



Cognus

No Limits on Learning

Supporting your child and their transition to Wallington High School for Girls

Hayley Cameron: Education Safeguarding Manager

Stephen Welding: Education E safety Adviser



Tonight's Agenda

- Your Child's development and behaviour
- Emotional and Mental Health Issues
- Your Child in the Digital World
- What is the law?
- Social Media – What's going wrong?
- Gaming on the Internet
- Online Reputation – What are they posting!!
- Where to find support and information

Differences between primary and secondary school

Now: top of the class and their school

in September: amongst others also who were top of the class & new to the school

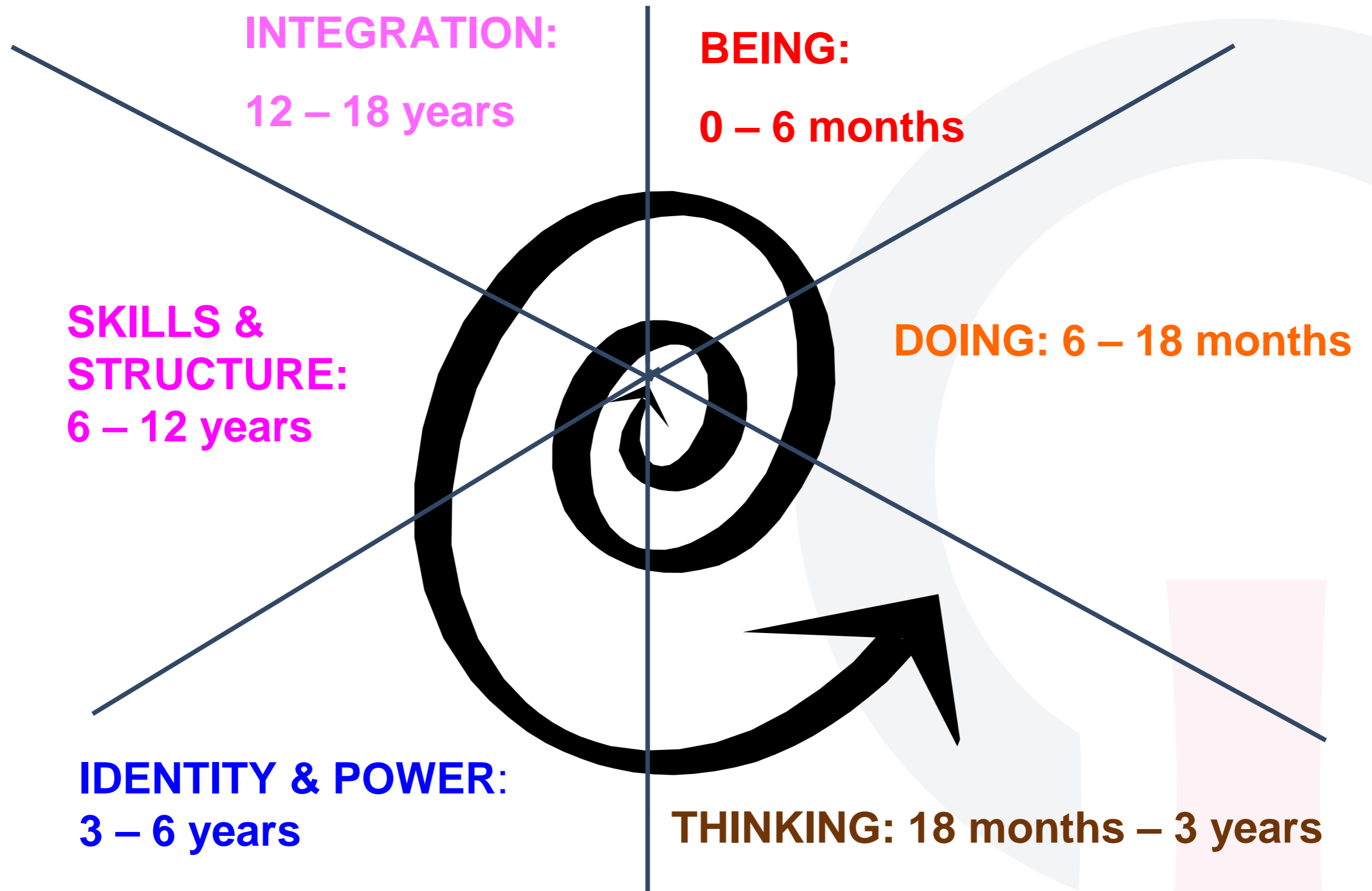
Now: many things done for them

in September: need to be self-motivated, organised, responsible and mature behaviour

Now: know everyone in their year group and firm friendships

in September: may not know anyone and have to start again

Stages of child development



Behaviour milestones for 11-14 year olds

- Self-conscious about appearance
- Rudeness/pushing boundaries
- Experiments with dress, speech, manners
- Wants more independence
- Friends take on great importance

Managing the behaviours

- Be reliable, clear
 - Set ground rules
 - Allow consequences
 - Challenge behaviour
 - Encourage openness
 - Celebrate success
- Understand them
 - Encourage them
 - Accept failure
 - Support them
 - Discuss with them

Emotional & mental health issues

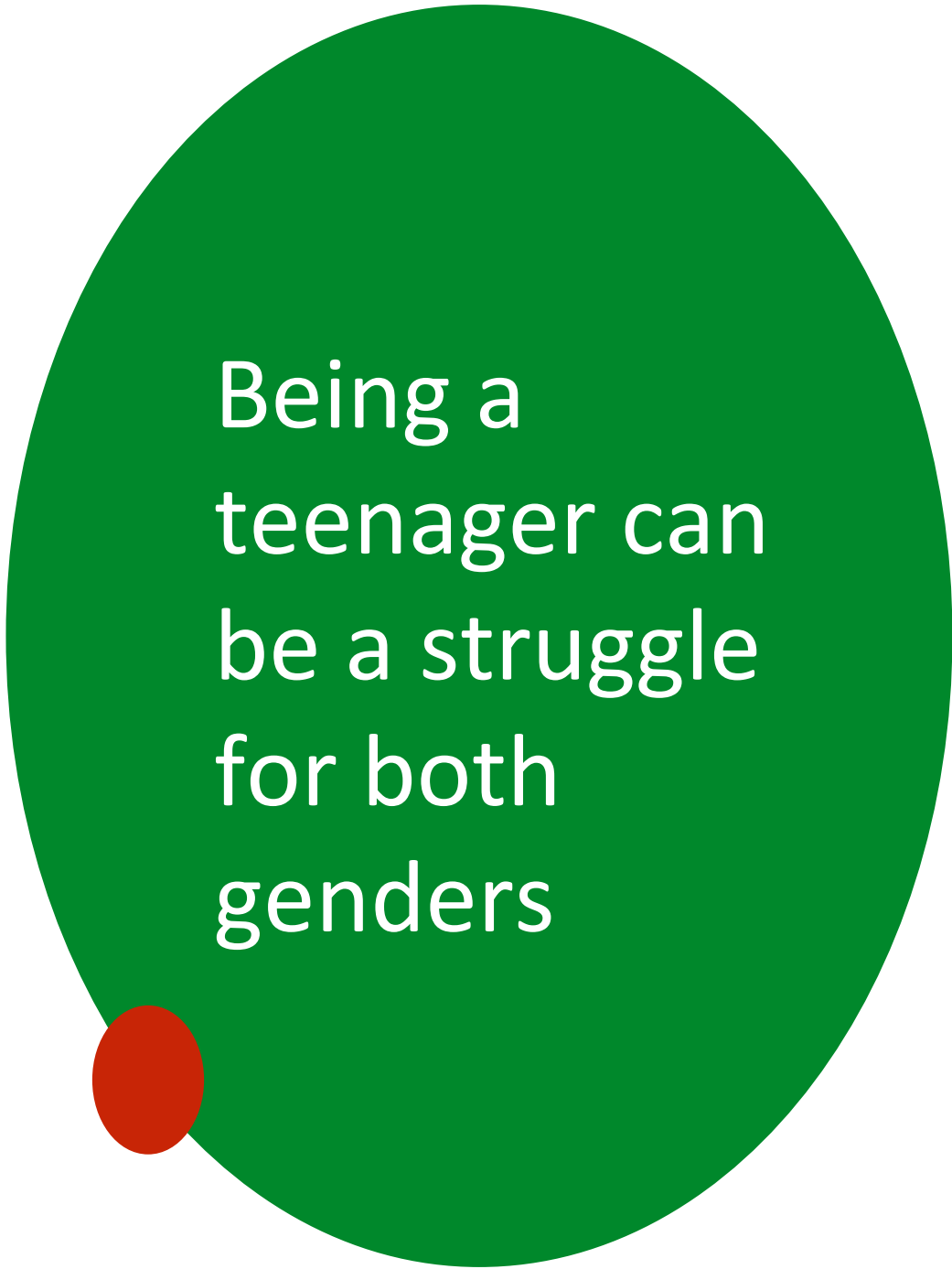
The **SERIOUS** challenge for Children

- **S**elf-motivation
- **E**mpathy
- **R**eflection
- **I**mpulse Control
- **O**ptimism
- **U**nderstanding relationships
- **S**elf-Awareness

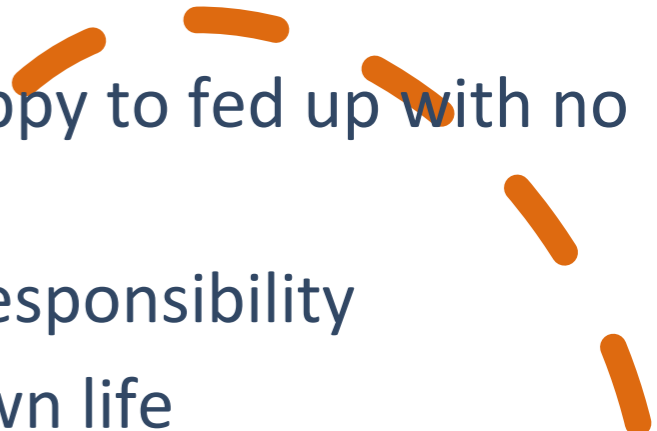
Leading causes of stress, anxiety, depression for young people

- School / college
- Fatigue
- Body Image
- Family
- Friends
- Other relationships
- The future
- Social Media





Being a
teenager can
be a struggle
for both
genders

- Body changes-surge of male and female sex hormones
 - Mood swings from happy to fed up with no apparent reason
 - Having to take more responsibility
 - Making decision for own life
 - Move towards independence
 - Receive, keep and maintain friendships and relationships
 - Friends are more important than ever
 - Peer pressure - to smoke, do sex and drugs, to fit in and be cool
 - Parents/rules/support
 - What's acceptable and what's expected
- 



High Risk
decisions with
poor outcomes

V

Low risk
decisions with
good outcomes

Brain Facts

- 90% of brain development happens in the first 5 years.
- The brain does not fully develop until about age 25.
- Last part of the brain to develop is the frontal lobe
- One of the last developments is the way the child assess risk!!!

Kooth plc

About Kooth plc

**FREE, SAFE AND
ANONYMOUS
SUPPORT FOR YOUR
MENTAL WELLBEING.**

kooth



Sign up for free at **Kooth.com**

Kooth is the UK's leading digital mental health platform. Our mission is to provide accessible and safe spaces for everyone to achieve better mental health. Our platform is clinically robust and accredited to provide a range of therapeutic support and interventions. All our services are predicated on easy access to make early intervention and prevention a reality.

Our four services are:

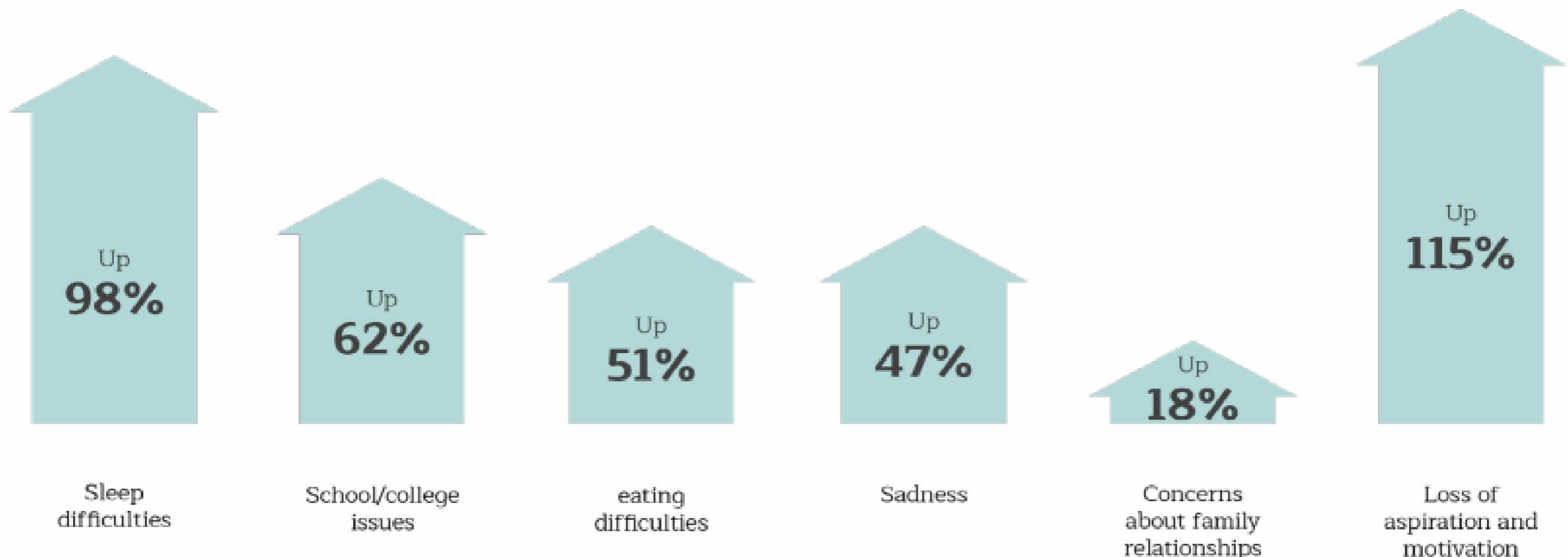
- **Kooth:** for children and young persons
- **Kooth Student:** for university and higher-education students
- **Kooth:** for Adults
- **Kooth Work:** for employees



Youth Mental Health (www.kooth.com)

For Children and Young People

The pandemic has caused a rise in a wide number of presenting issues for children and young people. Kooth data reveals that there has been an increase in:



Key attributes
of mentally
and
emotionally
healthy
people

- Sense of well-being and contentment
- 'Zest' for life
- Resilience
- Self-awareness
- Flexibility
- Balance in life (solitude and sociability, work and play, etc.)
- Ability to care for self and others
- Self-confidence
- Self-esteem
- Well roundedness – MIND, BODY, SPIRIT

Encouraging self-reliance and responsibility

- Home alone
- Quest for freedom
- Curfews
- Becoming more independent (questions your child can ask themselves):
 1. Where am I going?
 2. How am I getting there and back?
 3. Who am I meeting?
 4. Do I know them?
 5. Am I prepared for changes of plan?
 6. Have I let people know where I am?



The digital world and its influence on children and young people

Today's young people live in a world of constant noise and activity:

TV's, computers, ipods, ipads, x boxes, play stations, mobile phones, online games, Social Media etc



The House of Lords Communications Committee



Office of the
Leader of the
House of Lords



Teaching children about the internet should be as important as the three Rs, with youngsters given the skills to keep safe online.

The committee's report said: "It is no longer sufficient to teach digital skills in specialist computer science classes to only some pupils.

"We recommend that digital literacy sits alongside reading, writing and mathematics as the fourth pillar of a child's education; and that no child should leave school without a well-rounded understanding of the digital world."



Ofcom will have powers to take action against companies which do not follow their new duties. Companies will be fined up to £18 million or 10 percent of their annual global turnover, whichever is greater. Criminal action will be taken against senior managers who fail to follow information requests from Ofcom.

In the most extreme cases, with the agreement of the courts, Ofcom will be able to require payment providers, advertisers and internet service providers to stop working with a site, preventing it from generating money or being accessed from the UK.

The Act takes a zero-tolerance approach to protecting children by making sure the buck stops with social media platforms for content they host. It does this by making sure they:

- **remove illegal content** quickly or prevent it from appearing in the first place, including content promoting self-harm
- **prevent children from accessing harmful and age-inappropriate content** including pornographic content, content that promotes, encourages or provides instructions for suicide, self-harm or eating disorders, content depicting or encouraging serious violence or bullying content
- **enforce age limits** and use age-checking measures on platforms where content harmful to children is published
- ensure social media platforms are more transparent about the **risks and dangers posed to children** on their sites, including by publishing risk assessments
- **provide parents and children** with clear and accessible ways to report problems online when they do arise



All Social Media sites should ensure that, by default:

- Children are not presented with lists of suggested friends;
- Children do not appear in other users' lists of suggested friends;
- Children are not visible in other users' connection lists;
- Children's connection lists are not visible to other users;
- Accounts outside a child's connection list cannot send them direct messages
- Children's location information is not visible to any other users.

A child is any person who has not yet reached their 18th Birthday

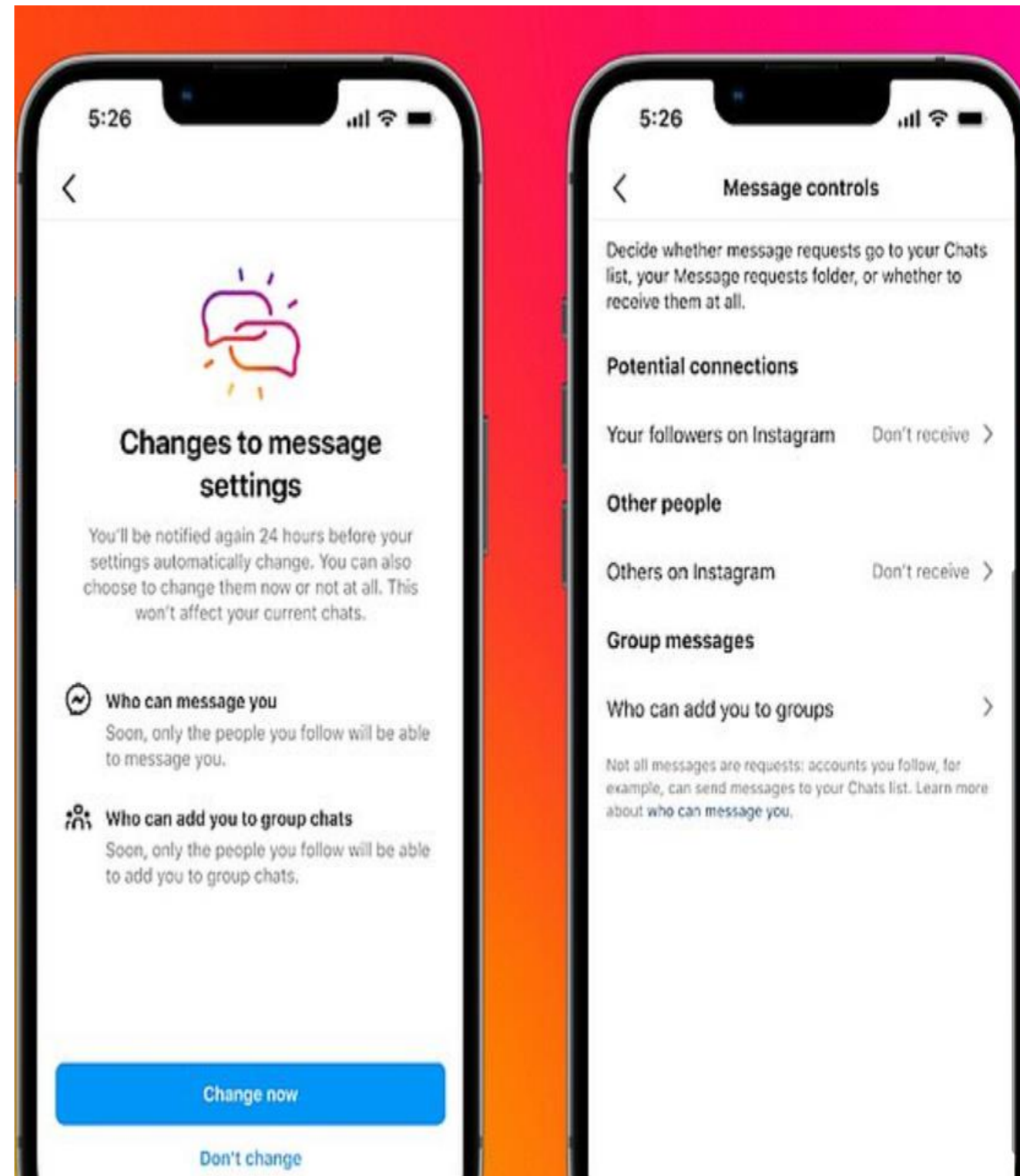


Age verification using YOTI

- Facebook has **halted** work on its **Instagram Kids project** after revelations about the photo-sharing app's impact on teen mental health.
- Instagram said it was **"pausing"** work to address concerns raised by parents, experts and regulators. The move follows revelations in the Wall Street Journal (WSJ) that Facebook had commissioned research **showing Instagram could affect girls' mental health on issues such as body image and self-esteem.**
- The head of Instagram, Adam Mosseri, defended the concept of an Instagram site for 10- to 12-year-olds and said he firmly believed children should be able to access a version of the app – which bars under-13's



Teenagers under 18 will no longer be able to receive messages from strangers on Instagram and Facebook as Meta finally imposes safety restrictions on the apps





Department
for Education

Teaching online safety in school

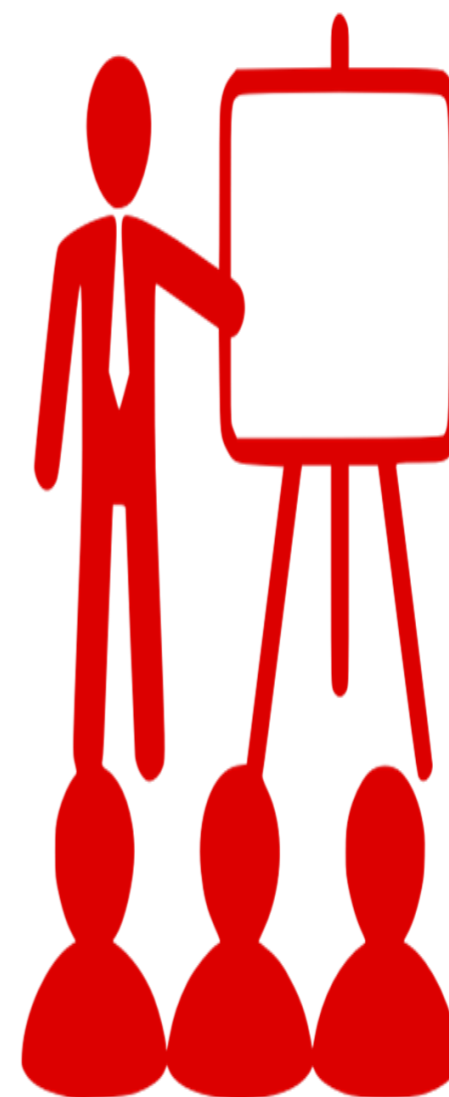
**Guidance supporting schools to teach
their pupils how to stay safe online,
within new and existing school subjects**

June 2019

How to evaluate what they see online - This will enable pupils to make judgements about what they see online and not automatically assume that what they see is true, valid or acceptable.

Schools can help pupils consider questions including:

- ❑ is this website/URL/email fake? How can I tell?
- ❑ what does this cookie do and what information am I sharing?
- ❑ is this person who they say they are?
- ❑ why does someone want me to see this?
- ❑ why does someone want me to send this?
- ❑ why would someone want me to believe this?
- ❑ why does this person want my personal information?
- ❑ what's behind this post?
- ❑ is this too good to be true?
- ❑ is this fact or opinion?



1. Self-image and Identity
2. Online relationships
3. Online reputation
4. Online bullying
5. Managing online information
6. Health, wellbeing and lifestyle
7. Privacy and security
8. Copyright and ownership

Education for a Connected World - 2020 edition

A framework to equip children
and young people for digital life



4 - 7

7 - 11

11 - 14

14 - 18



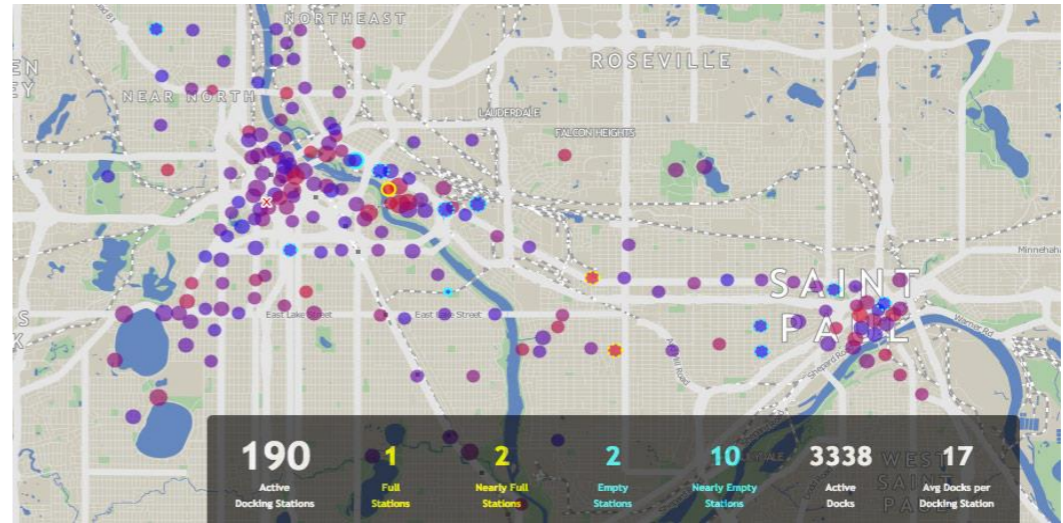
WhatsApp

Six Years ago WhatsApp raised the minimum age to use its service from **13 to 16 across the EU** in order to comply with GDPR.

It's worth noting that on 11th April 2024, WhatsApp changed their minimum age to allow children aged 13+ to use the service (down from 16).

End to End Encryption





SNAP MAPS

PUT YOUR SETTINGS TO **GHOST** MODE SO AS NOT TO SHARE YOUR LOCATION WITH OTHER PEOPLE.

“Meet Up” which pairs with Apple Maps or Google Maps to give exact directions to a person, as long as they are Snapchat Friends.

Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)

Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret



LinkedIn



WhatsApp



Vine
Tinder



Path



YouTube
Keek
Foursquare
WeChat
Kik
Flickr



Advice for parents regarding young people's use of social media

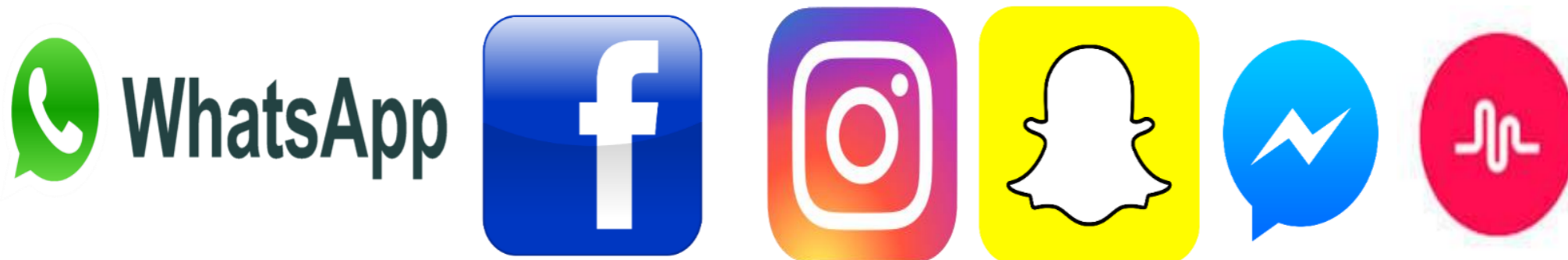
Social media and the use of some apps are causing a few concerns amongst professionals. A few steps that you may find helpful are:

- Monitoring what social media your children are accessing
- Check their privacy settings with them.
- Talk to your children about apps and social media
- Asking your children about how they are feeling, anxiety, stress and whether they feel able to cope
- Ask your children who they are keeping in contact with.
- Encouraging them to tell you if they receive a worrying text from a friend or stranger

There are good reason for this age restriction to be in place. For example:-

- Inappropriate content,
- Lack of maturity to use the site safely,
- Exposing them to harmful content,
- Risk of being contacted by Sexual predators,
- Creating an online profile which will be hard to remove in the future,
- Placing added pressure on the child to deal with situations beyond their years.

The list goes on but as parents you need to be aware of the safety implications by allowing your child access to Social Media at such a young age.





1

Know your Online Friends, If you do not know them in the real world then they are strangers!!!!

Reques

INTERNET



POKÉMON
GO

FOR TNIT

5 BLO
WHEEL
ORTUNE
RE & SNAPPLE

NOVIESTAR
PLANET



ON LINE GAMING

Minecraft

PEGI

Pan European Games Information



What is the average age of an online gamer.

a. 10

b. 14

c. 17

d. 21

e. 29

f. 38

g. 50





www.Commonsensemedia.org

Common Sense Media helps families make smart media choices. We offer the largest, most trusted library of independent age-based and educational ratings and reviews for movies, games, apps, TV shows, websites, books, and music

How to find out more about online Games



www.askaboutgames.com

SCREEN TIME

It's important to pay attention to how children are balancing video games in their lives. Questions like these are useful to consider:

- Is my child physically healthy and sleeping enough?
- Is my child connecting socially with family and friends?
- Is my child engaged with and achieving in school?
- Is my child pursuing interests and hobbies?
- Is my child having fun and learning in their use of digital media?



We ALL leave a digital footprint

Once it's on-line it's
virtually impossible
to scrub out

.. and the data
on you will follow
you around for life



Info on you

- _____
- _____
- _____

Reputation Management

Always be careful when you post something online or upload a photograph

Once it is sent or uploaded it may stay there for ever

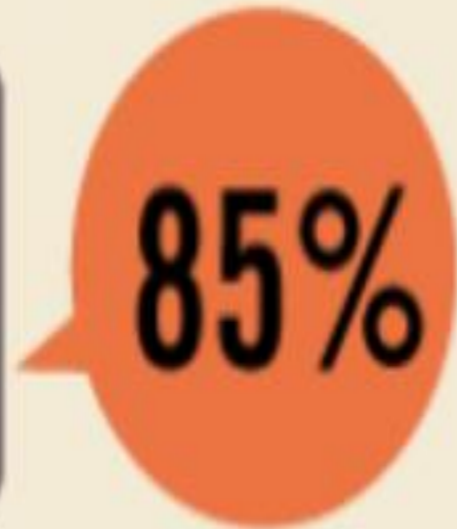
If it is copied or resent, then you may never be able to remove it

When you apply for a University or your first job, you will probably be Googled.

Other people will be able to find out what you have said and done on Social Media,

Think before you click





of employers indicate that they are less likely to hire candidates whose social networking profile or tweets evidence unprofessional behavior.



Paris Brown 17 Years Old
Youth Police and Crime
Commissioner for Kent.
She lost her job after 7 days
because a newspaper found
out that when she was 14
years old, she had posted
some inappropriate
comments onto Social
Media.





Before You Post
THINK



T - is it True?
H - is it Helpful?
I - is it Inspiring?
N - is it Necessary?
K - is it Kind?

- Ollie Robinson dropped by England after offensive tweets resurfaced
- inappropriate posts by the bowler from nine years ago have come to light

Before You Post

THINK



T - is it True?

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Think
before
you post!



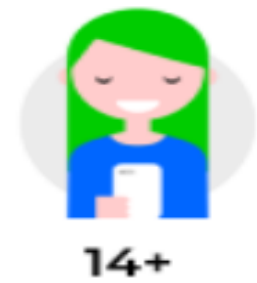
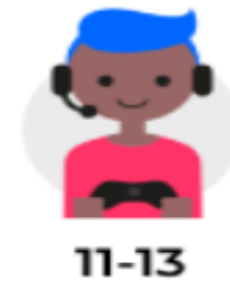
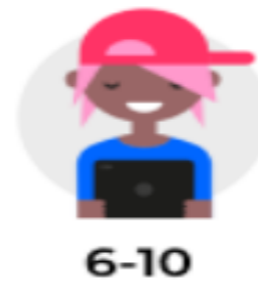
The key thing to remember is to take a moment to think before you post. That applies to comments and messages too! If anything or anyone ever upsets you online, always tell a trusted adult. They can help you feel better and help to find a positive solution to your problem.

So what can we do?



<https://www.internetmatters.org>

internet
matters.org



Get Age-specific advice

Whatever their age, find simple, practical advice to keep children safe online.



TalkTalk



BBC

Google



Helping parents keep their children safe online

Groomers use **fake profiles** on **social networks** to **connect** with **children** and start to **build relationships with them**

Supporting families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

I need help with an online issue



I need to report something



New hub to support children experiencing vulnerabilities

Helping them to stay safe online

- Partnership between SWGfL & Internet Matters
- Funded by the Home Office who recognised the risk that vulnerable children and young people face online during the Covid-19 pandemic
- Provides vital support for professionals, parents and young people themselves, with a particular support for children & young people who are experiencing vulnerabilities due to:
 - SEND
 - Care experienced
 - Gender & sexual identity issues (LGBTQ+)

INCLUSIVE
Digital Safety



Inside Inclusive Digital Safety hub: supporting parents and carers

LGBTQ+



Supporting a child identifies as LGBTQ online

Care experienced



Supporting a care experienced child online

SEND



Supporting children with SEND online

For each vulnerability:



Connecting and sharing online



Staying safe while browsing



Online gaming

Connecting & Sharing

Browsing

Gaming

Supporting children and young people with SEND online

Advice for parents and carers to help children with special educational needs and disabilities (SEND) stay safe online.



Connecting & Sharing

Although children and young people (CYP) with SEND are more at risk of contact, contact and conduct risks. Risks don't always lead to harm. It's likely that CYP may talk to strangers online while gaming or in a group chat, or may experience negative comments, but the key thing is to ensure they know how to recognise warning signs to prevent this turning into harm.

What you need to know

Risks associated online are different for CYP with SEND. Interacting with others online through social media or other platforms has become an important part of CYP lives and even more so for those with SEND.

The benefits

Connecting, creating and sharing with others online brings a range of benefits which can support a child's wellbeing including:

- Making and maintaining friendships which might be harder to do offline
- Being who they want to be without judgment
- Managing their mood and seeking comfort
- Finding their 'tribe' of like-minded people
- Being more independent
- Discovering new interests

The risks

From our research, we know that CYP with SEND experience greater risks when it comes to contact, contact or conduct risks.

- **Contact** - being exposed to inappropriate or harmful content which may include bullying and abuse or harmful topics (eg pornography self-harm, etc)
- **Contact** - meeting strangers and being invited to high risk situations online
- **Contact** - where a child behaves in a way that contributes to risky contact or contact so is the recipient of harmful conduct online

It is important to be aware that:

- CYP with SEND are **more likely** to experience all online risks compared to those without any difficulties, particularly contact risks
- Examples of this include seeing under pressure and coercion. They appear to be **groomed upon and singled out**
- CYP with communication difficulties are also **more likely to experience contact risks**
- Experiencing contact risks is also associated with a **greater risk of seeing harmful content and experiencing more aggressive behaviour** from others online

Key steps to protect CYP

Identify and equip them to socialise and share

Digital family agreement - establish how CYP interact online on sites and apps they use

Tech safety - in a parent or carer of a CYP with additional needs, having greater control and supervision can be extremely important to ensure they are doing this

Privacy settings - most of the popular social platforms have a number of privacy and settings that you can use to control who your child can interact with online

Being well-being - Both Android and iOS have a range of accessibility features that you can use to help CYP get the most out of their experience online

Checking in - establish regular check-ins about what they do online and how they feel about the agreed digital rules to have set together

Limiting their time on social media - set a number of social apps and limit the number of minutes of the time on these platforms, such as Instagram, Facebook and 'Your Time' on Facebook

Family & friendship groups - it can be helpful to set up their social account together with them to establish friends and family who they can add. Doing so can reduce the risk of connecting with strangers that pose them harm

Where do young people go to socialise?



- Can they manage the online risk they may face?
- What are they sharing with others?
- If they are not young or their disability makes it harder for them to recognise online risks, do **social apps made for under 13s**

Helping children experiencing vulnerabilities stay safe online

Visit: www.internetmatters.org/inclusive-digital-safety-hub



You are here: [Home](#) > [Resources](#) > [Monitoring apps parents' guide](#)

Guide to Monitoring apps

With children accessing the internet on a range of devices, the job of protecting them from things they may not be ready for online can be a challenge.

In recent years, a wide variety of monitoring software solutions have appeared to allow you to see what children are doing online and set digital boundaries.

With the help of Pocket-lint's Andy Robertson, we've given tips on how best to use them and reviewed the top apps available.



Inside the guide

- What do monitoring apps offer families?
- What to consider when choosing monitoring apps?
- What are the top monitoring apps available?
- How can I make sure it's the best option for me and my child?

What do monitoring apps offer families?

Companies producing technology are making huge strides to empower and equip parents to play a crucial role in guiding children to digital health. Whether they are games consoles offering automatic parental controls based on PEGI ratings, routers providing apps to show you exactly who's doing what online, or even smartphone add-ons that let you track where your child is, there has never been more help for parents.



You are here: [Home](#) > [Parental Controls](#) > [Gaming consoles and platforms](#) > Epic Games Store parental controls guide

Epic Games Store parental controls

Controls & Settings guide

The Epic Games Store is a digital video game storefront for Microsoft Windows and macOS. Users can also use it to play games. Exclusive games include the very popular [Fortnite](#), [Fall Guys](#) and [Rocket League](#).

Manage cabined accounts for under-13s and learn how to use a PIN in the Epic Games Store to manage inappropriate game content based on age ratings.

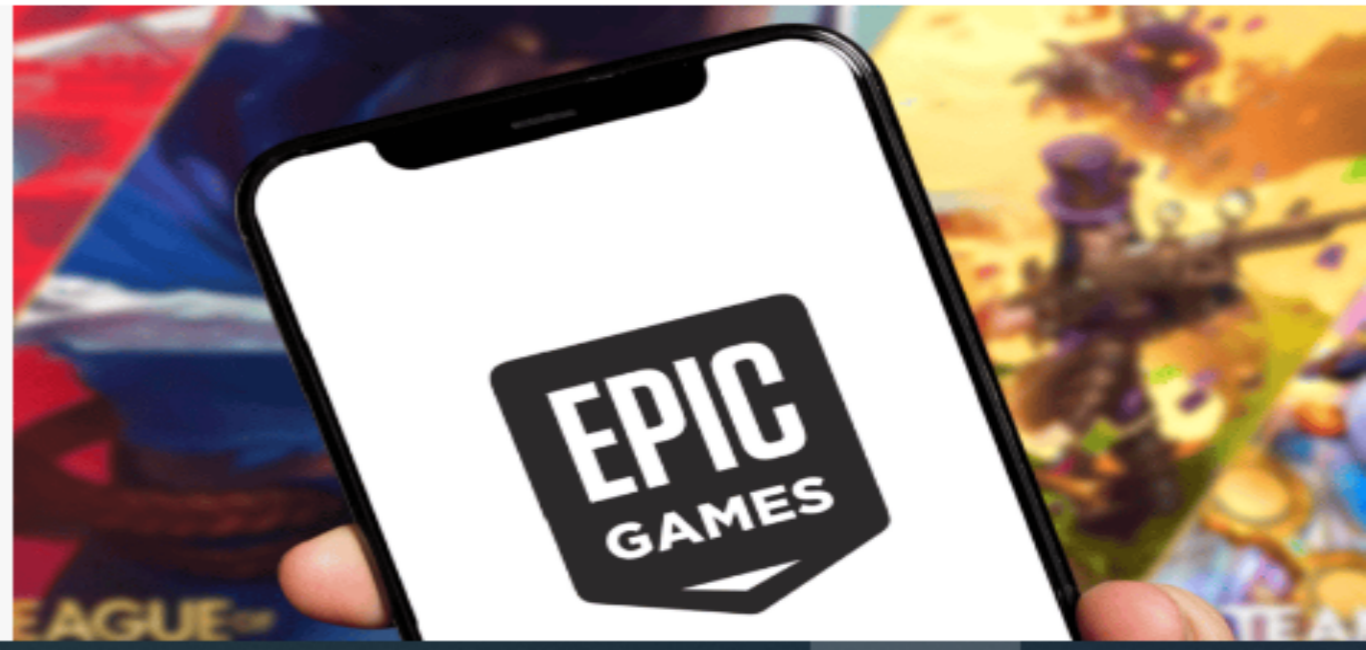
[DOWNLOAD PDF](#)[EMAIL ME PDF](#)

What do I need?

An Epic Games account and access to gaming device

Restrictions you can apply

- Chatting
- In App purchasing
- Online games
- Privacy and identity theft
- Game Ratings
- Inappropriate content
- Parental control
- Purchasing





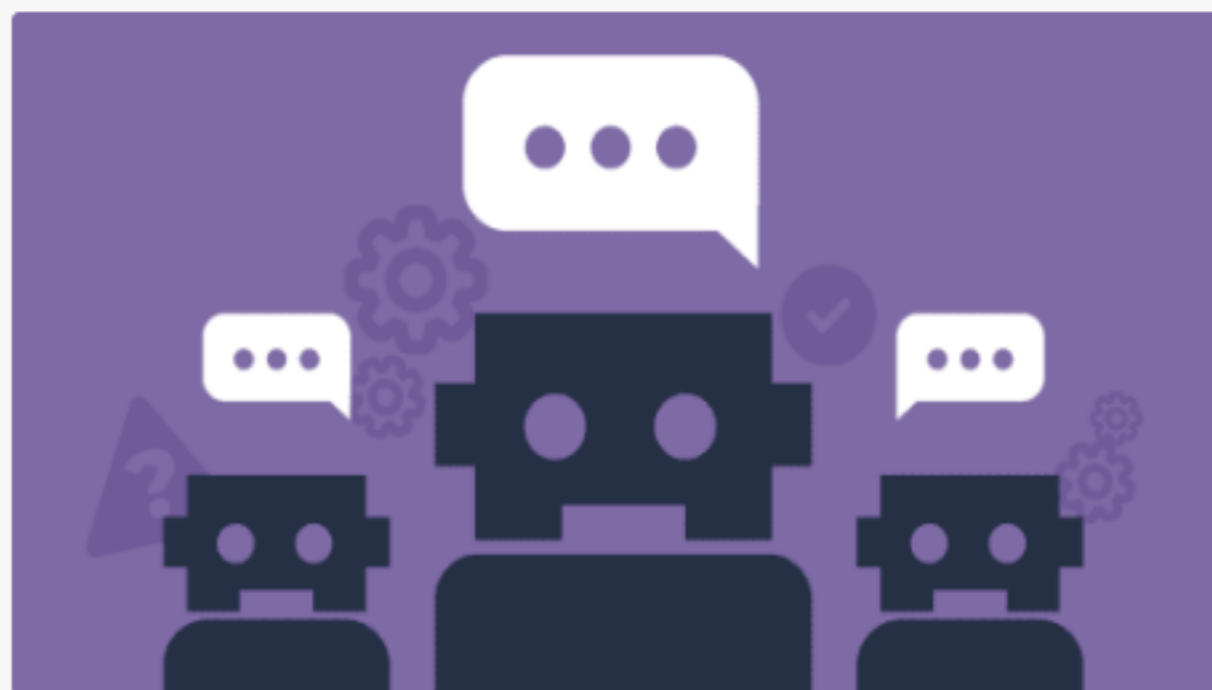
You are here: [Home](#) > [Resources](#) > Making the most of artificial intelligence – A parent's guide to AI tools

A parent's guide to using AI with kids

How to get the most out of AI tools

In this guide to AI, learn about the different AI tools like ChatGPT that are currently available. Then, explore how to support learning, creativity and even bedtime using AI at home.

Watch this space for more updates and guidance on the potential risks and benefits to AI coming soon.



[DOWNLOAD PDF GUIDE INSTEAD](#)

What's in this guide

53 likes

[SHARE](#)

- What is artificial intelligence (AI)?
- Guide to AI tools
- Interactive parents' guide to AI tools
- AI words to know
- Other resources

TikTok Parental Control Settings

Controls & Settings guide

TikTok features a number of privacy and safety settings to restrict who can contact and comment on your child's posts and profile. It also features a Digital Wellbeing feature to restrict inappropriate content and help them manage how long they spend on the app.

DOWNLOAD PDF








EMAIL ME PDF



What do I need?

A TikTok account

Restrictions you can apply

-  Chatting
-  Cyberbullying
-  Inappropriate content
-  Location sharing
-  Privacy
-  Privacy and identity theft
-  Social networking





You are here: [Home](#) > [Resources](#) > What is WhatsApp?: A safety how to guide for parents

What is WhatsApp?

A safety how-to guide for parents and carers

With over 2.7 billion monthly users, WhatsApp is one of the most used messaging apps.

Find out what features you can use to help keep your child's personal information private.

[DOWNLOAD GUIDE](#)[SHARE](#)

The Thrive online resources



Teaching about digital wellbeing (SEND)

Teaching resources including video on digital wellbeing for young people with Special Educational Needs and Disabilities aged 11-17 years old.



Teaching about healthy online relationships (SEND)

Teaching resources including video on healthy relationships online for young people with Special Educational Needs and Disabilities aged 11-17 years old.



Teaching about online pornography (SEND)

Teaching resources including video on online pornography for young people with Special Educational Needs and Disabilities aged 11-17 years old.



Supporting young people with SEND

Advice for parents and carers of young people aged 11 and over with Special Educational Needs and Disabilities covering healthy relationships, digital wellbeing, online pornography and nudes. Part of the Thrive Online resources.



[Resources](#) [Blog](#) [Who we are](#) [W](#)

[Teachers & professionals](#) [Parents](#)

[Our Projects](#)

Thrive Online

Helping educators, parents and carers to support young people aged 11 and over with Special Educational Needs and Disabilities (SEND)

Thinkyouknow CEOP



Education from
the National
Crime Agency

Welcome to CEOP Education

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families.

I am:

**A professional working with
children and young people**

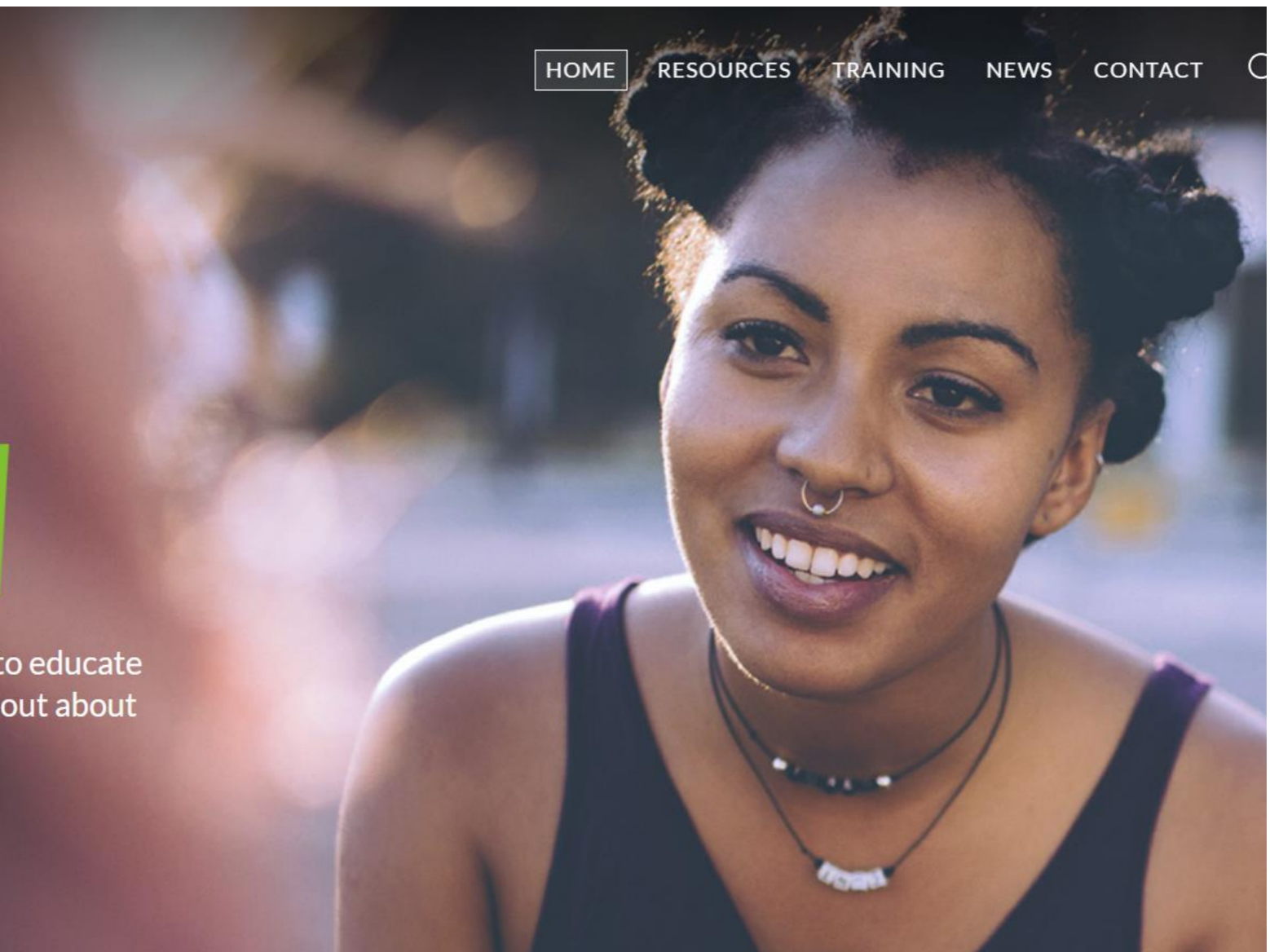
**A parent
or carer**

**4-7
years old**

**8-10
years old**

**11-18
years old**

Crimestoppers – Encourage young people to speak about Crime



fearless
Part of Crimestoppers

HOME RESOURCES TRAINING NEWS CONTACT

EMPOWERING
YOUNG PEOPLE

Access our latest tools and resources to educate and encourage young people to speak out about crime.

RESOURCES TRAINING

Explore the following sections to access further information on the individual crime types. Where possible, we have included relevant supporting video and signposted to other agencies who are industry experts. Use the Order Form to access the latest Fearless educational tools and resources.

WEAPONS



Weapon attacks involving young people hit the headlines too frequently. Here we explore the wider social, physical and physiological effects of this type of criminality.

CSE



CSE is a type of sexual abuse and a very serious issue that can affect children and young people under the age of 18 from all backgrounds and communities in the UK.

THEFT & ROBBERY



Theft and robbery both involve taking property that belongs to someone else. This section looks at the crucial differences between them.

CRIMINAL DAMAGE



Criminal Damage explores the crimes in which people intentionally damage other peoples property including, vandalism, graffiti and arson.

VIOLENCE



From fighting in the street to carefully planned murders. This section looks at all types of violent crime.

COUNTY LINES



County lines is a tactic used by individuals, or more commonly by groups/criminal gangs to establish a drug dealing operation in an area outside of their usual localities.

DRUGS



You can be arrested for using, having or supplying drugs. This section explores illegal drugs and looks at the new laws around legal highs.

ABUSE



Explore what it means to be in an abusive relationship. We also look at the definition of rape and where to go for support if you are worried about a child at risk of FGM.

CYBER CRIME



Cyber-crime basically means any crime committed online. As the number of ways to access the internet has increased in the world, so has the number and types of cyber-crime offences being committed.

Who can you talk to in Confidence?

- Contact **NCA-CEOP** if you are worried about child sexual abuse
- You can talk to Childline anonymously **on 0800 1111**
- If you see sexual images or videos of someone under 18 online, you can report to the **Internet Watch Foundation (IWF)**
- If you're worried about radicalising content, you can get help on the **Educate Against Hate website**
- You can report material promoting extremism and terrorism through the government's online reporting tool

Parents need to play their part

Educational settings and professionals should encourage parents to discuss online safety at home and to talk to their child about what they do online. Useful websites to signpost parents/carers to include:

thinkuknow.co.uk/parents

childnet.com

saferinternet.org.uk

parentinfo.org

internetmatters.org

nspcc.org.uk/onlinesafety

commonsensemedia.org

<http://www.iwf.org.uk>

www.askaboutgames.com



TIPS FOR PARENTS/CARERS

When you buy a game console/Mobile phone/interactive toy, make sure you ask the vendor about its online capabilities. **Know what the equipment is capable of.**

Think about the location of the game console. Keep it in a common area if possible. A family room is best for monitoring and supervision. **Don't allow children to have internet enabled devices in their bedroom until they reach an age and maturity to keep themselves safe.**

Discuss the risks with your child. Don't wait for something to happen before you talk to your child about the potential risks of gaming online. **Ensure they have privacy settings activated and help them to understand why this needs to be done.**

Gaming sites/Social Media often have ways of reporting abusive chat and blocking unwelcome contact from other users. – **You should know how to do this.**

Ask your child what they are playing or what Social Media they are using. **Take an interest in your child's on line life** – just as you would if they were in a football team in the real world. Watch them playing and always keep lines of communication open.

Have that Conversation



Keep that Conversation going

Searching Electronic Devices



Searching, Screening and Confiscation

Advice for schools

July 2022

Searching for devices

The Searching, Screening and Confiscation advice for schools highlights how the Education Act 2011 gives schools the power to search pupils for devices, search data on devices. This power applies to all schools and there is no need to have parental consent to search through a young person's mobile phone.

If during a search a teacher finds material which concerns them and they reasonably suspect the material has been or could be used to cause harm or commit an offence, they can decide whether they should delete the material or retain it as evidence of a criminal offence or a breach of school discipline. They can also decide whether the material is of such seriousness that the police need to be involved.



**Thank you all for listening
Have you any Questions?**

Hayley Cameron: Education Safeguarding Manager

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