

Dealing with inappropriate CONTACT

48%

**of secondary school
children have talked to
strangers on social
media**

48%

**of 11 year olds have a
social media profile**

Dealing with inappropriate CONTACT

- **What to talk about**

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

- **Top tips / tools to use**

- Set up safe social media profiles that don't share personal information
- Turn off geo location settings on devices
- Use the strongest privacy settings on social media
- Learn how to report / block/ mute

Dealing with inappropriate CONDUCT

25%

of children will
experience
cyberbullying

50%

of children say
someone has been
nasty online

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Dealing with inappropriate CONDUCT

- **What to talk about**

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

- **Top tips / tools to use**

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

What are children taught in school?



Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

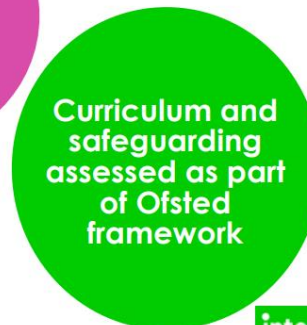
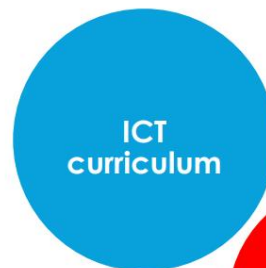
KS1



Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

KS2

In addition, schools embed it across...



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Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 No phones at the table rule or no phones between 6 and 7 rule
- 5 Family tech free days!

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Controlling tech time

And there are tactics you can put in place to help manage their screen time....

1. **Set a good example**
2. **Talk together about the time spent online**
3. **Agree on appropriate length of time they can use their device**
4. **Get the whole family to unplug & create screen free zones**
5. **Use technology / apps to help manage screen time e.g. Forest App**



Draw up a contract with your child...

An effective way to ensure that you and your child are always *'in the know'* is to draw up an agreement together.

This way children know what to do when they encounter anything that makes them feel uncomfortable.

Note: Try not to take away screens/devices if your child does share something with you that has upset them. They are much less likely to share information again in future.

Other useful support services

- **Child Exploitation & Online Protection Centre**

- For concerns about online sexual abuse or the way someone has been communicating online ceop.police.uk/CEOP-Reporting/



- **NSPCC Net Aware**

- A guide to social networks that children use net-aware.org.uk/#



- **Childline 0800 1111**

- 24 hour free helpline service for children and young people



E-safety Training Website

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Thank you!

Please do always come and speak to us if you ever need advice or support.