



# **Staying Safe Online** for you and your children

Broughton Fields Primary School

Tuesday 28<sup>th</sup> June 2022

<https://www.broughtonfieldsprimary.org.uk/page/keeping-your-children-safe-online/57536>

# What Parents & Carers Need to Know about THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

## ONLINE LIFE



### Who owns a mobile phone?



## ONLINE BULLYING

4 in 10 children were bullied. How many of them were bullied online?



## FAKE NEWS

### NEWS

Save the Tree Octopus!

72% of teens said they could tell real from fake – but in tests, **only 11%** chose reliable identifiers that a post was genuine.



## GAMING AMONG CHILDREN



## ONLINE SAFETY

**42%** of parents knew the minimum age requirement for using social media

**90%** of parents had high awareness of parental tools and controls, but only **70%** use them

**89%** of children got online safety guidance from parents

**69%** of children got online safety guidance from teachers

## PARENTAL CONCERNS

**4 in 10** parents were concerned about their child's screen time

**7 in 10** were concerned about age-inappropriate content

**6 in 10** were concerned about content promoting self-harm

**5 in 10** were concerned about extremist content online

## POPULAR PLATFORMS

What percentage of children used ...



## SOCIAL MEDIA AND LIVE STREAMING

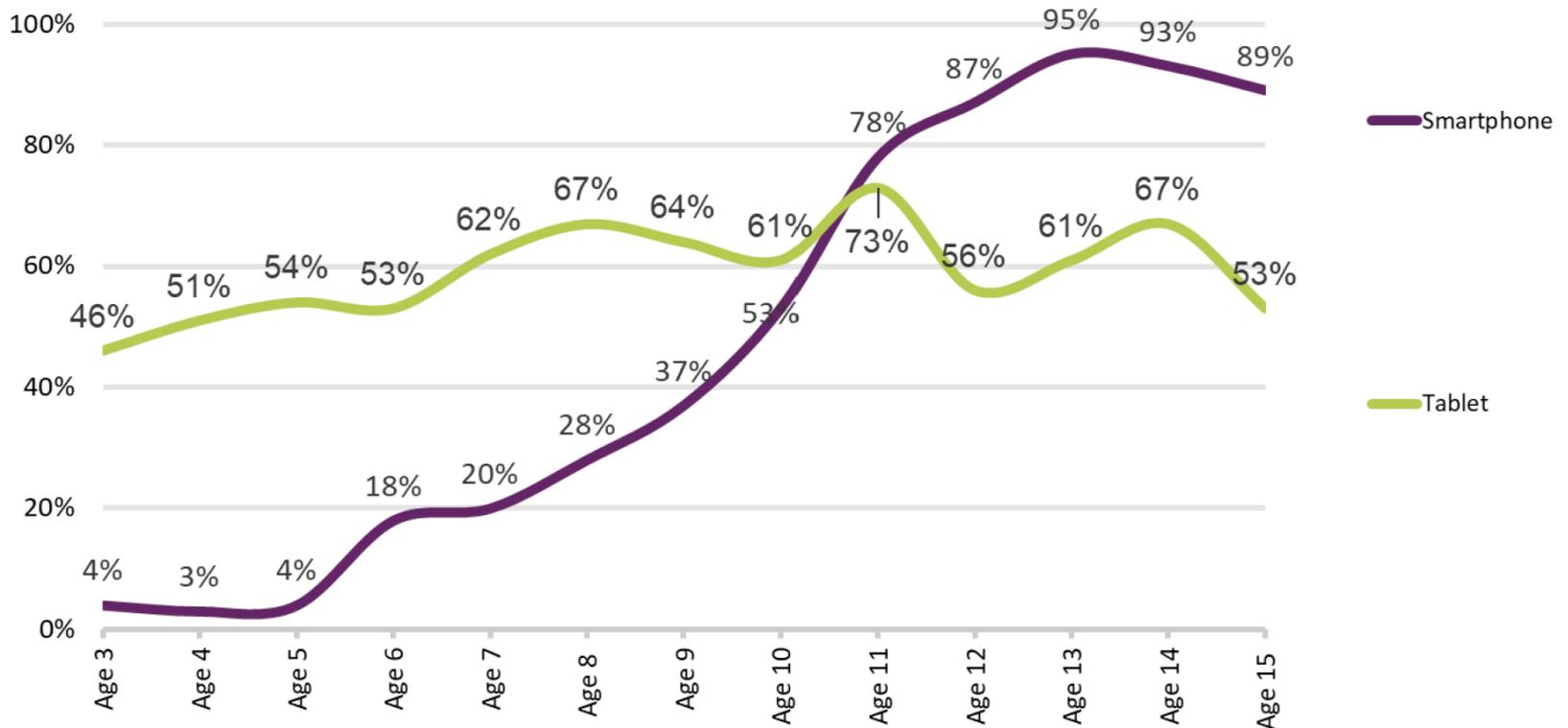
Age groups	Children who use live streaming apps	Children who use social media
3 to 4-year-olds	32%	21%
5 to 7-year-olds	39%	33%
8 to 11-year-olds	54%	64%
12 to 15-year-olds	73%	91%
16 to 17-year-olds	79%	97%

**NOS** National Online Safety  
#WakeUpWednesday

Sources: [https://www.ofcom.gov.uk/\\_data/assets/pdf\\_file/0024/22480/children-media-use-and-attitudes-report-2022.pdf](https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/22480/children-media-use-and-attitudes-report-2022.pdf)

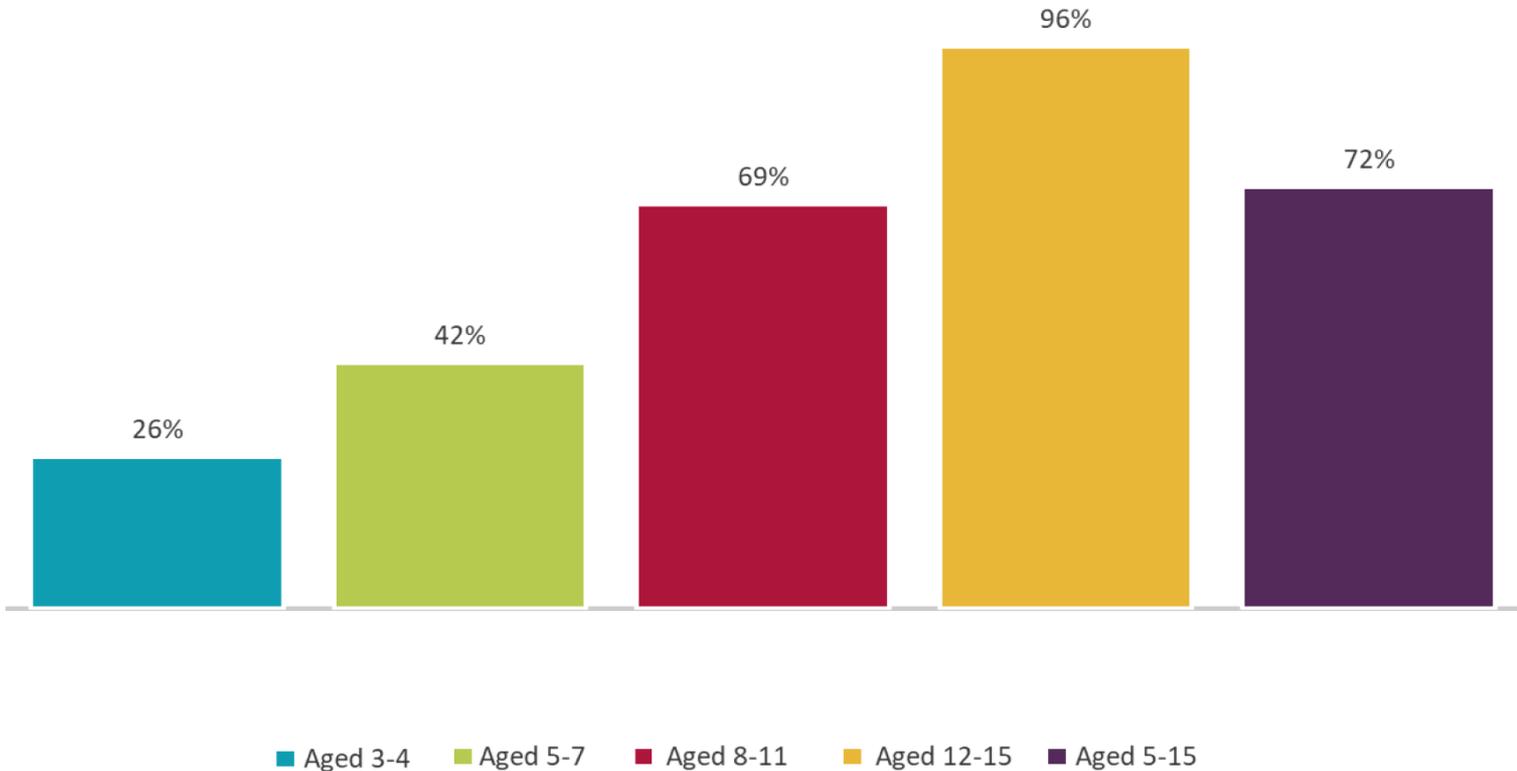
Children under the age of 10 were more likely to have a tablet than a smartphone, after this age children are more likely to own a smartphone

Tablet and smartphone ownership, by age: 2020



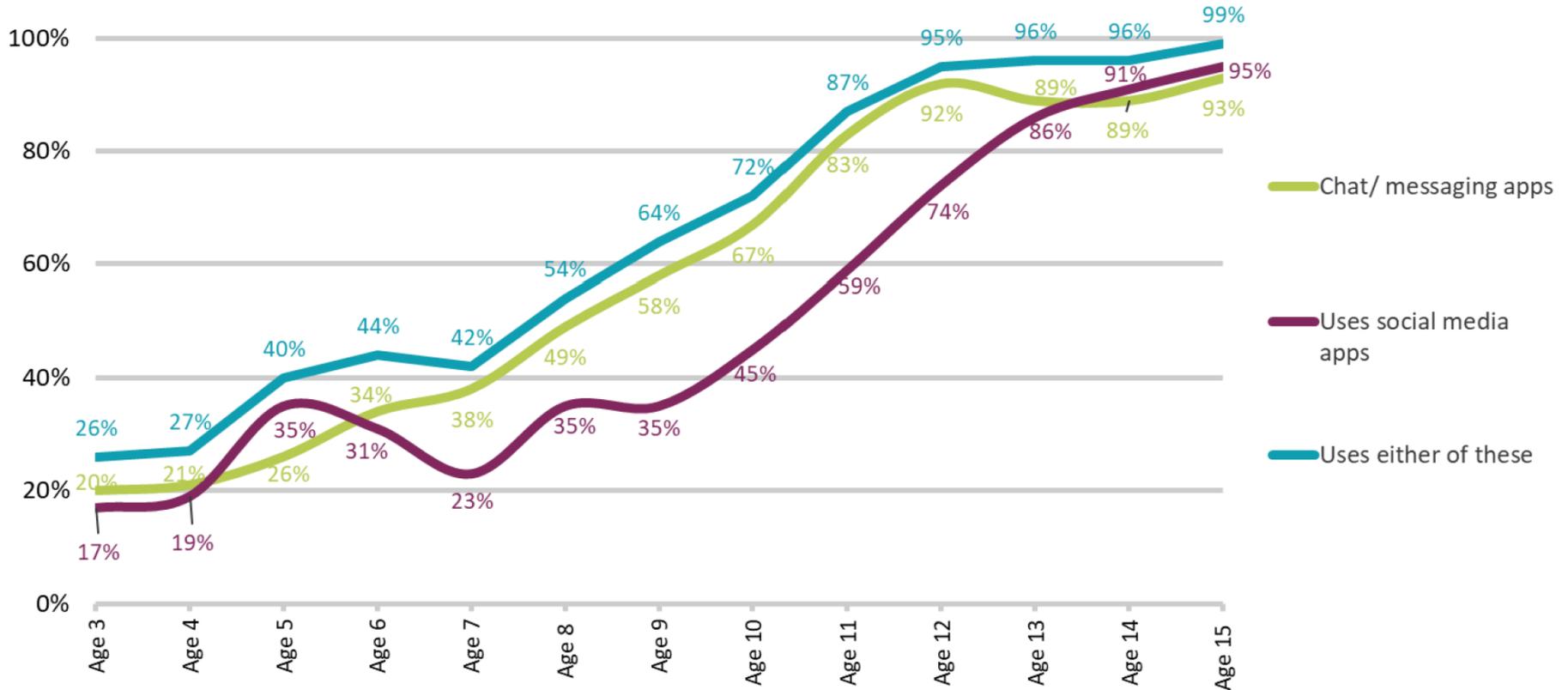
One quarter of 3-4s used social media or chat/messaging apps - rising to nearly all 12-15s

Children using social media or messaging apps/ sites, by age: 2020



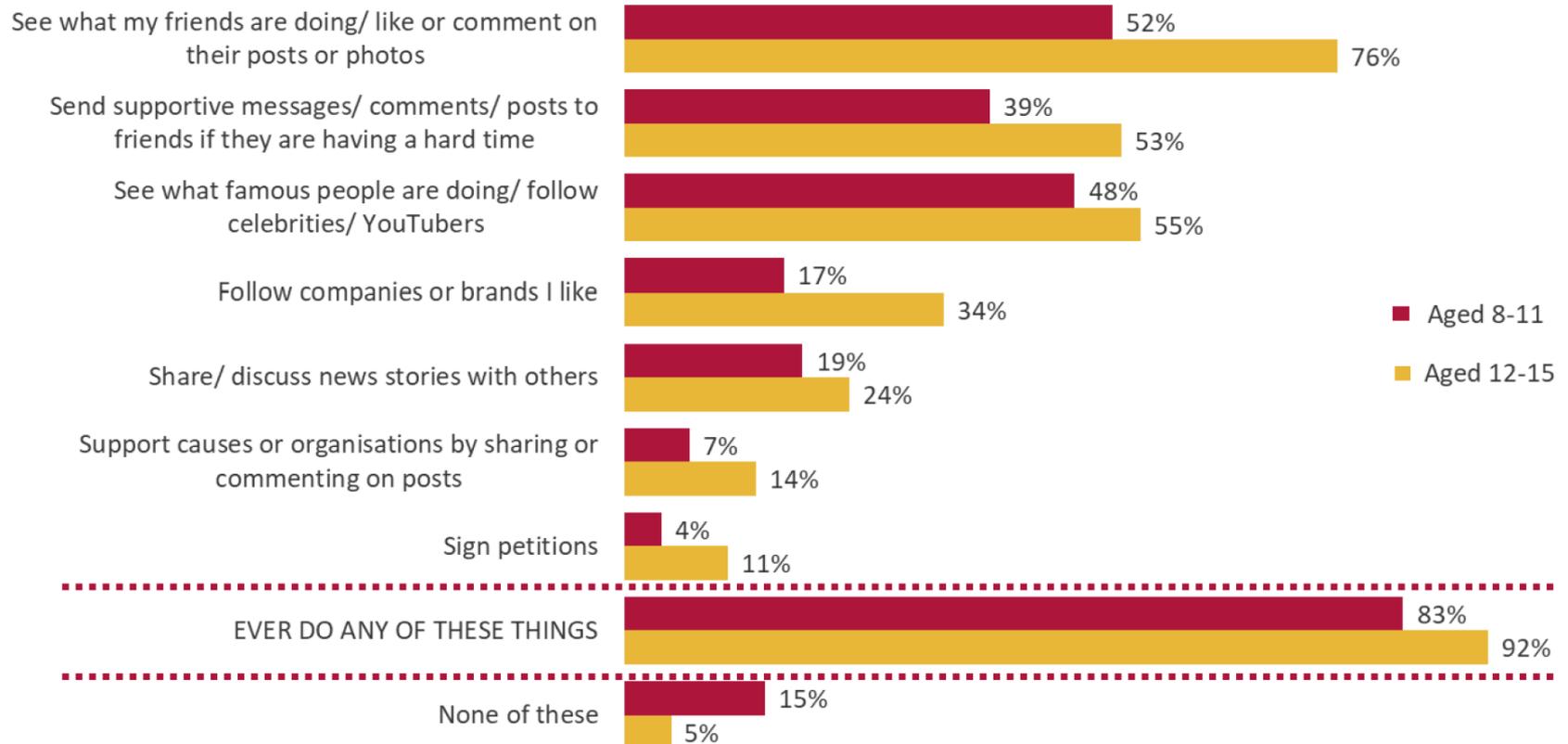
# By age 12, three-quarters of children had a social media profile

## Incidence of use of each type of site or app, by age: 2020



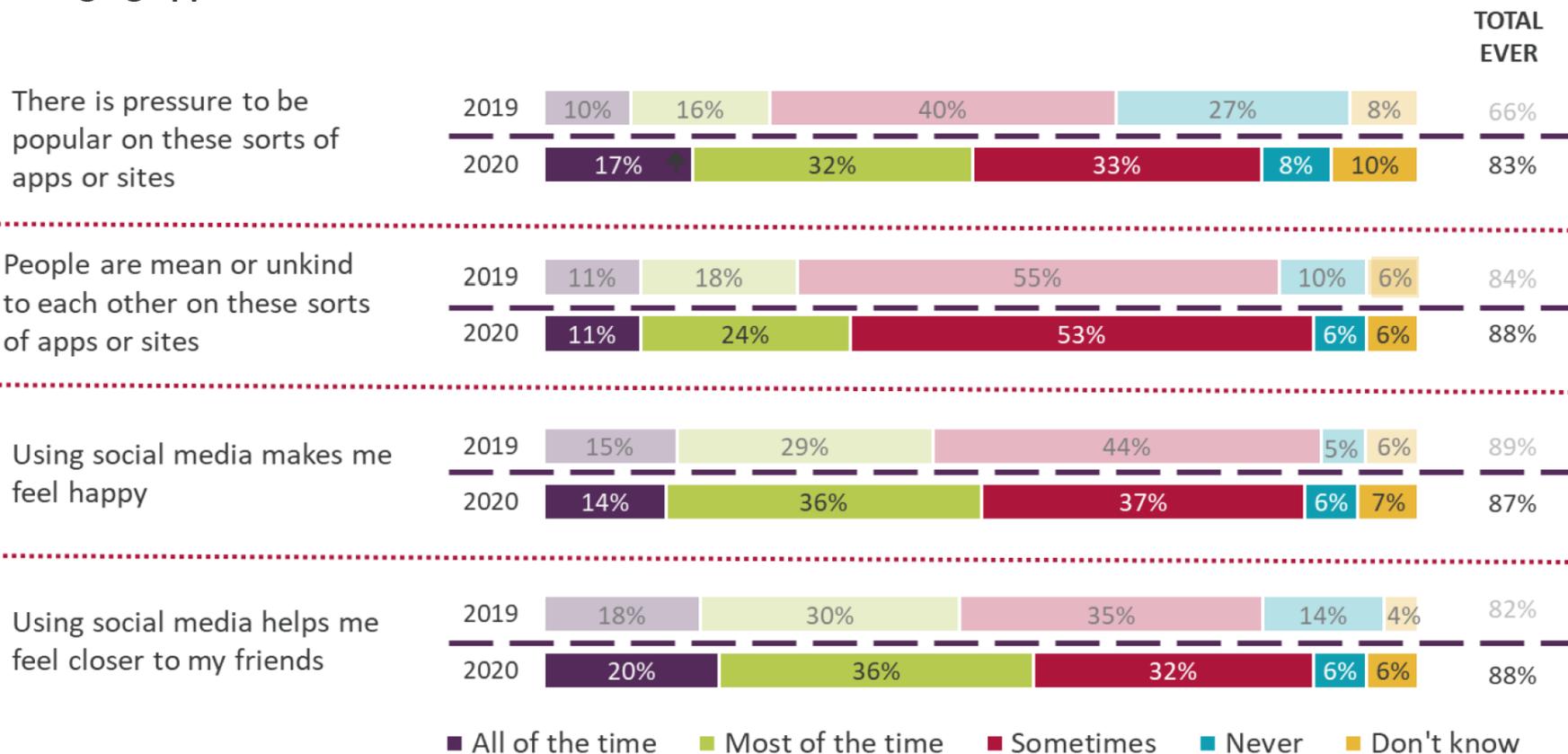
## 8-11s were as likely as 12-15s to follow celebrities and share/ discuss news stories on social media sites or messaging apps

### Activities undertaken on social media sites/ messaging apps among 8-15s: 2020



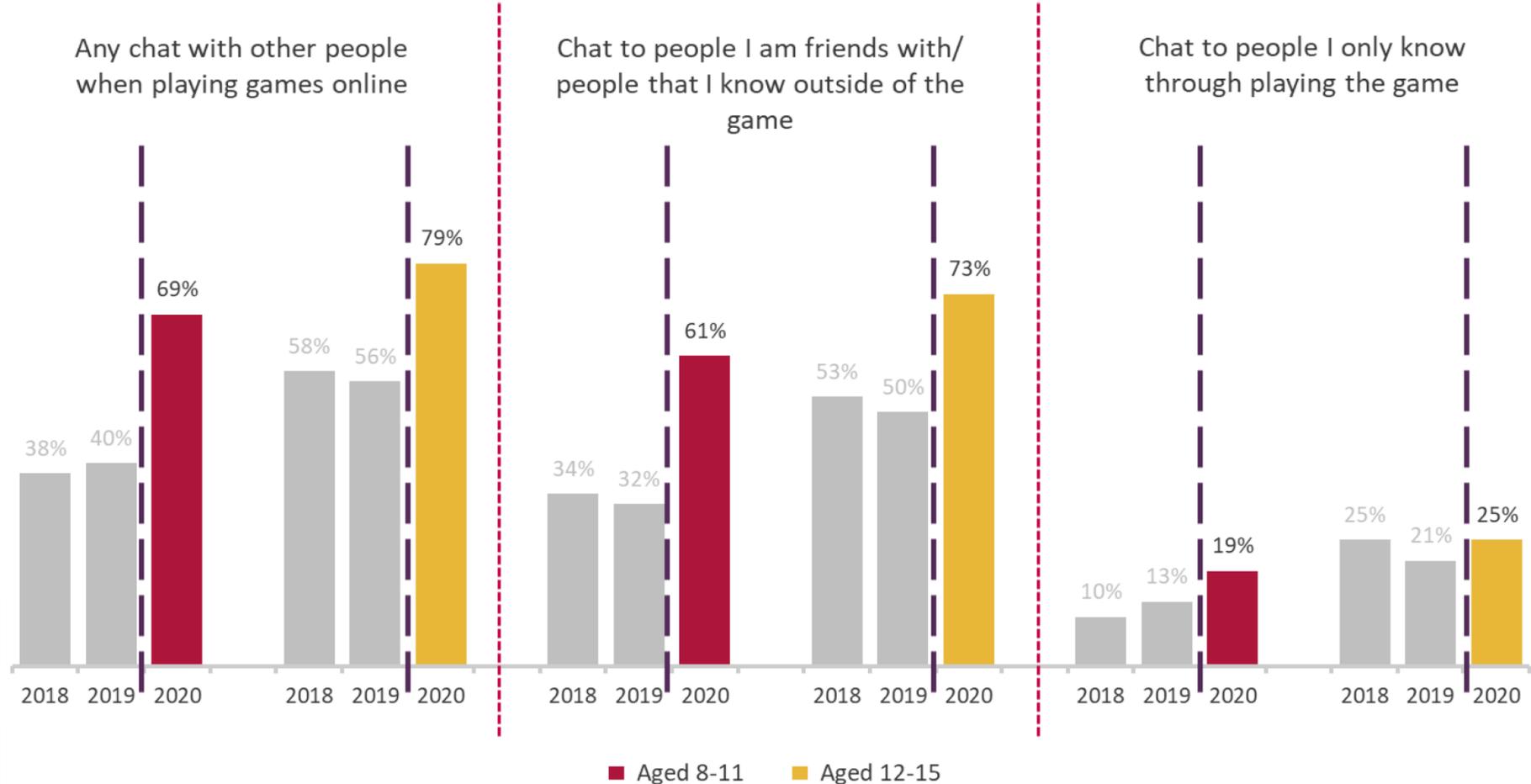
# Half of 8-11s who used social media or chat/ messaging apps or site felt there was pressure to be popular on social media, all or most of the time

## Agreement with statements about social media sites among 8-11s who use social media or chat/ messaging apps or sites: 2019 and 2020



# One in five 8-11s and one in four 12-15s who played games online chatted to people they only knew through the game

## Use of chat features when playing games online: 2018, 2019 and 2020



This is about  
behaviour, not  
technology. No  
mobile phone  
sends a bullying  
text itself

Smart  
fridges are  
here!!

It would take  
44mins to read  
the 5000+ word  
terms &  
conditions for  
Snapchat

“Online time”  
is no longer  
measured as  
we are  
always online

8 out of 10  
people sleep  
within 1 metre  
of their phone

Facebook  
stock value  
rises by \$150  
for every new  
member

# Growing Up Digital

A report of the Growing Up Digital Taskforce

January 2017



[SCHILLINGS]



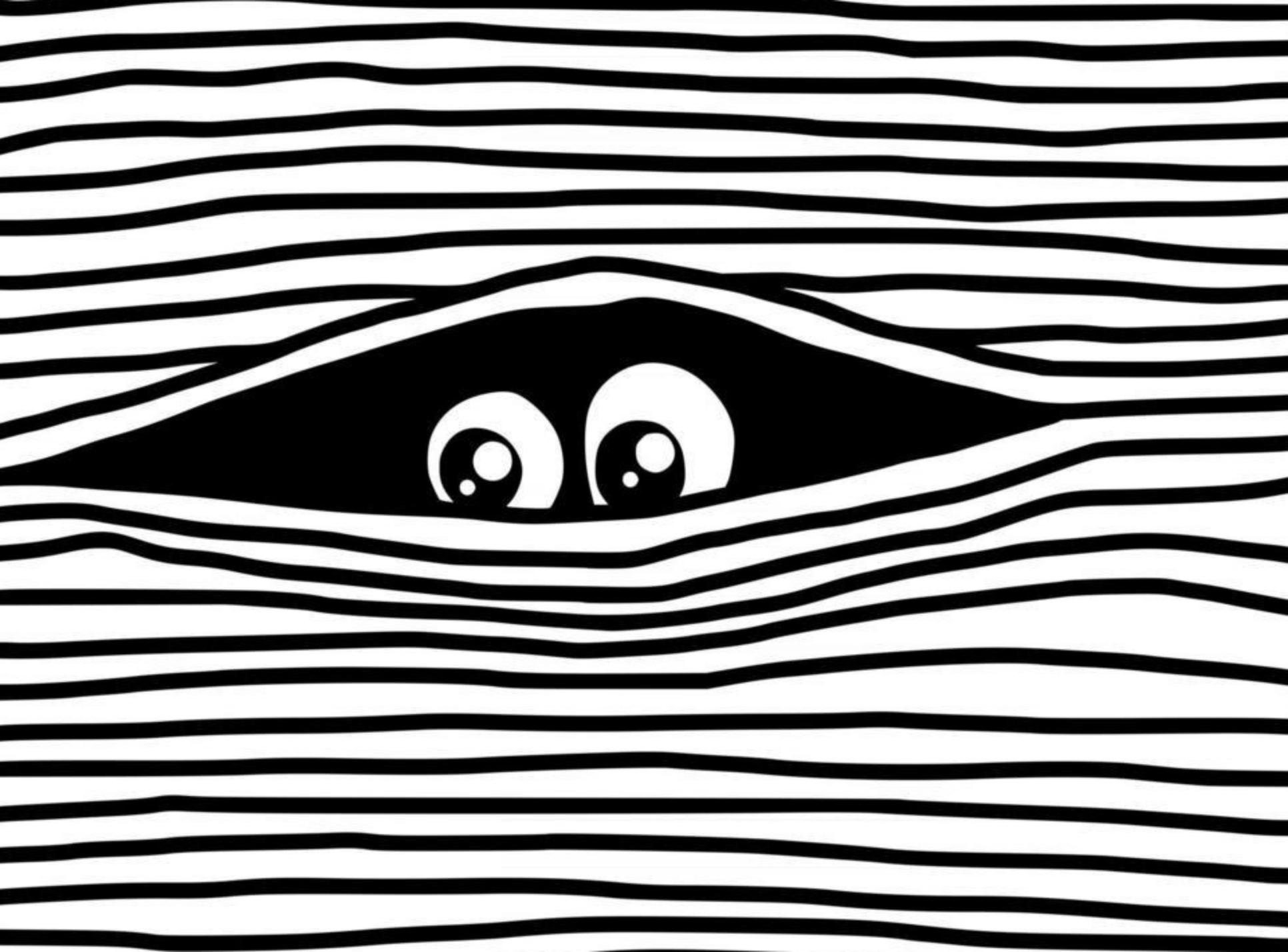
## Simplified version of Instagram Terms and Conditions

Officially you own any original pictures and videos you post, but we are allowed to use them, and we can let others use them as well, anywhere around the world. Other people might pay us to use them and **we will not pay you for that.**

we may keep, use and share your personal information with companies connected with Instagram. This information includes your name, email address, school, where you live, pictures, phone number, your likes and dislikes, where you go, who your friends are, how often you use Instagram, **and any other personal information we find** such as your birthday or who you are chatting with, **including in private messages** (DMs).

We might send you adverts connected to your interests which we are monitoring. **You cannot stop us doing this and it will not always be obvious that it is an advert.**

We can also delete posts and other content randomly, without telling you, for any reason. If we do this, we will not be responsible for paying out any money and **you won't have any right to complain.**





## 1. Is TikTok Safe for Kids?

### Privacy Setting Have Been Updated for Young Users

Previously, all TikTok accounts defaulted to a “public” setting no matter the age of the user, leaving your child open to DM’s and interactions from strangers. With its new 2021 update, TikTok accounts for users aged 13-15 will now default to “private”. Also, videos created by users under 16 years of age are restricted by default for download unless the settings are changed or update.

According to TikTok, *“with a private TikTok account, only someone who the user approves as a follower can view their videos.”*

### Suggestive Content Abounds

As with any social media platform, there is always suggestive content mixed into the bag. With TikTok being mostly based on music and video, profanity and suggestive clothing/dancing are the most obvious sources of adult content.

But the app also encourages some themes that are much more mature than their 16+ rating would suggest. With a quick hashtag search, your child will have access to mature content, as well as suggestive themes and challenges.

## 2. What is the Age Limit for TikTok?

The minimum age for a TikTok user is 13 years old. While this is great news for younger users, it’s important to note that TikTok *doesn’t use any age verification tools* when new users sign up. That means, if your child signs up for a new account without your knowledge, they’ll have access to explicit and inappropriate content without restriction.

## 3. What are TikTok’s Parental Controls?

With a feature called “Family Pairing”, parents can link their child’s account to their own where they can control direct messages, set screen time limits, and turn on/off restricted content directly from their phone.

Parents will also receive a notification if any of the settings are changed or turned off from their child’s phone.

### There’s also a “Digital Wellbeing” Setting

One of the more admirable functions in the app is the ability to turn on the ‘digital wellbeing’ setting. Once turned on, this setting will set time [limits on app use](#), which can help your child moderate the time they spend on their phone. You can also find strategies for keeping your child’s screen time in check in this [Kid Matters blog post](#).

This setting also allows a parent to put restrictions on their child’s account. This will block videos that have been flagged as inappropriate. An important point to remember however is that not all inappropriate material is flagged properly; things slip through the cracks.



Snapchat is a picture sharing app that has gained considerable popularity with young people. Thinkuknow have created a guide for parents and carers to help them understand the functions and features of Snapchat and ways to help young people stay safe if they are using the app.

### Should I be concerned about Snapchat?

The features of Snapchat can present potential risks to young people online. These features include:

- Connecting to other users they do not know
- Linking to other platforms
- Sharing of information and images
- Limited internal moderation

The potential risks of using Snapchat are typical of many social media services. As with all picture sharing social media, there is the possibility of young people viewing inappropriate, sexual or violent imagery that could worry or upset them. In their Community Guidelines, Snapchat specify that sexual or violent imagery is strictly prohibited. However, Snapchat also state that they do not monitor or moderate all content being shared via the app.

Like many other sites and apps, Snapchat is popular for both adults and children and there is concern that strangers can contact young people directly by sending images or messages or requesting to become 'friends'. Be aware that some young people share their Snapchat username on other social media platforms and this allows other users to request to follow them on Snapchat. Users can also add others using their phone number, therefore sharing a mobile number means they may be added on Snapchat.

The ephemeral nature of Snapchat is a fun feature but can mean that young people may be more inclined to take images on impulse that they might later regret. Images and videos can be screen shot or recorded with another device, meaning that they may become permanent.

It can be risky for a child or young person to share their location using apps. Encourage your child to keep their geo-location private by going into their app settings and disabling location for Snapchat.

As with all social media, caution is advised over young people's use of Snapchat. Conversations about what they share and who they talk to is advised as well as conversations about their digital footprint.

### Please note:

- Even if you choose to only be contacted by 'Friends,' anyone you're in a Group with will be able to communicate with you in Group Chat even if they are not on a friends list. To see who's in a Group before you chat or send images, press and hold on the name of the group in the Chat screen.
- If you choose 'Everyone' for 'Who Can Contact Me,' Snapchat users you haven't added will be able to send you Snaps and Chats.
- If you post a Snap to your Story, and then change your settings so only friends can see your Story, others may still be able to see the Snaps you posted before the change.
- Even if Snapchat have not notified you that an image has been screen shot; this may still have occurred. Third party apps have been created that allow users to download software that hide when they have screen shot an image or video.



## Why do kids love Instagram?

Instagram is a photo-sharing app with a whole lot of emphasis on the sharing – more like photo-enhanced socializing. It's a way of communicating mainly through images. Young people like taking, enhancing, sharing and commenting on photos - but they're not just commenting; they're socializing with photos, creating ongoing mixed-media conversations that include plenty of likes and links.

## Does Instagram have a minimum age?

Yes, it's 13, in compliance with the Children's Online Privacy Protection Act. But Instagram doesn't ask users to specify their age and there are many younger children who use the service, often with their parents' permission. Whether Instagram is 'safe' depends more on how it's used than the age of the user, but Instagram will delete underage accounts if they're notified and can verify that users are under 13.

## What are the risks of using Instagram?

There's nothing inherently dangerous about Instagram, but the main things parents worry about are similar to other social media: mean behaviour and inappropriate photos that can hurt a child's reputation or attract the wrong kind of attention.

## What's the best way to help kids stay safe in Instagram?

Respecting ourselves and others makes us safer. Our posts and comments become part of our public image. Respecting others in the way that photos are shared, tagged and commented on reduces risk to ourselves and to others. While most kids are smart about this, parents may want to be sure their children aren't posting provocative photos or having inappropriate interactions with people they don't know, which leads to the next question...

## Should my child's profile be private?

Having a public account on Instagram means anyone can follow you. A private account means strangers can't follow you, so many parents prefer their children to use Instagram with a private account for sharing only with friends and relatives. That doesn't, though, guarantee that your child won't be seen on Instagram (or any other photo-sharing service) because people post photos of each other. So even if your child doesn't have an account, that doesn't mean they won't appear in a photo on Instagram. This means it's much better for children to be aware of the implications of posting pictures of other people without their permission and to be clear about what to do if they're unhappy with images that have appeared of themselves.

As with all social media, how positive or negative a young person's experiences are on Instagram depends mainly on the person and their friends and how they use the app.

# 18

## PEGI 12

At a PEGI 12 level more graphic and realistic looking violence towards fantasy characters is allowed. Any violence towards human characters must look unrealistic unless it consists of only minor or trivial injury such as a slap. Sexual posturing of the type often seen in music videos is also allowed at this level as is sexual innuendo.

Some bad language is allowed but it can be no more than mild swearing.

PEGI 12 is the minimum rating a game which teaches or encourages gambling can receive, though the descriptor also appears on PEGI 16 and PEGI 18 games.

A game at this level may feature horror content such as strong threat and dread or graphic injury details.

## PEGI 16

At the 16 level you can expect to see more mature and realistic violence against human characters. The game may deal heavily with death and injury to humans. Gory and bloody violence may be included at a PEGI 16 level but only if the game is arcade style.

Sexual activity can be shown but it must not include visible genitals. Depictions of erotic nudity may feature.

The worst forms of bad language can be heard and will often include sexual expletives.

The use of tobacco and alcohol may be encouraged, and the game can feature the use of illegal drugs. The game could glamorise crime.

## PEGI 18

The adult classification is applied when the level of violence becomes gross. Gross violence is classed as horrific methods of bringing death or severe injury, including torture, decapitation or dismemberment.

Violence against vulnerable characters such as children and the elderly may feature, along with motiveless violence against multiple innocents. Sexual violence and threat are also classified at PEGI 18.

The game may include detailed descriptions of criminal techniques, or it may glamorise the use of illegal drugs.

Sexual activity with visible genital organs can be shown.





The chances are, if you have primary age children, Minecraft will be part of their world, or their friends' worlds. So what should you know about helping your kids play safely?

### **Are there age restrictions?**

Like lots of popular sites, apps and games, Minecraft's terms and conditions specify that it is for over 13s. This is because of US privacy legislation, which requires parents of under-13s to sign permission before any data about their children can be collected. In the UK, if children under the age of 13 play Minecraft, it is a violation of the site's terms and conditions but it is not illegal.

### **Is it appropriate for younger children?**

Despite the age restriction, which as we have seen is to do with the legal position in America, Minecraft is very popular with primary school children. There's nothing about the game itself that's inappropriate for kids – in fact, it's often been described as a virtual Lego. Users explore landscapes and worlds and build their infrastructure from materials they find on the site.

As with any online activity, there are some safety concerns to keep in mind. If you have a young child who plays Minecraft, you might want to:

- Set the account up through your own email address and know their passwords – at primary age, this is not an unreasonable thing to ask.
- Discuss which settings you are going to apply prior to their joining the site – will you allow multiplayer, for instance?
- Speak to your child about unwanted contact and what to do if someone is being nasty or inappropriate to them in the game. Ask that they come to you if anything goes wrong, so you can make it stop.

#### **• Chat feature**

On multiplayer, the chat function allows users to participate in discussions. You can open a chat window by pressing the 'T' button and then pressing 'Enter' to display the chat to other users. In the chat function users can also post website links.

Chat features on sites allow children to make friends with people who, in this case, have similar gaming interests. Online, there is no way of verifying who these people might be, so if your child is talking to people online that they have never met in the real world, it is important that they don't give away any personal information about themselves, or move their conversations into other online areas, especially private ones where conversations could become more personal.

### **Are Minecraft YouTube videos safe?**

Lots of Minecraft users watch fan-created YouTube videos to improve their skills and learn new techniques. Minecraft videos are by far the most popular gaming content on YouTube, with 3.9 billion views in March 2015 alone.

Minecraft videos are popular with children and plenty of them are age-appropriate. But some of the videos include commentary with profanity or sexual references, and some discuss and encourage bullying. So if your child is planning to watch Minecraft YouTube videos, you may want to have a look at them first.

You can also try searching for 'profanity free Minecraft servers'. But even then it might be worth checking the videos before young children watch them. Minecraft does not have any particularly graphic content but some of the videos contain monsters, trolls, spiders and zombies, which some children may find scary.

Some popular YouTubers run Minecraft channels that are intended to be family friendly. Minecraft Dad makes videos of himself and his kids playing on their family server, while SuperKevinCraft is run by a teen whose videos show him building and exploring with friends. Stampy's videos are also popular with children – and he's creating a new Minecraft-focused YouTube channel featuring educational videos. You can point younger children towards some of these age-appropriate channels.

You can also turn on [YouTube's Safety Mode](#) to block age-inappropriate content.



## YouTube

*Minimum age: 13 for an account, no minimum to watch videos*

YouTube is very popular with children of all ages. You can watch videos without creating an account or (over 13s only) log in with a Google account to upload videos, comment and vote.

If you're worried about your child watching inappropriate content on YouTube, you can set up **Restricted Mode**. From your computer or tablet, click on the **drop-down menu** at the bottom of any page on YouTube and select '**On**'. To prevent your child from making changes, **lock** Restricted Mode for that particular browser – you'll need a YouTube account to do this.

To access **Restricted Mode** on mobile, you'll need to go to the **Menu** and look under **Settings**.

YouTube also allows you to flag, report and block videos, comments and accounts. To block or report a user, go to their channel, click **About**, click the **flag** icon and choose from the drop-down menu.

To report a video, click on **More** and select **Report**.

To report a comment on a video, hover over the comment, click the arrow in the top right corner and use the **Report spam or abuse** link.

*Find out more [here](#).*



Roblox is a gaming platform where multiple players interact and play together online. The site has a collection of games aimed at 8-18 year olds, however players of all ages can use the site. Roblox is currently available on PC, phone, tablet and Xbox One.

Every game on Roblox is created by users, and there are a wide variety to choose from. These can vary from delivering pizzas, to roaming a kingdom as a medieval knight, to even starring in a fashion show. This variety is one of the reasons that Roblox is so popular with young people.



## Key things for parents to be aware of

### 1. Communication: how users can communicate with others

Whilst the games are aimed at 8-18 year olds, there are no age restrictions. This means both adults and young people can play and communicate with each other on the platform.

All games are multiplayer and include a written chat feature, which is visible to players within each individual game. Users can also make and receive friend requests during gameplay and this means that they can chat to each other outside of the game.

You can read more about the Roblox chat features and the way that these are moderated on the [Roblox community guidelines](#) and [within their safety features](#).

### 2. Content: what content is available that might not be suitable for children

The Roblox Studio is a section where players use their imagination and skills to create their own games and share these with others. The ability to create and play games can be very appealing to young people who like to create the content they see online.

However, because content is user-generated it can mean that some games might not be appropriate for young children. For example, whilst the graphics are not very life like, some of the games feature weapons and blood.

### 3. Costs: How children might accidentally run up costs

By creating games, users can earn Robux, the in-game currency. You can also buy Robux in the game. Players can spend money on items, such as membership to the Builders Club.

If game creators attract players and in-game adverts, they can earn a lot of Robux, which they can convert into real money. To do this, players must be over the age of 13, have paid for Roblox's premium subscription, and have access to a Paypal account. This means that younger players would need to talk to an adult to be able to exchange their Robux for real money.

What do you like most about the internet and why?  
What's your favourite game/app/site?

Do you like to be creative online?  
What have you created?

(It could be anything from a picture or video to creating their own games, sites or apps.)

The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/-services do you use?

## Talk about safety

Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

What is okay/not okay to share online?  
Why?

What could you do if you saw a friend online needed some help or support?

Help me!  
Can your child show you how to do something better/safer online?

How do you stay safe online? What tips do you have and where did you learn them?

## Discuss digital lives and wellbeing

How does the internet make you feel? Do different apps/games makes you feel differently?

How does the internet/technology make your life better?

What could you do if being online is making you feel worse rather than better?

How does the internet make you feel?  
Do different apps/games makes you feel differently?

How might you know if you are using the internet/technology too much?

## Talk about respect

What could you do if someone online is making you or someone you know feel worried or upset?

Who do you look up to/respect online? Why?

Can people say/do whatever they want online? Why/why not?

What is different about talking online to someone compared to talking face to face? Is there anything that is the same?

Do you have any tips for how to be positive and show respect online?