

**“What are you typing there?”**

**E-safety training for parents**

**Dulwich Hamlet Junior School**








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**What are your children doing  
online/using digital devices for?**

**How are you managing their use?**

**What are you worried about?**

	A few times a month	Once a week	Most days of the week	Daily	Multiple times a day
Year 4 Boys 8-9 year olds					
Year 4 Girls 8-9 year olds					
Year 5 Boys 9-10 year olds					
Year 5 Girls 9-10 year olds					
Year 6 Boys 10-11 year olds					
Year 6 Girls 10-11 year olds					
Year 7 Boys 11-12 year olds					
Year 7 Girls 11-12 year olds					

# Social media and messaging apps

Social media use means uploading and sharing content:

- creating online profiles
- posting comments or chatting
- uploading photos and videos
- sharing links
- tagging photos and content
- creating and sharing game modifications
- remixing or changing existing content and sharing it

# Difference between social media & messaging apps

- Level of privacy
- Moderation of content
- Content settings
- Exposure to strangers

# Opportunities

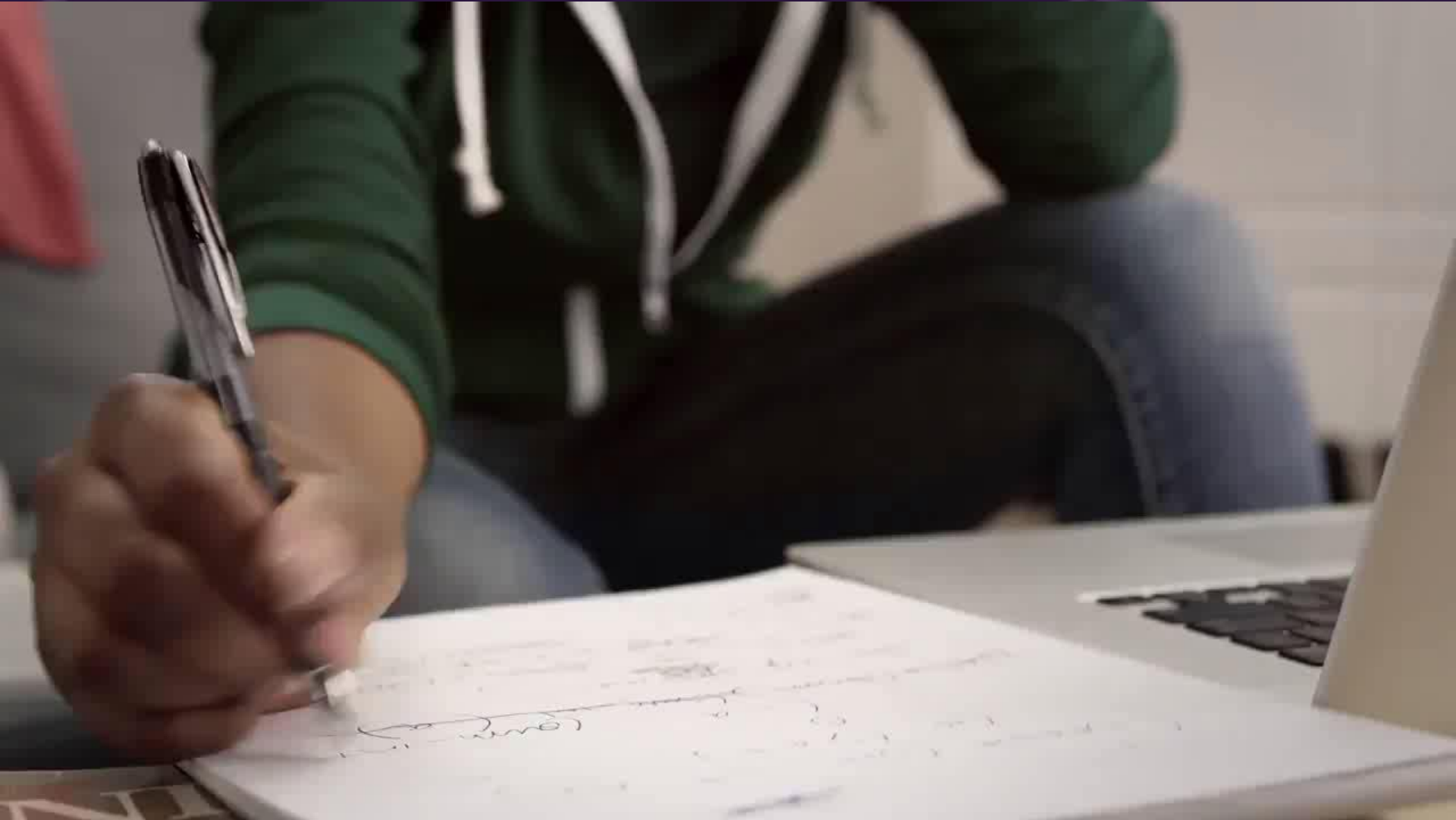
**Social media is a vital aspect of teenagers' and children's social and creative lives**

- Digital media literacy
- Collaborative learning
- Creativity
- connect children and teenagers to online global communities based on shared interests
- Access to support networks
- Mental health and wellbeing

# Opportunities



# Opportunities





# Opportunities

“If you’re in a bad mood at home you go on social media and you laugh and then you feel better” Kam, 10, Year 6

Playing Games

Finding new things to do

“There’s lots of things to make you laugh on social media”  
Billy, 9, Year 4

Creativity

Sharing Achievements

“I have an Instagram group to help with my Chemistry homework”  
Merran, 12, Year 7

“When I posted that my great nan had died, on Instagram, people messaged me and I felt better about it” Joe, 11

Cementing Friendships

# Risks and challenges

- being exposed to inappropriate or upsetting content
- uploading inappropriate content
- sharing personal information with strangers
- cyberbullying
- exposure to too much targeted advertising and marketing
- data breaches
- seeking validation online

# Risks and challenges

*Harry, 11, Year 6*

**“When you get 50 likes it makes you feel good cos you know people think you look good in that photo.”**

*Aaron, 11, Year 7*

**“If I got 150 likes, I’d be like that’s pretty cool, it means they like you.”**

Children’s Commissioner report into social media use among 8-12 year olds (January 2018).

# Risks and challenges



# What can you do?

## EMBRACE THE FACT THAT:

- Online or offline: you cannot eradicate all risks
- Children ARE NOT solely passive or accidental users of technology



**Set boundaries**

**Build resilience**

# Setting boundaries TOGETHER

- Get buy in from your child – decide on boundaries together and put them in writing

## SMART TALK

- Use parental controls and apps – BE AWARE OF THE DIFFERENT LAYERS (app, browser, device, WIFI, phone provider)

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# Setting boundaries

## YouTube

1. Use YouTube Kids
2. Shared Google Account
3. Restricted Mode
4. Third party extensions and apps (e.g. ScreenTime)



# Screen-time (Apple)



# Family Link (Android + Apple)



## Manage the apps your kid can use

Approve or block the apps your kid wants to download from the Google Play Store.



## Keep an eye on screen time

See how much time your kid spends on their favorite apps<sup>†</sup> with weekly or monthly activity reports, and set daily screen time limits for their device.



## Set device bedtime

Remotely lock your kid's device when it's time to play, study, or sleep.

# Build resilience

1. Get to know the apps
2. Explore together e.g. [INTERLAND](#)
3. Talk to your child about the risks and explore scenarios together –What would you do if?



**Take the time and make concrete plans**

# Keep in mind...

1. Goal: safeguarding & building resilience
2. Lead by example!
3. Have (difficult) conversations
4. Are you a risk?
5. It's not all about time
6. Make the rules together.

# Make the effort

Just like offline, it matters...

1. Get to know the apps
2. Parental controls and settings
3. Use the Parent and IT community online
4. A new way to play and socialise

...it's not as difficult as it seems and will help you learn as well!

# Useful websites to start with...

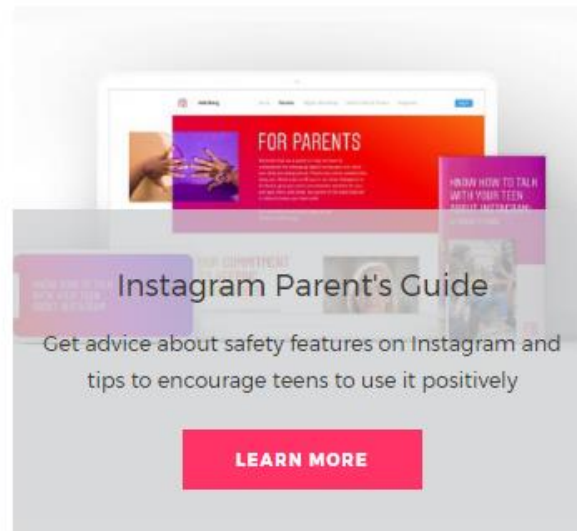
<https://wezift.com/parent-portal/>



Facebook Parents' Portal

See guides on how Facebook works and ways to help your child navigate the platform safely

[LEARN MORE](#)



Instagram Parent's Guide

Get advice about safety features on Instagram and tips to encourage teens to use it positively

[LEARN MORE](#)



WhatsApp Safety Tips

Learn about the tools available to help children stay safe on the platform

[LEARN MORE](#)

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



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