# Computing and Online Safety Workshop

## Friday 15th March 2024

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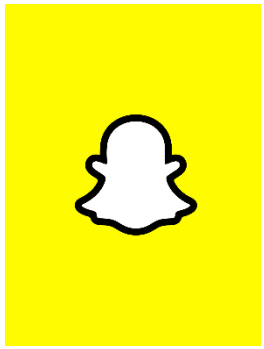
# Introduction

- My role
- Curriculum information
- Google Forms – key areas and themes which came up related to: awareness of age ratings for particular apps and games; recommendations for suitable apps/games/websites; finding a balance with screen time; how to keep your child/ren safe online; and other useful resources

# Keeping Children Safe in Education (2023)

- It is essential that children are safeguarded from potentially harmful and inappropriate online material. An effective whole school and college approach to online safety empowers a school or college to protect and educate pupils, students, and staff in their use of technology and establishes mechanisms to identify, intervene in, and escalate any concerns where appropriate.
- The breadth of issues classified within online safety is considerable and ever evolving, but can be categorised into four areas of risk:
- *Content – being exposed to illegal, inappropriate or harmful content*
- *Contact – being subjected to harmful online interaction with others*
- *Conduct – online behaviour that increases the likelihood of, or causes, harm*
- *Commerce - risks such as online gambling, inappropriate advertising, phishing and or financial scams*
- Filtering and monitoring

# Raising Awareness - Apps - Age Rating Quiz



# Raising Awareness - Apps - Age Rating Answers

TikTok

13+

13+

13+

YouTube

13+

13+

Recently lowered from 16+ to 13+

# Raising Awareness - Games - Age Rating Quiz

# Raising Awareness - Games - Age Rating Answers

13+

3+

7+

2023 version - 3+

18+

3+

18+

Ofcom Report (2023)

## Age 3-4: Supervised Explorers

By the time children reach 3-4 years old, most will be able to string together a short sentence of four or more words and answer very simple questions. They may be able to create basic drawings and name colours. Their motor skills may also be developing, allowing them to hold objects independently. However, children aged 3-4 require help from an adult for more complex tasks, such as serving food or pouring a drink[57].

As **Supervised Explorers,** children of this age enjoy all sorts of activities, and not just media. Below we start with their online activities specifically:

### Online activities of 3-4-year-olds

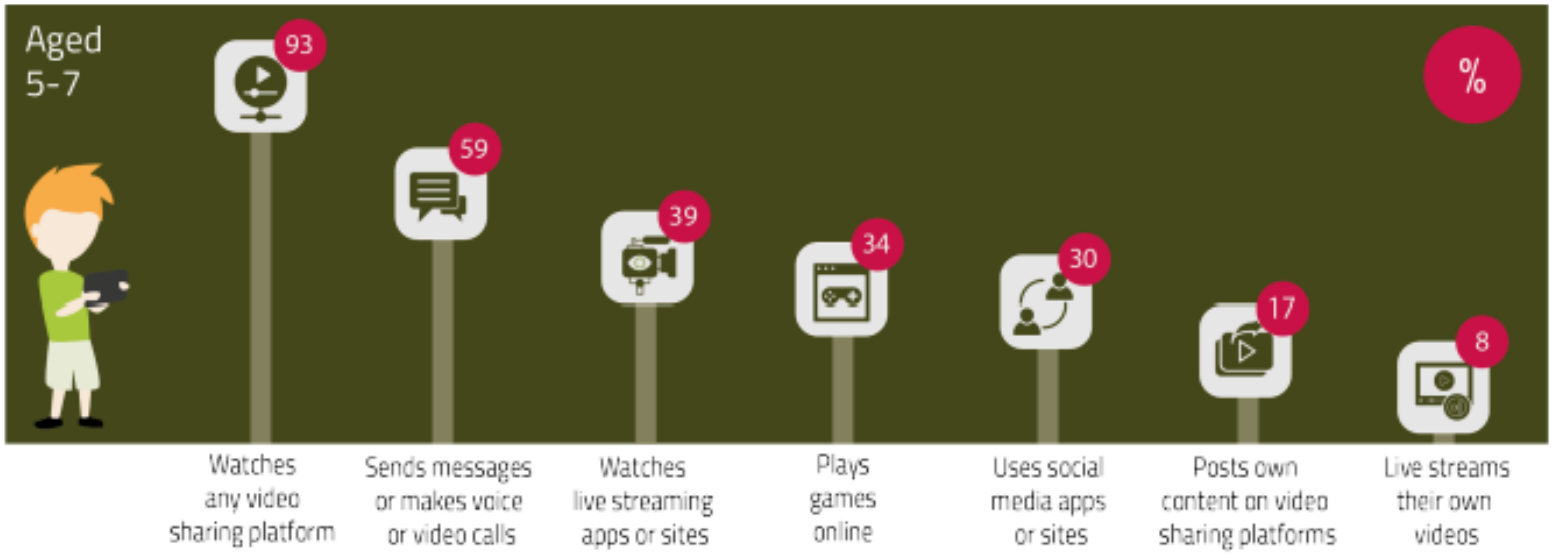
Ofcom Report (2023)

## Age 5-7: Increasingly Independent

Between the ages of 5 and 7, children socialise with children of their own age and form friendships independent of their family. Motor skills become stronger at this stage, meaning they can carry out more complex tasks without help from an adult, such as cutting with scissors or tying their shoes. Reading and writing skills also progress, allowing them to talk more fluently, and their sense of humour develops, enabling an understanding of simple jokes. [62]

Children at this age are **Increasingly Independent** when it comes to their media behaviour. Broadly, they enjoy similar media to 3-4-year-olds, but their development means that they start to explore content and make choices, although parents are typically still close by to supervise.

### Online activities of 5-7-year-olds



Ofcom Report (2023)

## Age 8-11: Developing Skills

Between the ages of 8-11 children further develop the ability to talk about their thoughts and feelings[68]. Alongside this, they attach emotional importance to having friends, and their relationships with friends may be strong. However, 8-11-year-olds are also more susceptible to peer pressure and the influence of others. Cognitively, they might have an increased attention span and the ability to understand the viewpoints of others[69].

Children aged 8-11 could be described as **developing skills** in media. Smartphone ownership shifts markedly in this group, which correlates with the children's transition to secondary school, and they are likely to be starting to undertake a wider range of online activities without parental intervention.

### Online activities of 8-11-year-olds

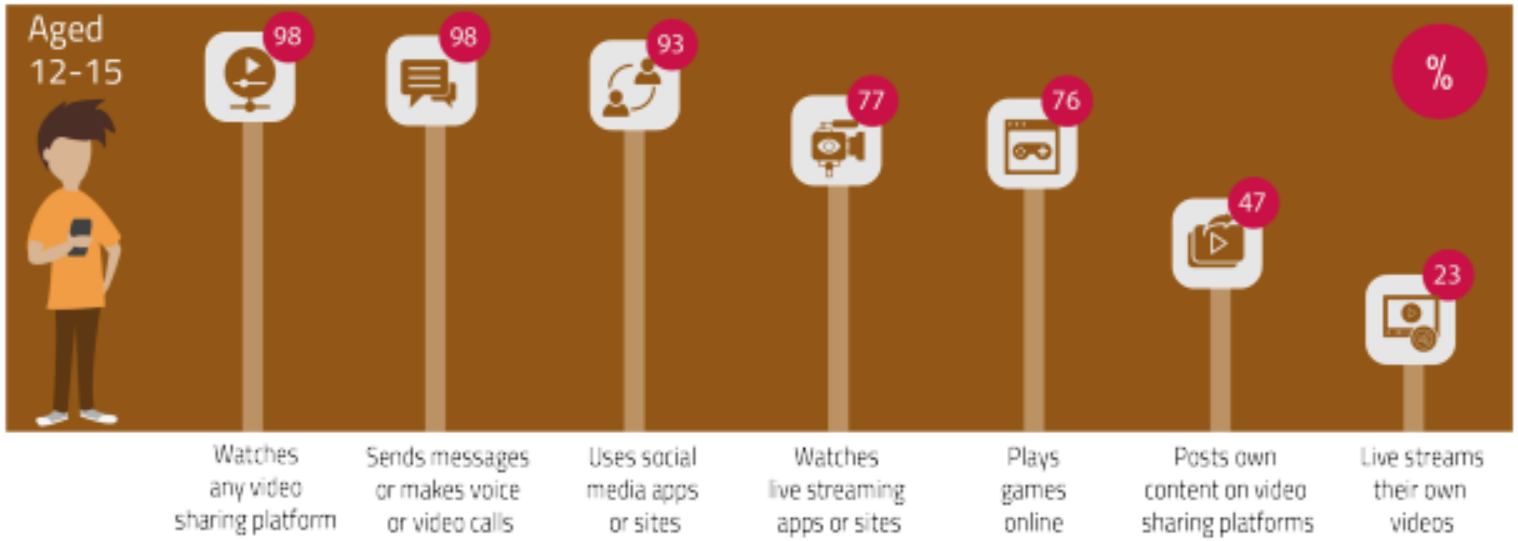
Ofcom Report (2023)

## Age 12-15: Connecting and Creating

Between the ages of 12-15 most children begin puberty and may experience concerns about self-image as a result. Parents are still very important in their lives, but children aged 12-15 become more socially independent from them. They develop and assert their personality by making choices about their interests, friendship groups, and school[71]. Towards the older end of this age bracket children may develop an interest in romantic relationships[72].

We have characterised 12-15-year-olds as **connecting and creating** in media. Most children at this stage communicate with others, including via video games or creating and sharing content online. Their use of screen-based media may be heavier than their parents would like.

### Online activities of 12-15-year-olds



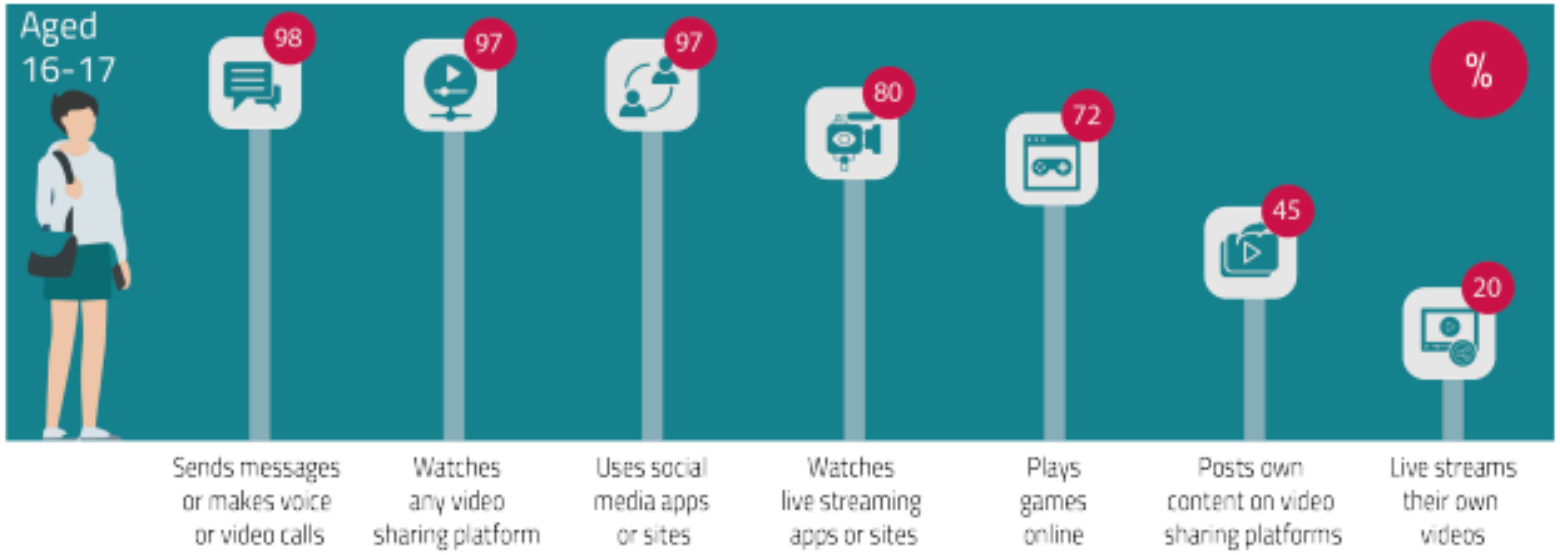
Ofcom Report (2023)

## Age 16-17: Branching Out

Between the ages of 16 and 17 children may spend increasingly more time with friends and may also be in search of intimacy, whether through strong platonic or romantic relationships. Children develop a stronger sense of who they are and the ability to think critically about their own choices. Most have gone through puberty, which may raise concerns for them around body image[75].

At this stage, 16-17-year-olds are **branching out** in media, using a wider and more diverse diet of apps and sites. Platforms that are used by relatively few younger age groups such as Facebook, Twitter and Pinterest feature more for 16-17-year-olds. Their use of screen-based media is often heavier than their parents would like.

### Online activities of 16-17-year-olds



# Advantages of Being Online

- Contact with family and friends
- Maintaining currency with worldwide news and events
- Films and TV services (Netflix, Amazon Prime, Disney+ etc.)
- Music / entertainment
- Gaming
- Shopping

# Disadvantages of Being Online

- Scams / fraudulent activity
- GDPR violations – General Data Protection Regulations
- Cyber-bullying
- Body image issues
- Radicalisation
- Online grooming

# Screen Time – Finding a Balance

- Manage screen time (this can be challenging, especially if your child is interested in a particular app, game or video)
- Agree ground rules (for example by using the Family Agreement template) and get your child into a routine which includes certain times of the day when they go without devices. For example, are they allowed a set amount of time each week day? How does this look at the weekend?
- Support active, creative and outside play
- Encourage in-person interaction

# Recommendations - Keeping Safe Online

- **Explore together:** Ask your child to show you their favourite websites and apps and what they do on them. Listen and show interest and encourage them to teach you the basics of the site or app.
- **Initiate (and continue) conversations about online safety:** Ask them if anything ever bothers or worries them while they're online. You could use examples of events from the animations and ask if they've experienced anything similar. Reinforce the key message: if anything happens online which makes them feel worried, scared or sad, the best thing to do is talk to you or another adult who they trust.
- **Help your child identify adults who can help:** Help your child identify trusted adults from different areas of their life such as at home or at school.
- **Be non-judgemental:** Explain that you would never blame them for anything that might happen online, and you will always give them calm and loving support.
- **Supervise your child while they're online:** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an appropriate adult is able to supervise. It is not safe for 4-7 year olds to access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom.
- **Consider the rules / measures in place for different aged children:** Do they share devices?
- **Talk to your child about how their online actions can affect others:** If your child is engaging with others online remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo or video of somebody else, they should always ask permission first.
- **SafeSearch:** The use of 'SafeSearch' is highly recommended for use with young children. Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child is exposed to whilst online. Look out for the 'Settings' button on your web browser homepage (often shaped like a small cog).
- **Parental controls:** Make use of the parental controls available on your home broadband and any internet-enabled device in your home. You can learn more by reading our article on using parental controls.

# Useful Resources – Family Agreement

- www.childnet.com/blog/family-agreement/

## Family agreement

Use this template to put your agreement down in writing. Why not display it somewhere at home like on the fridge or a noticeboard?

**Who is this agreement for?**

**Top tips**

1. Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.
2. Consider your tone. Are you focusing on negative behaviour or promoting positive behaviour?
3. Make sure your agreement works for your whole family and everyone is happy with it.
4. Review your agreement in the future to make sure it reflects the current needs and ages of your family.

**We agree to…**

E.g. Be kind and respectful online.

**Who is responsible for this?**

E.g. We will all make sure we only post kind comments.

**What happens if someone doesn't follow the agreement?**

**How long will our agreement last for and when will we review it?**

**Signatures**

# Useful Resources – Parental Controls

- PlayStation
- Set up your account as a family manager and create a separate child account so you can tailor their activities:
- www.playstation.com/en-gb/support/account/playstation-family-account-set-up/

- XBox
- You can download an app to manage your child's gaming experience:
- www.xbox.com/en-GB/apps/family-settings-app

- Nintendo Switch
- Nintendo also offer a free app to monitor what and how your children are playing:
- www.nintendo.co.uk/Nintend o-Switch-Family/Nintendo-SwitchParental-Controls/Nintendo-SwitchParental-Controls-1183145.html

- Netflix
- https://help.netflix.com/en/node/264

# Useful Resources – Jessie & Friends

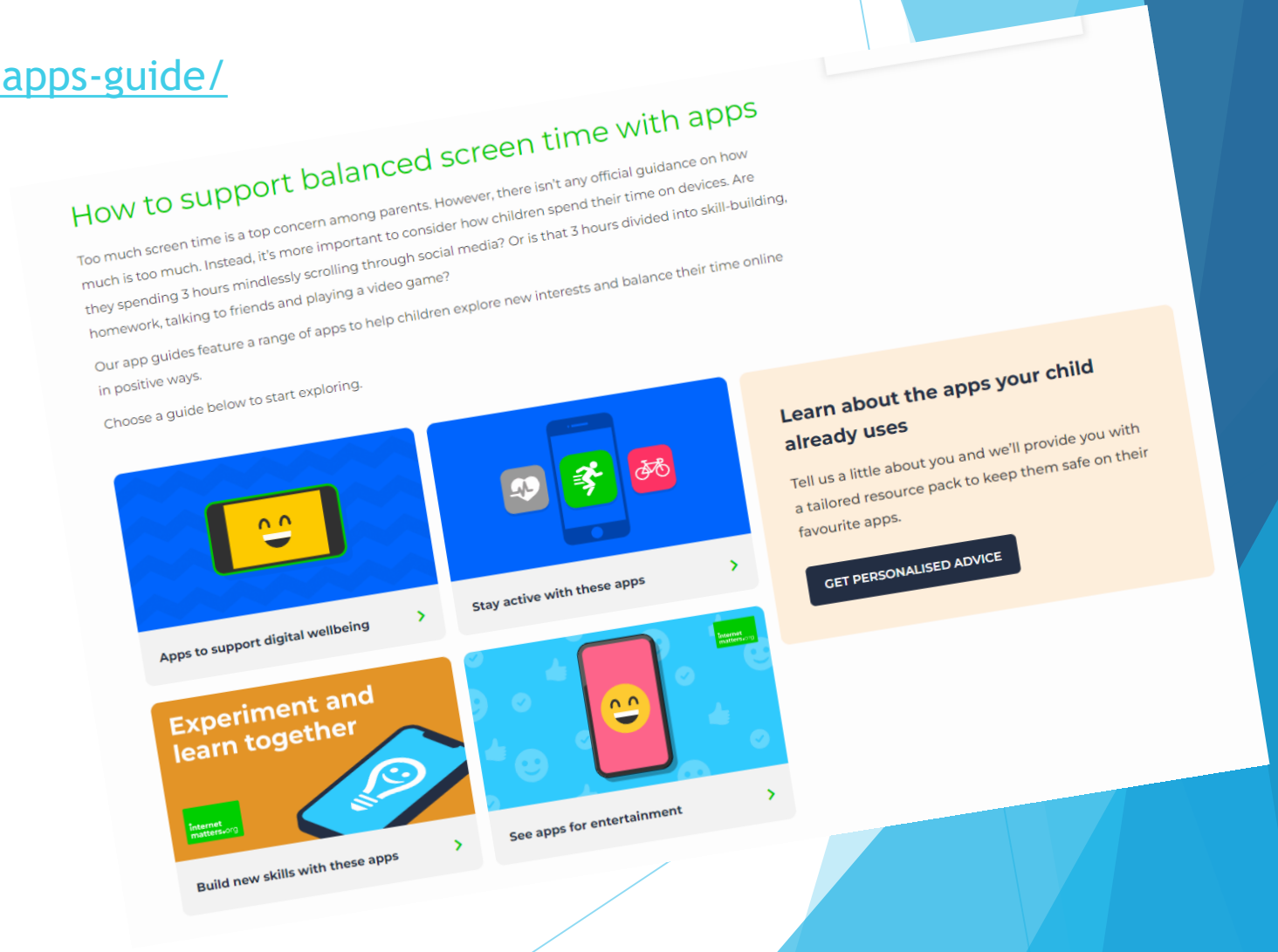
- Visit the CEOP Education 4-7s website with your child. Featuring characters from *Jessie & Friends*, the 4-7s website helps children to recognise worrying or scary situations online through four interactive badges covering: watching videos, sharing pictures, online gaming and chatting online. Children collect stars and certificates by answering questions to help characters Jessie, Tia and Mo to 'Tell A Grown Up' when something happens online that is worrying, scary or upsetting.

# Useful Resources – Web Browsers

- www.swiggle.org.uk/
- www.kiddle.co
- YouTube Kids

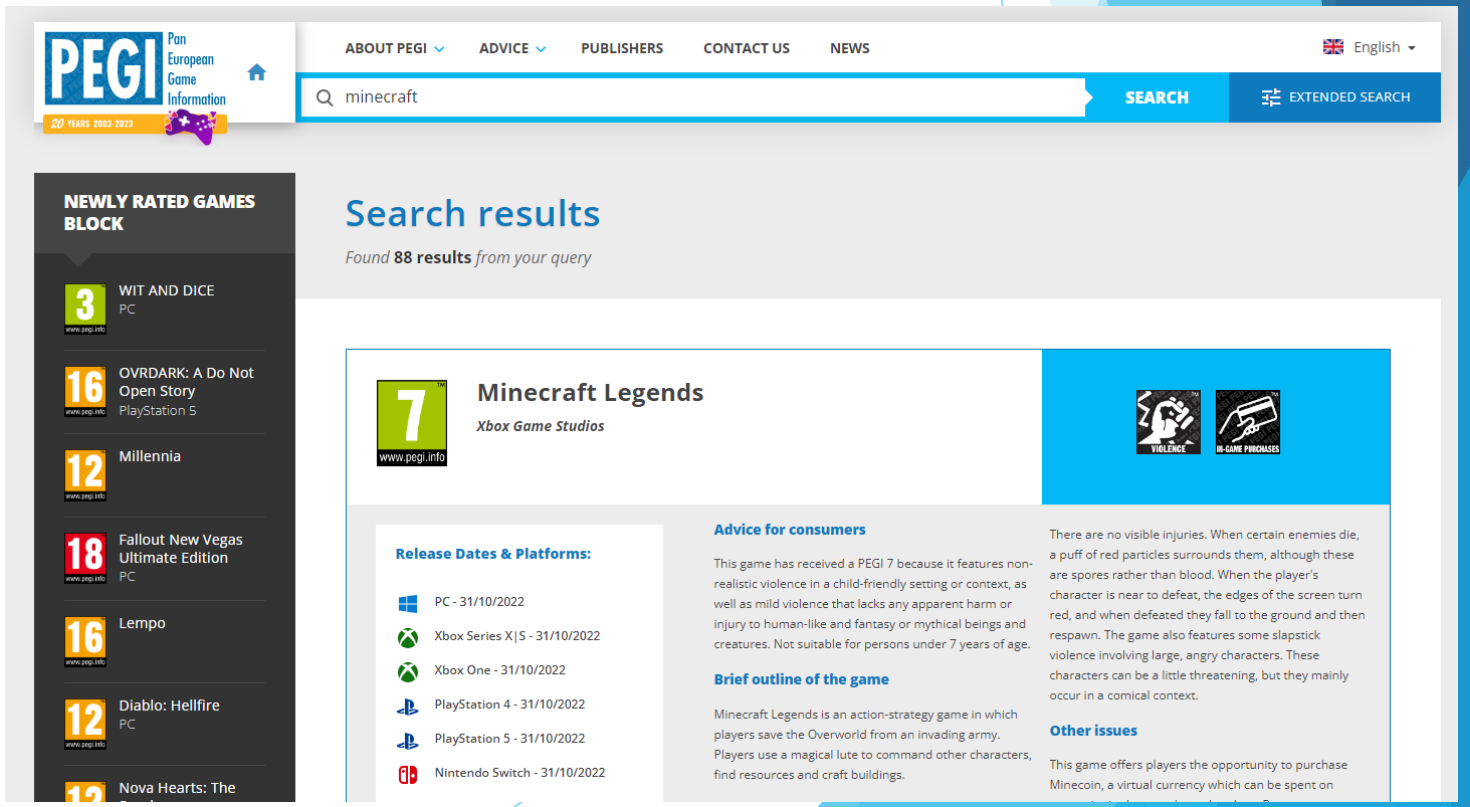
# Useful Resources - Apps

- www.internetmatters.org/resources/apps-guide/



# Useful Resources - PEGI

- www.pegi.info/page/pegi-age-ratings



# Resource Pack

# Questions

# Drop In / Device Support