

# KEEPING CHILDREN SAFE ON THE INTERNET

For Parents and Carers

27<sup>th</sup> February 2023

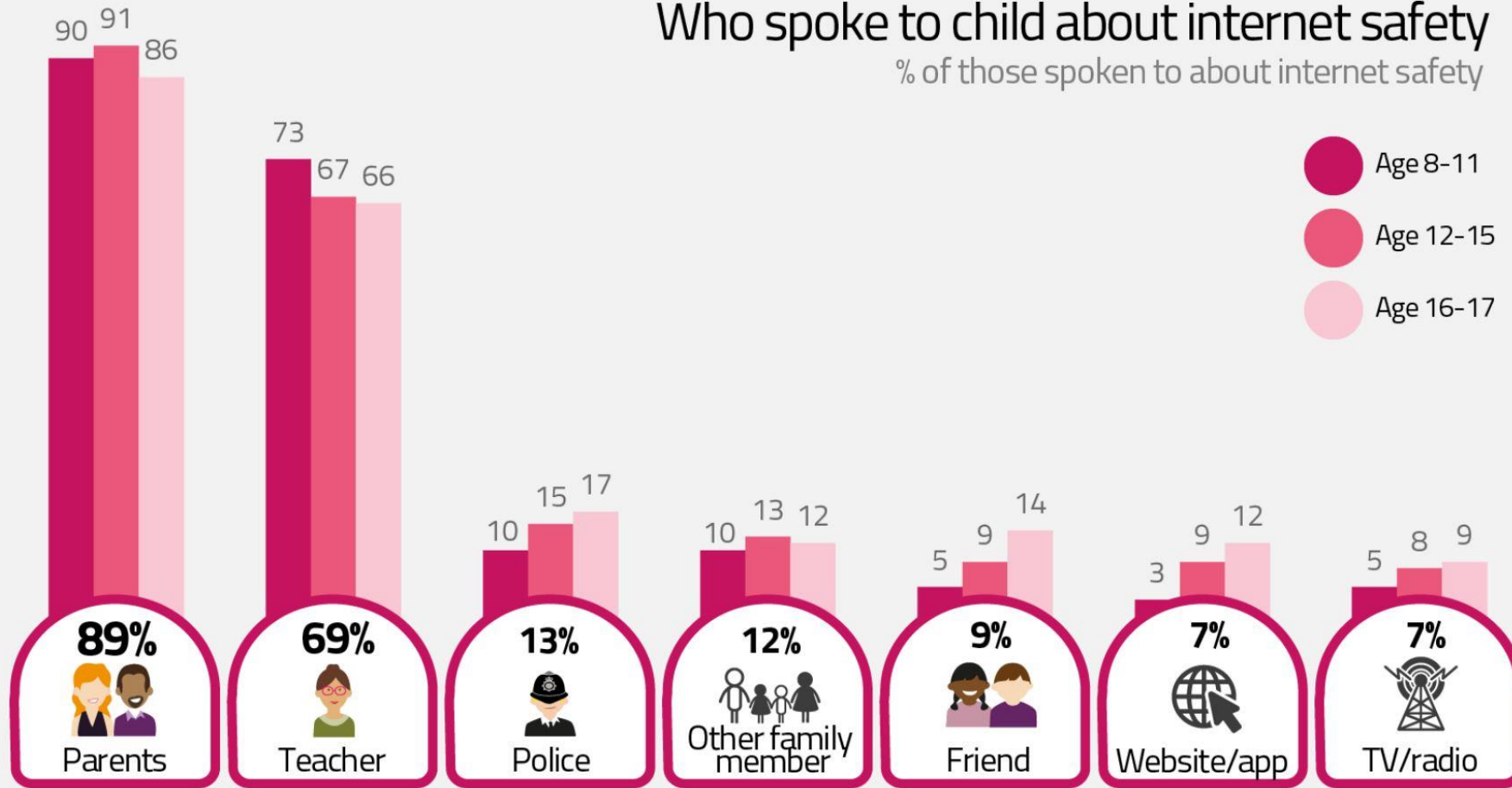
## SAFER INTERNET DAY 2023

### WANT TO TALK ABOUT IT? MAKING SPACE FOR CONVERSATIONS ONLINE

- 77% of 8 to 17 year olds say their parents, carers, or guardians talk to them about their life online, including being safe online, and 69% of parents and carers say they speak to their child about their life online at least once a week.
- at least 80% of young people say they would turn to a parent if they saw something worrying or upsetting online (80%), were being bullied online (82%), or were contacted by someone online who made them feel uncomfortable (85%).
- A minority (7%), of young people, said they don't think they could have a conversation about their life online, or being safe online, with anybody.

## Who spoke to child about internet safety

% of those spoken to about internet safety



**Sources:** Children and parents: media use and attitudes report (Ofcom, 2022)

# WHY PARENTS AND CARERS DON'T TALK TO THEIR CHILD



CEOP (Education from  
the National Crime  
Agency)

- three quarters of parents of 3-17 year olds (76%) feel they know enough to keep their children safe online
- nearly a third (30%) believed their kids were too young to discuss it
- 21% think their child knows all there is to stay safe online
- 20% said they have had some conversations about it in the past and don't see the need to have more.

**Sources:** *Children and parents: media use and attitudes report* (Ofcom, 2022) ,

# WHAT CHILDREN NEED FROM PARENTS AND CARERS

- Children need to get online safety messages from a young age
- A building block approach supports children to build on their knowledge and skills
- Messages should be age appropriate to support their development



# EARLY-YEARS



## 0 to 3 years

- Rely on adults to guide and protect them
- Digital device is a play thing
- Mostly using parent and carer devices

## 3 to 5 years

- Not ready to self manage technology
- Unaware of the potential dangers
- Parents and carers often think only look at child content



**89% of 3 to 4 year olds use video sharing platforms**



**Over 50% 3 to 5 year olds use messaging sites and apps**



**Over 24% 3 to 5 year olds have their own social media profile**

# PRIMARY-AGE



## 6 to 9 years

- Limited understanding of online safety or critical thinking skills
- Technical skills will outpace judgement
- Tend to trust what they see
- May not recognise dangers
- May easily follow others or do what they ask



**60% 8 – 11 year olds  
have their own  
social media profile**



**Over 54% use  
livestreaming apps  
and sites**



**Over 69%  
play games  
online**

# PRIMARY-AGE



## 10 to 13 years

- Very aware of social pressure and expectations.
- Still trusting of the information they are presented with
- Aware of what is 'cool' or not
- Increased awareness of self image, and using online to explore identity
- Don't consider long term consequences
- Look for immediate rewards



**Majority of children under 13 have at least one social media profile**



**Over 50% use Tik Tok to view and create videos**



**Over 80% use messaging sites and apps**

# Social Web Framework



**Viewing**



**Sharing**



**Chatting**



**Friending**



# Social web: Viewing

## Benefits

Opportunity for children and young people to:

- Be entertained
- Learn
- Get information and support

## Potential harms

- Anyone can post and share content
- Inappropriate, sexual or violent content online
- Content shared with the intention of harm/grooming



# Social web: Sharing

## Benefits

Sharing pictures and videos can be:

- Fun
- Creative
- Way to express themselves

## Potential harms

- It's easy to share online
- They can feel pressurised, uncomfortable or blackmailed
- Unintended impact on others from sharing content



# Social web: Chatting

## Benefits

- developing social skills
- fun of talking to new people
- being part of a community that is supportive

## Potential harms

- Sharing too much personal information
- Inappropriate, sexual or violent conversations
- Pressure to do or say something they don't want to

# Social web: Friending



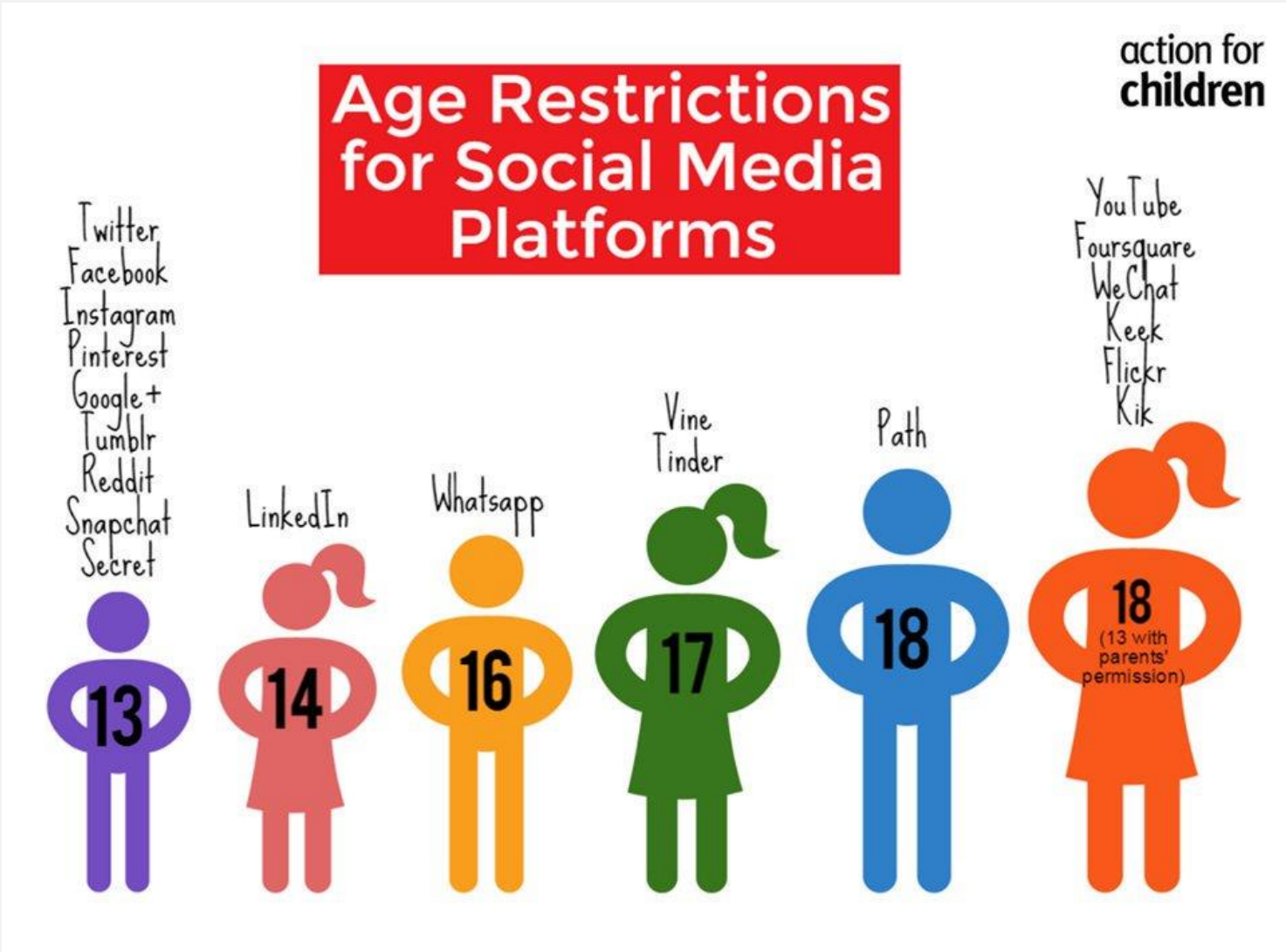
## Benefits

- Maintaining existing friendships
- Making new friends who have similar interests
- Sharing experiences

## Potential harms

- The person may not be who they say they are
- Unhealthy friendships
- Pressure to do or say something they don't want to

# SOCIAL MEDIA



TIKTOK



Tik Tok is described as a video sharing app that allows users to create and share short-form videos on any topic.

- Globally, children spend an average of 75 minutes per day on Tik Tok (Qustodio 2023).
- Out of 1.1bn users, 32.5% are users between 10-19 years old. (30% under age of 18, not including children under 10 as these children falsify their age).

### **Risks to be aware of:**

- Inappropriate content
- Communication with strangers
- Dangerous Tik Tok 'trends'

# YOUTUBE



YouTube is the second most popular Social Media Network worldwide (Social Shepherd 2023).

As of Feb 2020, more than 500 hours of video were uploaded every minute. This is an increase of 40% between 2014 and 2020.

Children in UK spend approx. 59 minutes per day on YouTube.

## **Risks to be aware of:**

- Inappropriate content
- Potential for harmful/upsetting comments

Find out how to make YouTube accounts safer:

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

## WHAT CAN WE DO?

Work together to help children stay safe online

- Have regular conversations with children about keeping safe online (both in school and at home).
- Ensure appropriate restrictions are in place on any social media platforms/internet access.
- Make sure children feel safe to talk about experiences online.
- Educate ourselves on the risks of the internet.

## RESOURCES/INFORMATION

Think U Know: <https://www.thinkuknow.co.uk/parents/>

Online gaming guide: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

Parental controls on YouTube: <https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

Tips, advice and guides for parents: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Conversation guides (#AskTheAwkward) <https://www.thinkuknow.co.uk/globalassets/asktheawkward-parents--carers-help-sheets.pdf>

TikTok Guardian's Guidea: <https://www.tiktok.com/safety/en/guardians-guide/>

Safer Internet Day (Safer Internet Centre) <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023>

Having regular conversations with your child will help them to be safer online.

ANY QUESTIONS?

THANK YOU FOR COMING