Online Safety meeting
10th and 17th March 2023

Did you know…

90% of **all 2-year-olds** are exposed to internet.

1 in 4 of 8 to 11-year-olds and 3 in 4 of 12 to 15-year-olds has a social media profile. This is when almost all the social media platforms have imposed a minimum age limit of 13!

an alarming 61% of children in the UK use social media by the tender age of 10, up from 59% in 2014

1 in 4 children have experienced something upsetting on social media and around 1 in 8 young people have been bullied on social media.

WHAT APPS SHOULD YOUR CHILD NOT BE USING?

WhatsApp – Age 16+

Discord – 13 +

Spotify – 13 +
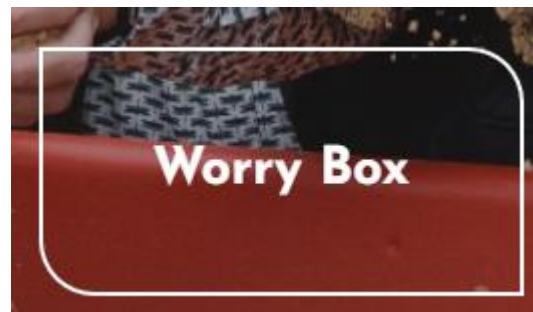
Snapchat – 13 +

Instagram – Age 13+

Tik Tok – Age 13+

Twitter – 13 +

Facebook – 13 +

HOW WE SUPPORT AT SCHOOL

WHAT GAMES SHOULD YOUR CHILD NOT BE USING? (MOST COMMON PLAYED)

Fortnite – Age 13+

Call of Duty – Age 18+

Apex Legends – Age 13+

Grand theft auto – Age 18+

GAMES AND APPS YOU MAY NOW CONSIDER HARMFUL?

ROBLOX

Official rating 7+ PEGI

Due to user generated content –
Parent guidance is **recommended**

YouTube

Official rating 13 (create and
upload videos

Monitor what your child
watches

Use YouTube Kids can help –
You still need to monitor

YouTube Kids

AMONG US

Official rating 7+ PEGI

Online game
Players discover dead body

Cartoon graphics when player
dies

May not be suitable for all
children

E-Safety

How to use parental controls

WHAT ARE PARENTAL CONTROLS?

- Plan what time of day your child can go online and how long for

- Create content filters to block apps that may have inappropriate content

- Manage the content different family members can see.

- Limit screen time

WHAT DEVICES AND SERVICES CAN BE CONTROLLED?

- Home broadband/ Wi-Fi (filtering)

- Phone Data (4g/ 5g etc.)

- Games consoles

- Phones, tablets and computers

- Apps

- Search engines

HOME BROADBAND/ WI-FI FILTERING

- Use Internet filtering from your internet provider to control the content that you and your family see

- set up any device connected to your home broadband.

- You can ask your internet provider for help setting this up.

- The filter will only work when on Wi-Fi not 4g/ 5g

PROVIDERS WHO SUPPORT CONTROLS

HOME BROADBAND/ WI-FI – HOW TO SET UP FILTERING

- Depends on provider

- Following guide will help, https://saferinternet.org.uk/guide-and-resource/parental-controls-offered-by-your-home-internet-provider

- Talk to internet provider – They have support teams who will assist

How to set up the parental controls offered by BT

Video guide from BT about how to set up parental controls.

How to set up the parental controls offered by Sky

Video guide from Sky about how to set up parental controls.

How to set up the parental controls offered by TalkTalk

Video guide from TalkTalk about how to set up parental controls.

How to set up the parental controls offered by Virgin Media

Video guide from Virgin Media about how to set up parental controls.

PHONE DATA (4G/ 5G ETC.)

- The controls you've set up on your home broadband won't work if they use 4G or 5G, public Wi-Fi or log onto a friend's connection instead.

- Talk with your child and agree what they can and can't do online. - https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/
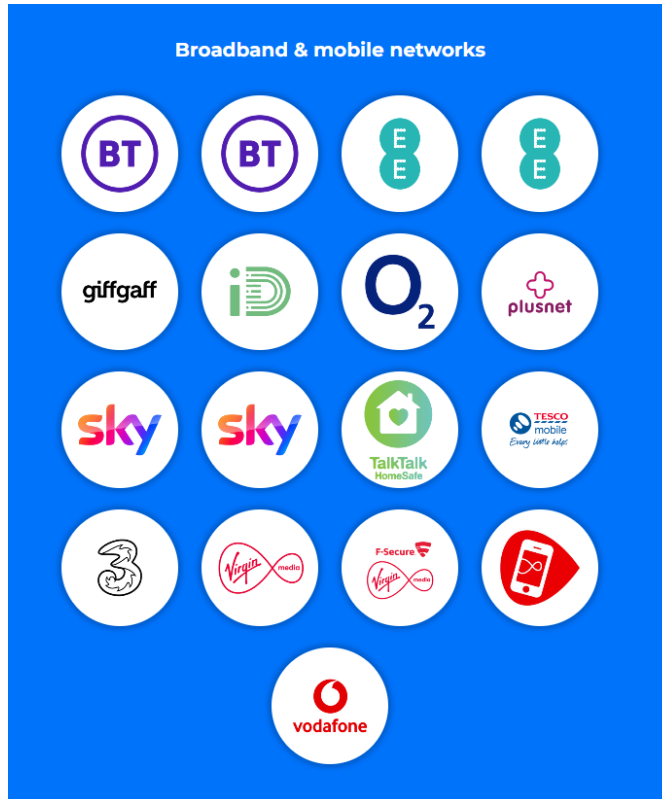
- Most mobile providers offer services to help restrict adult content when using mobile data

- This varies across providers

- Use this guide to find specific information regarding your provider: https://www.internetmatters.org/parental-controls/broadband-mobile/

WHATSAPP

- WhatsApp has an age limit of 16

- No primary student should be using WhatsApp

- This will be helpful if you have **older children**
  - You can see your child's WhatsApp messages by doing the following,
 - Add WhatsApp access on your computer
  - Guide: https://parentshield.co.uk/monitoring-whatsapp/
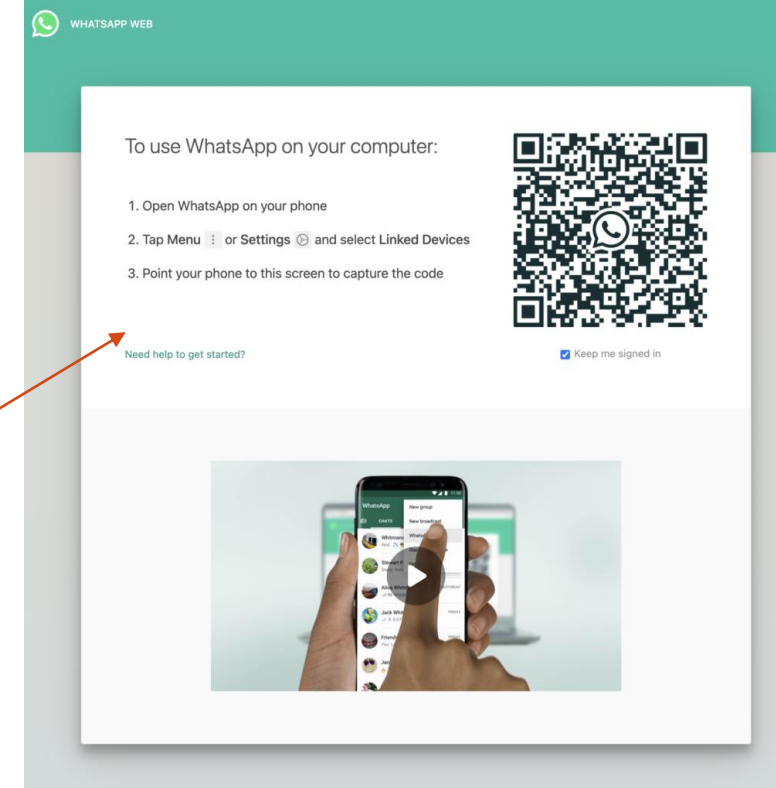
MESSAGING

ParentShield
The Child-Safe Mobile Network

| CALLS | TEXT | DATA | SETTINGS | BILLING | FILTER |

Credit Balance £1.00 **TOP UP BY CARD** REMAINING: 4 h 10 min 00 sec | 249 messages | 0 MB. data

DATE		FROM	TO	MESSAGE
2021-04-15 10:02:44	→	Alex	07700 900286	BLOCKED MESSAGE (In School hours) No, Sam is in detention
2021-04-06 19:48:18	←	07700 900286	Alex	Are you bringing anyone with you?
2021-04-06 19:47:08	→	Alex	07700 900286	Okay I'll be 5 minutes

- Sim provider

- Know exactly what conversations are being had by reviewing your child's call and SMS history

- Use ParentShield Parent Portal to say exactly when the Phone can call or be called, and when it can send and receive SMS, or use mobile data.
  - Home and family members can be allowed at all times

- Word Alert list. Should any of the words used be potentially concerning, an SMS is sent immediately to YOUR mobile phone,

GAMES CONSOLES
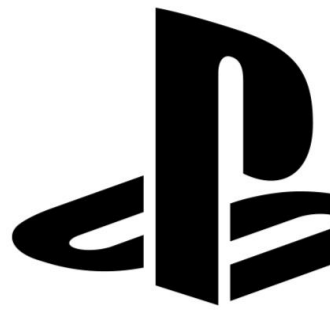
- Most games consoles have internet access, which means your child can go online and chat with other players or make in-game purchases

- Turn off chat functions to stop your child from talking to people they don't know

- Restrict games based on age

- Turn off in-game purchases, or set a limit.

- Create child account which is connected to a parent account

PLAYSTATIO

▪ What can you do?

Set age restrictions for games, Blu-ray Discs and DVDs

Every child account can be set up to only allow age-appropriate content.

On PS5, parents and guardians also have the ability to allow or deny exception requests from their children to override age restrictions for specific games as they see necessary.

Manage how long child family members can play each day

Use Playtime Settings to customize the duration your child can play each day and even award extra time on the weekends.

### Control chat, messaging and content sharing

Choose whether to allow your child to communicate with other players via PlayStation Network, share content or view content created by other players.

Parents and guardians also have the ability to approve or deny communication exceptions requested by their children to allow the use of the feature in specified games.

Restrict child access to the PS4 and PS5 web browsers

Disable access to the web browser and restrict your child's ability to view unsuitable websites and social media.
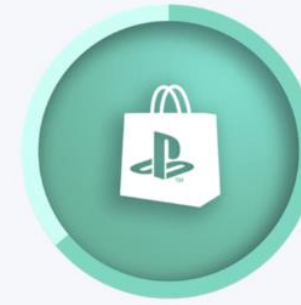
Set monthly spending limits for digital purchases

Purchases made by your child's account will be charged to the Family Manager's wallet. Control how much they can spend by setting a monthly limit.

Set up multiple layers of passcode protection

Create a system restriction passcode to disable guest login and prevent changes to the parental control settings or account creation, and set up a log-in passcode so only you can access your account.

NINTENDO SWITCH

- **Prevent children from playing games that are inappropriate for their age**
  - You can set which games can be played based on the PEGI age rating.

- **Restrict communication with other users**
  - You can restrict your child's ability to exchange messages and images with other users. This restriction can also be set for individual game
    - *The Nintendo Switch Parental Controls app does not include settings for the Nintendo Switch Online app. To set restrictions for the Nintendo Switch Online app, please refer to your smart device settings.*

- **Restrict the ability of posting screenshots to social network services**
  - You can restrict your child's ability to post screenshots captured on Nintendo Switch to social network services.

This app will allow you to see what games your child is playing

XBOX

- What can you do?

Restrictions you can apply

- Browser Access
- Game Ratings
- Purchasing
- Chatting
- Inappropriate content
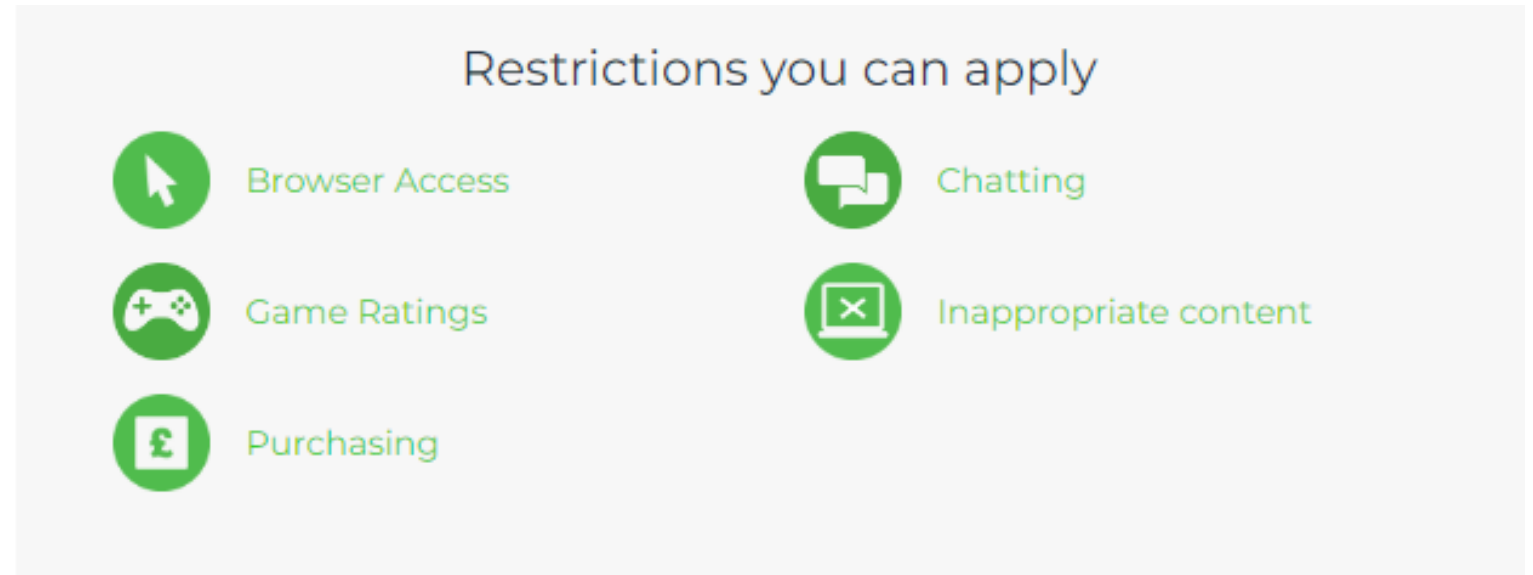
OTHER POPULAR GAMES / CONSOLES

Here is a helpful guide on how to set up controls on other platforms:

https://www.internetmatters.org/parental-controls/gaming-consoles/

PHONES, TABLETS AND COMPUTERS

- All mobiles, tablets and computers have parental control settings, which can differ between devices, these include:

- Allowing or disallowing in-game or in-app purchases

- Settings such as location settings and what information your child is sharing

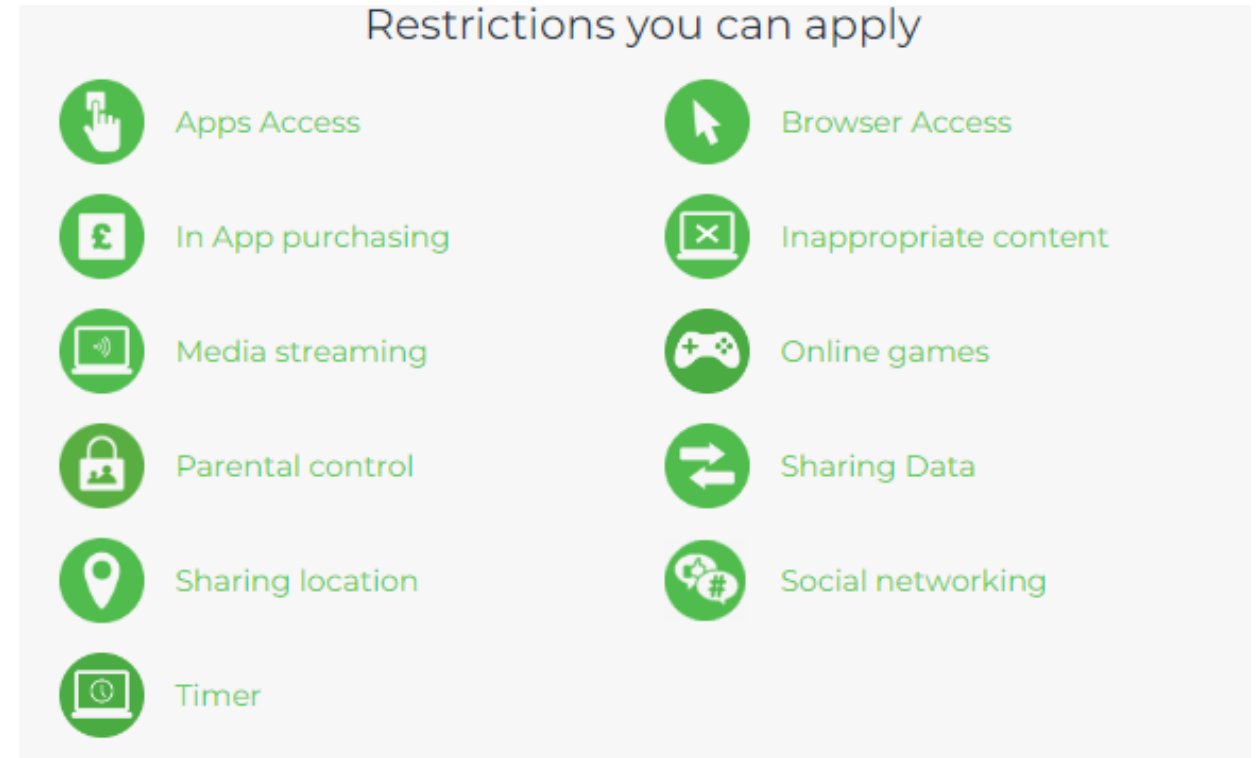- Wellbeing settings to help with limiting screen time.

APPLE
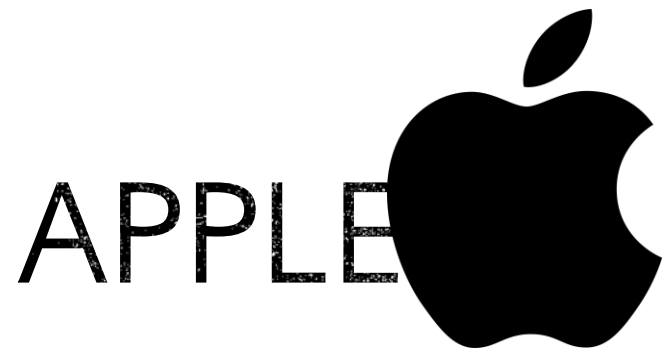
▪ What can you restrict?

Here is a step by step guide on how to setup controls
- https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-apple-iphone-and-ipad-parental-control-guide.pdf

https://support.apple.com/en-gb/HT201304

Restrictions you can apply

- Apps Access
- In App purchasing
- Media streaming
- Parental control
- Sharing location
- Timer
- Browser Access
- Inappropriate content
- Online games
- Sharing Data
- Social networking

ANDROID

- More dependant on device manufacturer

- Google play (App store)
  - Restrict apps available

- Google Family link can help to restrict device features (This will not work on all older devices)

- Features explained here: https://www.youtube.com/watch?v=XXCM3UYwAMw

- Guide on setting up App store: https://www.techradar.com/how-to/how-to-set-parental-controls-on-android

- PDF step by step for family link: https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-google-family-link.pdf

Family Link

KIDS MODE - ANDROID DEVICES – MOST COMMON BRANDS ONLY

SAMSUNG

Lenovo

amazon fire

Samsung kids mode:

https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-samsung-kids-parental-controls.pdf

Samsung guide:

https://www.samsung.com/us/support/answer/ANS00086102/

Lenovo kids mode:

https://support.lenovo.com/gb/en/solutions/ht503135-how-to-manage-kids-mode-profiles-lenovo-tb-8703f

Amazon fire Tablet – Kids mode

https://www.lifewire.com/put-amazon-tablet-in-kid-mode-5322847

WINDOWS DEVICES

Windows 10

Restrictions you can apply

Apps Access   Browser Access

Inappropriate content

https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-windows-10.pdf

Windows 11

Restrictions you can apply

Apps Access   Browser Access

Inappropriate content

https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-windows-11-parental-controls.pdf

CHROMEBOOKS – FAMILY LINK

Restrictions you can apply

- Browser Access
- Inappropriate content
- Phishing & Malware Infected Sites
- Sharing Data
- Downloading file sharing
- Media streaming
- Purchasing
- Sharing location

Family Link

https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-chromeos-safety-guide.pdf

MAC OS – 13 VENTURA

Restrictions you can apply

- Browser Access
- Downloading file sharing
- Inappropriate content
- Media streaming
- Phishing & Malware Infected Sites
- Purchasing
- Sharing Data
- Sharing location

https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-macos-ventura-13.pdf

APPS

- App use can be controlled using the device tools above

- Access to apps can be blocked

- App specific settings can be changed within app

VIDEO AND STREAMING APPS (GAMING)

Primary age children should not be uploading footage to the website below or streaming their game play (uploading live game play)

Primary age children should also not be watching content posted on website below as this can be harmful
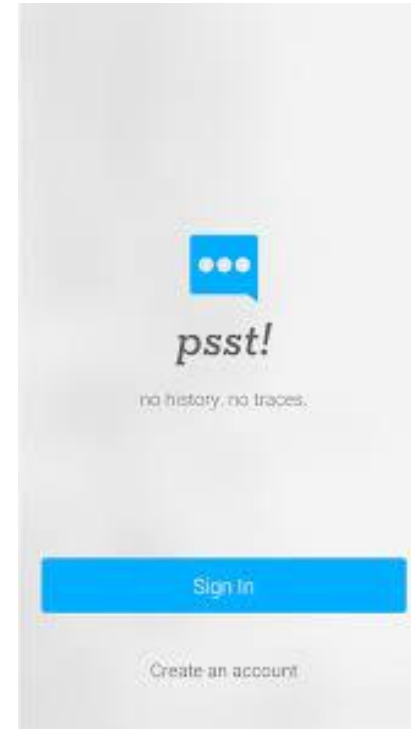
ANONYMOUS APPS – NO PRIMARY AGE CHILD SHOULD BE USING THESE APPS

- Online risks
- Inappropriate content
- Cyber Bullying
- Sexting
- Under cover – Users are not identifiable.

askfm

psst!

no history, no traces.

Sign In

Create an account

TELLONYM

sayat.me

Talk to strangers!

omegle

INTERNET BROWSERS

- Control content

- Help prevent harmful content

- Mainly controlled through broadband provided software

Google Safe search
Using family link Is recommended for Chrome
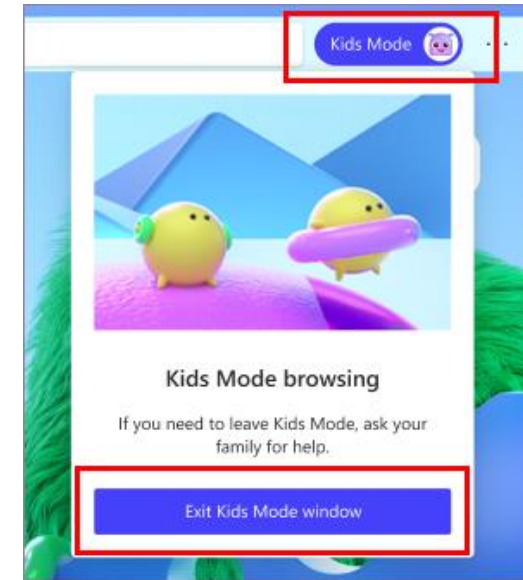https://support.google.com/families/answer/7087030?hl=en

Google safe search
https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-google-safesearch.pdf

Microsoft Edge

Use Kids mode in Edge

Allow access only to age appropriate websites

Kids Mode browsing
If you need to leave Kids Mode, ask your family for help.

Exit Kids Mode window

https://support.microsoft.com/en-us/microsoft-edge/learn-more-about-kids-mode-in-microsoft-edge-4bf0273c-1cbd-47a9-a8f3-895bc1f95bdd#:~:text=Go%20to%20Settings%20and%20more,that's%20applied%20to%20Kids%20Mode.

NOTHING IS 100%

- No filter, control, restriction or tool can make a device or app 100% safe

- Some content can still get through

- To be help improve this you can
  - Monitor your child's device
  - Monitor what they look at
  - Do not let them use devices alone
  - **Talk to them.**