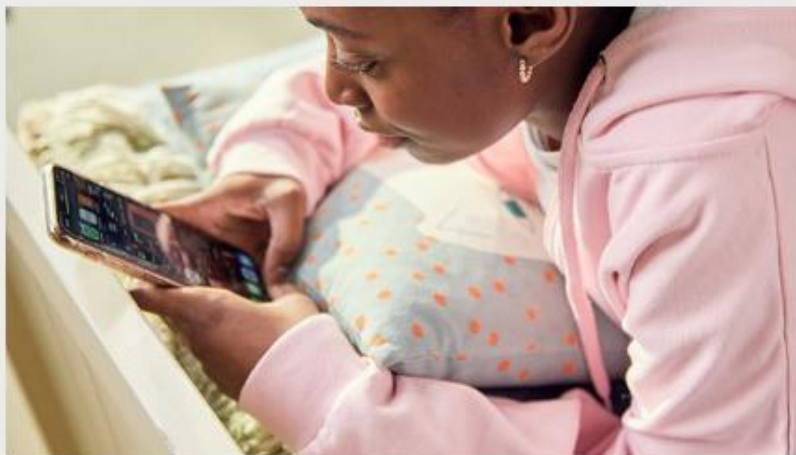




Talking to your child about online safety

Advice on how to start the conversation and get support if you're worried.



Online wellbeing

Get advice on helping children to manage their mental wellbeing when they're online.



Parental controls

Get advice on setting up parental controls to help keep your child safe online.

E-Safety Workshop – 03.10.23

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Online Life

How to ensure a safer and positive online experience.

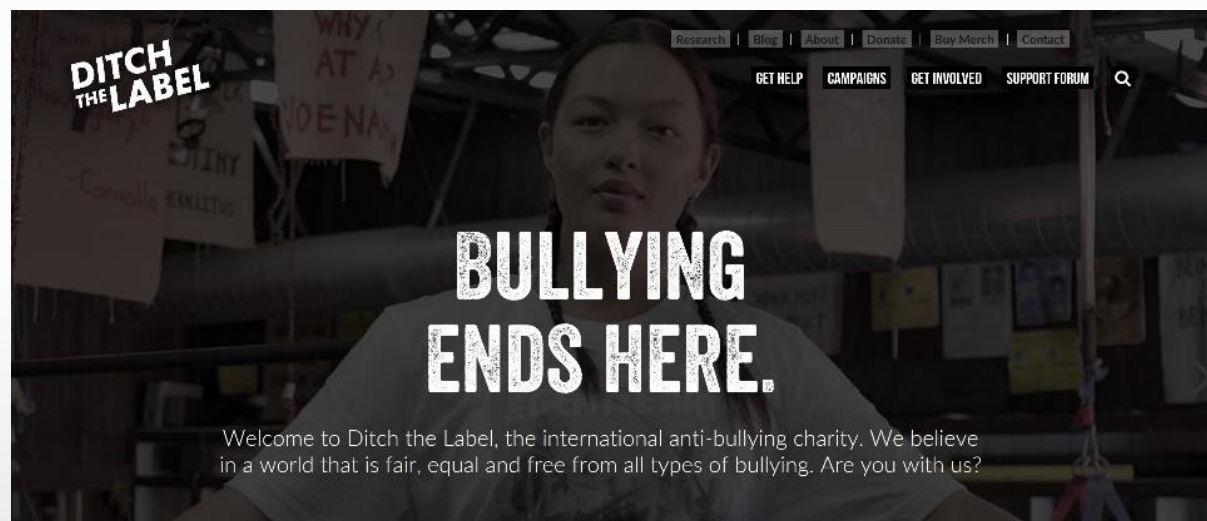


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Pre – Covid: What do we already know about online safety?

Ditch the Label's 2018 annual report investigated the impact of bullying on children and found that:

- 50% felt depressed
- 34% had suicidal thoughts
- 28% self-harmed
- 21% truanted from school
- 15% developed an eating disorder
- 11% attempted suicide



In May 2019, Ofcom's first annual Online Nation report suggested online bullying affects

- 51% of 12 to 15-year-olds.



making communications work
for everyone

Impact of the COVID on Online safety | UNICEF



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Maintaining positive relationship with technology

While all families have their own unique circumstances, many parents/carers have similar concerns when it comes to their child's use of technology.

The challenge of striking the right balance between online and offline activities.



1. Have the Chat

It is never too late or too early to think about their online safety.

One of the most effective ways to ensure that your child or teenager has a positive experience online is to have an open, and ongoing conversation with them.

- ☐ Talk to them about what they do online.
- ☐ Reassure them that if anything happens that they are uncomfortable with, they should not feel embarrassed or afraid to speak about it.



2. Set Up Parental Controls

Parental controls help to reduce the risk that your child will encounter inappropriate content online:

- ☐ They can be set up on most internet enabled devices such as computers, smartphones, tablets and games consoles.
- ☐ They can also be set up through your **internet service provider / routers**, and in online services such as Netflix and YouTube.
- ☐ Parental controls can be used in several ways, for example to only allow your child to access age-appropriate content, or to monitor and block their usage.



3. Screen Time - Striking a Healthy Balance

There is no magic number for screen time, and it is worth bearing in mind that children use their devices for lots of different reasons – to learn, create, play, and interact with their friends.

Key Actions

- Set clear screen time boundaries.
- PLAN offline activities.

Passive Screen Time



Active Screen Time



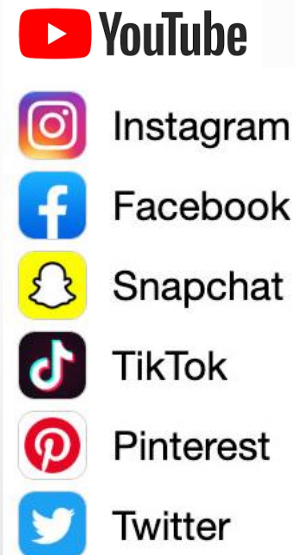
4. Time Online - Helpful Pointers

- ☐ **Agree on a clear set of rules.** Agree times when screens are allowed and not allowed in the home. For example, dinner time, homework time and bedtime.
- ☐ **Do as you say.** Modelling behaviour is THE most powerful way you can influence your child's behaviour.
- ☐ **Restrict the use of computers/devices in the bedroom.** Depending on the age of your child you may want to set a curfew or ban devices from the bedroom completely.
- ☐ **Buy an alarm clock for your child's bedroom and phones to be charged outside bedrooms.** This can be a helpful way of giving them a break from the internet.

5. Join In – Experience their online world

Challenge for Parents / Carers - Experience their social media world.

- ☐ Join 3 of the social media platforms your child uses the most.
- ☐ Follow 5 profiles with a high following in their following list to see the content those profiles post / share.
- ☐ Sit with your child and review the content in their FEED.



Benefits of screen time

- Online games and activities can **enhance teamwork and creativity**
- The internet gives children access to a wealth of information to **help build their knowledge**
- Interacting with computers **improves both visual intelligence and hand-eye coordination**
- Technology **takes away physical barriers to social connections** – which is important for children who find it hard to make friends or have special interests or special needs.
- Children in households with computers **perform better academically** than peers who do not have ready access to computers.
- **Outcomes for children are better** if they benefit from connected technology.

Potential risks of too much screen time



Effect of screen time on sleep

Sleep cycles are affected by blue light from screens tricking our brain into thinking it is still daylight, making it difficult to sleep.



Effect on behaviour

We're creatures of habit so it doesn't take long to get used to glancing at your smartphone 150 times a day.



Screen-based entertainment increases central nervous system arousal, which can amplify anxiety.

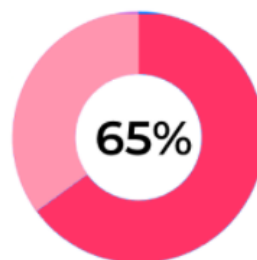
What are parental controls?

Parental controls are the names for a group of settings that put you in control of what content your child can see.

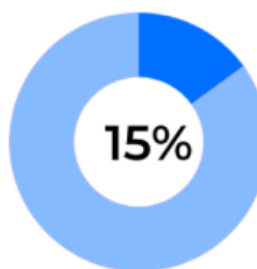
Combined with privacy settings these can help you protect your children from the things they shouldn't see or experience online.



More than nine in ten parents of 5-15s who use parental control software consider it useful ¹ [↗](#)



65% of young people aged 11-16 are in favour of the controls ² [↗](#)



15% of Teens say parental controls and restrictions should only be taken away once they're over 18 years of age ³ [↗](#)

Setting up safely checklist

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.

<https://www.internetmatters.org/parental-controls/>



Get started



Set parental controls on your broadband to prevent your children seeing things they shouldn't



For smart phones check parental controls are also set up on the mobile network

Set up the device safely



Use the device setting so you can only download age appropriate apps and games



Set up password control or disable in-app purchasing so big bills are not run up accidentally



Disable location services so your child doesn't unintentionally share their location with others

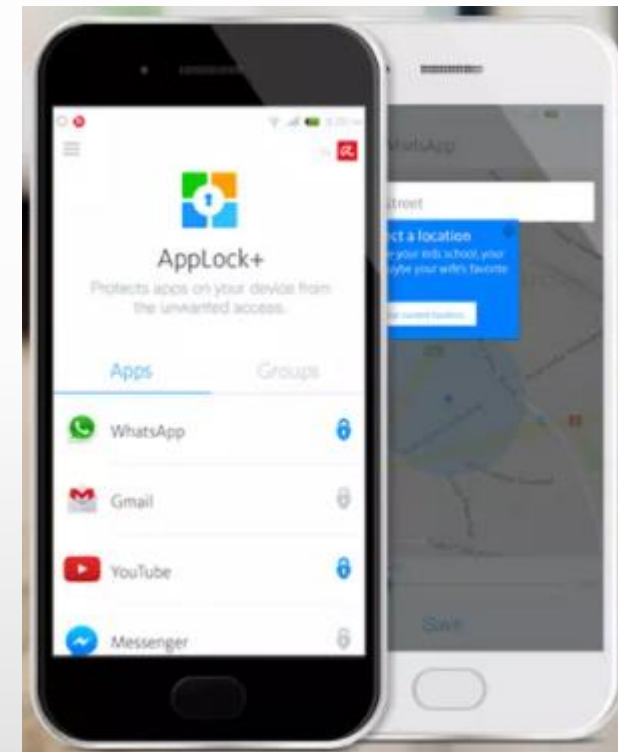


Download age appropriate apps you're happy for your child to use

AppLock+



- Avira's AppLock+ gives users direct control over each app on the device - and the ability to restrict app activity by a PIN password, the time of day, and geographic location.
- In addition, AppLock+ gives users the ability to remotely manage their devices and apps use via the Avira Online Essentials dashboard.



Here are the three big advantages to AppLock+



- **Parental Control - Smart controls with a soft touch**

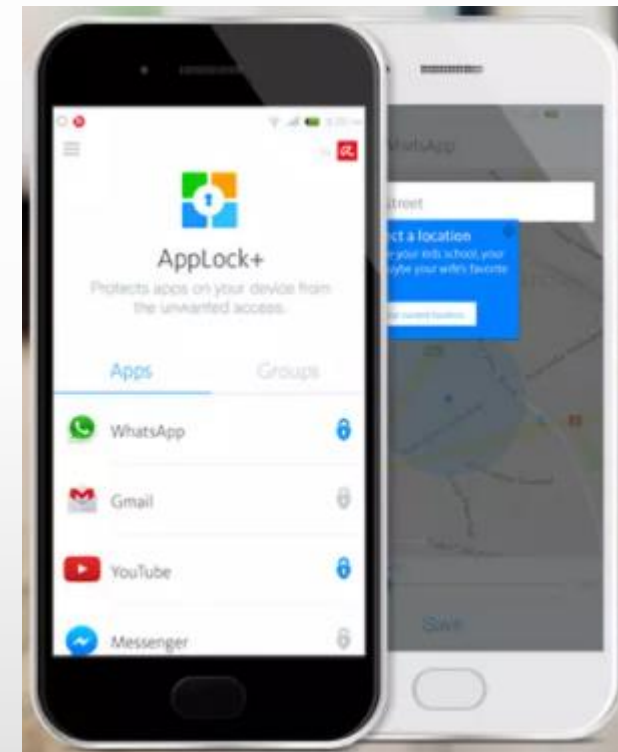
AppLock+ enables parents to set healthy limits on smartphone usage without being intrusive. Game apps can be blocked at the school door with geo-lock restrictions or after-school time limits set for social media with the premium version.

- **Privacy Protection - Share it on your own terms**

With AppLock+ you decide how much someone with your smartphone can access your apps and private data. Apps can be locked by PIN and managed individually or in groups. It's your device, it's your choice with AppLock+.

- **Remote management - Oversee device activities from anywhere**

AppLock+ enables all users to remotely lock or unlock apps on their newly managed devices via Avira Online Essentials - the online dashboard included in our consumer and business antivirus security products.





Qustodio works on every device you need

Click on the icons below for more information on the features we provide for each platform

 Windows

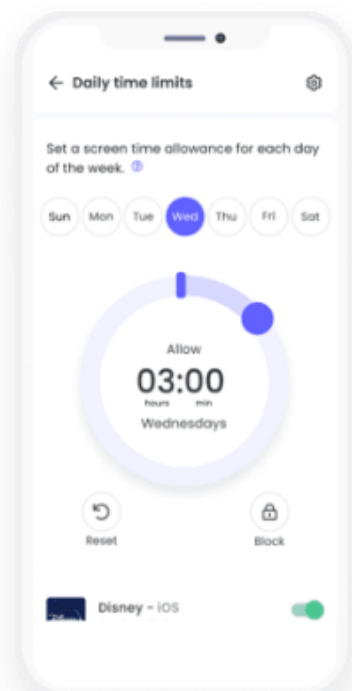
 Mac

 Chromebook

 **Android**

 iPhone & iPad

 Kindle



Qustodio for Android

For smartphones and tablets running Android 7.0 and up.

- ✓ Smart Web Filters
- ✓ Multi-device
- ✓ Advanced social media monitoring
- ✓ Games & Apps Blocking
- ✓ Time Limits
- ✓ Location Tracking
- ✓ Panic Button Alerts
- ✓ Calls & SMS monitoring
- ✓ Call Blocking
- ✓ Extended Reporting

Download



Choose the Qustodio Plan that's right for your family

BASIC

The tools you need for core protection.

£39.95/year

SAME AS £3.33/MONTH

[Buy now](#)

Basic includes:

- ✓ Games & apps blocking
- ✓ Daily time limits
- ✓ Web filtering
- ✓ Location monitoring
- ✓ Pause the internet

MOST POPULAR

COMPLETE

Advanced safety features with full customization.

£69.95/year

SAME AS £5.83/MONTH

[Buy now](#)

Complete includes:

- ✓ Games & apps blocking
- ✓ Daily time limits
- ✓ Web filtering
- ✓ Location monitoring
- ✓ Pause the internet
- ✓ Custom alerts
- ✓ Games & apps time limits
- ✓ Calls & messages monitoring*
- ✓ Unlimited devices*

 Coverage

 BASIC Up to 5 devices protected

 COMPLETE Unlimited devices protected*



Safety

Safe Search

Web filtering

Games & apps blocking

Web activity alerts

Blocked website alerts

Balance

Daily time limits

Restricted times

Pause the internet

Games & apps time limits

Visibility

30-day activity reports

Panic button*

App download alerts

YouTube monitoring

Calls & messages monitoring*

Location

Location monitoring

Saved places alerts

Support

Premium email support

Care Plus *

Coverage

Up to 5 devices protected

Unlimited devices protected*

Are there any negatives to using a parental control app?

- it's important to recognize that parental control software can affect the relationship you have with your children - particularly older ones. Before you set up parental controls, it might be a good idea to discuss them with your children, explaining your position and justifying the restrictions you've put in place.
- Just like any other piece of software, the efficacy of your parental control app is ultimately determined by how you use it. Take time to fully understand the software before you roll out restrictions to your entire household.



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Questions



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