



# E-Safety Parent Workshop

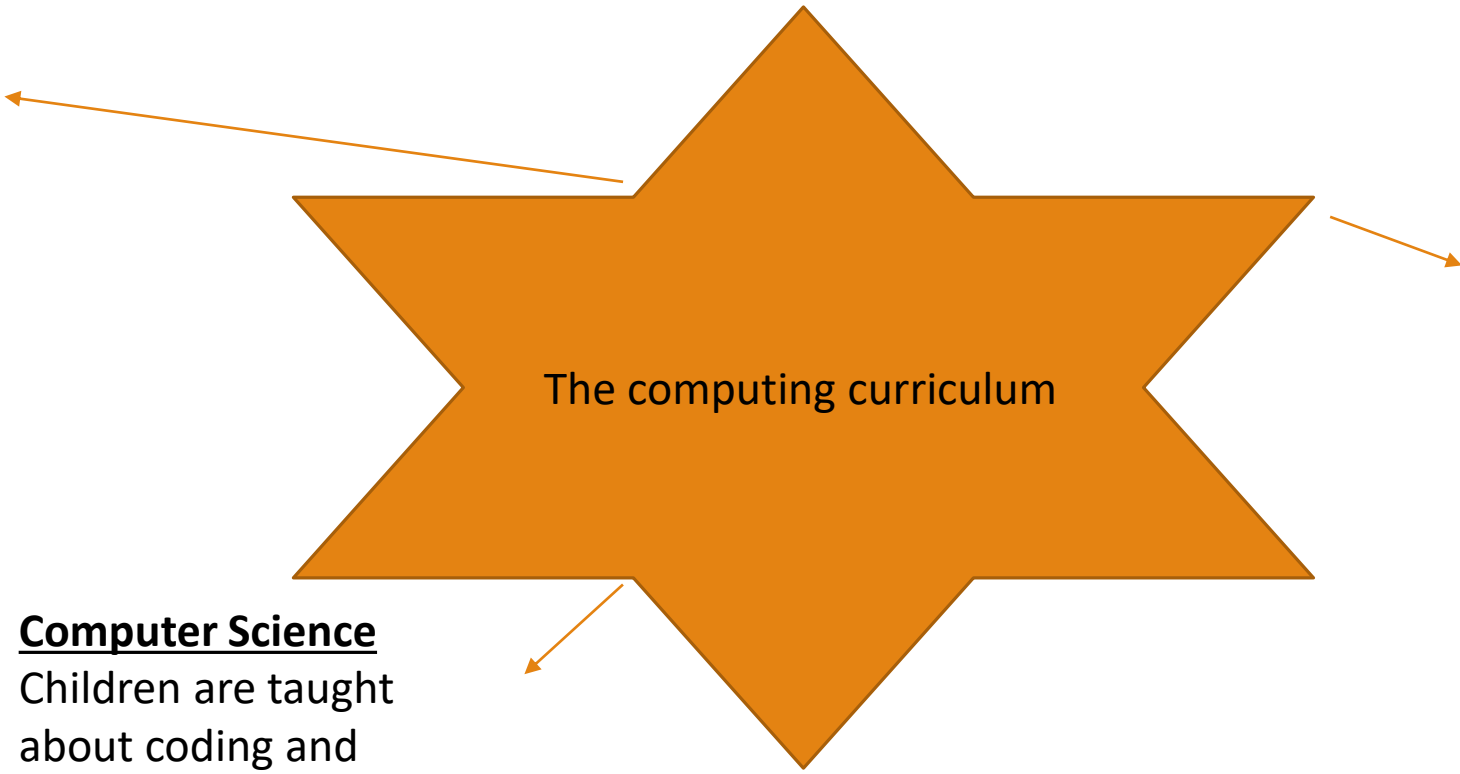
---

MRS MITCHELL RECEPTION TEACHER AND COMPUTING LEAD



**Information Technology**

Children are taught the ways in which technology can be used. And are taught to use programmes such as paint and word.



**Digital Literacy**  
Children are taught about how to use technology safely.

**Computer Science**  
Children are taught about coding and programming.



# Project Evolve themes



## Self-image and identity

This strand explores the differences between online and offline identity beginning with self-awareness, shaping online identities and media influence in propagating stereotypes. It identifies effective routes for reporting and support and explores the impact of online technologies on self-image and behaviour.



## Online relationships

This strand explores how technology shapes communication styles and identifies strategies for positive relationships in online communities. It offers opportunities to discuss relationships, respecting, giving and denying consent and behaviours that may lead to harm and how positive online interaction can empower and amplify voice.



## Online reputation

This strand explores the concept of reputation and how others may use online information to make judgements. It offers opportunities to develop strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles.



## Online bullying

This strand explores bullying and other online aggression and how technology impacts those issues. It offers strategies for effective reporting and intervention and considers how bullying and other aggressive behaviour relates to legislation.



## Managing online information

This strand explores how online information is found, viewed and interpreted. It offers strategies for effective searching, critical evaluation of data, the recognition of risks and the management of online threats and challenges. It explores how online threats can pose risks to our physical safety as well as online safety. It also covers learning relevant to ethical publishing.



## Health, well-being and lifestyle

This strand explores the impact that technology has on health, well-being and lifestyle e.g. mood, sleep, body health and relationships. It also includes understanding negative behaviours and issues amplified and sustained by online technologies and the strategies for dealing with them.



## Privacy and security

This strand explores how personal online information can be used, stored, processed and shared. It offers both behavioural and technical strategies to limit impact on privacy and protect data and systems against compromise.



## Copyright and ownership

This strand explores the concept of ownership of online content. It explores strategies for protecting personal content and crediting the rights of others as well as addressing potential consequences of illegal access, download and distribution.

# Gaming

## Risks to online gaming

- Behaviour
- Sleep
- Communication
- Costs
- Health



# Benefits to online gaming

---



- Education and development
- Communication
- Social
- Entertainment
- Develop their skills of using technology



# What can parents do?

---

- Consider log in profiles for your child
- Know age ratings
- Read a summary or review of a game before purchasing
- Play with your children online
- Set parental controls
- Discuss and set limits together
- Set screen free zones and times
- Monitor use and behaviours
- Ensure children are not able to communicate with others online or if they do they check your permission first
- Ensure children come straight to you if something comes up in their game they are unsure about.





# Parental Controls

## Internet Providers

Check - does your internet provider give you free parental controls?

You can:

- Customise your parental controls
- Allow and block specific sites
- Set filter times
- Set limits for time online

## Gaming Devices

Most consoles have parental controls which can be set up.

You can:

- Restrict games based on age ratings
- Restrict time spent
- Control friend requests
- Restrict communication

## Smart Phones

All mobile network providers have parental controls which can be set up.

You can:

- Contact your service provider to find out about filtering options
- Explore the app store and restrict content based on age ratings
- Research the controls for the specific smartphone – e.g. limits on internet browsing

# PEGI Ratings



































Pan European Game Information. It is a self-regulation and is composed by five age categories and eight content descriptors that advise the suitability and content of a game for a certain age range based on the games content. The age rating is not intended to indicate the difficulty of the game or the skill required to play it.





# PEGI Ratings

Age	3+	7+	12 or 13+	16+	18+
Games and Apps	 Jolly Phonics	 Roblox	 Super Smash Bros	 WhatsApp	 Grand Theft Auto
	 FIFA Fifa	 Minecraft	 Overwatch	 Vimeo	 Battlefield
	 Mario Kart	 Lego Worlds	 Fortnite	 Call of Duty	 Meet Me
	 Just Dance	 Jail Break	 Instagram		 Monkey
	 Club Penguin	 Angry Birds	 Snapchat		 Tinder
	 Purple Mash	 Bin Weevils	 YouTube Account		
	 Espresso	 Among Us	 Facebook		
	 Animal Crossing		 Pokemon Go		
			 TikTok		

## SOCIAL MEDIA AND LIVE STREAMING



Age groups	Children who use live streaming apps	Children who use social media
3 to 4-year-olds	32%	21%
5 to 7-year-olds	39%	33%
8 to 11-year-olds	54%	64%
12 to 15-year-olds	73%	91%
16 to 17-year-olds	79%	97%

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationonline.com](http://www.nationonline.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**  
(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

#### 18 CENSORED

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

#### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by users 16 (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £199. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

#### ADDICTIVE NATURE

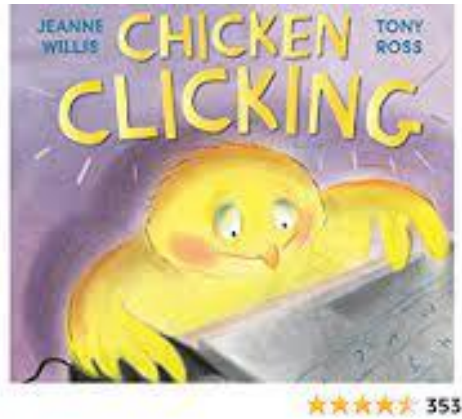
Like all social networking platforms, TikTok can be addictive. Figures show that young people are investing increasing amounts of time in it: in the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 55 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

#### TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

# Support your children's understanding through stories

---




## Webster's Technology Books




# LEGO Build and Talk


**BUILD REMINDERS**



Big wide eyes and yawning mouth



Big hands



Sitting down

Finished building and talking? Move to the next page.

**GROWN-UP'S TASK**  
*Below are some questions to ask your little explorer as they build.*

- What do you think counts as screen time?
- What's your favorite way to spend time online?
- If you spend a long time on your phone or playing games, how does it make you feel?
- Do you take regular breaks if you're playing games? If so, what do you do?
- Why do you think it's important to avoid screen time before bed?

A core part of the NSPCC's 10-year strategy is to ensure children are safe online. To help achieve this they have teamed up with the LEGO Group to help promote their fun, free Build & Talk activities. The six 'adventures' help parents and caregivers talk with their children about key online safety topics through the joy of LEGO play.