



# *Children online: Risks they might face*

*Awareness raising session  
Roxeth Primary School  
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## ***Children online: Risks they might face***

*As your child grows and becomes more independent, it is only natural that they take this independence online. As we get older we explore, try new things and sometimes push boundaries and take risks, this is an essential part of growing up.*

*With all of the potential that the online world and new technology offers, young people now have access to huge opportunities. They use technology to express themselves, explore, and be creative; it has changed the way they communicate.*

*The internet has changed all of our lives, and your child has grown up during this change. Many of the things that confuse, baffle or even scare us, are part of the everyday for them.*

*You might wonder whether what they are doing is safe, and you might also be thinking how can I be as good a parent online as I am offline?*



# *Risks they might face....*



“As with the real world, there are risks online and it’s important that you teach your child how to navigate them.”

- During this session we will talk through these risks in depth and offer tips to be implemented within the home.



What is Cyberbullying?

How and where can you be Cyberbullied?





*[Content below taken from a CEOP Cyberbullying factsheet, available for download]*



## Cyberbullying



*“Cyber bullying is bullying that takes place via technology. Whether on gaming sites, through a mobile device or via a social networking site, the effects can be devastating for the young people involved. With online technologies accessible 24 hours a day, cyberbullying can be relentless. It can also intrude on spaces that were previously personal, for example at home; it can feel that there is no escape from it.*”



***21% of 8 to 11 year olds*** have been deliberately targeted, threatened or humiliated by an individual or group through the use of mobile phones or the internet and ***28% of 11 – to 16 year olds.***

*The use of technology can increase the audience of the bullying and multiply the number of bullies involved, as young people re-post, send or 'like' bullying content. Bullies can also attempt to be anonymous which can extremely distressing for the victim.*

*As hard as it can be to admit, it is also possible that your child is or has been a bully. They could have set up or joined a malicious profile or 'liked' a mean comment they have seen about someone online. They could be acting in this way due to peer pressure or in retaliation for something that has happened to them. When talking to your child about bullying it is important to let them know how you as a family feel about the act. Talk to them, about how it makes others feel and the consequences of their actions."*



# Top tips



- Offer reassurance and support. Don't be afraid to ask questions. It is rare that Cyberbullying is only taking place online and is often someone your child knows through school or a group they attend. Schools should have policies and procedures in place for dealing with cyberbullying.
- Tell your child that if they are being bullied to always keep the evidence. Often it is someone within the school environment and can be dealt with quickly and effectively with assistance from the school.
- Block or delete the bullies so further contact can not be made
- Learn how and where to report upsetting content and where to go for further support



**Peer to peer support network for young people who are being bullied**

[www.cybermentors.org.uk](http://www.cybermentors.org.uk)



Grooming

What is online grooming?

What does an online friend mean to your child? Is it the same for you?

RISKS CHILDREN FACE ONLINE:  
GROOMING

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## Grooming

- ### What is online grooming?
- *“Grooming is a process used to prepare a child for sexual abuse. An offender’s aim when grooming will be to gain access to a child and build a relationship with that child. Grooming can take many different forms, from one off contact which may include sexual advances, to a series of events over time. It may start with an adult scanning websites to identify a vulnerable child or befriending a child, perhaps by pretending to have common hobbies or interests or using flattery to trick a child into trusting them.*”



## Top tips



- ***Talk to your child about online grooming.*** Explain how easy it can be to lie online and the reasons why an adult may wish to contact them online.
- ***Talk to them about their online friends.*** Ask them to think carefully about who they chat and share information with. If they don't know them in the real world they need to delete or limit what they share with them, such as their location, photos and videos.



## Top tips



- ***Use the Thinkuknow resources to open a conversation about grooming with your child.*** The age appropriate education films are available through the parents and carers website or CEOP youtube channel.
- ***Let your child know that you are always there for support.*** Let them know that you understand how easy it can be to get into difficulties online. Get them to talk to you if anyone makes inappropriate/ sexual comments and that, no matter what's happened, you are there to help.
- ***Learn how to report any inappropriate contact made to your child online.*** This can be done via the ClickCEOP button at [CEOP.police.uk](https://www.ceop.police.uk)

The CEOP logo, featuring the letters 'CEOP' in a stylized font inside a white circle.

# Report and Support

The 'THINK U KNOW' logo, with 'THINK' and 'KNOW' in large letters and 'U' in a smaller font, all in a stylized, jagged-edged font. Below it is the website address '.co.uk'.

**Report suspected online grooming** – this could be sexual chat, a child being asked to do something that makes them feel uncomfortable, continued contact or someone insisting on meeting up .

[www.ceop.police.uk](http://www.ceop.police.uk)



**24 hour confidential helpline** for children and young people .



What does the 'inappropriate' mean in your house?

Not age appropriate:

- Violence
- Racial Hate
- Pro eating disorders
- Gambling
- Pornographic



## Inappropriate websites



[Content below taken from a CEOP Inappropriate Websites factsheet, available for download]

- *“The Internet is open to anyone to post and create content so sometimes your child may see things they wish they hadn’t, or access sites that are inappropriate for their age. Inappropriate can mean different things to different people, from swear words to pornographic images or videos, and what is inappropriate for your child will also change as they grow and develop.*
- *There are a range of things online that might upset children and affect what should be a healthy online experience. It’s important to remember that inappropriate content online includes pornographic content, but could also include other content such as race hate, pro eating disorders, or gambling sites.*
- *23% of 8 – 11 year olds say they dislike inappropriate content online as do 15% of 12 – 15 year olds.*



# Parental Controls



So what can we do to reduce the risks?

- Computers
- Laptops
- Tablets
- Mobile devices
- Games Consoles
- ALL internet enabled devices

Set on all devices  
that link to the  
internet

Remember... they are not 100% accurate and not a substitute for open communication!



# Parental Controls



*[Content below from the CEOP 'Inappropriate Websites' factsheet, available for download]*

- The Internet is not centrally moderated, but as a parent you can set controls on your child's internet access in the home. Parental controls packages can enable you to block access to adult websites, such as pornographic and gambling sites.*
- 63% of teens surveyed admit they know how to hide what they do online from their parents*
- Setting age appropriate controls on the sites they use and your network can help reduce the risk, but remember no filter is 100% accurate. Contact the provider of your internet package, such as Sky, BT, Talk Talk, the majority of services now provides free parental control packages. Make sure you do the same on your child's phone and all internet enabled devices.*
- Setting age appropriate controls is important but ensure that you also have an on going conversation with your child about content online. Ask them to tell you if they see anything that makes them feel uncomfortable or upset, so you can help them.*



# Parental controls



## How can they help?

- Block sites that are not age appropriate
- limit inappropriate and illegal material
- Set timings – automatic switch off at bedtime
- Monitor activity
- **What do young people think...**

**PARENTAL CONTROLS:  
WHAT YOUNG PEOPLE THINK**



# Social networking: Privacy



- Have you been pestered by your child to have a Facebook or social networking account, but feel they are too young?

• If you allow your child to use sites such as Facebook, you are not breaking the law, just the site's terms and conditions. There is no right or wrong answer here. However it is wrong to allow an underage user on the site and to let them run freely. The content and security settings are adult in their nature and young children need to be moderated closely.

• CEOP and Roxeth believe that education in this area is key. There are good reasons why children are restricted from accessing sites like Facebook, we do not want to push these young users underground. If we throw them off or ban them from the site, there is a possibility that they will set up one anyway and use it without guidance. The most important thing is for you to be involved in their internet use



# Social networking: Privacy



## Top Tips

- Help set up their profile
- Add your email as the main contact (if possible)
- Set the privacy settings to “friends” only and ensure they are children you know
- ‘Like’ the Click CEOP page
- Check in and keep updated



# Conversation starter....



View age appropriate animations and films at - [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)  
[www.youtube.com/ceop](http://www.youtube.com/ceop)

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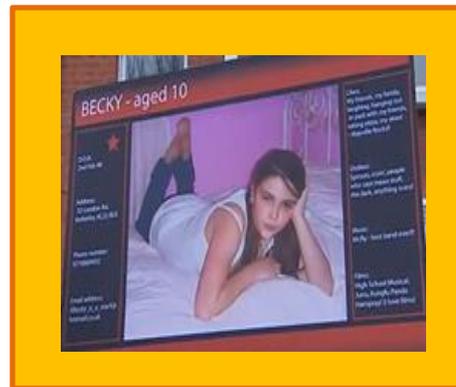
## *Lee and Kim's Adventure: Animal Magic*

- Animation – Be nice to people, like you would in the playground

## *Jigsaw*

- 10 minute film about Safe Social Networking

8-10



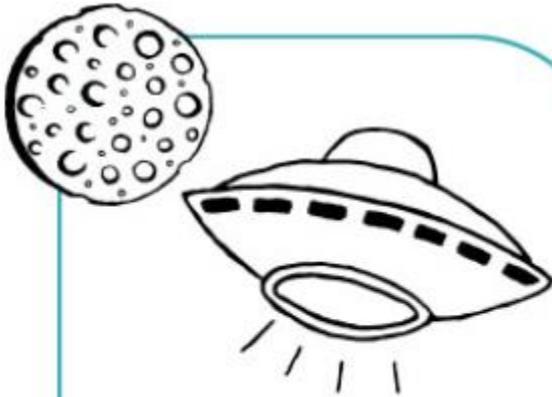


# THE PARENTS' AND CARERS' GUIDE TO THE INTERNET

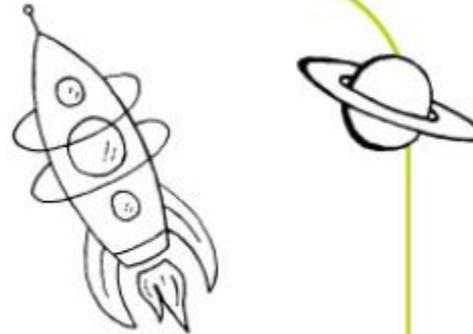




# For more information...



Advice if your children are in  
**Primary Education**



Advice if your children are in  
**Secondary Education**

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

[www.facebook.com/ceop](https://www.facebook.com/ceop)

[www.twitter.com/ceop](https://www.twitter.com/ceop)