Mowbray Safeguarding Bulletin

June 2024 – Online Safety

Online Safety

Whilst the advancement of technology and the internet can be positive for both adults and children, there are also risks it poses, particularly to children. As parents and carers, we are in a vital position to help keep children safe online.

The online world can change how we think, feel and act – positively and negatively. Consider how to establish a supportive environment for young people to learn and talk about potentially sensitive topics. For ideas visit: childnet.com/learning-environment

Some harms that children can be exposed to online are;

- Exposure to age-inappropriate content
- Exposure to radicalizing content
- Cyberbullying
- Consensual and non-consensual sharing of images
- Exposure to harmful content such as suicide
- Child criminal exploitation

I have included some helpful website information below and also have added some guidance posters to support you to help keep your child safe online.

- Safterinternet.org.uk
- Projectelove.co.uk
- Childnet.com/resources
- NSPCC.org.uk
- Thinkuknow.co.uk
- BBC app 'own it' for children
- Internetmatters.org.uk

S Speak to somebody if you need help

A Ask an adult before going online

F Friends are real people we know

E Enjoy play, have fun and stay safe

e-safety adviser

Stay safe online

Quality First Education Trust

What Parents & Carers Need to Know about
AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.

National Online Safety
#WakeUpWednesday

How to Set up
PARENTAL CONTROLS
to limit age-inappropriate
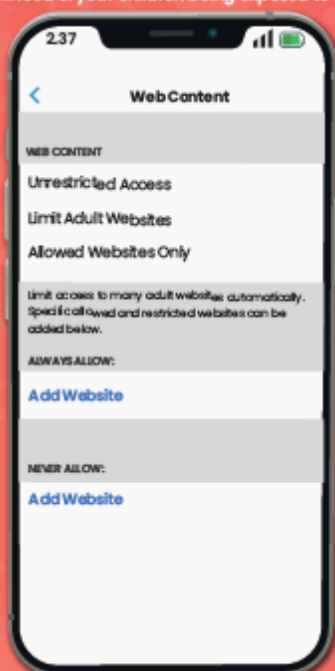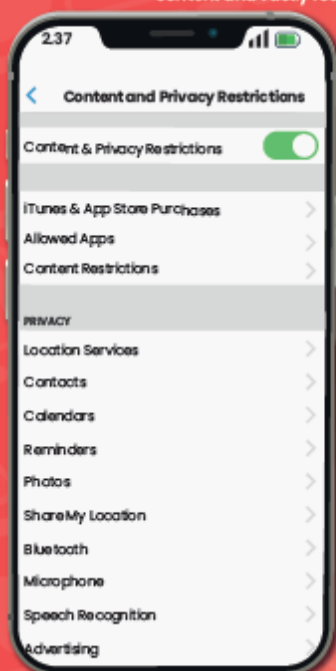# CONTENT
iPhone

National Online Safety®
www.nationalonlinesafety.com

The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content ratings, Siri and web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.

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< Content and Privacy Restrictions

Content & Privacy Restrictions 🟢

iTunes & App Store Purchases   >
Allowed Apps   >
Content Restrictions   >

PRIVACY

Location Services   >
Contacts   >
Calendars   >
Reminders   >
Photos   >
Share My Location   >
Bluetooth   >
Microphone   >
Speech Recognition   >
Advertising

2.37

< Web Content

WEB CONTENT

Unrestricted Access
Limit Adult Websites
Allowed Websites Only

Limit access to many adult websites automatically. Specific allowed and restricted websites can be added below.

ALWAYS ALLOW:

Add Website

NEVER ALLOW:

Add Website

2.37

< Siri

ALLOW:

Explicit Language ⚪
Web Search Content ⚪

Allow Siri to search content from Wikipedia, Bing and Twitter

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18+ Set up content rating restrictions

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

1. Open Settings
2. Tap Screen Time
3. Enable Content & Privacy Restrictions
4. Tap Content Restrictions
5. Choose the Settings for each feature you which to restrict

Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to approved sites.

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions
4. Tap Web Content
5. Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
7. Choose which websites you wish to allow/block

Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions
5. Scroll Down to Siri
6. Choose to block either or both Web Search Content and Explicit Language

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