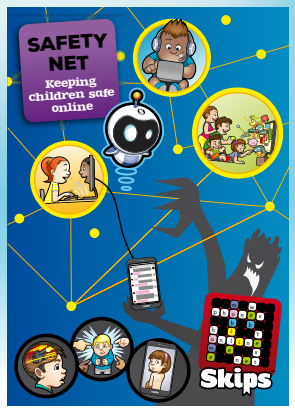
Safety Net Session Notes



These notes should be used as a reminder of some of the key messages delivered during the Safety Net – keeping children safe online session that you have just experienced.

Nearly all of what children do online, they do outside school. Schools alone cannot help children to stay safe online. Children sometimes have things they feel they can't talk about.

You have a Safety Net book. Vital in helping parents to share the learning at home and start the process of having open discussion on some tricky topics and how to keep safe when using the internet, social media and playing online games.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

PARENT NOTE

In school – children gain a good understanding of the theory on how to stay safe online. Outside school – left unsupervised, they struggle to apply the theory and see the risks. Follow the PARENT NOTE on each page for all the tips and guidance you need.

Skips Educational

Web: www.skipssafetnet.org
Email: info@skips.com
Tel: +44 121 227 1941

142 Newton Road
Great Barr
Birmingham B43 6BT

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

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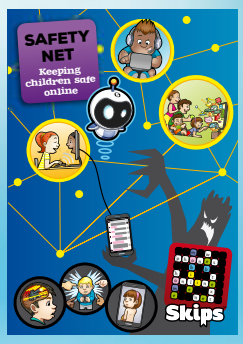
Skips Parents guide to help keep children safe online

The Internet is great!

The online environment is a massively positive and an amazing space. It delivers huge benefits, enabling us to stay connected, work, learn and play.

Used positively and with supervision, children can advance so much more than ever before. Left alone, young people haven't got the life skills to recognise the dangers.

Technology is not a babysitter.



'Online' means connected to the Internet

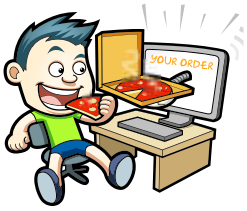
The Internet has some great advantages

The Internet is part of our everyday lives at home and at school making it possible for us to do amazing and fun things.

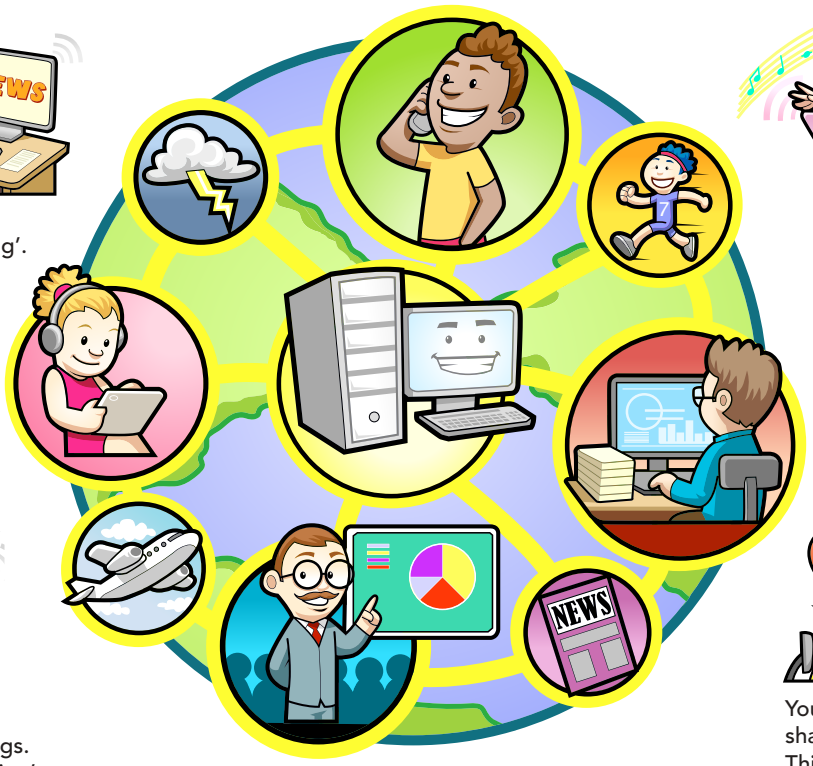
You can learn.

You can look at websites for information. This is called 'browsing'.

You can play games with other people from around the world.



You can buy and order things. This is called 'online shopping'.



You can listen to music. You can also 'download' and store music onto your device.

You can watch films, videos and television programmes.

You can chat with people, share pictures and messages. This is 'social media'.

PARENT NOTE

It is vital we support and prepare our children how to use this space positively and keep safe. Build relationship about what they do online. Don't worry if you do not know as much as them, we all start that way.

If you encourage disclosure and trust, without telling off, your child will open up and you can begin the process of having open and honest conversation. Just like how you provide them with the skills to be safe in the physical world, they will use the same skills to be safe online and everything will work out.

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Keeping children safe online

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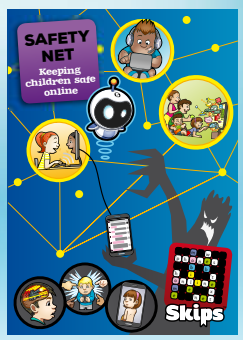
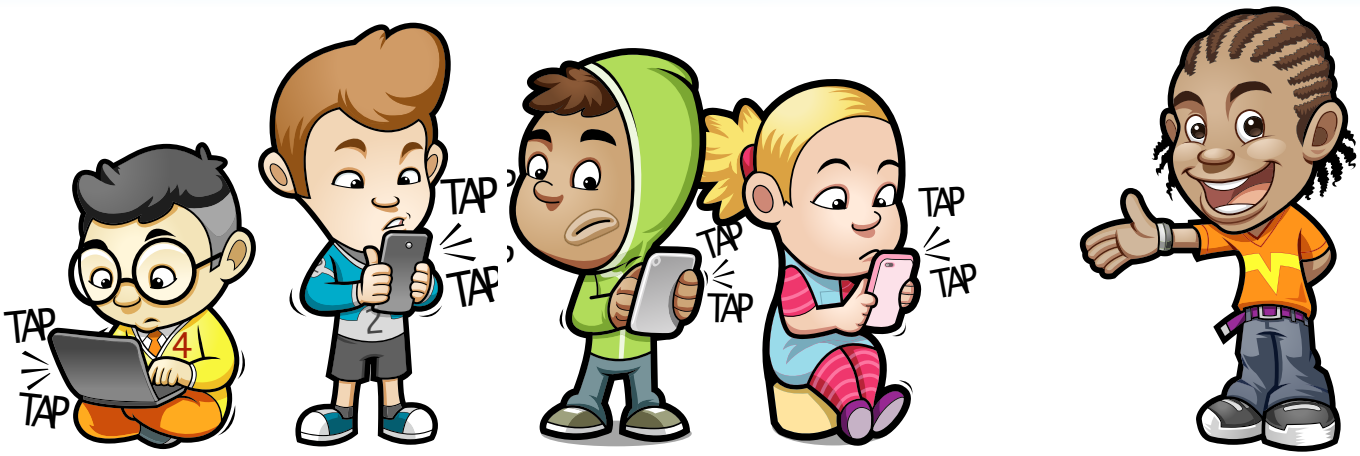
By mistake!



Technology is clever at keeping our children hooked and much of what they see for the first time, is by mistake.

For a lot of children, content is delivered to them without them actively looking for it. Young people can now access a lot of things they wouldn't have had a chance to years ago, until they became adults.



The tech world can easily make young people feel they have done something wrong when they have not.

PARENT NOTE

Young people take a lot of things at face value, are too trusting and can make some bad choices. Let's take a realistic approach and not be confrontational.

Let them know that they do not have to feel as though they have done something wrong, nobody is going to get cross and it is not their fault. You can then guide your child through conversation, just like you do in the physical world.

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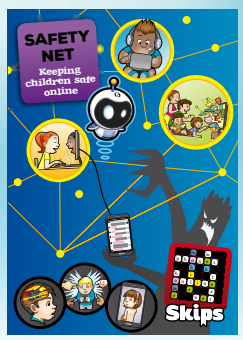
Social media sites will not parent your child the same way you will



Many children get their information from online resources. It can be very distorting and disturbing, especially if they are not openly sharing it with parents who can give guidance and support. It is very easy to poison young minds and for them to copy what they see.

Snapchat

Instagram

TikTok

YouTube

Facebook

WhatsApp

'ADD'

'FOLLOW'

'PEOPLE YOU MAY KNOW'

Social media have age ratings for a reason!

Social media can easily lead to meeting new people. It takes minutes to build relationships online, it's incredibly quick. Very easy for people to be nice, kind, give attention and trick children into making bad choices.

PARENT NOTE

All children know what a stranger is and what they should and should not do in the physical world. But they struggle to understand this in the digital world, because in social media it is all about adding people and some of those people they will not know. This is where parental involvement has got to come in.

Do not let your child have a social media account if they are underage. As parents, we need to stop pretending or assuming our child isn't capable. Young people copy what they see.

Constantly monitor the number of their online friends and filter them down.

Always remind them to never purchase or subscribe to anything online without gaining your permission first or arrange to meet someone who they have met online.

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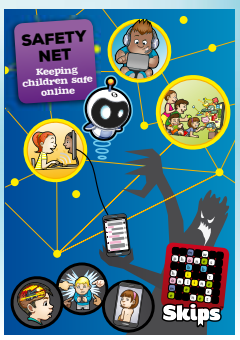
Online influencers



An influencer is someone with a large social media or gaming following who can 'influence' their audience.

Children will come across many different types of online influencers. They can be both good and bad role models.

'LIKE'

'FOLLOW'

'SHARE'

PARENT NOTE

Influencers are not regulated.

If your child follows an online influencer, then you should follow that person too. This way, not only will you know what your child is engaging with and what is being promoted, it will help you to have conversation, provide advice and guidance, just like you do in the physical world. You should also follow your child.

If we do not get involved, everything they see and read, they will start to believe. It can shape how they grow up.

Always remind them to never purchase or subscribe to anything online without gaining your permission first or arrange to meet someone who they have met online.

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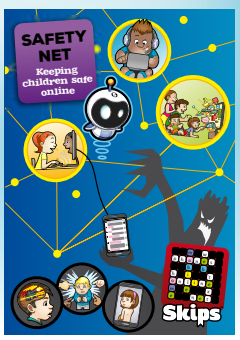
Playing online games



Gaming can be real fun and help develop some great skills.

Some games are good at encouraging young people to buy extra features and in-game purchases – rewards. This is simply a trick to get parents to spend real money in return for imaginary prizes in an imaginary world.

Games have an age rating for a reason (language, violence, themes, content etc).

In gaming you need to play against competitors.

PARENT NOTE

Online gaming encourages children to add people and some of those people they will not know. Not everyone is from school.

Do not allow your child to play an inappropriate age-related game. Constantly monitor the number of their online friends and filter them down.

Always remind them to never purchase or subscribe to anything online without gaining your permission first or arrange to meet someone who they have met online.

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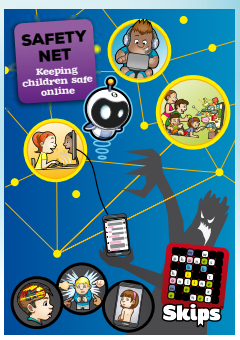
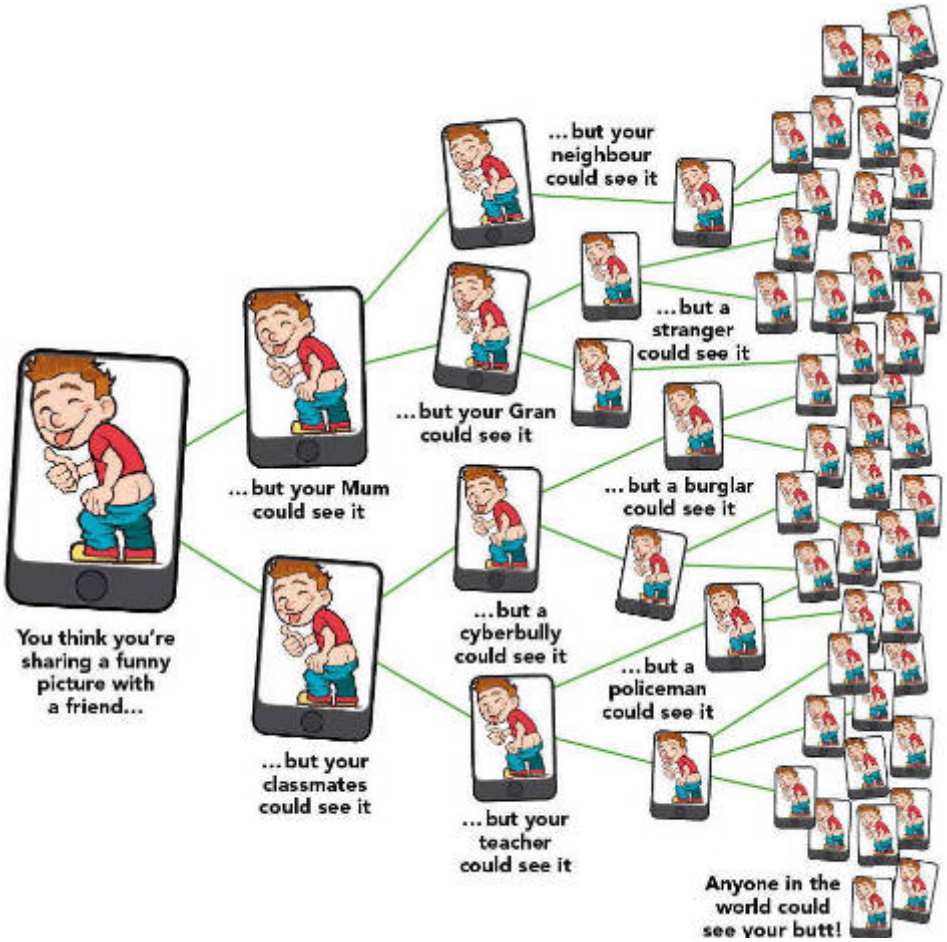
Think before you share



Sending an image means it can be shared again by others.

Using social media, videos, web cam, live streaming and texting, young people are sharing more and more images of themselves, from an early age.

It can lead to online bullying, grooming or emotional stress.



PARENT NOTE

Children will make mistakes and we need to support them. It can happen to boys just as much as girls

Discuss regularly with your child what they like to take pictures or videos of? Who do they share them with?

Regularly remind them to think before they share. Any image they send of themselves can also be shared again by others.

If you see an indecent image, you should report it. The quicker an image is reported, the easier it is for Internet platforms and the police to take the image offline and stop it being shared.

Sexual abuse images and comments online are at record levels.

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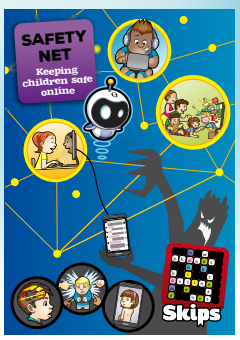
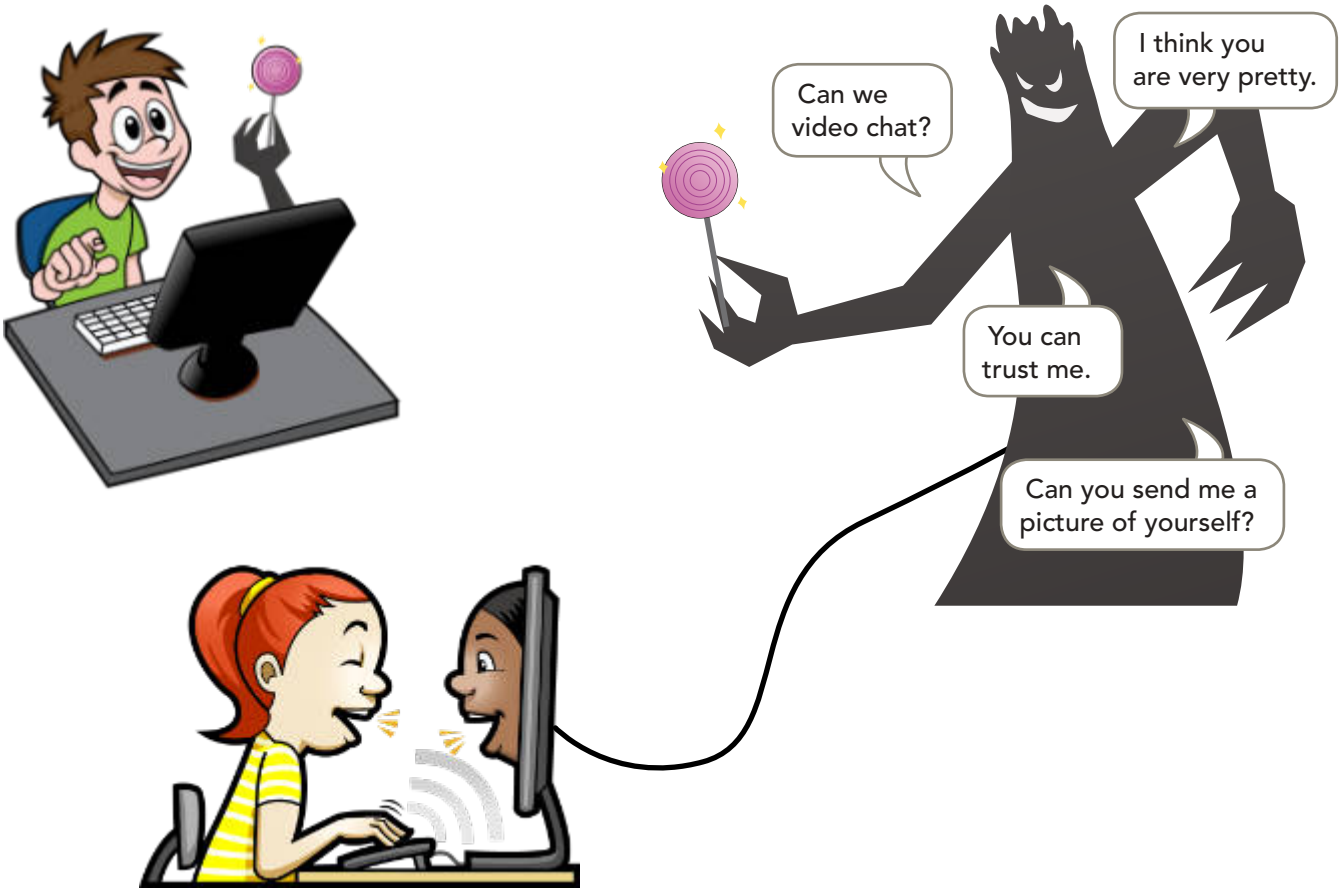
Online grooming



Some people use the Internet, social media and gaming to groom children and young people.

Grooming is about building a relationship using lies and nice words to gain a person's trust. This trust is then used to trick the person into doing the wrong things, make bad choices and to hurt them.

Grooming can be far easier online especially with unsupervised children. Groomers trick children into chatting and sharing images through private chats using social media, webcams and online gaming. They can pretend to be another young person.



PARENT NOTE

Always discuss regularly with your child what they do online and who with. They should be wary of people they talk to online, not share personal information and be aware of how they appear in their online profiles.

Constantly monitor the number of their online friends and filter them down.

Always remind them to never meet someone who they have met online.

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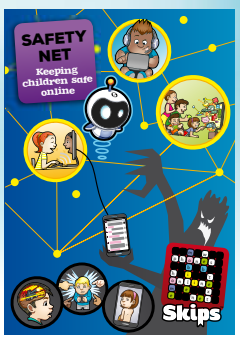
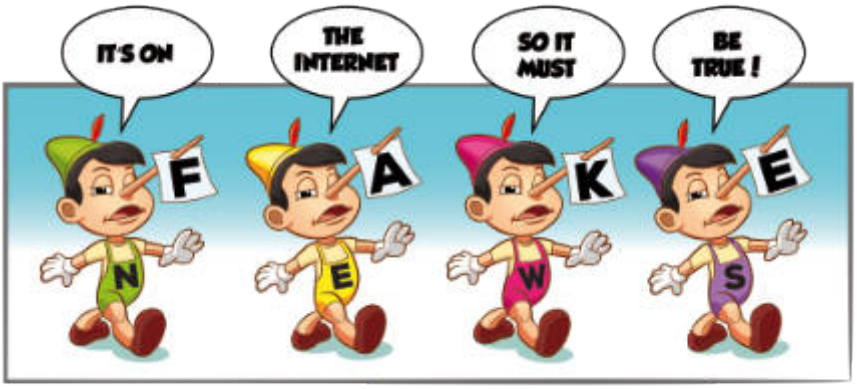
Fake News, gangs, violence, hate crime and radicalisation



'Fake news' is made up news. The information is false, an invention, a lie. It takes the appearance of real news to trick people into thinking it is true. Fake news can be used to profit from by tricking, influencing and brainwashing viewers.

Fake News can be used to sell you something, promote groups, fear, glorify gangs, violence, hate and radicalisation.

We are losing too many young minds to negative influences, having their brains poisoned into making bad choices.



PARENT NOTE

We need to be mindful that as young people spend much more time online, they are very likely to come across many different types of fake news. If we do not engage with their online activities and support with careful guidance, there is a real risk children will start to believe everything they see and read.

Regularly discuss all current types of news, even if it isn't good news. Children are highly likely to see, hear or read online about what happened in non-child friendly terms. Pretending that nothing happened is no longer an option. Be honest

Children can become scared, worried and anxious

Let them know they are safe and it's good to talk. Be ready to talk, listen and support them with critical thinking. It will reduce them looking online for themselves and reaching out to others.

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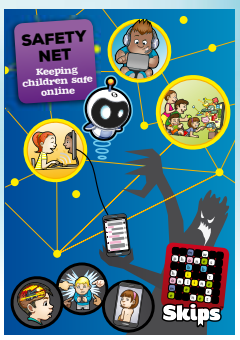
Parental Controls and Privacy Settings

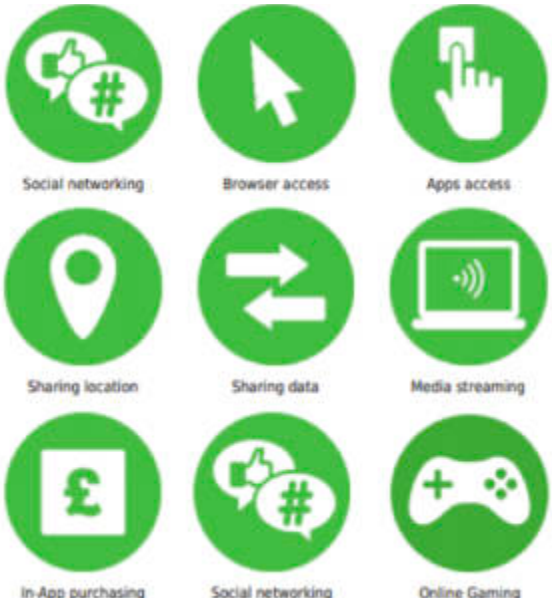


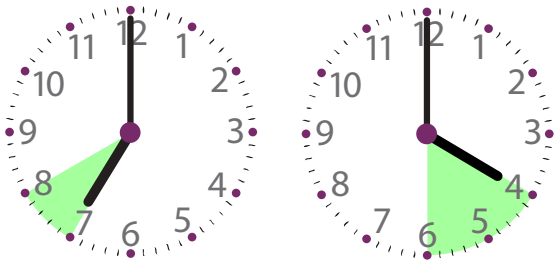
Doing something is better than doing nothing – it is your responsibility, otherwise the internet will treat your child as an adult.

Make sure you talk to your Internet provider and mobile phone operator. They will set all the parental controls you need to help reduce the risks your child may face online.

It is a must.

Timing restrictions will allow your child to only use the internet at certain times of the day. Great for night times and getting them a good night sleep.





PARENT NOTE

Speak to your internet provider and ask them to set your safety controls.

Do not allow any devices in bedrooms – as parents go to sleep, children have a skill at re-awakening.

Create rules around what's ok and what's not.

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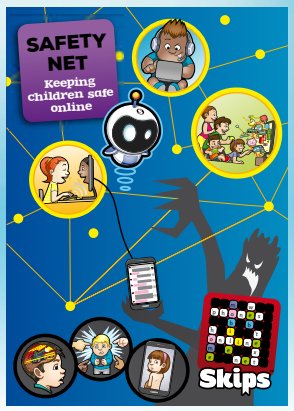
We are all here to help

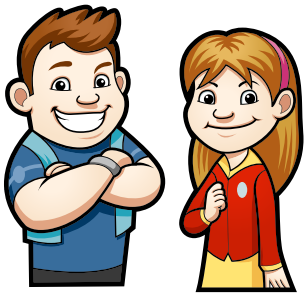


Always let your child know that they should always say if they see or hear anything online that makes them feel scared or uncomfortable and to never arrange to meet someone who they have met online.

Let them know that they do not have to feel as though they have done something wrong, nobody is going to get cross and it is not their fault.

If you are concerned with anything you or your child has seen or asked to do, please call Childline or tell your child's school. They are there to help.

Tell a parent or trusted adult, like a teacher.



Tell an older brother or sister.

ChildLine 0800 1111

Tell Childline.

PARENT NOTE

Safety Net will help you start the process of having open discussion on these tricky topics from an early age and how to keep safe online.

If you would like to receive ongoing free digital Parental Guides, please click here and register. www.skipssafetynet.org

We will continue to support you with the latest advice as the digital world continues to evolve.

Please feel free to share this parental guide with your family, friends and colleagues.

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