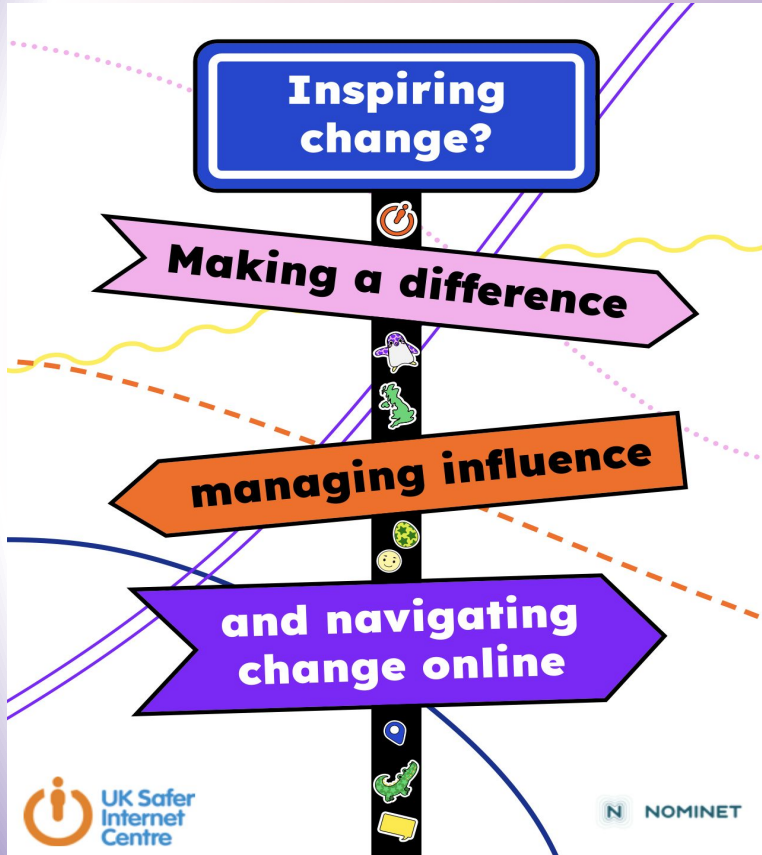


# Safer Internet Day



## Aims:

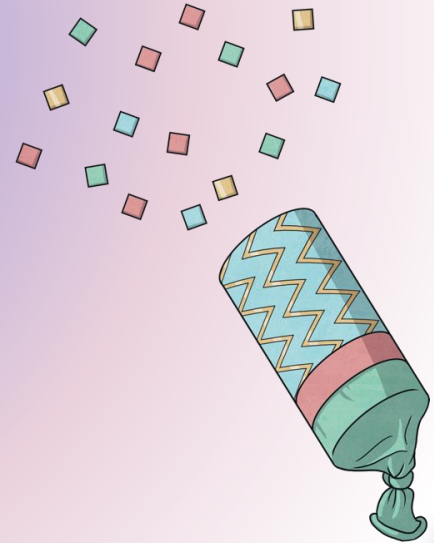
- Understand the aims of Safer Internet Day and some of the current issues in online safety
- Know what to do should you have any concerns about online safety
- Know where to find useful information and resources

# What Is Safer Internet Day?

Safer Internet Day is an annual event which is organised by the UK Safer Internet Centre and is celebrated in approximately 180 countries worldwide!

The aim of the day is to raise awareness of Internet safety, promoting positive and responsible usage.

It is a day to discuss how to look after yourself and others while staying safe in an online space.



# Themes, Themes, Themes

Each year, Safer Internet Day is based around a theme. Here are the themes from the past three years.

**2021**

An Internet we trust: Exploring reliability in the online world.

**2022**

All fun and games? Exploring respect and relationships online.

**2023**

Want to talk about it? Making space for conversations about life online.

# Impact of Safer Internet Day 2022

With young people aged 8-17

80%

Feel more confident about what to do if something is worrying them online

59%

had a conversation with a parent or carer

72%

Spoke to someone about staying safe online after finding out about the day

20%

Spoke to someone about something that had been worrying them online

Like last year, we have registered as supporters of SID and we are 1 of 1002 schools that have joined so far. This year, we want to ensure we are supporting the children with being safe online and understanding what they can do when they feel a certain way being online whether that is positive or negative.

## CERTIFICATE OF SUPPORT

THIS IS TO CERTIFY THAT

Old Palace Primary School

Supports Safer Internet Day 2024

**6 February 2024**

#SaferInternetDay



[saferinternetday.org.uk](https://saferinternetday.org.uk)

**Ofcom**

### Ofcom

As the UK's online safety regulator, we'll share insights on children's lives online and content to help children and parents understand how the Online Safety Act will ensure they're better protected.

### Ogi

We are looking into free resources to provide to our staff that will enhance their knowledge on the subject.

### Olchfa School

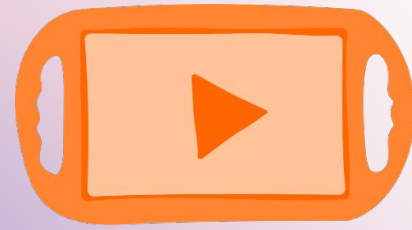
We have sessions by HSBC organised for Safer Internet Day



### Old Palace Primary School

We will spend the day learning and carrying out various activities around Safer Internet Day. We will also hold a parent workshop where they will join their children classes.

# What technological device(s) do your children like to use and what do they like to do on it/online?



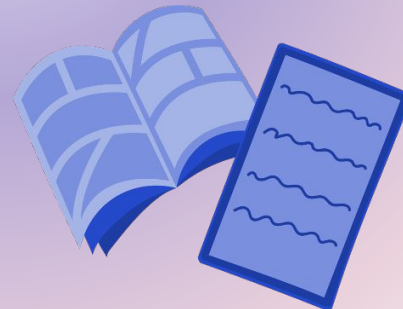
Watching videos



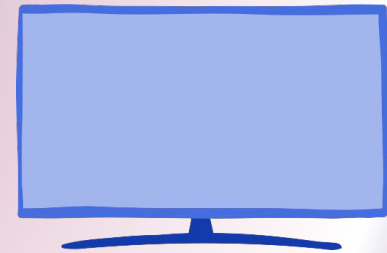
Video calling family and friends



Playing online games

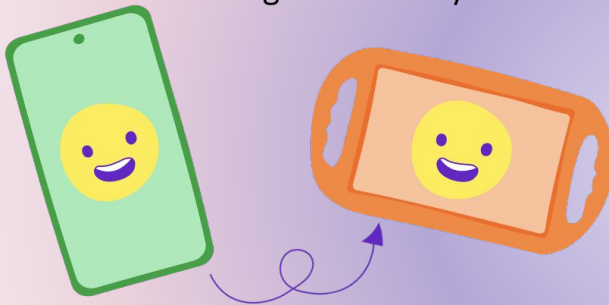


Reading books or comics

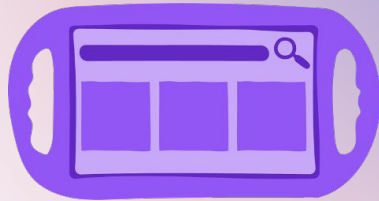


Watching TV and films

Sharing content of your own



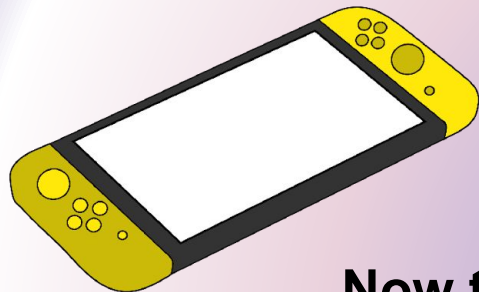
Listening to music



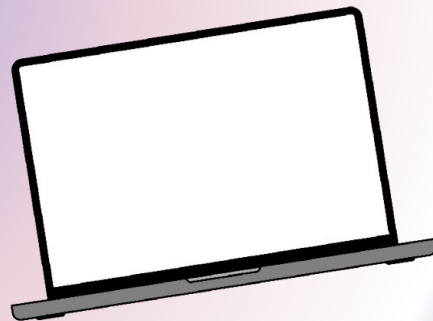
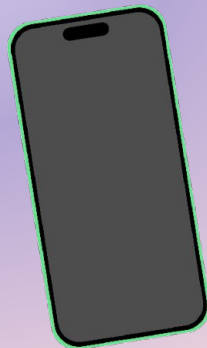
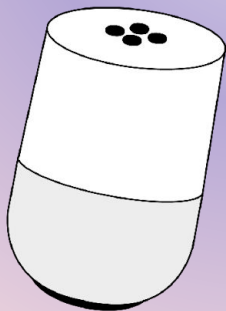
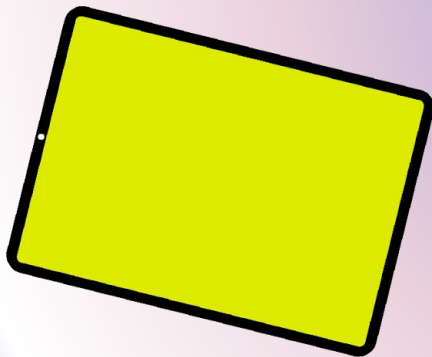
Finding pictures of things







**Now they look like this and as we can all imagine it will keep changing and become more advanced as the years go by!**

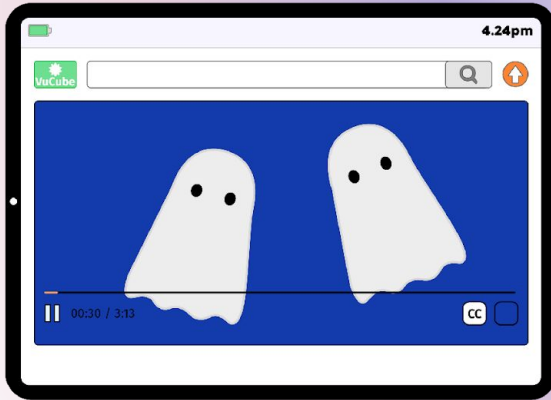




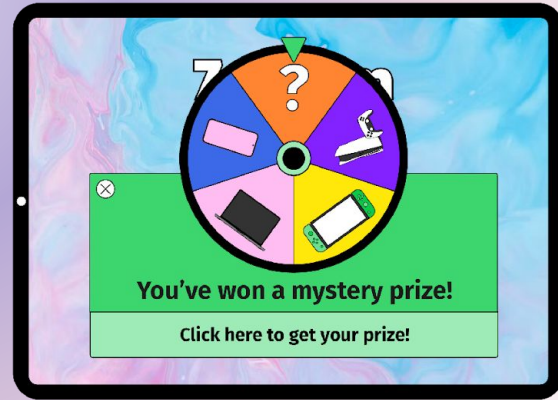
**Some settings change on your game**



**A character online look different**



**A video you were watching change**



**Something pop up on your screen**



# How can you stay safe even when things change online?

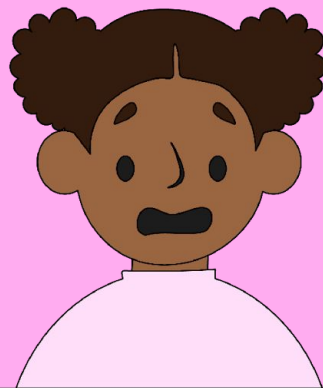
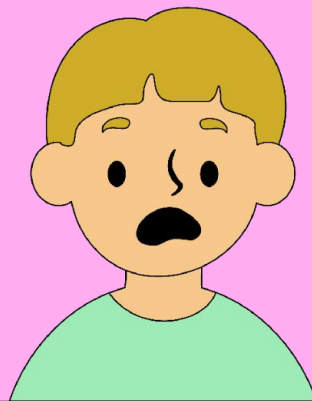
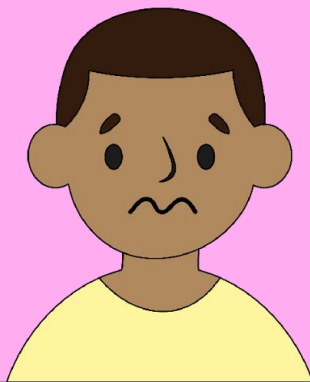
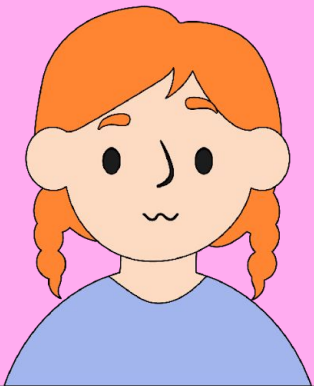
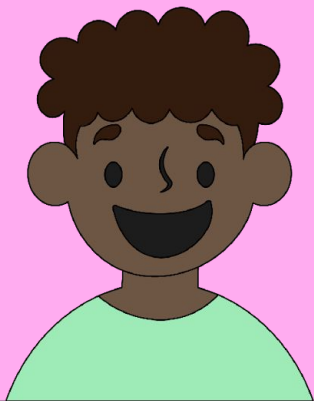
Talk to a trusted adult

Ask them before you download something new

Tell them about the things you see online, especially if you are worried or upset

Turn your device off, over, or pause it

Ask them to show you where the block and report buttons are, and for help using them



# Trusted adults we have mentioned to children about:

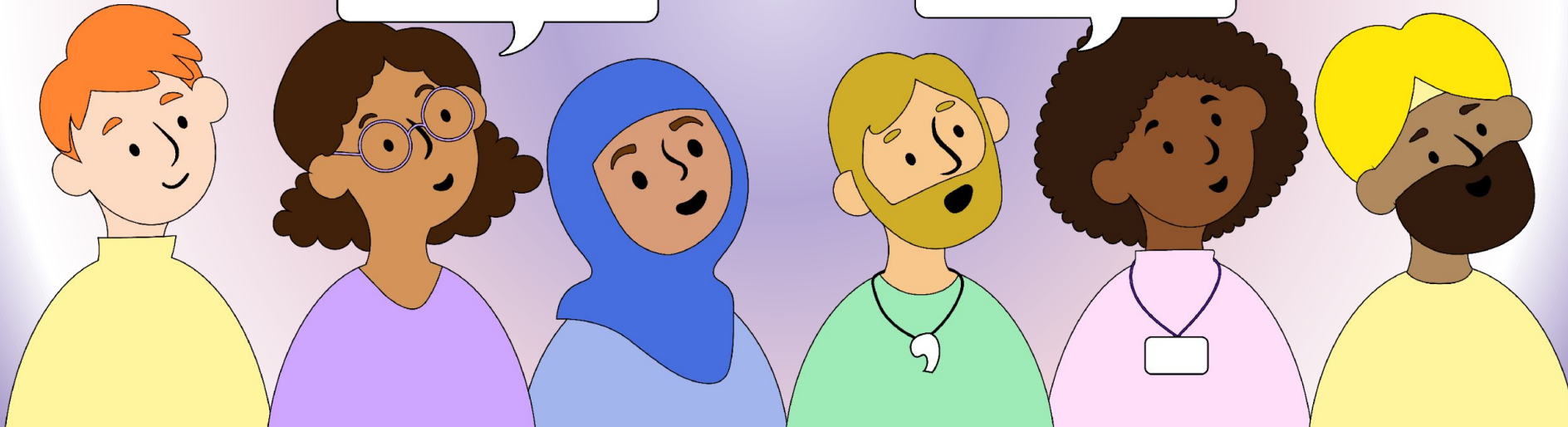
**Parents  
or  
carers**

**Auntie  
and  
Uncle**

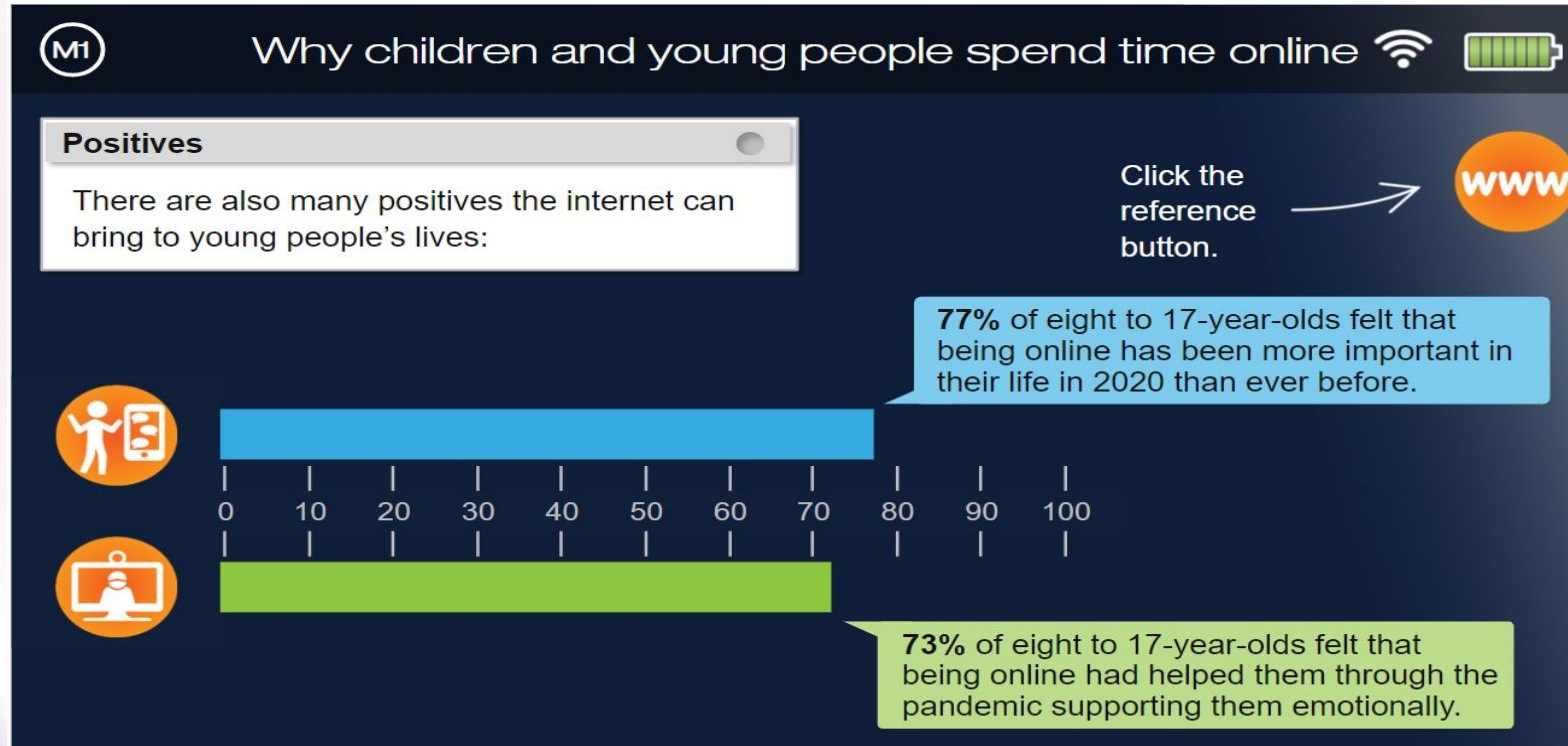
**Teacher and  
teaching  
assistant**

**Sports club  
leader**

**Grandparents**



# The Internet can be wonderful for kids. They can use it to research school reports, communicate, and play interactive games.



# Age Restrictions



**1 in 5 parents think there are no age restrictions for social media.**

## Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Under 13



Roblox



PopJam



FaceTime

13+



Twitter



Facebook and Messenger



Viber



WeChat



Monkey



Yubo



Dubsplash



Instagram



TikTok



Skype



Google Hangouts



Reddit



Snapchat



Pinterest

16+



WhatsApp



Telegram Messenger



Tumblr

17+



Line



Sarahah



Tellonym

18+ or 13 with parent's permission



YouTube



WeChat



Kik



Flickr



Play Store

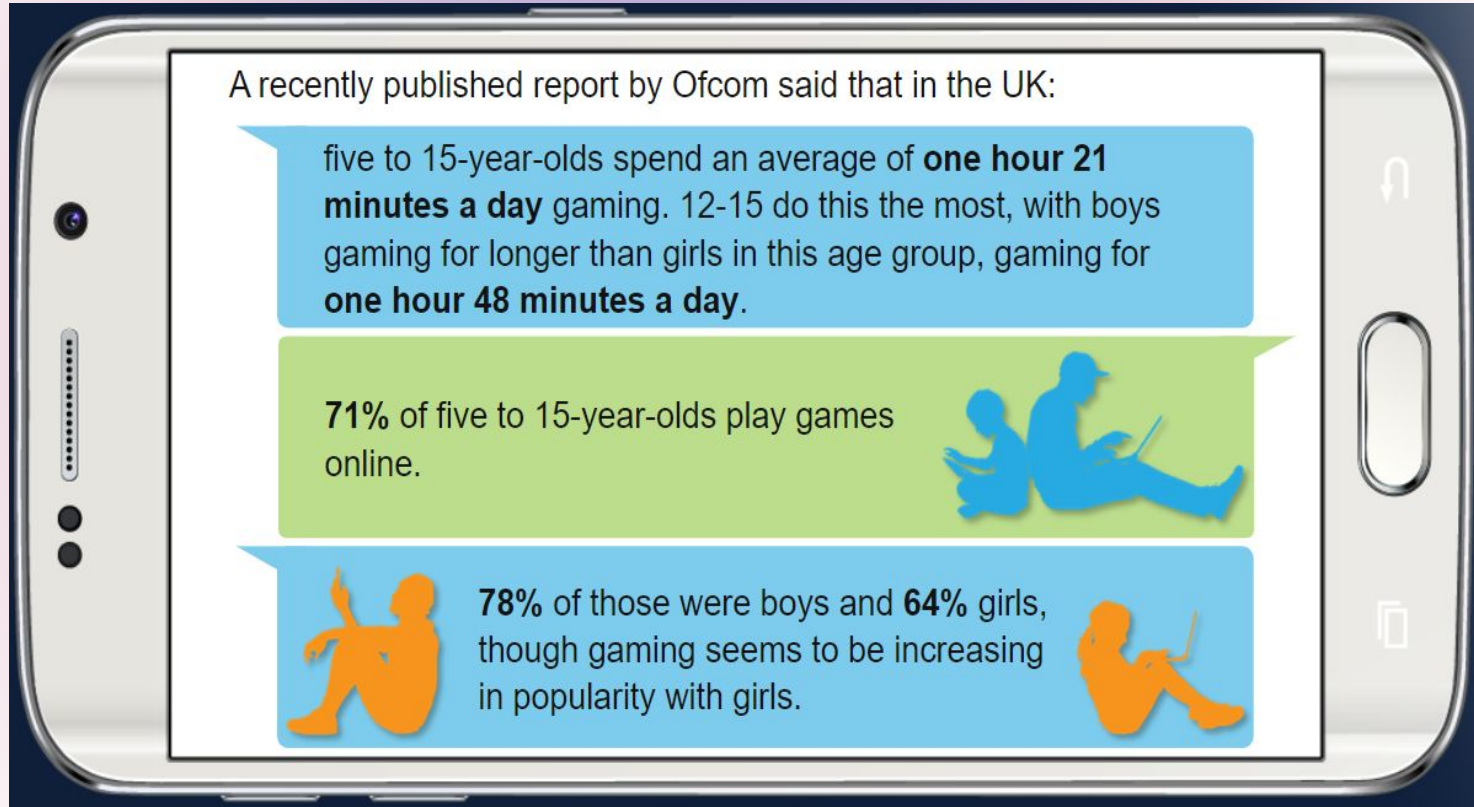


Spotify  
(12 with parental permission)



sourced from NSPCC website October 2019

But online access also comes with risks, like inappropriate content, cyberbullying, and online predators. Using apps and websites where kids interact, predators may pose as a child or teen looking to make a new friend. They might ask the child to exchange personal information, such as address and phone number.





Potential issues that children may face when playing games online:

- Content - graphic images, foul/offensive language
- Contact - receiving abusive messages, grooming, catfishing
- Conduct - sending harmful messages (personal responsibility)
- Commerce - online gambling, inappropriate advertising



# CONTENT

- Some online content is **not suitable for children** and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be **aware that it might not be true or written with a bias**. Children may need help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

## 5 ways to help children play safe

1. Check the game's content



2. Know how to mute, block and report



3. Be Share Aware



4. Activate safety settings



5. Keep the conversation going



# CONTACT

- It is important for children to realise that **new friends made online may not be who they say they are** and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and **removing unwanted contacts** is a useful step. **Privacy settings** online may also allow you to customise the information that each friend is able to access. If you have concerns that a child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital you inform the DSL who will report it to the police via the Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)). Or you can directly report to the police.



# Online bullying



## Online bullying

Online platforms can be a tool for individuals or groups to bully or intimidate others directly or indirectly.

Online bullying is a form of bullying, and as such, targets of online bullying can be upset, hurt, humiliated, afraid, and in some cases, may lead to a greater risk of self-harm and suicidal behaviours.

## Online bullying

**19%** of children aged 10-15 years experienced online bullying in the year ending March 2020, according to the Office of National Statistics.

Bullying can include text messages, 'tagging' people and deliberately blocking people in a group chat.

Click the  
reference  
button.

# CONDUCT

- Children need to be **aware of the impact that their online activity** can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are **aware of who is able to view, and potentially share, the information that they may have posted.** When using the internet, it's important to keep personal information safe and not share it with strangers. It is very important to report inappropriate conversations, messages, images and behaviours.

# COMMERCE

- Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean **inadvertently spending money online**, for example within applications. Encourage children to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms.



# **Why is it important to also raise awareness amongst parents for Safer Internet Day?**

<https://www.youtube.com/watch?v=SD5KW6dqnv0>

# What can you do?

There are risks, but by understanding and talking about the dangers you can help keep your child safe online.

**Help your kids stay safe online.  
Work as a TEAM**



Talk



Explore



Agree



Manage

Signs that something may have gone wrong include, but are not limited to:

- Changes in behaviour
- Changes in time spent online
- Reluctancy to go to school or spend time with friends
- Hiding their devices
- Being less willing to talk

There are some initial steps you can take if you think something has gone wrong for your child online.

## **Inspire change by modelling how to be safe online**

Just like in their offline lives, children need role models online too. Set clear and fair expectations about how the whole family should use the internet and technology, and demonstrate these yourself. A Family Agreement is a great way to start conversations and put your ideas down on paper, to refer back to later and adapt as your child and your family's internet use changes.

## **Make a difference by having regular discussions about the online world**

Having regular and open conversations with your child about their use of technology and the internet is the best way to stay up to date, not only with changes in the online world, but also with what they are doing and seeing online. Starting these conversations can sometimes feel daunting, but they can help you feel more informed and show your child that you are taking an interest in their online life. Not sure where to begin? Use the tips and conversations starters in our “Let’s Talk About Life Online” resource.

## **Manage influence by researching the content and games your child enjoys the most**

Giving young people the opportunity to talk about their life online, and enjoying online content together, can be a great way to gain an insight into the content they are viewing. Our 'Parents and Carers Resource Sheet' is a great tool that you can use to research any websites, apps and games and find out more about specific content.

## **Navigate change by knowing where to go for further support**

If your child needs help, it's important you know where to go for further support. Using the report and block buttons, websites such as 'Report Harmful Content', and other safety tools is a great starting point. It can also be useful to discuss any concerns or worries with your child's school as they may be able to offer further advice and guidance. It can also help to talk to other parents and carers who may have experienced something similar.

# Agree

## Create a family agreement

Creating a family agreement is a great way to start talking about online safety.

It'll help your child understand what behaviour is appropriate when they're online. And they'll know who they can turn to if they are ever worried about anything they see or do.

Download and print our agreement template to get started.





# Our family online agreement

Creating a family agreement is a great way to start conversations about online safety and to discuss any worries you may have. Make sure you review the rules together regularly to keep them up-to-date.



..... agree(s) to:

*(eg check before I download a new app)*



SIGNED .....

..... agree(s) to:

*(eg ask my child's permission before posting photos of them on social media)*



SIGNED .....

We both agree to:

*(eg talk about what we're up to in our online world like our offline world)*

For more information  
search **'Share Aware'**

O<sub>2</sub>  **NSPCC**  
Let's keep kids safe online



## **Talk little and often**

Having a regular open dialogue with your children about their favourite apps, the games they enjoy, and their online friends, will help create an environment where chatting about online experiences becomes a normal part of family life.

## **Stay proactive**

As a result of discussions with your children about their online activities, take time to research the apps they're using, the accounts or channels they're following, and the games they're playing, to get a better idea of what they're experiencing and what your thoughts are towards it.

## **Seek support**

Knowing where to get help is essential. Each app or platform will have its own safety guidelines and reporting features, and having knowledge of how to use these will ensure you can make a report, seek help, and support your child to get the best out of the services they're using.

Username

F.rahman24112011

# Personal Information

- Talk to your child about what 'personal information' is - such as email address, full name, phone number, address and school name - and why it's important.
- Explain simple ways to protect privacy. For example, avoiding usernames like birthdates or locations that give away too much information.
- Discuss images and photos, and what might be appropriate. Help your child understand how photographs can give people a sense of your personality, and that sharing the wrong kind of image can give the wrong impression.
- Explain that it isn't easy to identify someone online. People aren't always who they say they are, so don't share personal information. If it's someone who genuinely knows your child, they shouldn't need to ask for personal information online.
- Tell your child that if they're in any doubt they should talk to you first.

# Roblox

<https://www.youtube.com/watch?v=bziY1QiGfpQ>

<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-roblox-parental-controls.pdf>

# Manage

## What are parental controls?

Parental controls are software and tools which you can install on phones or tablets, games consoles or laptops – and even your home broadband.

You can also use them to help you block or filter the content your child sees when searching online. And family-friendly public WiFi can help when you're out and about.

Parental controls are also available to help you to:

- plan what time of day your child can go online and how long for
- stop them from downloading apps they're too young for
- manage the content different members of the family can see.

So whatever your child is doing online, there's a way that you can help keep them safe.

# What should you do if any online safety incidents occur?

School related issues - take a screenshot (on your phone) and email it to the school [admin@oldpalace.towerhamlets.sch.uk](mailto:admin@oldpalace.towerhamlets.sch.uk)

The Report Harmful Content website can help you with issues such as cyberbullying, impersonation and threats [reportharmfulcontent.com](https://reportharmfulcontent.com)

You can report worrying behaviour towards children to [CEOP](https://ceop.police.uk)

Find out more on <https://www.childnet.com/parents-and-carers/get-help/>



## **Get further help or support for your child**

It's important to make your child aware of the different ways they can receive support if they experience something upsetting online. In addition to family and school support, children and young people can contact the following helplines for advice:

- Childline – [Childline](#) is a confidential service offering support to children under the age of 19 with any issue they are concerned about either online or by phoning 0800 1111.
- The Mix – [The Mix](#) offer advice and support for anyone under the age of 25 either online or by phoning 0808 808 4994.
- Papyrus – [Papyrus](#) is a charity which seeks to support young people who may be struggling with suicidal thoughts 0800 068 4141.

# Join in with the sessions

