

Online Safety- A Presentation and Guidance for Parents and Carers

A Smoothwall and Academy Transformation Trust Presentation

Thank you to those who joined the Online Safety for Parents and Carers presentations, on the 23 and 30 January, delivered in collaboration with our online filtering and monitoring company, Smoothwall. The videos have been watched, post event, by many of you. We were pleased to see the positive feedback parent and carers offered and the request for more sessions to be delivered on a range of different topics. Prior to the event and through the live chat function, many of you asked questions which Ben McGrath, Smoothwall and Online Safety Expert, answered. We have compiled the answers to frequently asked questions, from the sessions, in the table below.

If you missed the event but would like to watch it back, a video can be found on [Vimeo](#).

The password for this presentation is: **Smoothwall**

We will be advertising a new date for our second presentation for parents across the Trust in the Summer Term. We look forward to welcoming you and giving you the opportunity to ask more questions and find out more, about how to keep your children safe online.

Terminology Table

DSL	Designated Safeguarding Lead (each of our Academies has one and often a deputy designated safeguarding lead as well)
AI	Artificial Intelligence
CEOP	Child Exploitation and Online Protection Agency
PEGI	Pan-European Game Information

Please speak to your child's academy DSL if you are concerned about their safety. The team will be more than happy to help you get the right support for your child.

<p>How do I protect my child from getting messages from strangers on Snap Chat and What's App?</p>	<p>https://help.snapchat.com/hc/en-gb/articles/7012343074580 This article is an easy-to-follow way of ensuring your child's Snapchat is only accessible to the appropriate people.</p>
<p>If my child gets an inappropriate photo sent to them from someone, what should I do?</p>	<p>If your child has been sent an inappropriate photo from another person, you should:</p> <ul style="list-style-type: none"> • Not copy, share or print the image • Not delete the image • Report to CEOP contact CEOP and report the image. This is a branch of the Police. • Or report to your local police force • If the photo was received from a pupil at your child's school, contact the school DSL to inform them and receive support • You can also use this reporting tool, to help you get nudes of your child removed, using this link Report Remove: Remove a nude image shared online Childline <p>The NSPCC are one source of good advice on what to do/how to deal with inappropriate content If your child has seen inappropriate content online, you can:</p> <ul style="list-style-type: none"> • Talk with them about what they've seen – let them know what is, and isn't, appropriate for their age. • They may have questions about what they've seen – you can get support for yourself by contacting the NSPCC helpline to support you with tackling difficult conversations. • Find out how they came across the content so that you can minimise the risk in future e.g. by blocking certain sites and setting up parental controls, or educating your child about following links. • Reassure them they can come to you, another trusted adult or Childline if they're worried about something. • Get advice on setting up parental controls and make sure you review them regularly to ensure they are right for your family.

	<ul style="list-style-type: none"> • Avoid ‘sharenting’ or sharing explicit or inappropriate content you’ve seen online to raise awareness. Sharing content of physical or sexual abuse is illegal and can be upsetting to the child and others who come across it. <p>Report any inappropriate, illegal, explicit, identifying or distressing content to CEOP through their website or directly to the police.</p>
<p>How can I prevent my child from buying “add ons” in apps and getting big bills?</p>	<p>There is lots of guidance on how to do this – it’s a concern for many parents and carers. Below are examples of how to restrict buying ‘add ons’ for Apple and Android.</p> <p>For Apple</p> <p>How to use Screen Time to disable in-app purchases (apple)</p> <ol style="list-style-type: none"> 1. To turn on Screen Time, go to Settings > Screen Time, then tap Turn on Screen Time. If you already use Screen Time, skip to step 3. 2. iPhone Settings with “Turn On Screen Time” selected 3. Tap Continue, then choose “This is My [device]” or “This is My Child's [device]”. 4. If you’re the parent or guardian in your device and want to prevent another family member from changing your settings, tap Use Screen Time Passcode to create a passcode, then re-enter the passcode to confirm. After you confirm your passcode, enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it. 5. If you’re setting up Screen Time on your child's device, follow the prompts until you get to Parent Passcode and enter a passcode. Re-enter the passcode to confirm. After you confirm your passcode, enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it. 6. Make sure you choose a passcode that’s different from the passcode you use to unlock your device. 7. Find out what to do if you forget your Screen Time passcode. 8. Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy Restrictions. 9. Tap iTunes & App Store Purchases. 10. Tap In-app Purchases and set to Don’t Allow.

	<p>11. iPhone Settings screen with In-app Purchases set to “Don’t Allow”</p> <p>Android How to Disable In-App Purchases on Android</p> <ol style="list-style-type: none"> 1. Open Google Play. 2. Open Settings. 3. Go to “User Controls” 4. Choose “Set or Change PIN” and pick your PIN. 5. Go back to User Settings and activate “Use PIN for Purchases.”
<p>Are there any useful resources when talking about Online Safety with children who have SEND?</p>	<p>There are several useful guides, which have recently been created, linked below: Connecting and Sharing (internetmatters.org) STAR SEND Toolkit Childnet Teaching about digital wellbeing (SEND) Childnet</p> <p>If you are concerned that your child may be at risk online, please speak to your academy SENCO and DSL</p>
<p>The algorithms on Tik Tok keep bringing up inappropriate content on their feed? How can I prevent this? (Age of pupil unknown)</p>	<p>Algorithms play a huge part in the way that content is driven to your devices. This is especially true for young people. There are a few steps that can be taken to reduce the potential for ‘inappropriate’ content. Firstly, check the registered date of birth is correct, on the app. This will tell the AI the age range of the user. Putting in older ages will drive more mature content.</p> <p>You can also train the Tik Tok AI to understand what the user wants to see.</p> <p>You can change user preferences throughout the app. Very few parents know about these critical steps:</p> <ol style="list-style-type: none"> 1. Click the profile circle in the upper left corner. 2. Click the settings gear in the upper right. 3. Scroll down to “Clear Cache” and restart the app. Repeat the first 2 steps. 4. Scroll down to “Manage” under “Additional Services.” 5. Click “Ad Preferences” -> toggle off all 3 of the preferences. 6. Click the back arrow in the upper left.

	<p>7. Click “Lifestyle & Interests.”</p> <p>8. Toggle off anything that you think isn’t appropriate for your child. Toggle on anything you want your child to see more of.</p> <p>Again, Snapchat is a learning app. It will take a couple of weeks, but the combination of these bullets, plus the bullets above related to Discover, will train the app what to show your kid.</p>
<p>My child seems to have an addiction to being on their X Box, to the point its affecting their sleep. What support is available to them?</p>	<p>All addictions need professional advice, support and information. One site that can signpost you to useful support and help is https://www.ukat.co.uk/addiction/behavioural/gaming/ - this one gives advice on what to do about gaming, but the site can help with many other addictions. If in doubt, contact the school DSL who will be able to help.</p>
<p>I keep changing the settings on my child's game to disable chat, but they seem to know how to switch them back on. How can I stop this?</p>	<p>Using the settings and applying passcodes is one of the easiest ways to restrict young people from changing settings. In addition, another option would be to discuss with your young person why they are doing it, who they are talking to and whether they know them. It will allow the young person an opportunity to explain why and open up communication around their need to access chats and override security measures.</p>
<p>Sometimes my child speaks to their friends from school online and arrange to meet up (we know the friends and have met them). We wonder whether this is safe, as they might not be who they say they are?</p>	<p>Friends lists can be extensive, and many people on them list may often not be known directly by the young person. Without verifying in person, who they are chatting to and communicating with, this can be risky fake profiles can be used to pose as other children. Always discuss with your children, how they have made arrangements and ensure their safety, by confirming who they are meeting and ensuring they have made safe decisions.</p>
<p>My child wants to join Tik Tok but they aren't 13. Lots of their friends are on Tik Tok</p>	<p>This is a completely subjective decision on whether a parent allows a young person on to social media. The age ratings are there for a reason, but peer pressure is strong. Talk to your child about why they want it and make</p>

<p>who are also under 13. Do you have any advice on how to handle this?</p>	<p>informed decisions together on how to move forward, analysing the risks as outlined on this website: Social media guides - UK Safer Internet Centre</p>
<p>We monitor our child's messages on their phone and sometimes don't understand the abbreviations they use, is there anywhere we can find out the regularly used abbreviations and also emoticon chat?</p>	<p>There are too many emoji's to put on here as there are literally thousands – and all can have different interpretations. This site https://blog.hootsuite.com/emoji-meanings/ is a great place to start if you want to find out more about the meaning of an emoji.</p>
<p>The rating for a game our child wants to play is 18 cert game (Call of Duty) but they are only 14. Is this illegal?</p>	<p>PEGI is the system by which games and apps are age rated to provide guidance to parents as to whether they are appropriate for their children. The PEGI rating considers the age suitability of a game, not the level of difficulty. The ratings are the suggested minimum age at which a game should be played. Some games that are older in the PEGI rating do have settings which can be changed, to reduce the level of bloodshed or violence. To find out more about games use sites like https://www.common sense media.org/ which can give you a rounded overview of appropriateness.</p>