

Computing and Online Safety Workshop

Friday 15th March 2024



Content

- ▶ Introduction
- ▶ KCSiE (September 2023)
- ▶ Raising Awareness - Apps - Age Rating Quiz
- ▶ Raising Awareness - Games - Age Rating Quiz
- ▶ Findings from the Latest Ofcom Report (2023)
- ▶ Advantages of a Digital World
- ▶ Disadvantages of a Digital World
- ▶ Striking a Balance - Screen Time
- ▶ Recommendations
- ▶ Useful Resources
- ▶ Takeaway Resource Pack
- ▶ Questions

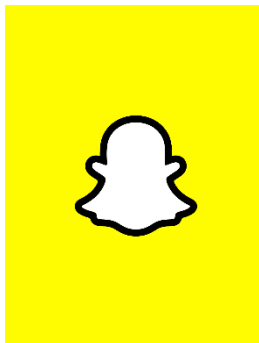
Introduction

- ▶ 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

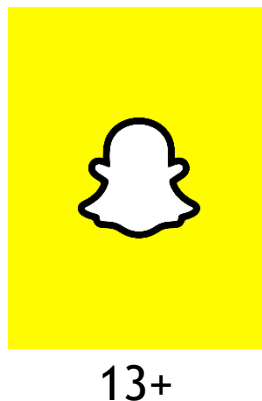
Keeping Children Safe in Education (2023)

- ▶ 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



Recently lowered from
16+ to 13+

Raising Awareness - Games - Age Rating Quiz



Raising Awareness - Games - Age Rating Answers



13+



3+



7+

MARIOKART

3+

**grand
theft
auto**

18+



2023 version - 3+

CALL^{OF}DUTY[®]

18+

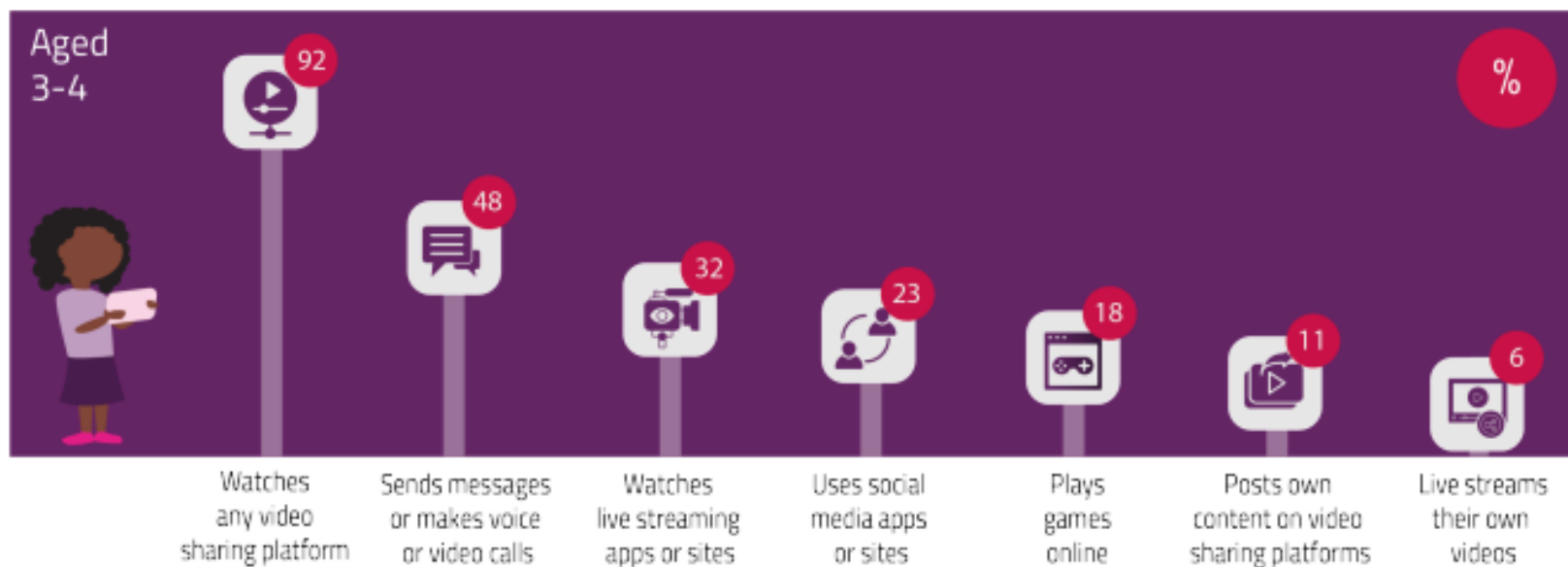
Age 3-4: Supervised Explorers



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 drink⁵⁷.

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



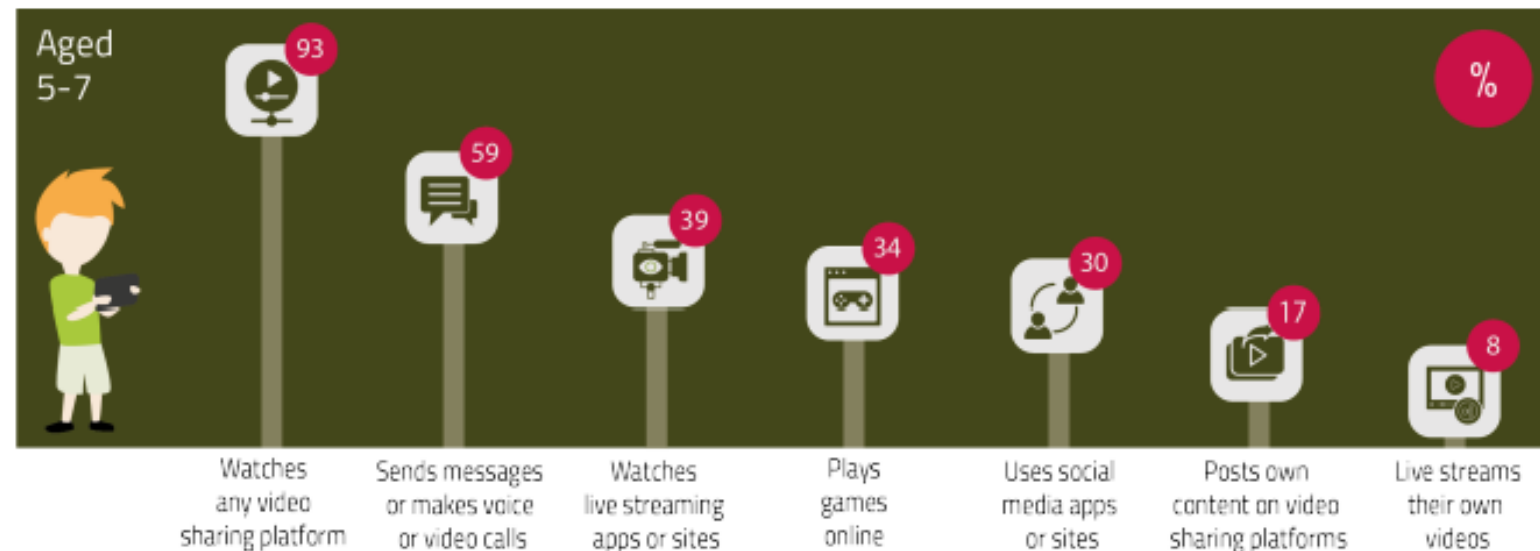
Age 5-7: Increasingly Independent



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



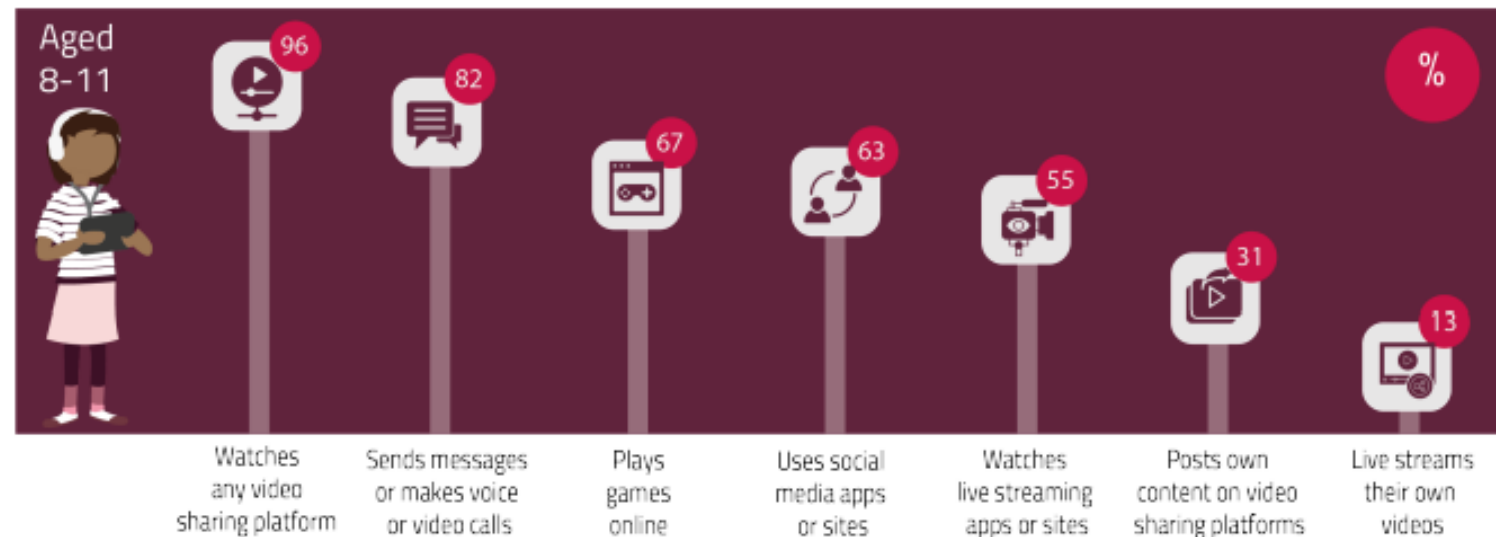
Age 8-11: Developing Skills



Between the ages of 8-11 children further develop the ability to talk about their thoughts and feelings⁶⁸. 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 others⁶⁹.

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



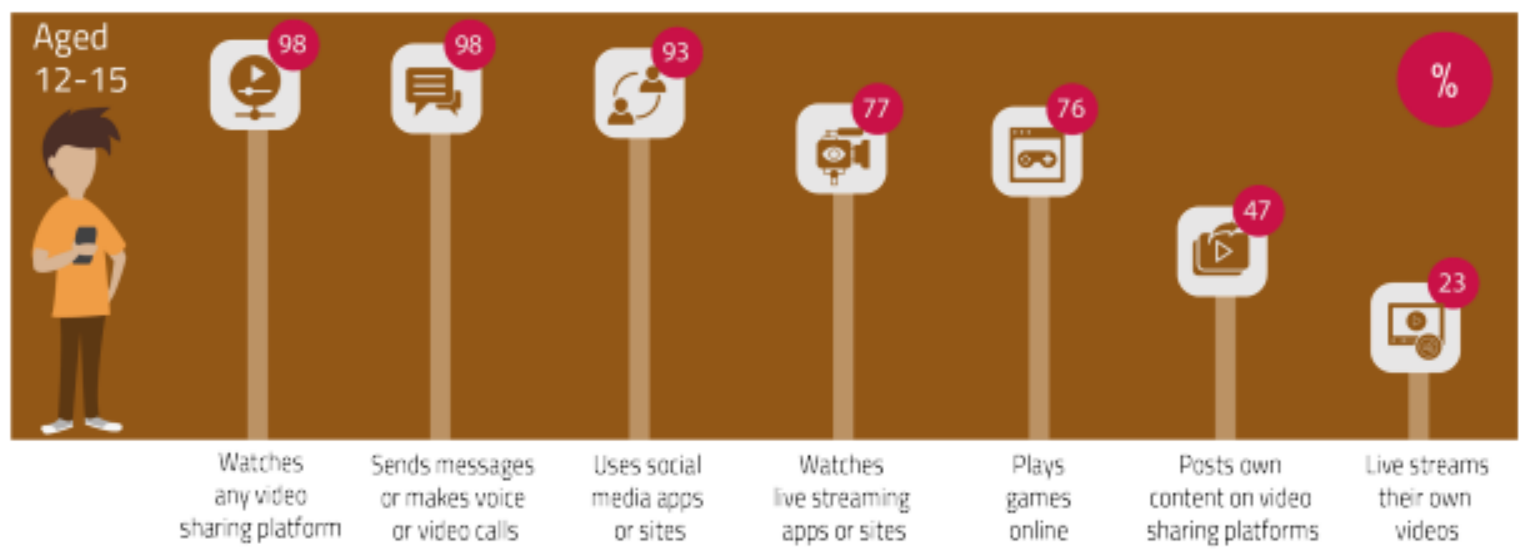
Age 12-15: Connecting and Creating



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 school⁷¹. Towards the older end of this age bracket children may develop an interest in romantic relationships⁷².

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



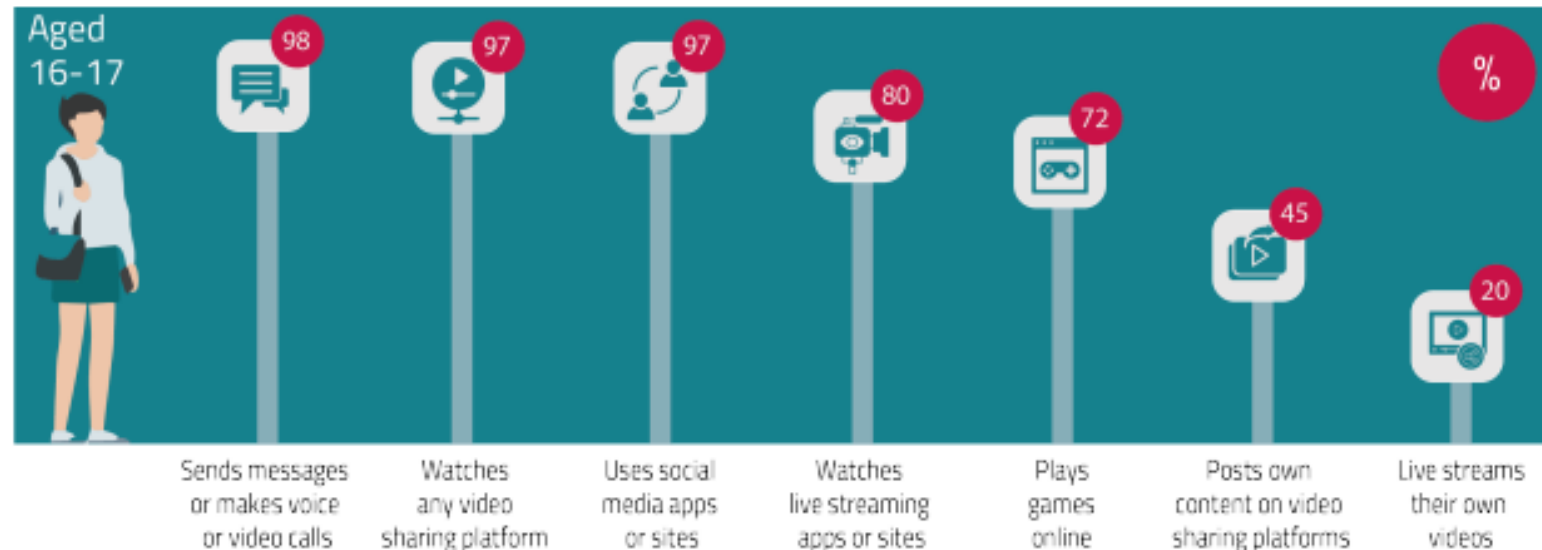
Age 16-17: Branching Out



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 image⁷⁵.

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?

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.

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

What happens if someone doesn't follow the agreement?

Signatures

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.

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/Nintendo-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](https://www.thinkuknow.co.uk/education/4-7s/) 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/


How to support balanced screen time with apps


Too much screen time is a top concern among parents. However, there isn't any official guidance on how much is too much. Instead, it's more important to consider how children spend their time on devices. Are they spending 3 hours mindlessly scrolling through social media? Or is that 3 hours divided into skill-building, homework, talking to friends and playing a video game?


Our app guides feature a range of apps to help children explore new interests and balance their time online in positive ways.

Choose a guide below to start exploring.


Apps to support digital wellbeing


Stay active with these apps


Experiment and learn together
Build new skills with these apps


See apps for entertainment

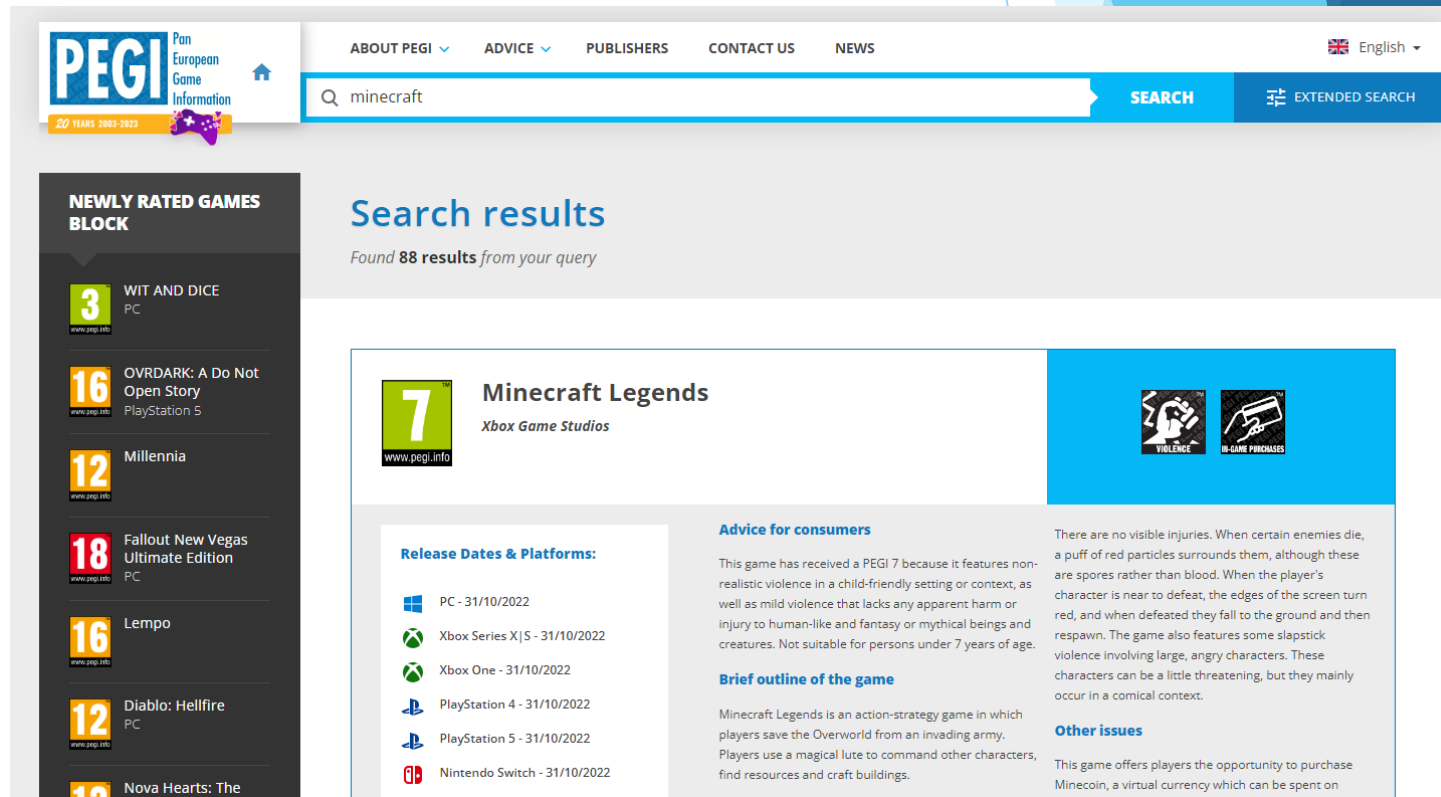
Learn about the apps your child already uses

Tell us a little about you and we'll provide you with a tailored resource pack to keep them safe on their favourite apps.

GET PERSONALISED ADVICE

Useful Resources - PEGI

► www.pegi.info/page/pegi-age-ratings



The screenshot shows the PEGI website interface. At the top, there's a navigation bar with links: ABOUT PEGI, ADVICE, PUBLISHERS, CONTACT US, and NEWS. A search bar contains the text 'minecraft'. Below the navigation bar, the main content area is titled 'Search results' and states 'Found 88 results from your query'. On the left side, there's a 'NEWLY RATED GAMES BLOCK' listing several games with their PEGI ratings: WIT AND DICE (3), OVRDARK: A Do Not Open Story (16), Millennia (12), Fallout New Vegas Ultimate Edition (18), Lempo (16), Diablo: Hellfire (12), and Nova Hearts: The (12). The main search result for 'Minecraft Legends' is displayed, showing a PEGI 7 rating, the developer 'Xbox Game Studios', and a blue banner with 'VIOLENCE' and 'IN-GAME PURCHASES' icons. Below this, there's a 'Release Dates & Platforms:' section listing release dates for PC, Xbox Series X|S, Xbox One, PlayStation 4, PlayStation 5, and Nintendo Switch, all dated 31/10/2022. To the right of the release dates, there's an 'Advice for consumers' section explaining the PEGI 7 rating, followed by a 'Brief outline of the game' and an 'Other issues' section.

PEGI Pan European Game Information
20 YEARS 2003-2023

ABOUT PEGI ▼ ADVICE ▼ PUBLISHERS CONTACT US NEWS

Search: minecraft SEARCH EXTENDED SEARCH

Search results

Found 88 results from your query

NEWLY RATED GAMES BLOCK

- 3** WIT AND DICE
PC
- 16** OVRDARK: A Do Not Open Story
PlayStation 5
- 12** Millennia
- 18** Fallout New Vegas Ultimate Edition
PC
- 16** Lempo
- 12** Diablo: Hellfire
PC
- 12** Nova Hearts: The

Minecraft Legends

Xbox Game Studios

7

Release Dates & Platforms:

- PC - 31/10/2022
- Xbox Series X|S - 31/10/2022
- Xbox One - 31/10/2022
- PlayStation 4 - 31/10/2022
- PlayStation 5 - 31/10/2022
- Nintendo Switch - 31/10/2022

Advice for consumers

This game has received a PEGI 7 because it features non-realistic violence in a child-friendly setting or context, as well as mild violence that lacks any apparent harm or injury to human-like and fantasy or mythical beings and creatures. Not suitable for persons under 7 years of age.

Brief outline of the game

Minecraft Legends is an action-strategy game in which players save the Overworld from an invading army. Players use a magical lute to command other characters, find resources and craft buildings.

Other issues

There are no visible injuries. When certain enemies die, a puff of red particles surrounds them, although these are spores rather than blood. When the player's character is near to defeat, the edges of the screen turn red, and when defeated they fall to the ground and then respawn. The game also features some slapstick violence involving large, angry characters. These characters can be a little threatening, but they mainly occur in a comical context.

This game offers players the opportunity to purchase Minecoin, a virtual currency which can be spent on...

Resource Pack



Questions



Drop In / Device Support

