


Online Safety



Safer Internet Day 2020 – Free to be me





What do you
think your
children are
doing online?



ROBLOX
Powering Imagination™



sky

NETFLIX



CBeebies
BBC

Google

amazon



MARIO KART™

The children's responses...



FORTNITE

**purple
mash**



XBOX

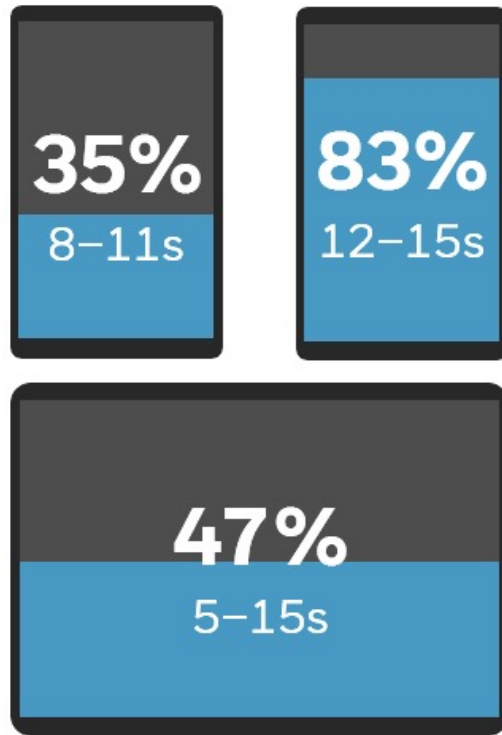
BBC

iPlayer Kids

**You Tube
KIDS**



**COMPANY
OF
HEROES**



- We need to know what they're doing and why
- Children younger and younger are using the internet
- Being online has many benefits

You can send videos
and pictures.

My mum and Dad use
google, eBay and find
things out.

You can find things out.

My mum takes selfies to
send to other people.

To have stuff delivered
for my birthday.

It allows people to share
ideas.

You can practise writing
and counting on it.

You can buy things, like
from Sainsburys or Boots.

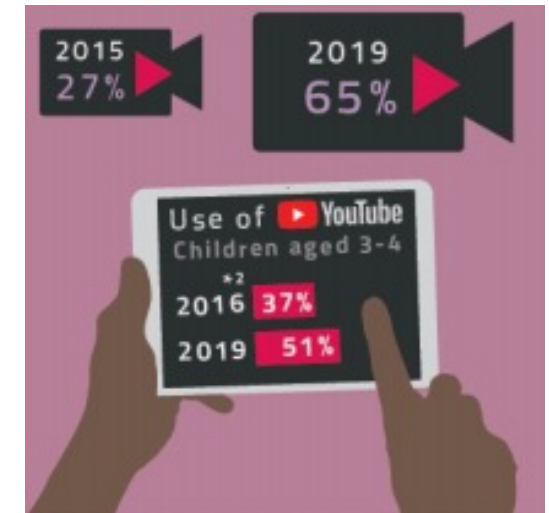
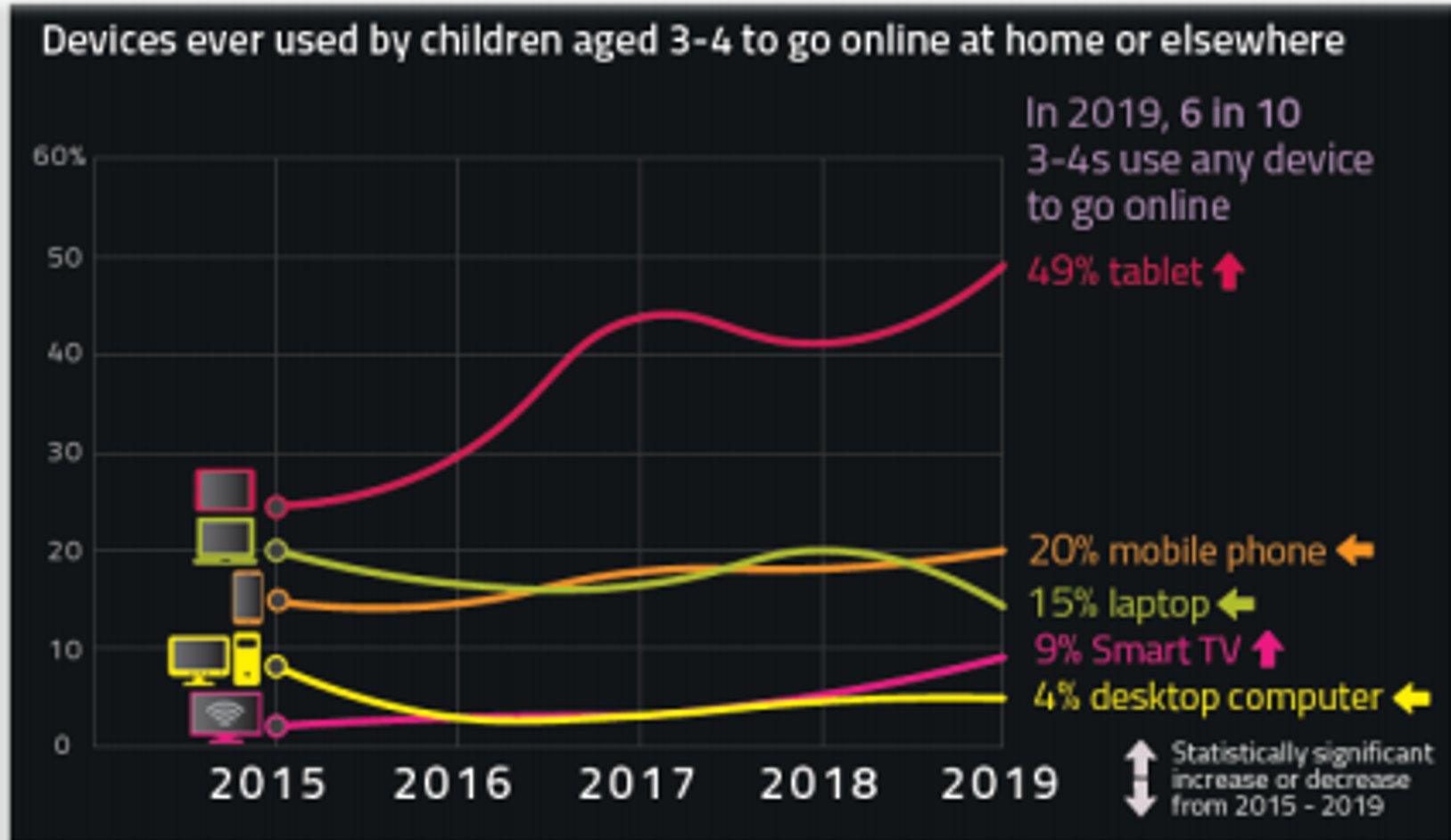
I can talk to my sister.

You can keep in contact
with all your family all
around the world.

My Daddy uses it to look
for a house.

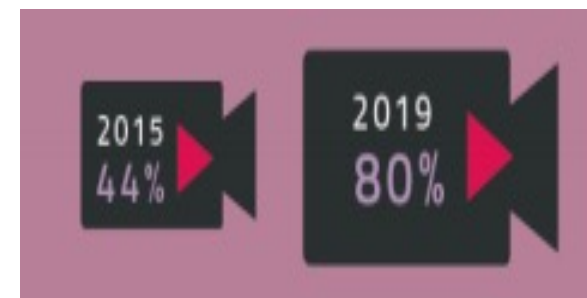
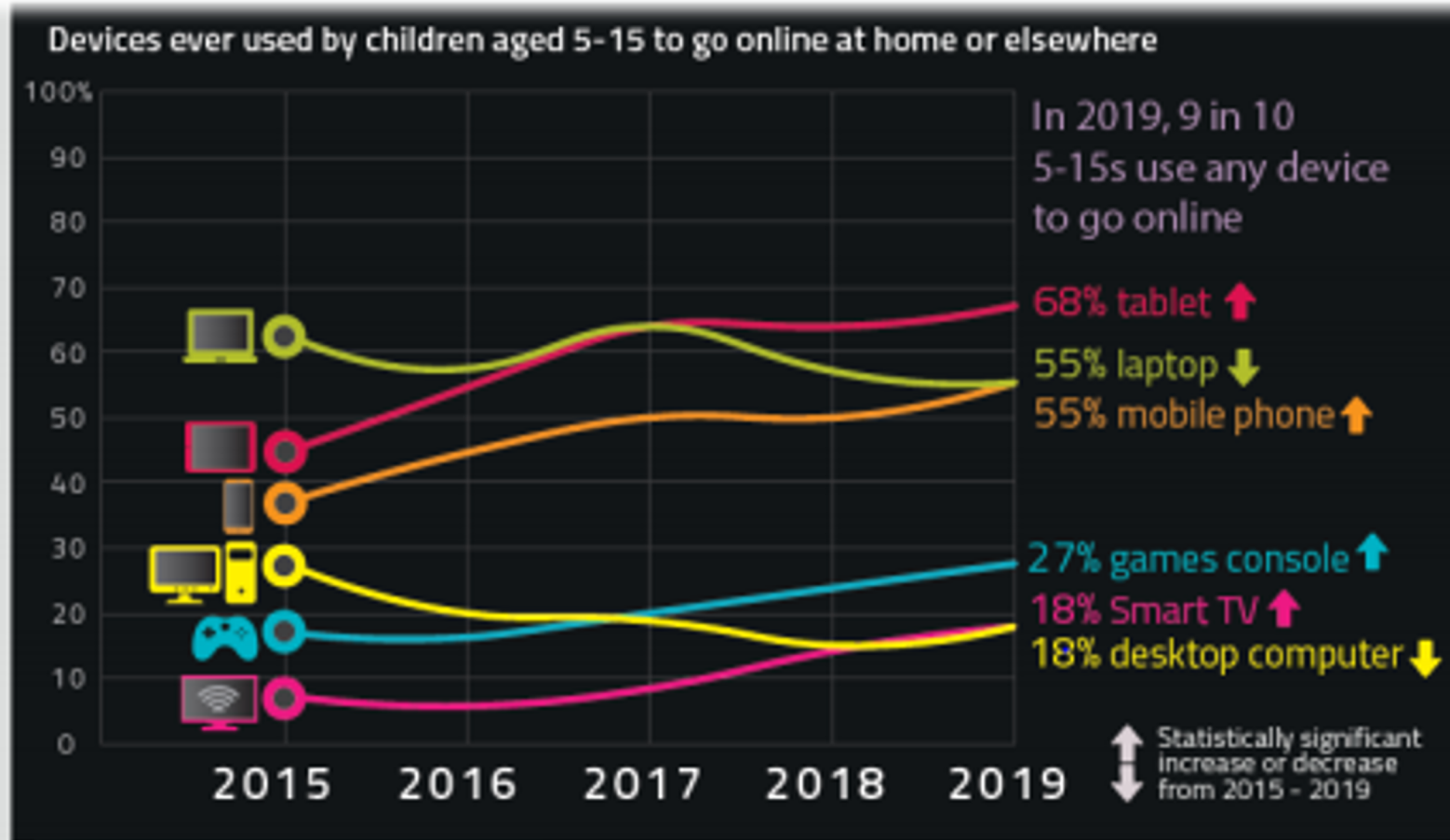
For work.

3-4 Year Olds



+6 hrs

5-15 year olds



Media use by age in 2019: a snapshot

3-4 year olds

- ▶ 24% have their own tablet
- ▶ 20% use a smartphone to go online, and 49% use a tablet to go online
- ▶ 15% of tablet owners are allowed to take it to bed with them
- ▶ 11% use a smart speaker in the home
- ▶ 95% watch TV on a TV set, while 36% use a tablet, and 14% use a mobile phone to watch TV
- ▶ 98% watch TV programmes or films (on any device), for 12hrs 42mins a week
 - ▶ 75% watch live broadcast TV, and 65% watch video-on-demand content*
 - ▶ 39% play games, for 4hrs 42mins a week
 - ▶ 17% play games online
 - ▶ 51% watch YouTube, for 8hrs 6mins a week
 - ▶ 3% watch YouTubers or vloggers
 - ▶ 1% of online users have a social media profile



5-7 year olds

- ▶ 5% have their own smartphone
- ▶ 37% have their own tablet
- ▶ 27% use a smartphone to go online, and 63% use a tablet to go online
- ▶ 14% of tablet owners are allowed to take it to bed with them
- ▶ 20% use a smart speaker in the home
- ▶ 96% watch TV on a TV set, while 40% use a tablet, and 12% use a mobile phone to watch TV
- ▶ 98% watch TV programmes or films (on any device), for 11hrs 6mins a week
 - ▶ 73% watch live broadcast TV, and 73% watch video-on-demand content*
 - ▶ 62% play games, for 6hrs 18mins a week
 - ▶ 35% play games online
 - ▶ 64% watch YouTube, for 8hrs 36mins a week
 - ▶ 11% watch YouTubers or vloggers
 - ▶ 4% of online users have a social media profile



Risks



Risk taking is an important part of growing up and child development.



Children often feel they can take more risks online



Protecting and supporting them to be more resilient online is crucial.

Content Risks

SEXUAL CONTENT OR IMAGERY

VIOLENT CONTENT

EXTREME CONTENT OR OPINION

BIASED AND SKEWED CONTENT

COMMERCIAL CONTENT, EG.
INAPPROPRIATE ADVERTISING, SPAM

Contact Risks

Being bullied or harassed

Having their personal information taken and shared

Meeting strangers or being groomed and coerced into sharing sexual content

Being pressured into a behaviour

Conduct Risks



Creating or sharing explicit materials



Bullying or harassing another person



Downloading films or music illegally



Creating biased or misleading information and advice



Building resilience

- Children need to:
 - understand when they are at risk online
 - Know what to do to ask for help
 - Learn from experience
 - Recover when things go wrong

How

Open conversations
about the risks they
may encounter
online

As they get older,
empower children
to delete and block
messages online

Privacy settings

Build self-
confidence

Be a good role
model

Delete your internet
history

PEGI rating system

PEGI (Pan European Game Information) is a system of age-rating and labelling games, which includes descriptors to indicate the main reasons why a game has received a particular age rating:

Age-rating of game in years



Bad language

Game contains bad language



Discrimination

Game contains depictions of, or material which may encourage, discrimination



Drugs

Game refers to or depicts the use of drugs



Fear

Game may be frightening or scary for young children



Gambling

Games that encourage or teach gambling



Sex

Game depicts nudity and/or sexual behaviour or sexual references



Violence

Game contains depictions of violence



Online gameplay

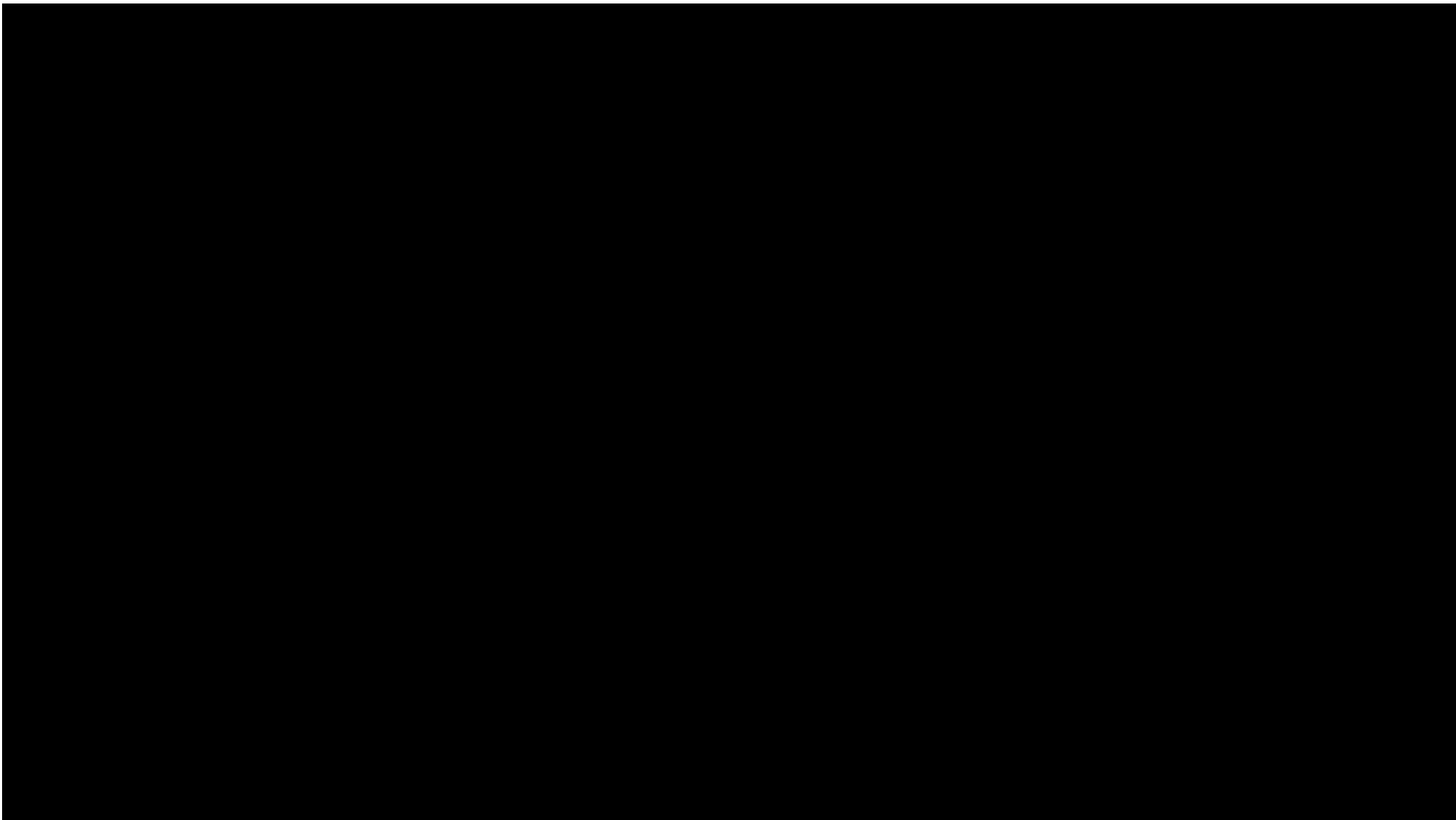
Game can be played online

PEGI Rating System



Digital Footprint

- Photos and videos of themselves, friends and things they like
- Videos and live streams
- Blogs
- Comments on their own and other people's content.





What you can do

- Reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well talking to their friends.
- Ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- Be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- Ask them if they're worried about anything, and let them know they can come to you.
- Ask them about their friends online and how they know they are who they say they are.
- Listen for the reasons why your child wants to use apps or site you don't think are suitable, so you can talk about these together.
- Ask your child what they think's okay for children of different ages so they feel involved in the decision making.

1. Visit Net Aware

Get expert advice on the top apps, sites and games children are using, how to set up parental controls, latest news and more with [Net Aware](#).

2. Speak to an O2 guru in store

They can help you set up parental controls. You don't have to be an O2 customer!

3. Call the O2 NSPCC Advice Line

For advice on how to set up parental controls, privacy settings or around social media, call [0808 8005002](#) who can help.

4. Think you know website

Offers a range of help and advice for parents and children

5. Be a good roll model

Children copy what they see, if they see you on screens for long periods of time they think this is okay.

Let's create an internet where we
are....

- Free to talk
- Free to explore differences
- Free to make the internet work for your family
- Free to get involved
- Free to seek help and support





Thank you for
coming

Any questions?