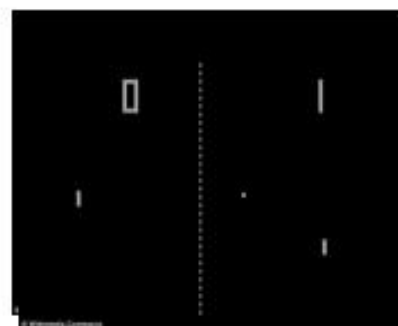


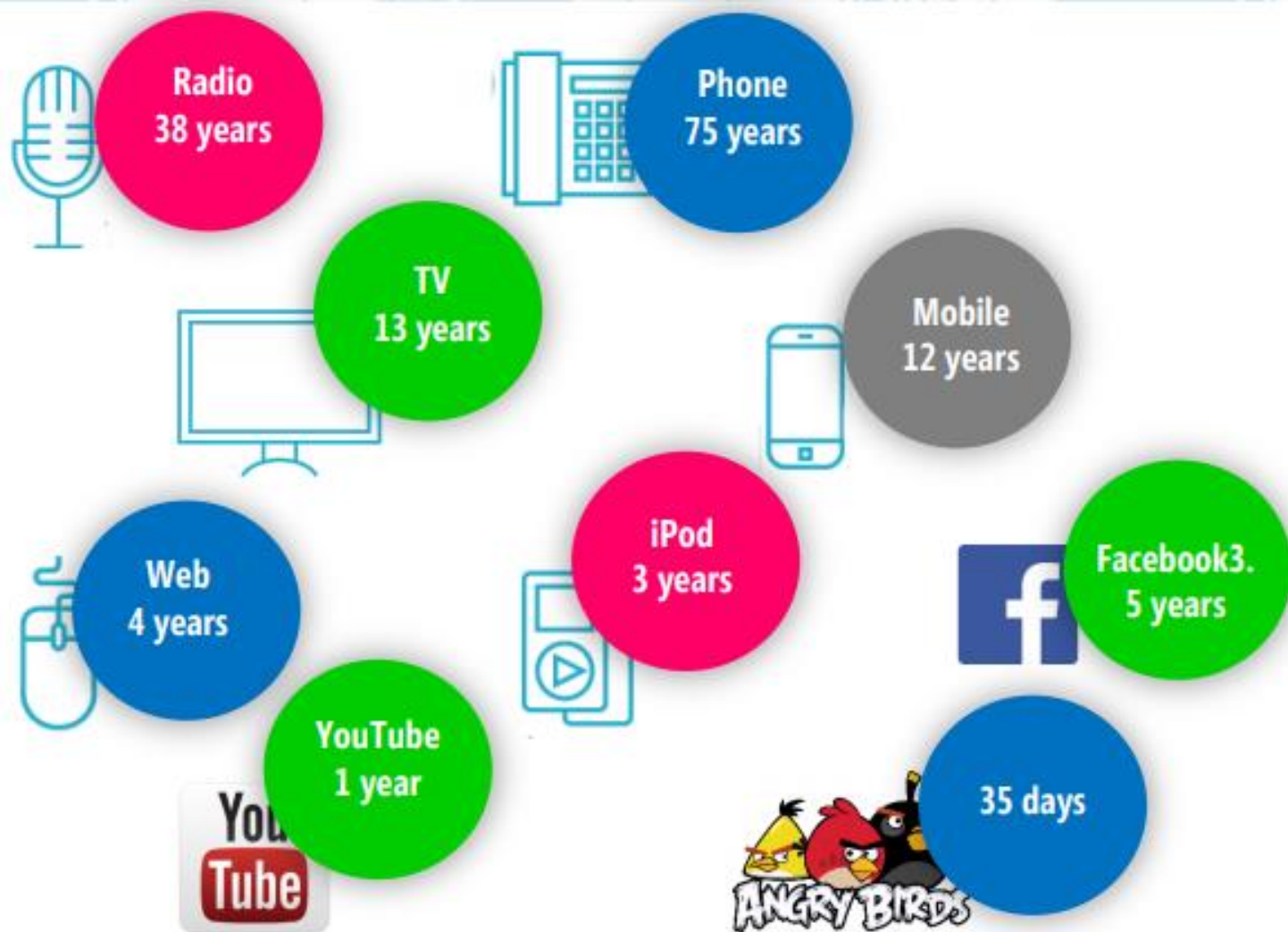
The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

Online Safety Workshop 2019

“My kids know more about the internet than I do...”



Penetration rate: Years to reach c.50m users



14 days

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But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



And there are of course risks...

	Content (Child as receiver of mass productions)	Contact (Child as participant in adult-led activity)	Conduct (Child participation, perpetrator or victim)
Aggressive	Violent	Harassment	Cyberbullying
Sexual	Pornographic	Grooming, sexual abuse	Sexual harassment, 'sexting'
Values	Racist / hateful	Ideological persuasion	Harmful user generated content
Commercial	Marketing	Personal data misuse	Gambling, copyright infringement

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

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Internet Legends

- ▶ The Internet Legends Code encompasses five areas that children need to understand in order to become safe and independent users in the digital world:
 - ▶ Sharp
 - ▶ Alert
 - ▶ Secure
 - ▶ Kind
 - ▶ Brave



Sharp

Think Before You Share

Good (and bad) news travels fast online, and children can sometimes find themselves in tricky situations with lasting consequences. But what can they do to prevent this? The answer: understand how to share smartly with those they know - and those they don't.

Alert

Check It's For Real

People and situations online aren't always what they seem. Internet Legends know how to tell the difference between what's real and what's not.

Secure

Protect Your Stuff

Personal privacy and security are as important online as they are in the real world. Keeping valuable information safe helps children avoid damaging their devices, reputations and relationships.

Kind

Respect Each Other

The internet amplifies everything: good things seem more exciting, bad things seem much worse and can hurt - a lot. A great rule to live by online, as well as off, is 'treat others as you would like to be treated yourself'. Children can have a positive impact on others and stop bullying in its tracks by refusing to join in.

Brave

When in Doubt, Discuss

When children come across something they're not sure about online, they should feel comfortable talking to a trusted adult. Adults can support this by showing they're open to talking, even about difficult or embarrassing things at home and in the classroom.

Swiggle



Type your query in the search box.

If you get stuck, just click me for help!



Swiggle
CHILD FRIENDLY SEARCH

Go

Powered by Google Custom Search

Milky Way

In addition, schools embed it across...



ICT
curriculum

Appropriate
filters and
monitoring
system

PSHE
lessons

Curriculum and
safeguarding
assessed as part
of Ofsted
framework

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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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Consent and your child's Digital Footprint

▶ See attached sheet