

Using technology safely

How you can help your child

What we cover at school



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.

Childnet,
2021

It's not being recognised or reported enough

Children are witnessing or experiencing a wide range of unwanted sexual behaviours online.

Many do not recognise they are unacceptable and so, do not report them.

Some children may understand this behaviour is not okay, but face several challenges to reporting it, such as not knowing how, being scared of getting in trouble, or worries about their device getting taken away. This means children can end up dealing with online problems by themselves, with no support from adults.

Bullying

Bullying someone for online behaviour that is outside of common gender stereotypes e.g. bullying a boy for watching a make-up tutorial video, or a girl for using a profile picture showing her short haircut.

Body shaming

Embarrassing someone for the way their body looks e.g. mean comments on a photo about someone's body shape, particularly if it seems to target or criticise perceived attractiveness.

Pornography

Sharing online pornography, whether as a link or image, because it was seen by the sender as 'funny'.

'Upskirting'

Taking photos underneath someone's clothes, without their knowledge e.g. taking a photo up someone's shorts on the school bus, or of someone getting changed at a sleepover.

What does online sexual harassment look like for 9-12s?

Homophobic language

Using offensive homophobic language e.g. calling someone 'gay' to mark them out as 'other' in some way.

Photo editing

Editing photos to make them sexual or gendered e.g. adding emojis on a photo that are meant to represent sexual body parts.

'Sexting'

Sending a nude or nearly nude image of a peer to others.

What you can do to help at home

Key things you can do

Do NOT take your child's device away if they come to you with a problem – they won't ask for your help again.

Parental controls

- [Internet Matters](#) for guidance
- Must be in conjunction with other measures
- Remember some of these measures will be lost if they use someone else's wifi

Talk

- With your child about how they use the internet/their device
- Ask them to explain their games/what they are watching

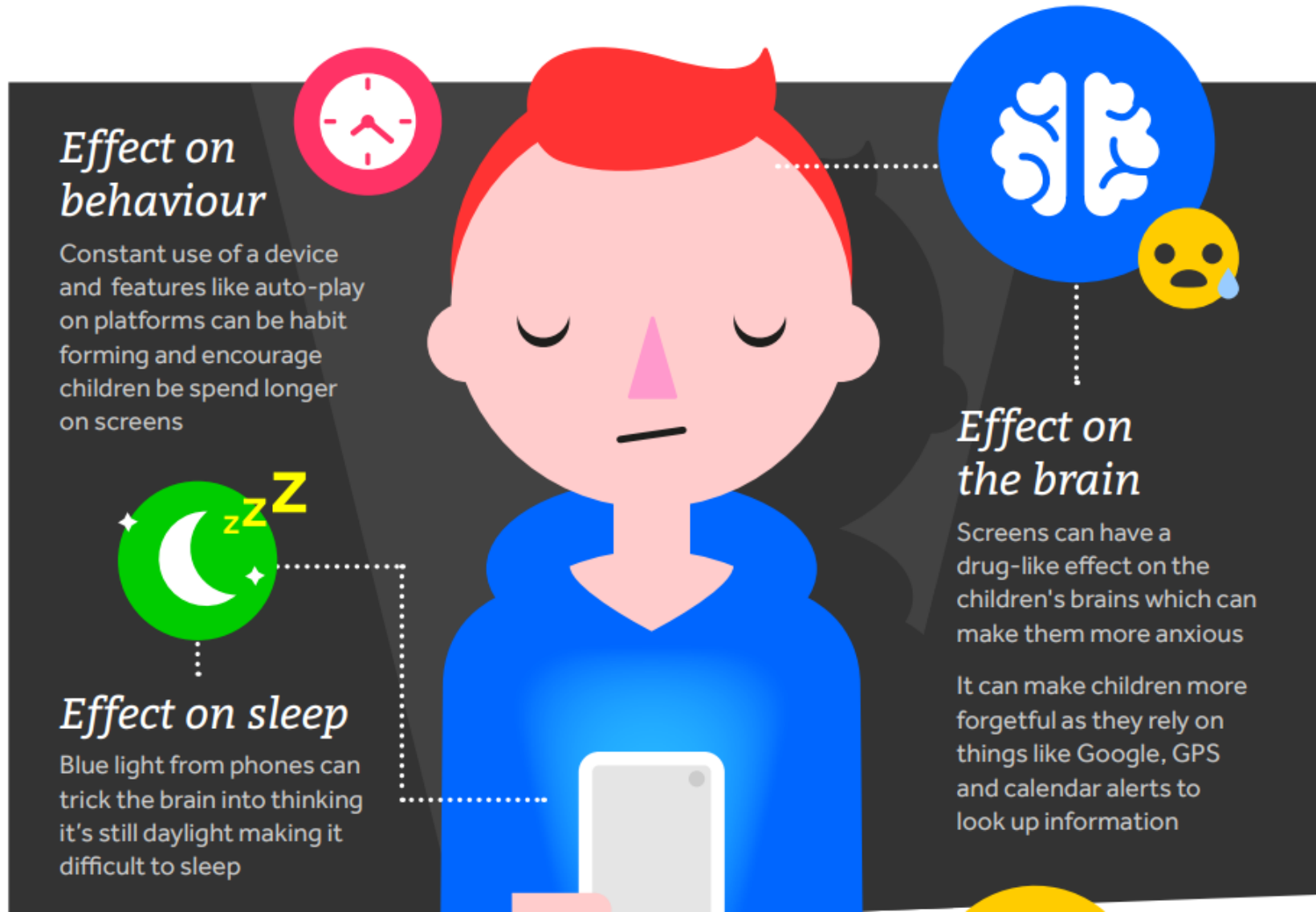
Set Boundaries

- Agree rules around use – when, where, what, how long and revisit regularly
- Make it easy for your child to come to you with a problem

Screen time

Guide to managing children's screen time

internet
matters.org



What are the benefits?



- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

Social media

Social media – [Internet Matters support](#)

- An increasing number of the behaviour/friendship issues at school start on social media or in-game chatting outside of school
- Talk to your child before they use any social media app
- Check the privacy settings – all available at the link above
- Agree who your child can be in chats with
- Age limits
- Beware – are people who they say they are?
 - Scam messages
 - Is your child being appropriate online?



16 year olds and upwards



WhatsApp



LinkedIn



Flickr



Vimeo



MySpace



Periscope



Tumblr

13 year olds and upwards



TikTok



Instagram



Facebook



Snapchat



Twitter



YouTube



Houseparty



Kik



Bebo



YouNow



Habbo



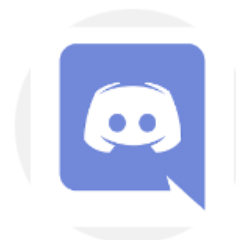
Reddit



Yubo



Whisper



Discord



Twitch



Omegle

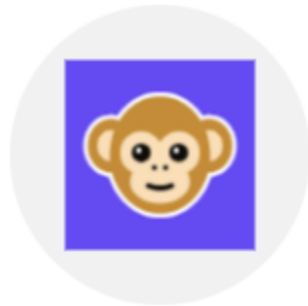


AskFm

Not suitable for under 18 year olds



Clubhouse



Monkey



Meet Me



Live.me



Tagged



YOLO

Cyberbullying

1

IT'S GROWING

One in five 13-18 year-olds claim to have experienced cyberbullying



2

THE INTERNET NEVER SLEEPS

Cyberbullying can reach children anytime and anywhere



3

IT'S EASY TO DO

Even children who've never been involved in bullying can post or share something without thinking

4

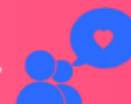
IT CAN BE ANONYMOUS

Although it's easy to keep the evidence, it's harder to know who's behind it

5

TALK ABOUT IT

If your child uses social media don't wait until it happens to discuss it with them



6

BEWARE WHEN THEY SHARE

Discuss what children should share online and how this could invite bullies

7

CONTROLS CAN HELP

Set parental controls on their devices and ensure privacy settings are at the highest level on social media



8

EXPLORE FOR YOURSELF

Learn about the apps, social networks and online games your child uses and what they could be exposed to

9

TAKE IT SERIOUSLY

Check in with your child and be mindful of signs that they may be getting bullied

10



TALK ABOUT IT

Find the right time to approach your child if you think they're being bullied



DON'T STOP THEM GOING ONLINE

Taking away their devices or restricting usage might make things worse and make your child feel more isolated



DON'T RETALIATE

Advise your child not to respond to abusive messages and leave conversations if they feel uncomfortable



KEEP THE EVIDENCE

Take screenshots in case you need them later as proof of what's happened



KNOW WHEN TO TAKE IT FURTHER

In extreme cases and if you feel your child is in danger then consider informing the police



SHOW YOUR SUPPORT

Be calm and considered and tell them how you'll help them get through it



HELP THEM TO DEAL WITH IT

If it's among schoolfriends, advise them to tell the person how it made them feel and ask to take any comments or pictures down



BLOCK THE BULLIES

If the messages are repeated block and report the sender to the social network or gaming platform



DON'T DEAL WITH IT ALONE

Talk to friends for support and if necessary your child's school who will have an anti-bullying policy



DON'T STOP WHEN THE BULLYING STOPS

Keep talking to your child and consider whether counselling could help them deal with the consequences

