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INTERNET SAFETY 2022

Information and top tips to navigate parenting in a growing digital environment.

Parenting in a
DIGITAL WORLD

2simple

AGENDA

- Being your child's role model

- Getting to grips with devices and their software

- Digital Footprint and online reputation

- Content

- Self-image and identity

- Developing scepticism

- Online relationships

- Bullying, well-being, and mental health

- Credit and ownership

- Jargon buster

You can the find the full Parenting In a Digital World document here.

You can find a list of helpful websites here.

BEING YOUR CHILD'S ROLE MODEL

DEMONSTRATE YOUR OWN 'NETIQUETTE'

Model appropriate behaviour for your child, especially if they have access to your devices or you are using them together. Avoid commenting on, posting or following social media posts that you wouldn't want your child to see. Always post and communicate respectfully.

- Age appropriate content & PEGI ratings
- Apps use
- Appropriate times
- Openness
- Personal Information
- Security
- Sharenting
- Rules

Top tip: Promote openness and establish safety rules by not allowing device use in bedrooms unattended.

GETTING TO GRIPS WITH DEVICES AND THEIR SOFTWARE

- Internet Service Providers (ISPs)
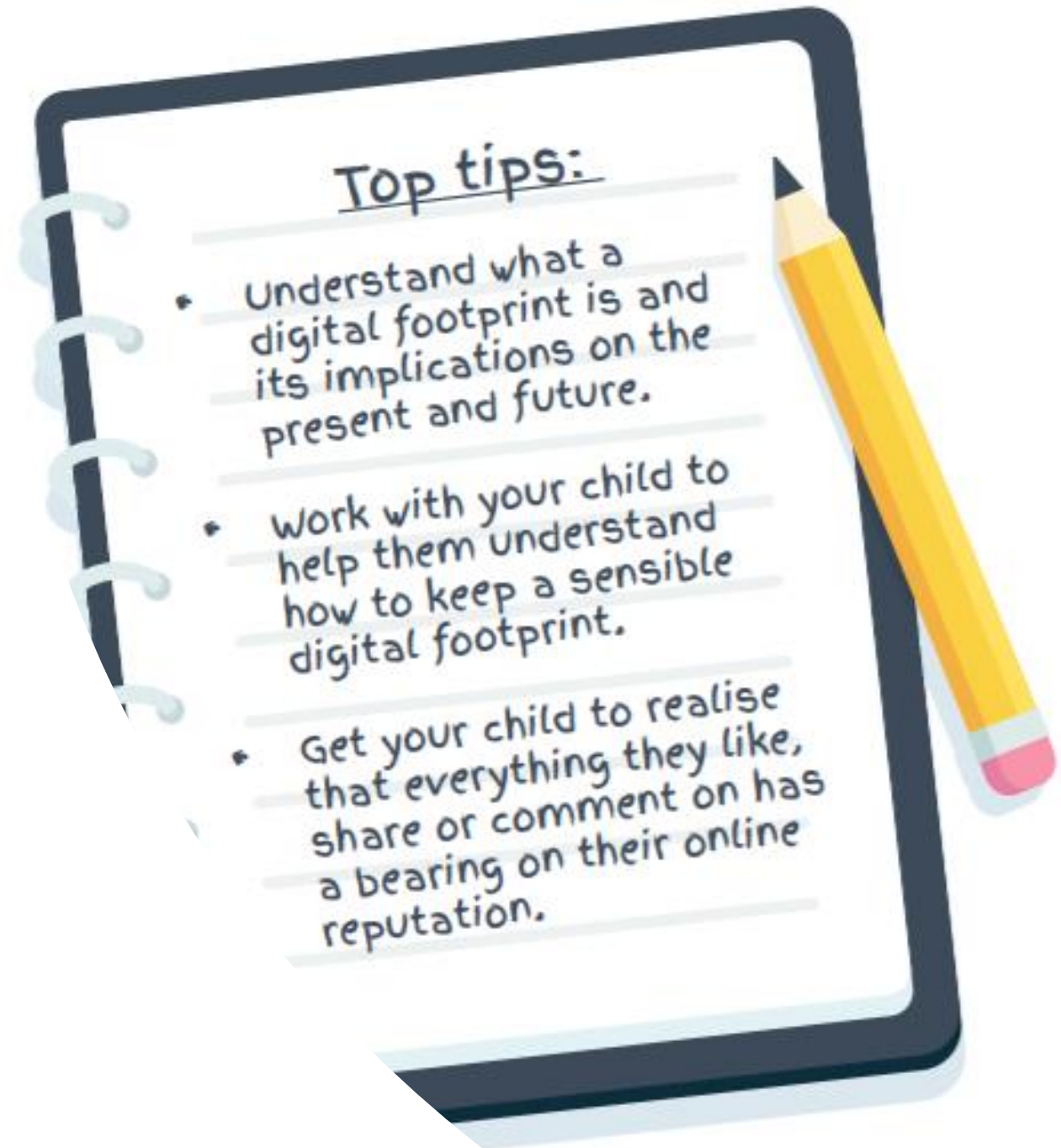- Safety apps
- Devices everywhere
- Apps
- Agreements of use

DIGITAL FOOTPRINT AND ONLINE REPUTATION

- Ages 5-7

- Ages 7-11

Top tips:

- Understand what a digital footprint is and its implications on the present and future.

- Work with your child to help them understand how to keep a sensible digital footprint.

- Get your child to realise that everything they like, share or comment on has a bearing on their online reputation.

Top tips:

- There are no 100% safeguards we can put in place to protect our children from inappropriate content. For this reason, children must be supported in becoming informed and empowered online users.

- Ratings are there to protect children from harm. Ignoring ratings can have long lasting damaging effects. For example, distorted understanding of healthy relationships with others.

CONTENT

- Ages 5-7
- Ages 7-11

Top tips:

- Support your child to value their opinions and their preferences, building on their own sense of value.

- Avoiding pressures from external influences such as media and friends to just fit in can be tough. However, through continued nurturing of your child's self-worth it is possible.

- If your child comes to you with a small problem and you deal with it sympathetically, they are much more likely to confide in you if the problem becomes bigger.

SELF-IMAGE AND IDENTITY

- Ages 5-7
- Ages 7-11

DEVELOPING SCEPTISISM

- Ages 5-7
- Ages 7-11

Top tips:

Encourage your child to think for themselves and build on this ability as they get older.

Help your child recognise that anyone can now create professional looking websites and legitimate looking posts.

Help you child categorise what they see or hear online into either a fact, belief or opinion. Support them with this skill by sharing examples of fake and real information online.

Top tips:

- Build a level of trust where your child knows that they can talk to you if something goes wrong online.

- Your child should never be too embarrassed or ashamed to talk to you due to coming unstuck online.

- Teach your child that others can have bad intentions and lie about who they say they are.

- Establish safeguarding strategies your child can use such as not using their real name, limiting information shared and reporting inappropriate behaviours.

ONLINE RELATIONSHIPS

- Ages 5-7
- Ages 7-11

You can read 'Chicken Clicking' by Jeanne Willis and Tony Ross here

Top tips:

- Teach and establish behaviours for how we should treat others and be treated ourselves online.

- Ensure your child has several trustworthy people they know they can go to for support (not just you).

- Teach your child how to save evidence of inappropriate behaviours from others such as saving messages.

- Stress the importance of protecting personal privacy, particularly as your child gets older and is statistically more likely to come into contact with strangers online.
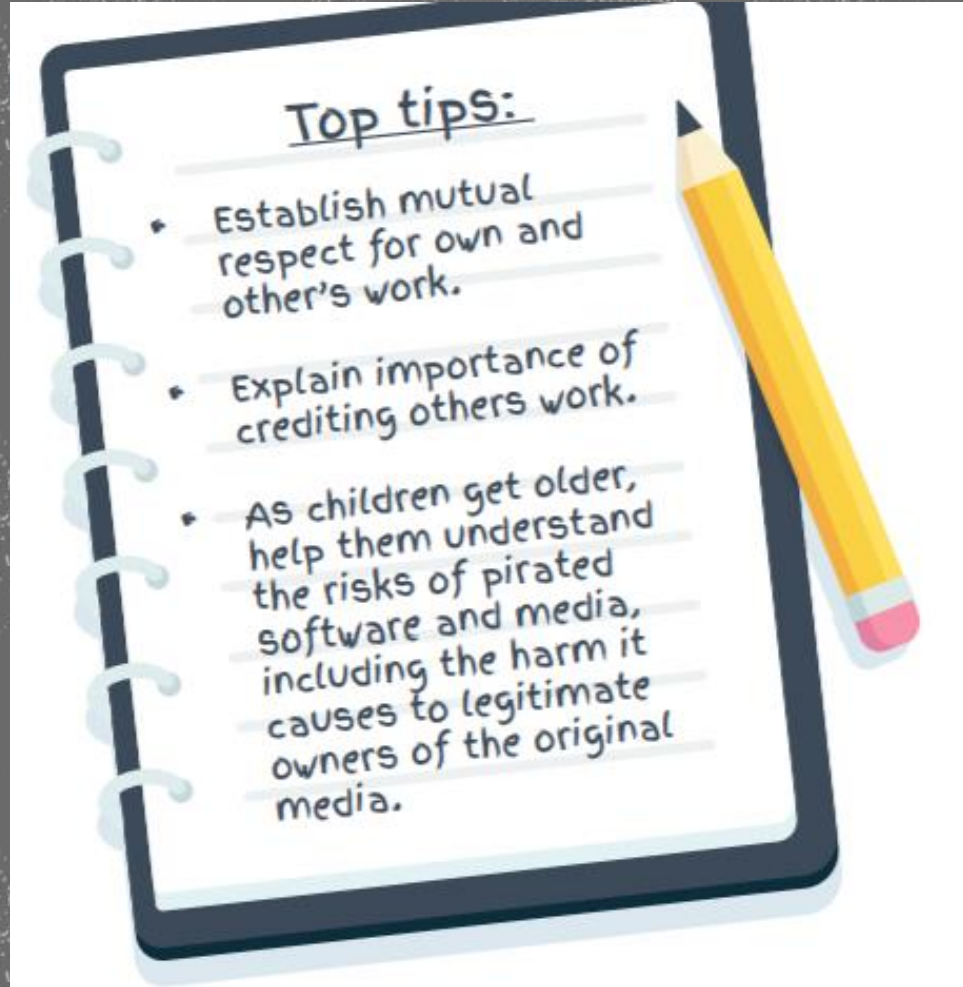
BULLYING, WELL-BEING AND MENTAL HEALTH

- Ages 5-7
- Ages 7-11

CREDIT AND OWNERSHIP

- Ages 5-7
- Ages 7-11

Top tips:

- Establish mutual respect for own and other's work.

- Explain importance of crediting others work.

- As children get older, help them understand the risks of pirated software and media, including the harm it causes to legitimate owners of the original media.

3 STEPS TO SUPPORT YOUR CHILD

Read

Read the guide – you've almost completed this step already!

Try

Try Online Safety Activities on Purple Mash – everyone has a login

Continue

Continue talking to your child – the more open you are the more likely they are to come to you for help

JARGON BUSTER – HOW MANY OF THESE DO YOU KNOW?

- Adware
- App
- Block
- Blog/Blogging
- Bot
- CEOP
- Chatroom
- Chatroulette
- **Circumventor Sites**
- Cookie
- Creeping
- Cyberbullying

- **Decoy App**
- Digital Footprint
- Emoji
- Fabotage
- Firewall
- Gamer
- Gamer Tag
- Griefer
- **Grooming**
- Hacker
- Identity Theft

- IM
- **In-app Purchasing**
- Incognito Browsing
- ISP
- Malware
- Netiquette
- Pharming
- Phishing
- Photosharing
- PM
- Profile

- Selfie
- **Sexting**
- Social Media
- Spam
- Spyware
- Trojan
- Troll
- Video Hosting Sites
- Virus

You can read 'Digiduck and the Magic Castle' by Lindsay Buck here.

THANK YOU
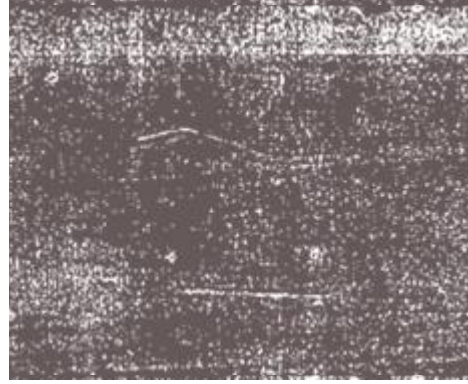
You can find the questions box here.