



Awareness raising session for Parents and Carers

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Plan of Session



- Why are we here?
- Positive aspects of being online
- Social Networking
- Managing Risks
- Child Exploitation and Online Protection Centre (CEOP)
- Technologies your children might use – Gaming, Instant Messaging, Mobiles etc
- Parental Controls
- Tips for protection
- Advice and help (including useful websites)
- Questions



Why are we here?



- This clip shows the speed at which the internet is changing the world.
- The sites we saw are becoming overwhelmingly popular for both adults and children.
- The online world is increasingly integrated into our daily lives.
- As little as 10 years ago the internet was not integrated in this way and there would have been no need for a session such as this.



Websites



- Which sites do your children use online?





The online world



- Children are natives in the online world, most are unaware of life without:
 - Iphones
 - Games consoles
 - Google
 - Emails
 - Facebook
- They feel confident using new sites and technologies, moving from site to site with ease.



Statistic:

*“70% of parents of children aged 12 – 15 feel
that their children know more about the
internet than they do”*

(Ofcom Media Literacy 2011)



THINK
KNOW

Money management

**Communication
skills**

Computer skills

Learning Online?

Confidence

Research

Creativity



Social Media



“Today, social media are all around us; making it simpler to communicate and make contacts, opening doors to new exciting opportunities for creativity and education.” *CEOP 2011*



Social Networking



- Social networking has exploded into our lives, with many of us feeling pressure to join in or miss out.
- Examples of social networking include: Facebook, Twitter, Youtube, Friends Reunited, Genes Reunited and Wayn.
- These sites allow us to reconnect with long lost friends and communicate in ways we never dreamed possible.



Facebook



- Who here has a Facebook profile?
- Have any of you been pestered by your child to let them have a FB or social networking account?
- Can anyone tell me how old you have to be to sign up for a FB account?
- Are any of you friends with any of your children on Facebook?



- We're now going to take a closer look at how Facebook works.
- Your child may not have Facebook profile now, but chances are they will have before you know it.

Facebook Security

The screenshot shows a Facebook interface with a blue header bar. The left sidebar contains the user's profile picture and name, followed by a list of favorite items (Welcome, News Feed, Messages, Events, Friends) and a list of apps (FarmViz, CityVille, Photos, Game Reviews, Notes). Below these are group options (Create Group...). The main News Feed area shows a search bar, navigation links (Home, Profile, Your Friends, Account), and a status update box. The feed itself contains posts from Jess McLaughlin and Louise Fleckhart. The right sidebar shows the user's profile picture and name, followed by a menu of account settings (Edit Profile, Account Settings, Privacy Settings, Help Center, Log Out) and an 'Upcoming Events' section.

facebook

Search

Home Profile Your Friends Account

Simone De la Tour
Edit My Profile

FAVORITES

- Welcome
- News Feed
- Messages
- Events
- Friends

APPS

- FarmViz
- CityVille
- Photos
- Game Reviews
- Notes

GROUPS

- Create Group...

What's on your mind?

News Feed Top News • Most Recent

Update Status Add Photo Ask Question

Jess McLaughlin

Another tick on the to-do list!
Jess just added the Get Started! Tend your Garden quest in The Sims Sodal!

Marks out of 10? Tell them how you feel!

Louise Fleckhart

Celebrate Louise's opening of Louise's Lawn Truck!
Join Louise for the Grand Opening of the new lawn's tower lawn truck called Louise's Lawn Truck, and you'll share a grand lawn-in today!

Ayesha Duffield

Friendful
My relationship status is now Friends...
...with The Sims Sodal's most famous resident, Bella Goth!

Update your friends, if

Edit Profile
Account Settings
Privacy Settings
Help Center
Log Out

Upcoming Events See All

What's the trend?

100% That



Facebook Security



Control Privacy When You Post

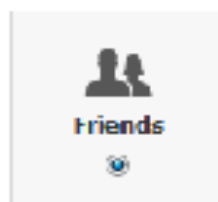
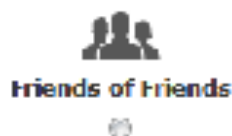
You can manage the privacy of your status updates, photos and profile info using the inline audience selector — when you share or afterwards. Remember: the people you share with can always share your information with others, including apps. Try [editing your profile](#) to see how it works or [learn more](#).

What's on your mind?

San Francisco Friends

Control Your Default Privacy

This setting will apply to status updates and photos you post to your profile from a Facebook app that doesn't have the inline audience selector, like the Facebook App for iPhone.



How You Connect

Control how you connect with people you know.

[Edit Settings](#)



How Tags Work

Control what happens when friends tag you or your content.

[Edit Settings](#)



Facebook Security



How You Connect

Who can look up your profile by name or contact info? Friends ▼

Who can send you friend requests? Friends of Friends ▼

Who can send you Facebook messages? Friends ▼

Who can post on your Wall? Friends ▼

Who can see Wall posts by others on your profile? Friends ▼

[Learn more](#) Done



Security Tips



- Help set up their profile
- Add your email as the main contact (if possible)
- Set the privacy settings to “friends” only and ensure they are children you know
- ‘Like’ the Click CEOP page – *more CEOP details to come later*
- Check in and keep updated If you have any questions which relate directly to Facebook, please visit their family safety centre for help and advice – www.facebook.com/safety - *see next slide*



Meet The Facebook Safety Team



Family Safety Center

We believe safety is a conversation and a shared responsibility among all of us. That's why we provide the information, tools and resources you'll find here.



11,664 people like this. Be the first of your friends.



Our Philosophy

Safety is an ongoing conversation among everyone who uses Facebook.



The Facebook Community

Each of us plays a role in creating a safe environment.



Tools & Resources

Learn about your account settings, safety best practices and more.



Parents

Help your teens play it safe on Facebook.



Teachers

Learn and teach about how to use social media wisely.



Teens

Be smart. Use good judgement whenever you're online.



Law Enforcement

Learn how Facebook works with your local law enforcement.

Related Facebook Pages

[Facebook Safety Page](#)

[Facebook Security Page](#)

[Facebook and Privacy Page](#)

Chat (Offline)



Internet and FB Risks



- Unwittingly sharing personal information
- Unwanted contact/grooming
- Overusage – *e.g. always checking FB account*
- Cyberbullying
- Harmful content/illegal material
- Privacy/digital footprints



Managing Risks: CEOP



- Has anyone here heard of CEOP before?
- CEOP (The Child Exploitation and Online Protection Centre) is the UK national lead agency for the protection of children online.



www.ceop.police.uk
www.facebook.com/ceop




Click CEOP Safety Centre



If you click this button you will be taken to the safety centre:

CEOP Home - Safety Centre -



Get help if you are...

5-7 8-10 11-16 A Parent or Carer

Working with children

Other sources of help and advice

CEOP is a member of UKCCS

Need immediate help?

Do you need immediate help or have a real emergency? If so call 999 or contact your local police here:

[In England or Wales](#)
[In Northern Ireland](#)
[In Scotland](#)

When should I report to CEOP?
We help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it to us below.

[Make a CEOP report](#)

Other people who can help
For advice and to seek help on a range of issues, from hacking to cyberbullying, [click here](#).



Thinkuknow



- CEOP have created their own education program: Thinkuknow (viewed over 8 million times).
<http://www.thinkyounow.co.uk/>
- Through this program, CEOP create engaging films and materials which can be used to educate and empower children to protect themselves in the online world.



Collaborate



- This platform teaches pupils to:
 - Create their own profiles (safely)
 - Create their own avatars
 - Restrict their settings
 - Upload and download resources
 - Communicate with their teacher at home
 - Link up to useful websites
 - Treat each other with respect online
 - Report online issues





Gaming





Gaming



- Can anybody tell me the names of any gaming sites their children use?
- Gaming is very different to how it used to be (Pacman/Tetris etc)
 - Think: MMORGP
 - Massively Multiplayer Online Role Playing Game
 - This means that a site can have:
 - Unlimited users and the game **never** ends!



Gaming



- Put your hand up if you have a games console in your house
- Keep it up if it links to the internet
 - This means that your child can potentially link, talk to and play against other game users all over the world!

Online Gaming: Risks



What do you think are the risks associated with online gaming?

- Inappropriate content
 - *Other users typing or saying (over headset) abusive language*
- Unwanted contact
 - *Other players wishing to play against you that you do not know or trust*
- Overuse
 - *Children can get addicted to the use of games consoles and internet based games*



Tips



- Leave all gaming devices in a family space
- Open up communication - talk to your child about the sites they are using and why they like them
- Explain that people lie online and they are not always who they say they are
- Explain that people can be mean online and don't always have their best interests at heart
- Ask them to never give out personal information
- Set parental controls
- Set time limits on how long they can game for. Allow time for non-technology based activities and allow an hour 'screen free' time before bed



“ 52% of 11-16 year old internet users say they find it easier to be themselves online, 47% talk about different things online than offline and 27% talk about more private things online that when with people face to face.” *Ofcom survey 2011.*



Risks



- Unwanted contact/Grooming
 - *Think about the last slide*
 - *Offenders know this info and use areas such as IM to groom children.*
 - *They know that this is an area they can chat privately and build relationships/trust over time.*

- Webcam capability
 - *IM has the ability to use a webcam.*
 - *You will recognise if your child uses one by the amber flashing bars at the bottom of the screen.*
 - *A webcam can give someone else insight into your personal life and home.*
 - *Children need to be aware of the type of information that is visible in the room they are in (not the bedroom) and remove anything that could make them vulnerable.*



Tips



- Ask your child to never accept people they don't know and trust in the real world
- Inform them that giving out personal information can be dangerous. They need to treat personal information such as the school they go to or their location like their tooth brush and not share it with anyone!
- Ask them not to webcam with people they do not know from the real world and turn the webcam off after use!
- Teach them how to report a problem and delete people that make them feel uncomfortable



Mobile Technology



- Although few primary school children have mobile phones, it is likely that they soon will have one.
- Modern mobile phones can be used for lots of different functions....



Risks



- Images taken and uploaded in seconds
- Personal messaging
- Usage
- Location



Tips



- Is my child **old enough** to have a mobile phone? Set boundaries
 - *Many parents allow their children to have a mobile when it is needed, i.e. leaving the house alone/starting secondary school.*
- Before buying your child a mobile, find out what **functions** it has:
 - *Internet, private messaging, built in applications*
- Set **parental controls** where required
 - *Talk to the service provider*
- Set **mobile rules**:
 - E.g. No mobile phone in the bedroom at night (you could charge them in yours overnight), mobile free time before bed.



Parental controls



- Have any of you already set any parental controls on your child's devices?
- What type of controls have you set?
- It is possible to do the following:
 - Block sites that are not age appropriate
 - Block inappropriate and illegal material
 - Set timings – automatic switch off at bedtime
 - Monitor activity
- It's never too late to put these restrictions in place.



Parental Controls



- For more information on parental controls:
 - Visit the CEOP Parents' page (www.thinkuknow.co.uk/parents)
 - Contact your service provider (BT, TalkTalk, Sky etc)
All providers have different controls but most provide them free if you contact them direct.
 - Google 'parental controls'



Final Word



- Remember, the internet hosts many exciting opportunities for education . The online world is a wonderful place for young people to explore, with unprecedented opportunities for learning and creativity.
- Of course, just like in the real world, there are risks and dangers we should be aware of and we should all act to protect young people from these.
- The final few slides show a parental checklist for keeping safe online, where to go for support and where to report any concerns.

Simple steps to protection: A Checklist



- I have asked my child to show me sites they use
- I have asked my child to set the security settings on all the technologies they use
- I have asked my child to only accept people they know and trust in the real world as online “Friends”
- I have set safe settings on our computer/laptop and set adult content filters on my/my child’s smart phone
- My child has agreed to tell me if they are worried about something online

Support and Report



Report suspected online grooming – this could be sexual chat, a child being asked to do something that makes them feel uncomfortable or someone insisting on meeting up

www.ceop.police.uk



Peer to peer support network for young people who are being bullied

www.cybermentors.org.uk



THINK
U
KNOW
COOL. KNOWLEDGEABLE. SAFE.

Email:

Password:

Sign In

Forgot Password?

Register

Home

FAQ

Internet Safety Tips

Supporting Safe Use

Quick Answers

Further Support

Where's RL4US?



Click Clean, Click Safe
Click CEOP Internet Explorer Browser

Customize your browser with CEOP tools

More info



Welcome to CEOP's ThinkUknow parents section!

CEOP has launched a new 10 minute drama called 'Exposed' primarily aimed at 14 to 18 year olds.

'Exposed' deals with the subjects of sexting and cyberbullying, issues that teenagers commonly face. Click [here](#) to see our guidance for young people on this area and the film. We encourage you to use this new film, and other Thinkuknow resources, as an opportunity to talk to your children about what they do online.

The internet is such an integral part of children's lives these days. It opens up so many educational and social opportunities, giving them access to, quite literally, a world of information and experiences.

Whether on a computer at school, a laptop at home, a games console or mobile phone, children and young people are increasingly accessing the internet whenever they can and wherever they are.

As you would protect your child in the real world, you will want to make sure that they are safe whatever they are doing. Like learning to cross the road, online safety skills are skills for life. If your child understands the risks and can make sensible and informed choices online, they can get the most from the internet and stay safe whilst doing so – particularly from those people who might seek them out to harm them.



www.thinkuknow.co.uk/parents



Useful Websites



- Internet Safety:
 - www.thinkuknow.co.uk/parents
 - <http://www.direct.gov.uk/en/Parents/Yourchildshealthandsafety/Internetsafety/index.htm>
 - <http://www.iwf.org.uk/>
- Facebook
 - <http://www.facebook.com/safety/>
- Parental Control Software:
 - <http://www.which.co.uk/baby-and-child/child-safety-at-home/guides/parental-control-software/>
- Useful safe websites for links across the curriculum, including games and general resources:
 - <http://www.bbc.co.uk/schools/parents/>
 - <http://www.topmarks.co.uk/>
 - <http://www.woodlands-junior.kent.sch.uk/Games/>
 - <http://www.bgfl.org/bgfl/15.cfm?s=15&p=251,index>
 - <http://www.bbc.co.uk/schools/>
 - <http://durham.schooljotter.com/coxhoe/Curriculum+Links>