



The Family Pack Safety

Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- **Internet Safety**
- Social Media
- Parental Controls
- Home Safety
- Community safety

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”

Internet Safety



Somerset PTSA's
F|P
THE FAMILY PACK
Everyday helpful hints & tips

The Benefits of the Internet

We hear a lot about the negative effects on children of using the internet, but it can also be a positive thing. It may come as a relief to hear that there are lots of positives to using technology as well such as:

Keeping in touch – communicating with family or friends who are not close by.

Making friends - Young people who have trouble dealing with social situations may find that online interaction makes them feel less isolated

Being Creative Young people who are interested in music, writing or art can find loads of useful resources and ways to practise online.

Finding Help Young people who are dealing with an issue often find essential support online.

Learning Lots of schools now post homework assignments online, giving you and your child another way to keep on top of their work and organised

Research developing your knowledge, finding interesting information

Fun People of all ages love the internet for lots of reasons, gaming for kids can be great fun

When used responsibly and in moderation, the online world can be a great source!



What should we be aware of?

What risks can this pose to your children?

- The risks are your child could be the victim of online grooming and sexual exploitation or bullying. Your child may experience the following.
- Being asked to talk about age inappropriate topics.
- Asked to do inappropriate things on webcam.
- Asked to meet up in person with someone they have met online.
- Requesting inappropriate images.
- What can we do to prevent this?



Recognizing the signs

Signs of being groomed online:

Sexting – sending sexual text messages

Child is upset, withdrawn or angry after texting or using the internet

Secretive about who they are interacting with while online or on the phone

Have lots of new phone numbers, email addresses, social media friends or texts while online or using a device

Common signs of child sexual exploitation may include:

Going missing for periods of time or regularly returning home late

Frequent or unexplained injuries

Appearing with unexplained gifts or possessions that cannot be accounted for

Becoming secretive or unwilling to share information

Using drugs or alcohol

Behaving in an overtly sexual or aggressive way



Supporting your child

Your child may not feel comfortable telling you this has happened to them, this is because they feel embarrassed, worry you will not understand or listen, scared they will get into trouble, you will blame him/her. As difficult as this will be for you to hear try hard not to overreact.

Listen to what your child is saying, offer reassurance that they have done the right thing do not play the “blame game “and tell your child that whatever has happened you are going to support them. Let your children know who else they can go to talk/ to someone or /and report abuse. Details below.

The most important thing is that your child talks to someone even if it's not you.

CEOP - Child Exploitation Online Protection is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and **abuse**.

<https://www.ceop.police.uk/CEOP-Reporting>

Cyberbullying

What is Cyberbullying?

Your child may experience the following if a victim of cyberbullying.

- Being threatened
- Intimidated or sent nasty messages
- Trolling them or commenting on there posts or pictures saying nasty things
- Someone revealing personal details without there permission
- Targeting them repeatedly in an online game.
- Spreading rumours or starting group chats about them
- Posting, commenting on or liking nasty photos, videos or posts about them online



Supporting your child

It can be difficult to support your child when they are being bullied. Just a few words of support and showing them, your care and interest can make a huge difference.

Help them to get support if they do not want to talk to you give them the details for Childline.

Advise them to block the person and report it to the site e.g., twitter and / or the police you may also choose to make your child's school aware if the person bullying attends the same school/ college

Has anyone experienced any examples of this?



Parental Controls

There are many types of controls available, and they allow you to do a few different things, such as:

- Filter and block content that you do not want your children to see, such as violence and pornography.
- Restrict what information is shared.
- Set time limits on how long children are online
- Control the time of day that children can access the internet.
- Set different profiles so that each family member has an access level that is appropriate to them.

So how can you do this?

Internet Matters has developed an app that allows you to create a personalised checklist for setting parental controls in your home and on your family's devices. The app also contains help and advice on setting the controls, including how-to videos and step-by-step guides.

<https://www.internetmatters.org/parental-controls/>



Handouts

These printable family activity packs have been created to cover different areas of online safety for age ranges 4years – 14 years +.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

<https://www.net-aware.org.uk/> provides simple guides for parents and carers to the most popular social network apps and games. Look at this site and see if you can identify the apps your children use.

<https://www.youtube.com/watch?v=REAUTp71ATU&feature=youtu.be> Avon & Somerset Police have developed a YouTube video for parents.

<https://www.bbc.co.uk/bitesize/guides/zrtrd2p/test>
Ks3 – Secondary online safety test

Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

What was helpful?

What did you find most useful?

Was it realistic for you?

Would you feel comfortable explaining these ideas to someone else?

Challenge - What do you already know? – take the quiz then ask your child to do the same