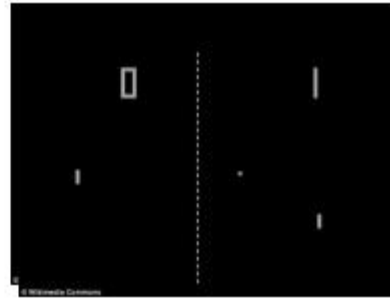


Internet Safety

A Workshop for Parents

19th October 2023

“My kids know more about the internet than I do...”



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[would u leave your front door wide open? – YouTube](#)

The Child Exploitation and Online Protection Centre



The UK's National Centre

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

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But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



Key Life Moments

Children

Age 3-4
1% own a mobile phone, 16% own a tablet, 0% have a social media profile

Age 5 - 7
67% of children are online.
Average time spent per week: 8 hours 42 minutes
3% have a social media profile
Children start to browse internet for school work and general browsing

Under 10
Internet use limited to gaming, streaming video and TV and video calling



Age 8 - 11
90% of children are online, 49% own a tablet
Average time spent per week: 12 hours and 54 minutes
56% play games online, 12% against people who they've never met

Age 10 - 11
Phone ownership rises from 21% to 43%



43% of 11 year olds have a social media profile and are messaging, sharing and liking throughout the day

Age 12 - 13
Phone ownership rises from 50% to 74%
74% of 13 year olds have a social media profile

12-15
98% of children are online
Average time spent per week: 20 hours and 6 minutes
27% play games against people they've never met

Secondary school children use an average of 5 social networks



Start Secondary school

Learn to read & write



4

5

6

7

8

9

10

11

12

13

14

15

16

Age 3-4
55% of parents think the benefits of the internet outweigh the risks
10% think their child knows more about the internet than they do

Age 5-7
35% of parents have never spoken to their children about managing risks online
4% never supervise online access and use

Under 10
Parental concern is limited to sexual content, inappropriate content, violent content and strangers/grooming

Age 8-11
68% of parents think the benefits of the internet outweigh the risks
41% think their child knows more about the internet than they do
34% are concerned about their child being bullied through their mobile phone

Age 10-13
Parental concerns around online bullying increase



Age 5-15
42% of parents have no awareness of content filters



Age 5 - 15
16% of parents have never spoken to their child about managing risks online



Age 12-15
8% of parents do nothing to regulate or monitor their child's activity online

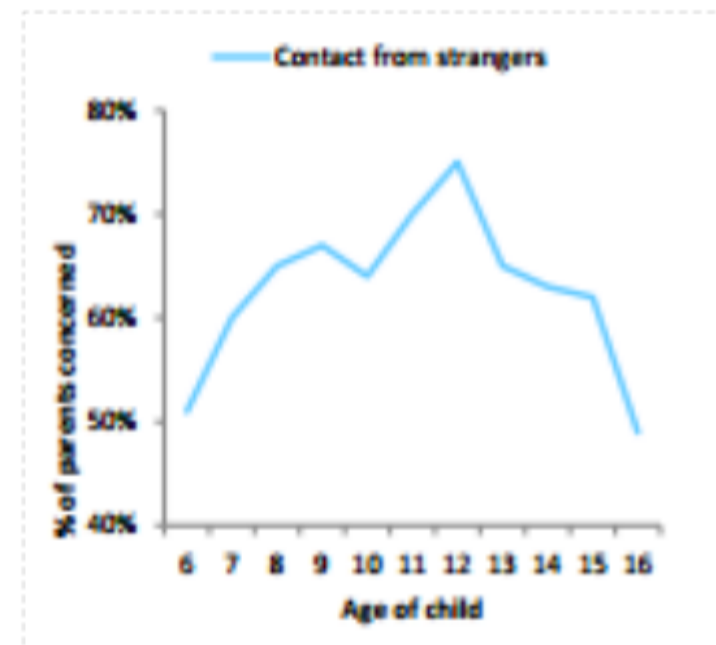
Parents

And there are of course risks....

	Content (Child as receiver of mass productions)	Contact (Child as participant in adult-led activity)	Conduct (Child participation, perpetrator or victim)
Aggressive	Violent	Harassment	Cyberbullying
Sexual	Pornographic	Grooming, sexual abuse	Sexual harassment, 'sexting'
Values	Racist / hateful	Ideological persuasion	Harmful user generated content
Commercial	Marketing	Personal data misuse	Gambling, copyright infringement

Risks parents are concerned about

	2016	2013	
Viewing sexual content	67%	62%	Up 8%
Contact from strangers	67%	58%	Up 16%
Viewing violent content	64%	57%	Up 12%
Online bullying	60%	52%	Up 15%
Encouraging self-harm	48%	-	
Sharing sexual images	44%	-	
Pro-anorexia content	42%	-	
Radicalisation	41%	32%	Up 28%



- Parents concern is increasing around online risks, perhaps due to **media coverage** & **pace of change** of technology
- Concern typically peaks at **11-12 years old** which coincides with moving to secondary school

Risk is not harm. Positive action can limit risks becoming harmful

5 tips for parents:

1

**Understand
the risks**

2

**Communicate
regularly**

3

**Keep the risks
in proportion**

4

**Agree helpful
mediation
strategies**

5

**Develop coping
strategies that foster
resilience**

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Dealing with inappropriate CONTENT

4.7m

**URL's showing pornographic
content**

More than 12% of the internet

11yrs

**Average age to first
view porn online**

1/3

**of children have seen
explicit images by age
of 10**

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Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography...that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child –friendly search engines