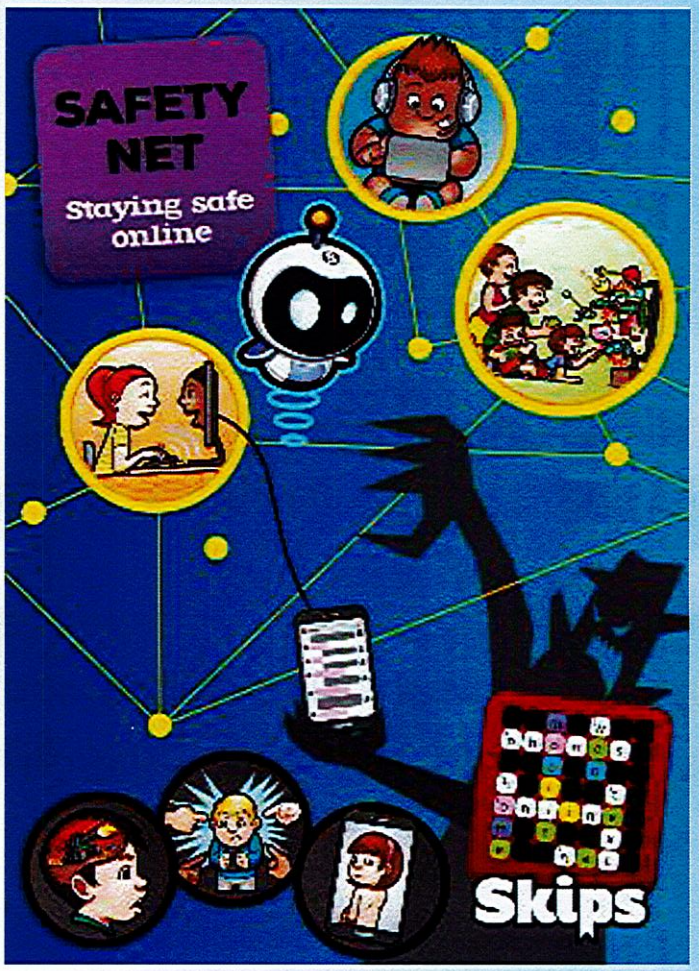
Safety Net

Parents session notes



Skips Safety Net

You should have a Safety Net book



Designed to help parents confidently share all the learning and knowledge gained from the session with children at home

Start the process of having open and honest discussions on tricky topics and how to stay safe

Skips Safety Net

What's happening?

- Nearly all of what children do online they do outside school
- Schools alone can not help children to stay safe online.
- Children often spend too long on social media and online gaming (addiction – it's a drug)
- Their physical and mental health suffers, too tired to learn, self harm, suffer from depression.
- Children are not having the opportunity to have open discussion offline about their anxiety and issues that come from what they really see, online.

Skips Safety Net

The Internet is great!



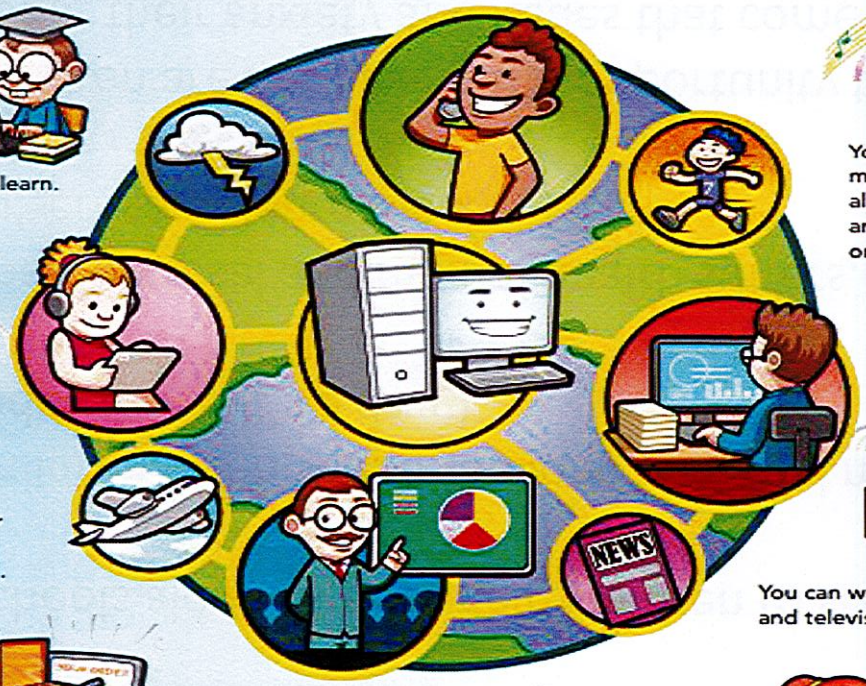
'Online' means connected to the Internet

The Internet has some great advantages

The Internet is part of our everyday lives at home and at school making it possible for us to do amazing and fun things.



You can learn.





You can listen to music. You can also 'download' and store music onto your device.



You can play games with other people from around the world.



You can watch films, videos and television programmes.



You can buy and order things. This is called 'online shopping'.



You can look at websites for information. This is called 'browsing'.



You can chat with people, share pictures and messages. This is 'social media'.

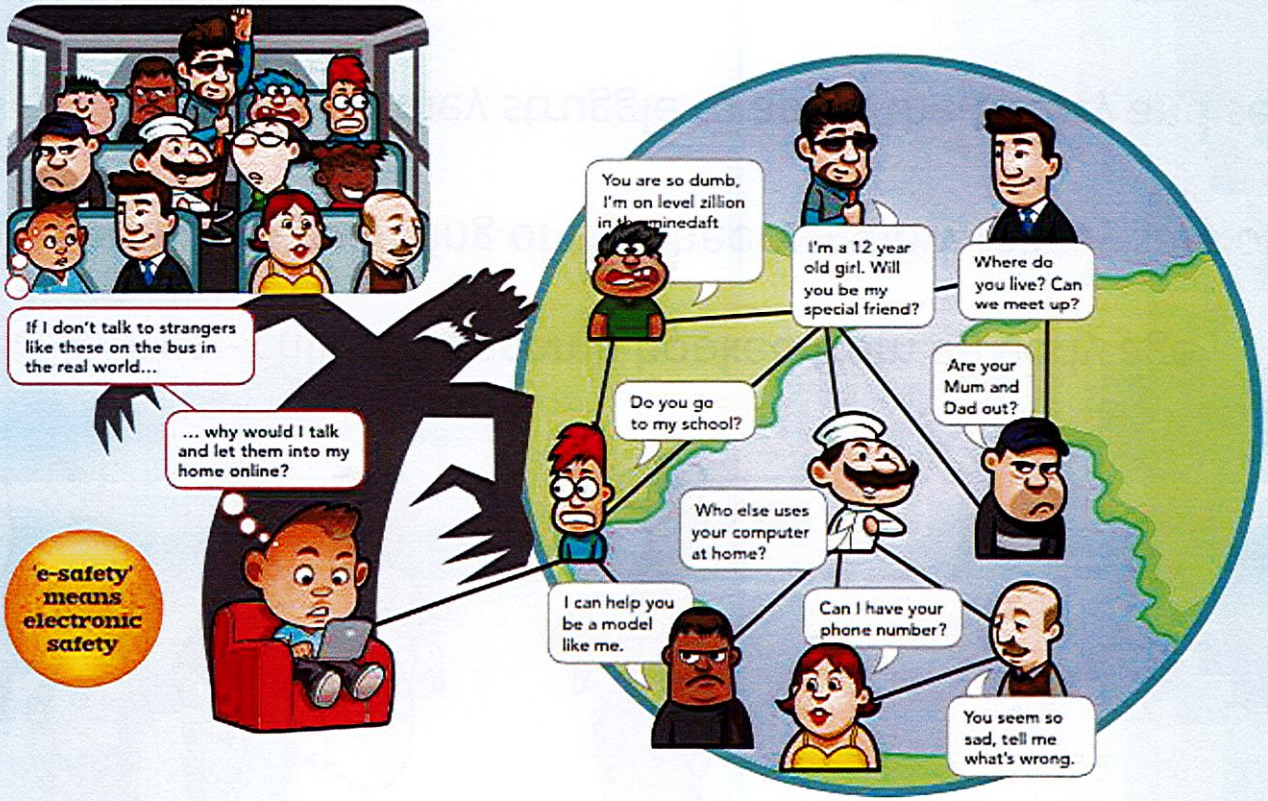


Children grow up with the internet

For many grown-ups, it just appeared

Skips Safety Net

So – what is real the problem?

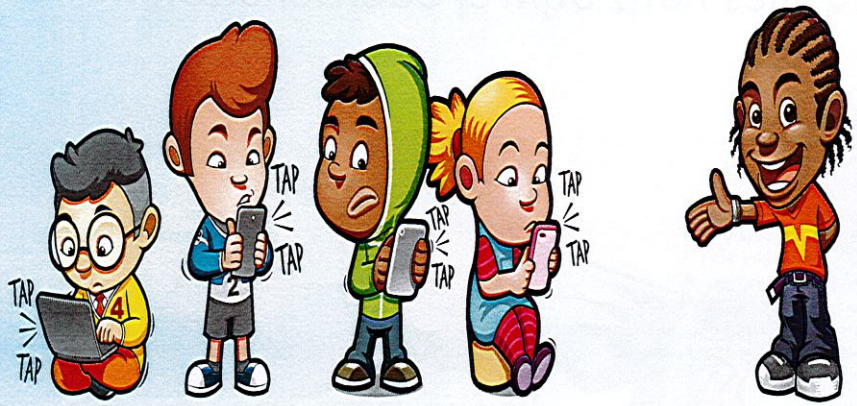


Not everyone is who they say they are and some are E-Vil

Children haven't yet got the life skills needed to recognise the real dangers

Skips Safety Net

Electronic gadgets – the cheap babysitter



It becomes a drug - children become hooked from an early age

In school - good understanding of the theory in how to stay safe online

At home – unsupervised , they struggle to apply the theory and see risk

Skips Safety Net

Stranger – Danger!



What is a stranger?

A stranger is anyone you don't know. A lot of people on the Internet are strangers and some are nasty like E-Vil, pretending to be someone they are not.





People can be E-Vil on the Internet









If you do not talk to your child, someone else will

Skips Safety Net

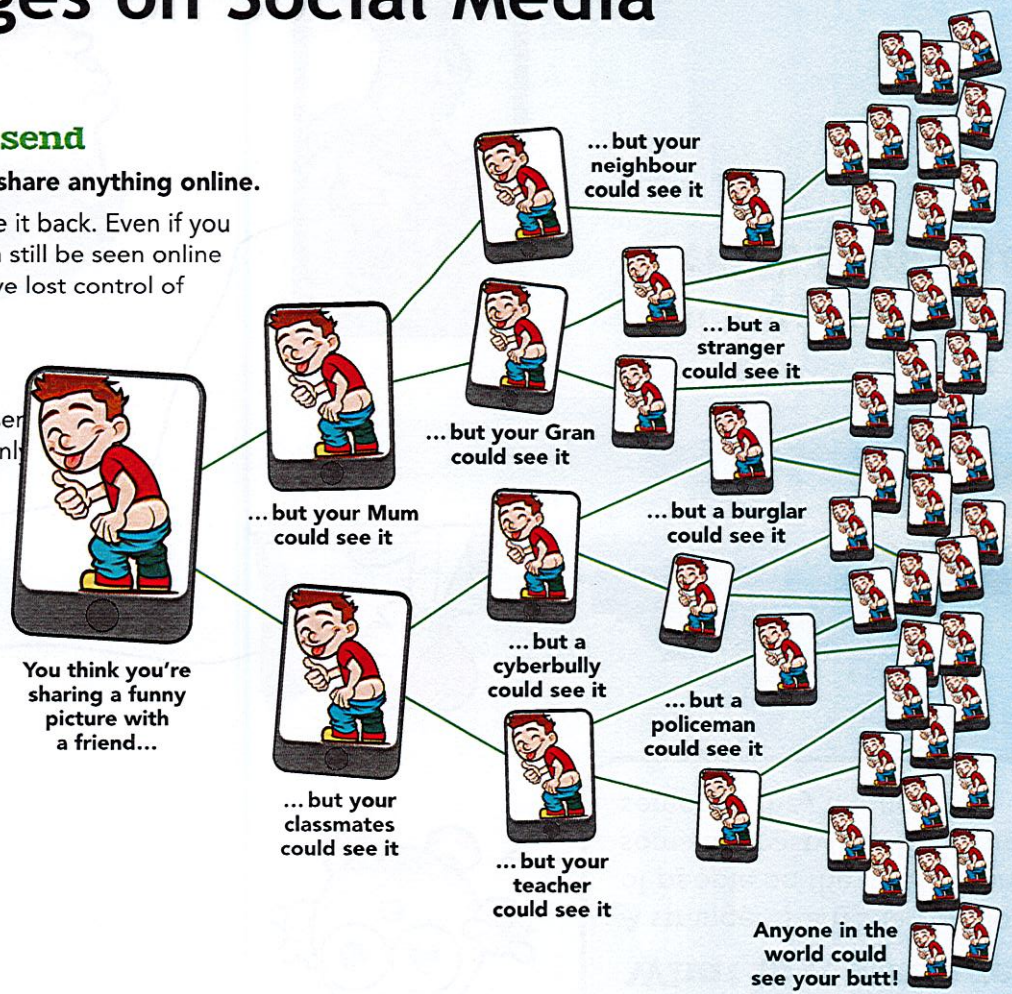
Sharing images on Social Media

Think before you send

Think carefully before you share anything online.

Once it's gone you can't take it back. Even if you delete it, what you share can still be seen online somewhere else and you have lost control of who can view it.

Many people could see it including your family and everyone at school. Do not ser could embarrass you – not onl now, but it also could harm you in the future when you apply for big school, university or a job. People can check back to see what you were like.



Internet Watch Foundation

98% of publicly available livestreamed child sexual abuse images involved children aged 13 and under;

Skips Safety Net

Once shared- you lose control of it !



NSPCC: I saw your willy

https://www.youtube.com/watch?v=z1n9Jly3CQ8

Skips Safety Net



Sexting and Cyberbullying criminal actions





If your child is over 10 and has or sends an indecent image of someone under the age of 18 , it is a criminal offence

- The police can get involved
- Your child can get a criminal record





Skips Safety Net

Parent guide

Make it safe to talk



Children try to manage situations themselves if they feel they may be **banned or shouted at**

Always discuss regularly with them what they do online and who with

Regularly remind them to think before they share.

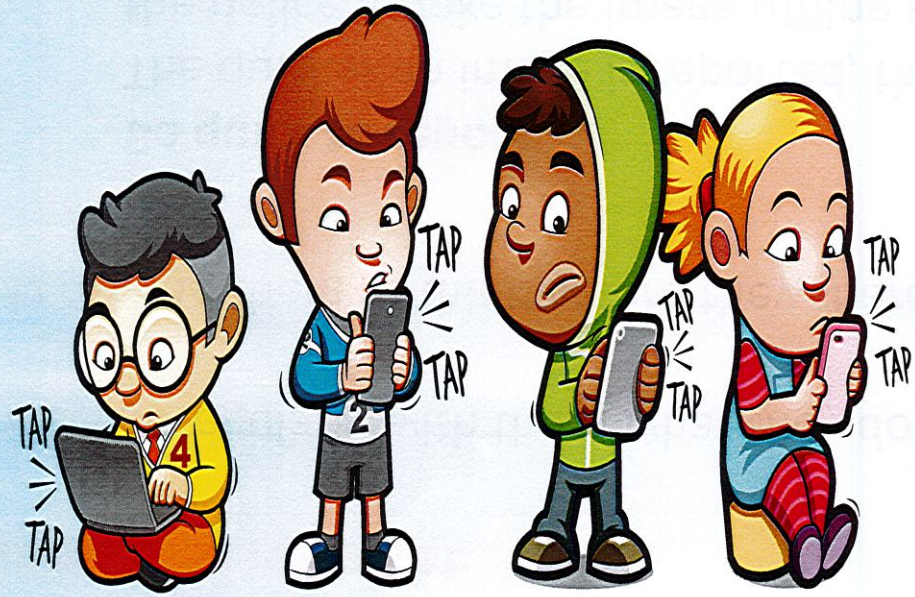


Be quick to report

The quicker an image is reported, the easier it is for internet platforms and the police to take the image offline and stop it being shared. Parental supervision, communication, education and guidance is your safety net.

Skips Safety Net

Left alone - everything they see and read they will start to believe





Children will start to educate themselves and think its normal
Especially with social media

Skips Safety Net

Social media - the influencer



Social media can very quickly poison and negatively influence young minds

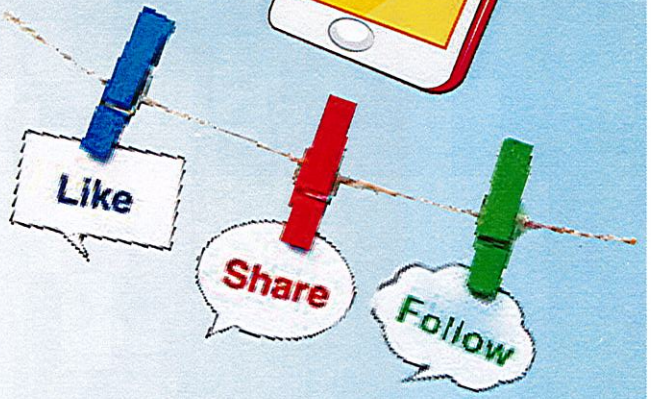
Everyone wants to be a You Tuber, an Influencer, a gamer

Newspapers and tv, a lot is censored and controlled

On the internet it is not

An influencers aim is to build their fan base





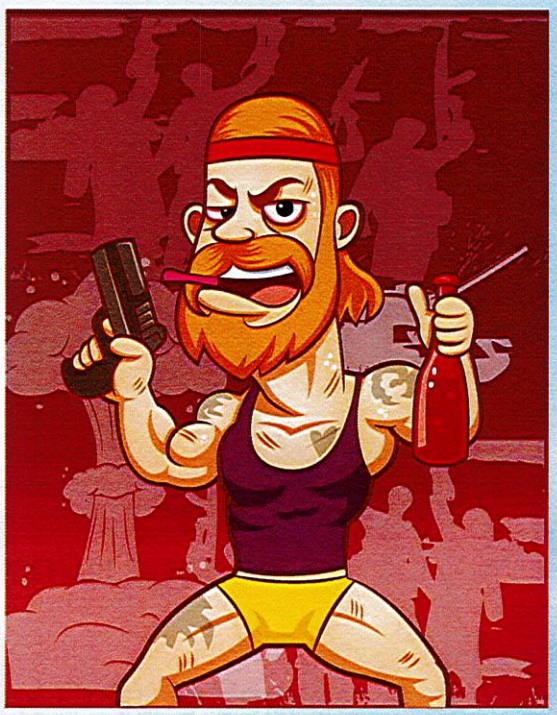




Skips Safety Net

Some influencers can be poor role models

- Fake news
- Exaggeration
- Scaremongering



Young people are very likely to come across many different types of influencers









Leaving young children alone, online in their bedrooms is like letting strangers into your home without parents realising

Skips Safety Net

Everyone wants to be on the camera

There is a likes culture - feel they need to respond

- Seeking validation
- Positive comments
- Complements

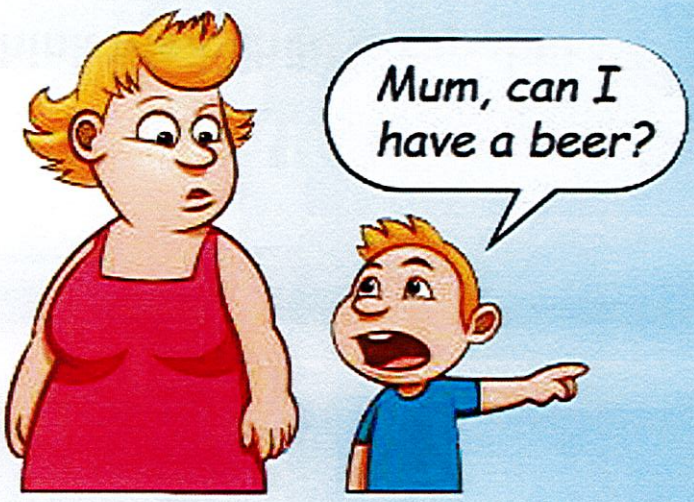
Can lead them to create risky behaviour

Parents are mostly unaware or maybe they don't think their child is capable

Skips Safety Net

Social media have age ratings for a reason!

	Minimum Age
Snapchat	13 years old
Instagram	13 years old
TikTok	13 years old
YouTube	13 years old
Facebook	13 years old
WhatsApp	16 years old



Most **social media** platforms require users to be of a minimum age to use their services. Lying about age and providing false information is very common among children. Unfortunately many parents are aware this is happening

Skips Safety Net

Parent guide

Make it safe to talk

Children can be exposed to unsuitable viewings : Strangers, Violence, Sexual , Bad language etc



If your child follows an online influencer , then you do the same
Follow your child.

Always let your child know that they should never purchase or subscribe to anything online without gaining your permission first or arrange to meet someone who they have met online.

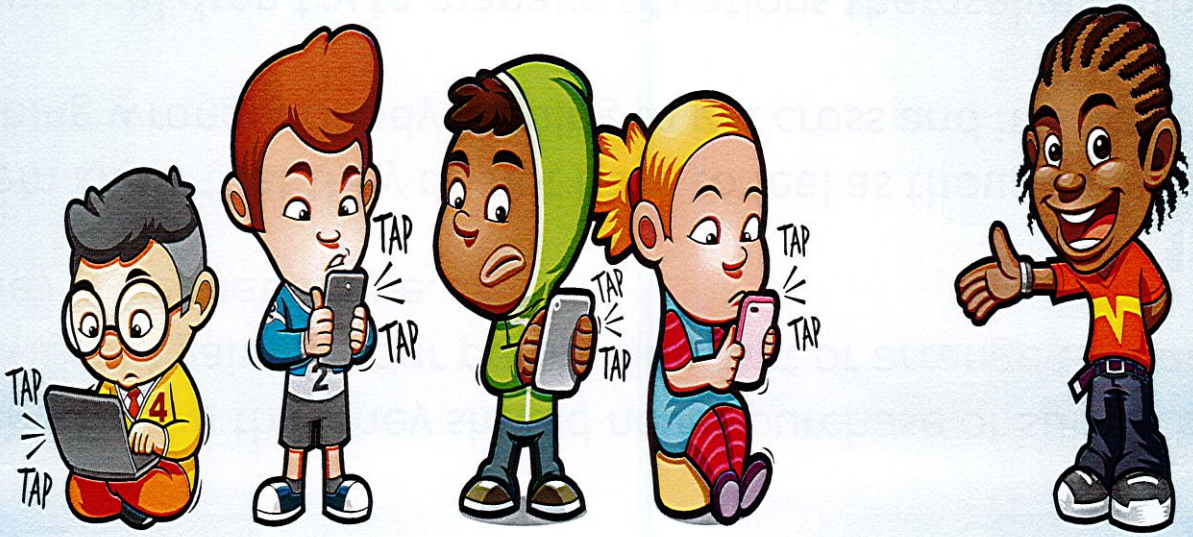


Let them know that they do not have to feel as though they have done something wrong, nobody is going to get cross and it is not their fault

Otherwise children try to manage situations themselves if they feel they may be **banned or shouted at**

Skips Safety Net

By Mistake



Trusting children to be responsible cannot prevent them from seeing unsuitable content

Much of that content is delivered to children without them actively looking for it.

Skips Safety Net

Parental Controls and Privacy Setting

Virgin Media Web Safe

What specific content can I restrict?



They can be very effective tools to help reduce the risks

However they are not 100% effective

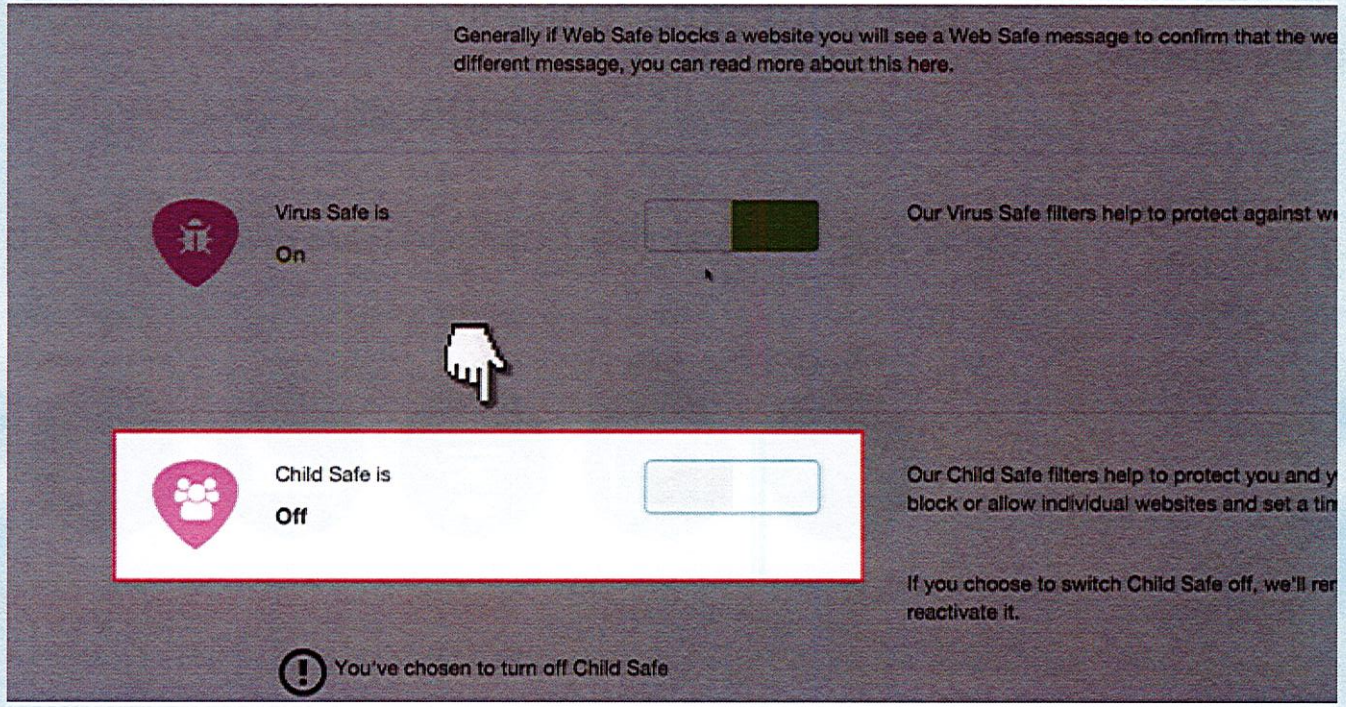
Parental supervision, communication, education and guidance is your safety net.

YouTube Restricted Mode

Google SafeSearch

Skips Safety Net

Speak to your provider

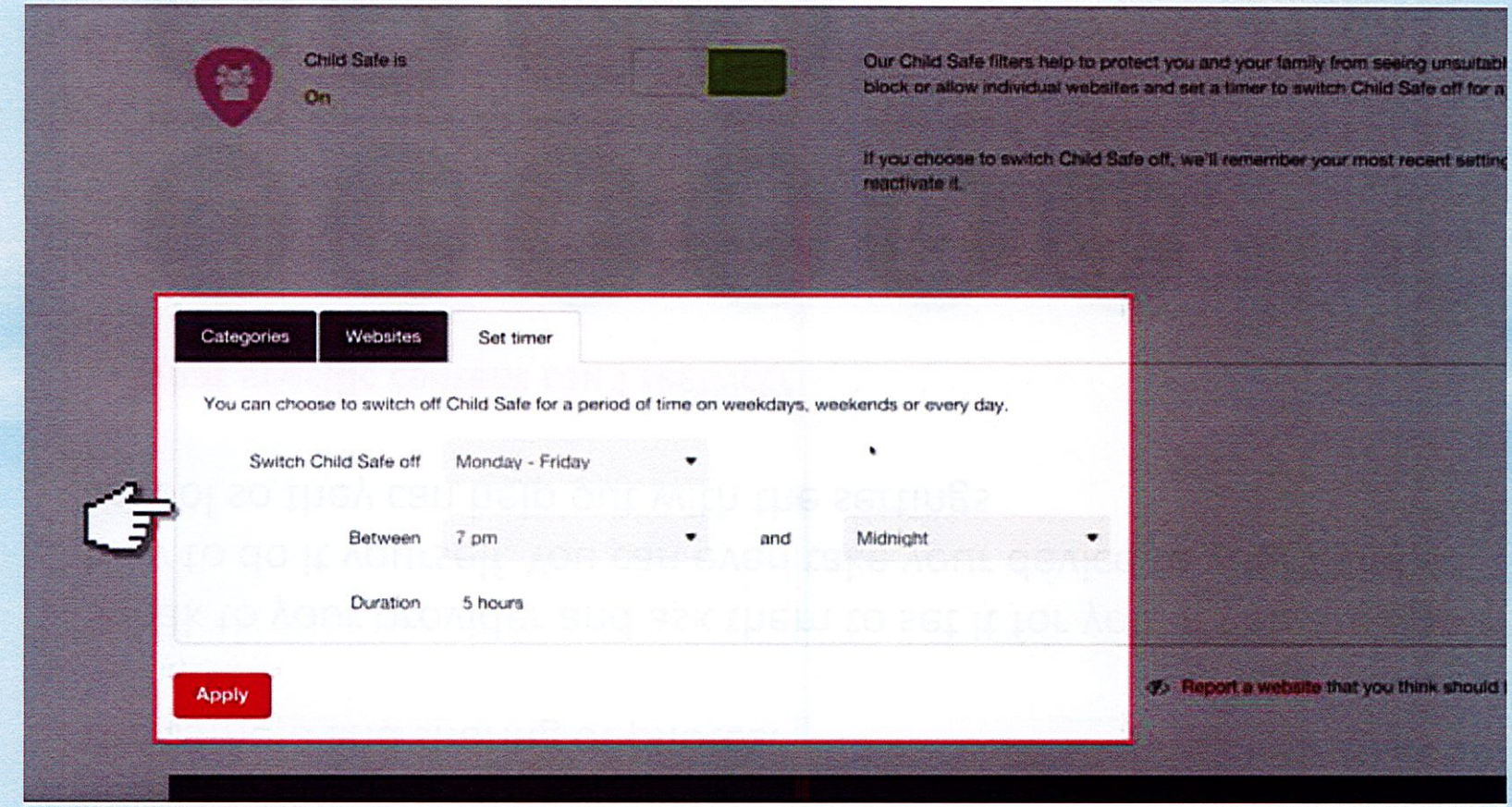


They will give you all the help you need . They can talk you through the actions and setting of passwords or do it for you

Tell them you have a young child and concerned about them being exposed to content, language and advertising that is not appropriate

Skips Safety Net

You can add timing restrictions allowing children to only use the internet at certain times of the day.



Skips Safety Net

Mobile Phones and iPad

You can stop your children by blocking access to sites, limit access to the camera and sharing of photos.

Speak to your provider and ask them to set it for you, if you are unsure how to do it yourself. You can even take your device to your child's school so they can help out with the settings



Skips Safety Net

Doing something is better than doing nothing- It is your responsibility :

O2 Mobile Phone Shop

They will help you set any phone safety settings no matter which provider you are with



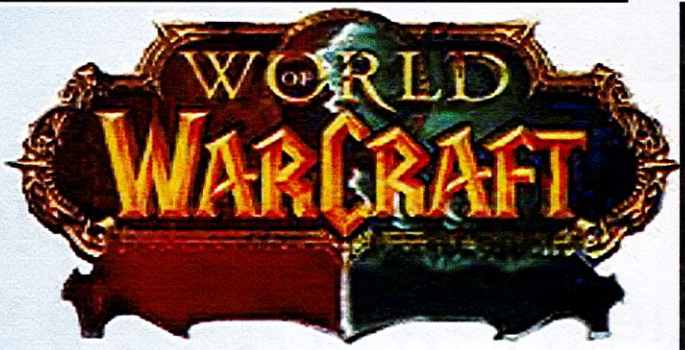
Skips Safety Net

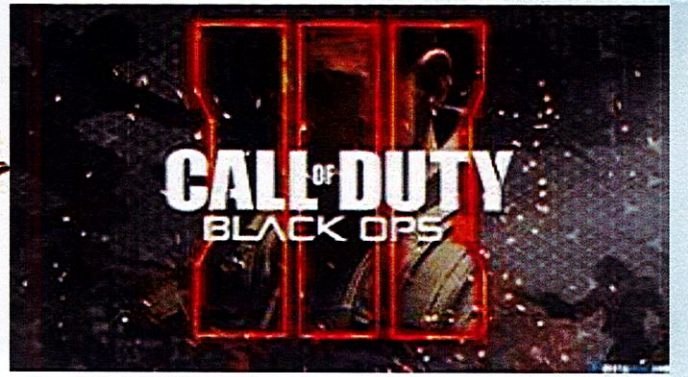
Online gaming





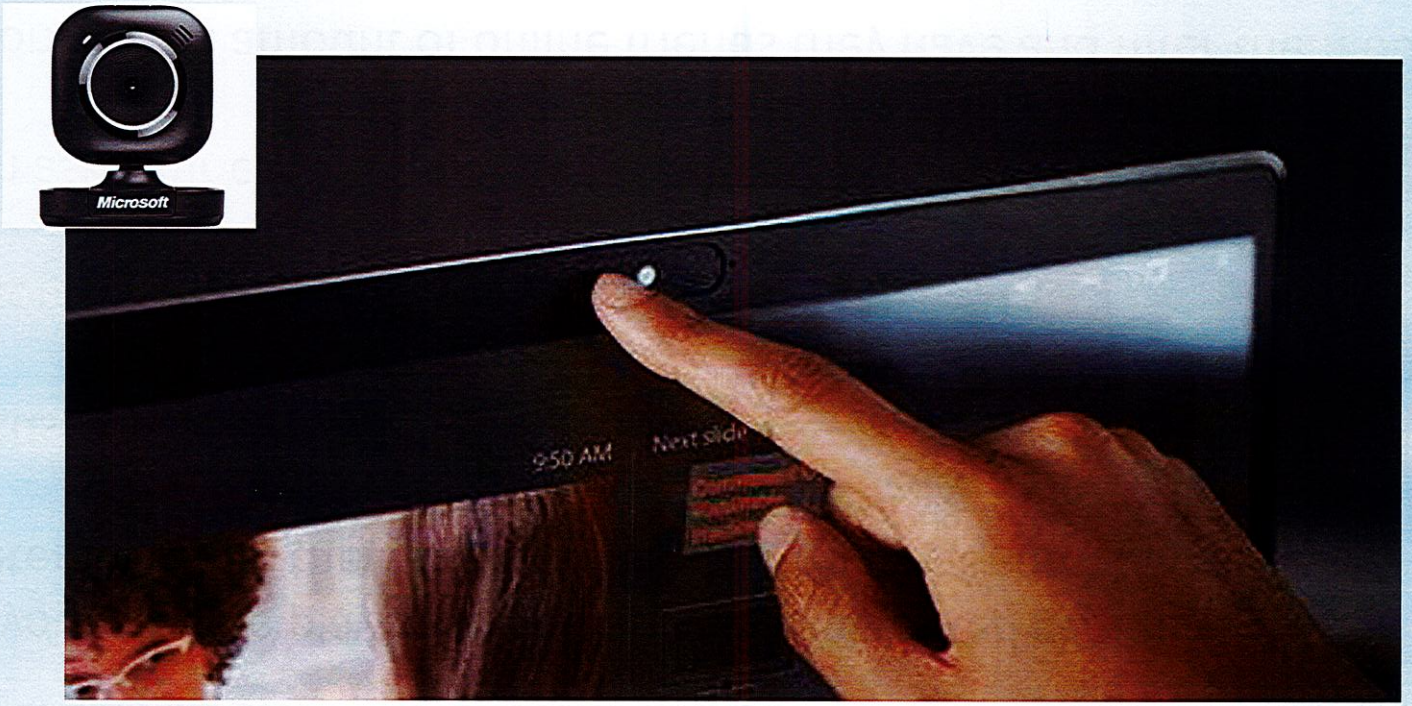






Skips Safety Net

Turning on the web camera –now they see you!



Children click everything: advertising in apps, games and websites unaware of hacking, viruses and hidden costs

Skips Safety Net

Parent guide

Make it safe to talk



Do not allow your child to play an inappropriate age related game. Allowing them and pretending that they will not engage is no longer an option

Regularly discuss with your child



Try and play some of the games together



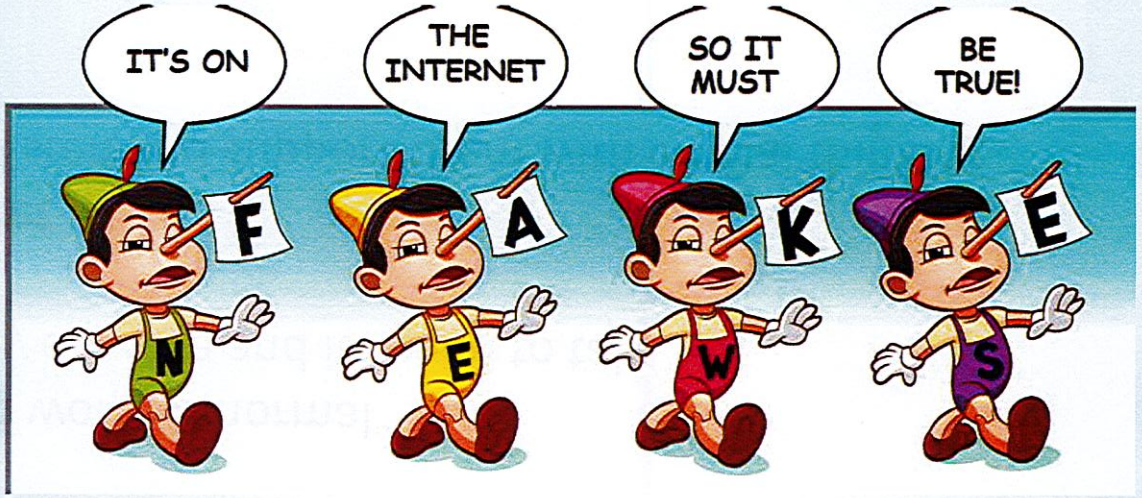
Now and then ask your child to remove their headset.

Constantly monitor the amount of online friends they have and filter them out

Never arrange to meet someone who they have met online.

Skips Safety Net

Fake News - Its lying



Can be persuading and convincing
It is very easy to hijack young minds – brainwash







Skips Safety Net

ALL NEWS ISN'T ALWAYS GOOD NEWS

Often the case with an event as serious as a terrorist attack or violent demonstration

Children are highly likely to see, hear or read about what happened in non-child friendly terms

I'm scared

Pretending that nothing happened is no longer an option
Be honest
Explain anxiety and worry is normal
Let them know they are safe and its good to talk

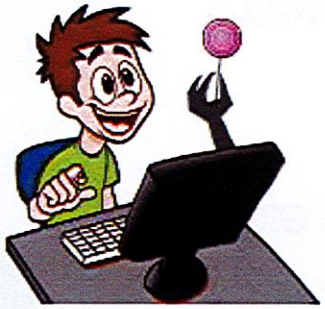
Don't keep it secret

Be ready to talk , listen and support them with critical thinking
Fake news
Exaggeration
Scaremongering
Brainwashing

Skips Safety Net

Social media ,online gaming and fake news, can lead to grooming

E-Vil people search the Internet looking for your personal information left behind on social media or by pretending to be a child playing online games.





Some may try to trick you into thinking its ok to share rude messages and photos where you are not fully clothed.





Some may try to trick you into thinking its ok to video chat through your webcam but really they are recording you secretly without you knowing.



Blackmail

E-Vil people can threaten to show your rude messages, photos and videos to your family and friends to embarrass you if you do not continue to do what they want you to. **This is called 'blackmail' and against the law.**

Skips Safety Net

It can all lead to people making bad choices, joining gangs and radicalisation.

Knife crime

Drugs

Guns

County lines

In the Community

Violence

Racism

Killings

Gangs

Radicalisation

Hate crime





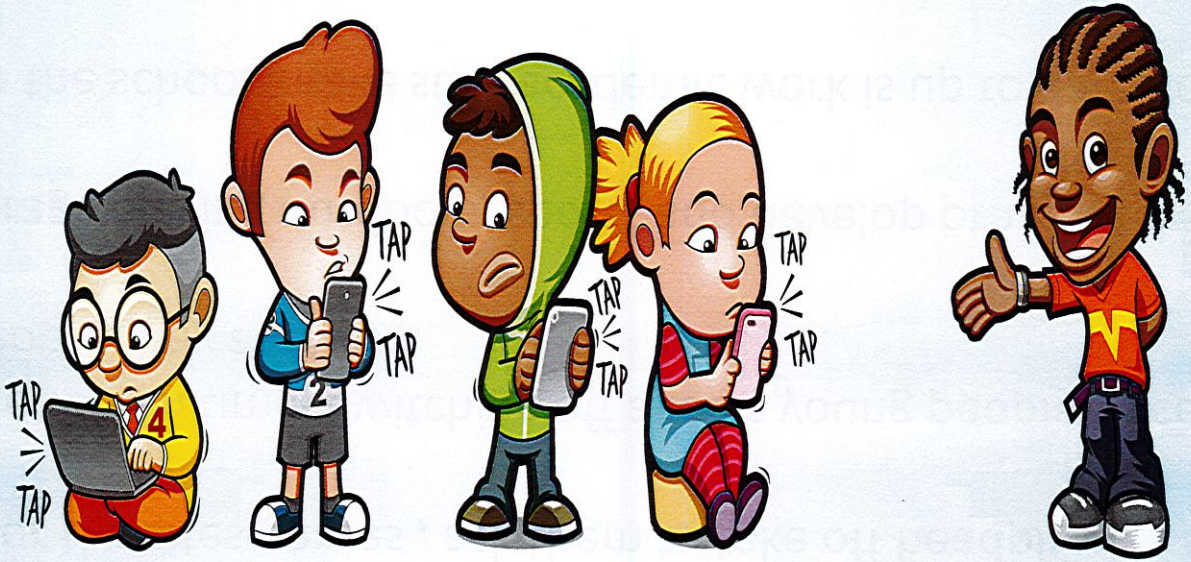
Prevention

Young people are doing the dying and killings

Parents have to be the eyes and ears in the community

Skips Safety Net

Talking and listening is your Safety Net



Engage in your child's online activities, encourage discussion, take time to listen and be able to act appropriately.

Start to reduce risk- it all helps

Skips Safety Net

Parents need to take responsibility :

Speak to your internet provider if you are unsure

Create rules - Do not allow any devices in their bedrooms

Monitor the sites-games , ask them to take off headphones so you can hear in

Reduce screen time- Switching off allows young people to connect more with the people they are with.

Encourage playing outdoors, sports and develop other interests

Talk to the school, make sure academic work is up to date, look at their sleep habits

Skips Safety Net

Always develop an atmosphere where it is safe to talk about what they have done (or seen or heard) online without risk of being told off, or having their devices taken away!

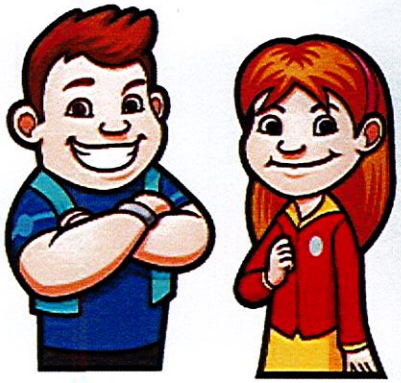
Only then we can help young people to open up when they need to

Always encourage your child to



Tell a parent or trusted adult, like a teacher.





Tell an older brother or sister.

ChildLine 0800 1111

Tell Childline.

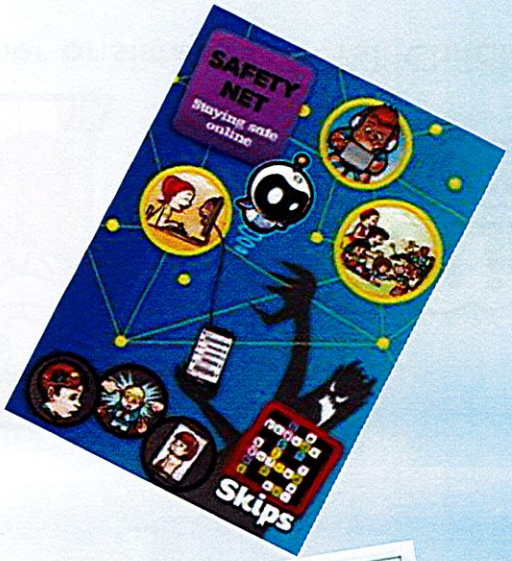
They will know how to help

Skips Safety Net

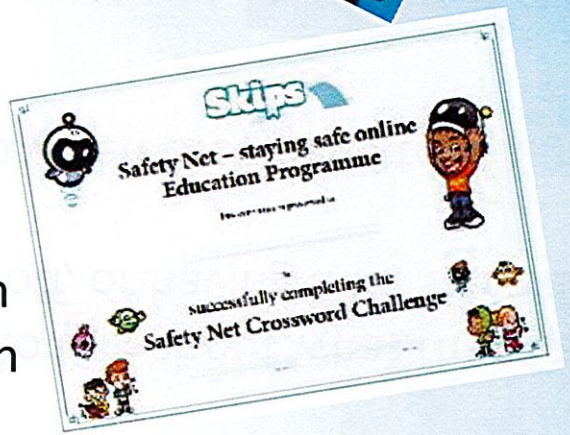
Where to start

You have a book

Read or complete the book with your child



Everything from the Safety Net session is in the book. It will help you start the process of having open discussion on tricky topics from an early age and how to keep safe online



Enter the online competition on Page 18 to win a fabulous iPad and receive a digital completion certificate for your child

Page 18-19

Skips Safety Net

Free Parental guides – all todays hints and tips



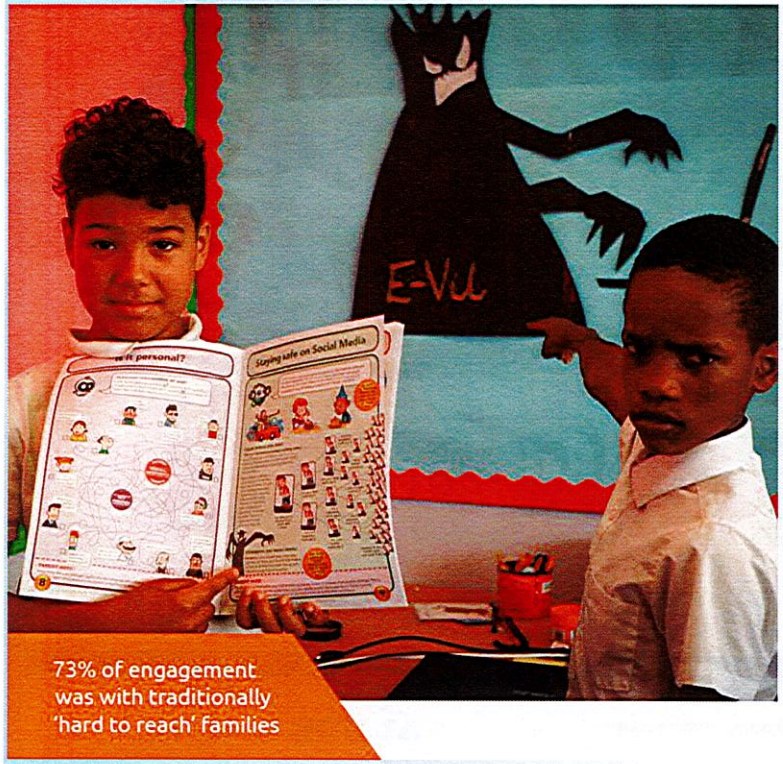
Remember human behaviour is the same online and offline
Children need more support at home when online and so do parents

Make sure you sign up to receive our free parental guides so you are always up to date

www.skipssafetynet.org

Skips Safety Net

I hope Safety Net has helped raise your awareness to create change .



Thank You!

Please let us know what changes you have made since attending the Safety Net session

Ash Sharma

Ash.sharma@skipsed.com

Skips Safety Net