viewing appropriation.

Parental Controls

Parental controls are features that allow parents to restrict the access of content to their children. They are available on digital television services, computers, video games, mobile devices, and software. The most common and useful parental controls do the following:

- Block certain websites, apps, and search results
- Control online access at certain hours of the day
- Set time limits for screentime

Parental controls can be used on mobile phones and tablets to restrict access to certain material online. Some providers offer different levels of control that you can change based on the child's age. Vodafone, O2, Three and EE all provide free parental control services. For younger children, in particular, controls are recommended on their devices to keep them safe. Carers should talk to children about the sort of things which are suitable for them to see.

Installing parent protection apps on a child's smartphone or tablet can help carers keep track of what they're getting up to. Features vary from app to app, but they include things like:

- alerting you if the child tries to access a blocked site;
- keeping a record of text messages they send and receive.

Parents can also set times when the device can and can't be used. For example, a child's smartphone or tablet can be blocked during school hours and overnight. It is important to strike the right balance between keeping an eye on children and giving them the independence and freedom to explore. Simply sheltering them from the online world might not help them in the long run. They need a chance to learn how to behave online and find out what's out there.

All mobiles, tablets and computers have parental control settings, which can differ between devices, these include:

- allowing or disallowing in-game or in-app purchases
- settings such as location settings and what information your child is sharing
- wellbeing settings to help with limiting screen time.

The following parental control apps are deemed some of the best available:

- Qustodio
- Net Nanny Parental Control
- Norton Family
- Family Link

Home internet providers can offer parental controls for your family. You can:

- use a filter from your internet provider to control the content that you and your family see. Some providers allow different settings for each user
- set up any device connected to your home broadband. How you do this depends on your provider and you'll need to access your home router. You can ask your internet provider for help setting this up. Remember that this only affects your child accessing the internet through the WiFi. This does not protect them when using 4g or connecting to other people's WIFI.

Most games consoles have internet access, which means your child can go online and chat with other players or make in-game purchases. On many consoles there are parental controls which allow you to manage which features are available to your child. On some devices you can:

- turn off chat functions to stop your child from talking to people they don't know
- restrict games based on age

Long lists of Don'ts

- don't communicate with strangers
- don't share personal information online
- be careful of images you are sharing online and never in school uniform
- question why an older person/people are showing you so much interest in you
- set social media profiles to private
- only allow friends to view your profiles
- don't share your passwords with friends
- turn off location settings when using apps and games
- not everything on the Internet is trustworthy
- only play age appropriate games
- do not live stream – you can't edit a live stream
- make sure GhostMode is turned on when using Snapchat

Take the time to think about what you do want you child to do on the internet or on their phones. Ensure they understand this.

If we are listing off all of the things that they must not do and this list outweighs the things they do need to do then do they need it or can it just be for an hour a day?

THANK YOU

Kristina Florez
Pastoral Support

My final words: Please consider the impacts of allowing your child to have their phone in their bedroom overnight. Even as an alarm. Temptation...

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