Thomas Bullock C.E. Primary and Nursery Academy

E-safety Parent workshop

"Let your light shine"

Matthew 5:14-16

Diocese of Norwich Education and Academies Trust

Inspiring change? Making a difference, managing influence and navigating change online.

Safer Internet day 2024

Safer Internet Day is a great opportunity to focus on online safety with your child, whatever their age. This year's theme is all about change and influence online and we have created a range of pages to help you talk about these issues and ideas with your child, no matter how much time you have and in an age-appropriate way.

The saferinternet website has lots of resources to support children, young people and parents with internet safety.

https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/top-tips-for-parents-and-carers

Internet safety at Thomas Bullock

- We begin the school year by reminding and teaching children about online safety before they start their computing units.
- We remind them of the SMART rules
- We recover internet safety within our PSHE curriculum.
- We urge you as parents to let us know of any concerns you may have so that we can deal with it within school and offer you support.

You can use the link on our website to let us know of

any concerns that you may have.

http://www.thomasbullock.dneat.org/keeping-safe-online/

On our website you will find lots of resources and websites that can help you to keep your child safe online. Including these slides for future reference.

Key issues at the moment- Influencers

Influencers are people who use their internet presence, celebrity status, or relationship with their audience to affect the behaviour of their followers.

They use their popularity and different platforms to encourage people to:

- buy specific brands, products, or services, that the influencer is advertising
- spend money on other things, for example wanting to replicate the activities or lifestyle that the influencer enjoys
- change people's ideas and opinions about topics, to match the influencer's own values

The content they share can affect a young person's mood and mental health in both positive and negative ways.

Many influencers use their platforms for worthy causes. However, if you think that the content your child is seeing is affecting them in a negative way, it's important that you talk to your child about it and seek the appropriate help if necessary.

https://reportharmfulcontent.com/ - If you notice harmful content through influencers, websites, social media you can use this website to report it. If you are unsure use this website https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/how-to-make-a-report-online to support you in understanding when and how to make a report about online content.

Watching/ being exposed to inappropriate content for the child's age through films, tv programmes and games

https://www.commonsensemedia.org/ - This website reviews games, books, apps, movies and services to help you decide whether they are appropriate for your children. You can set the age of your child and the results can b tailored to you.

https://www.familygamingdatabase.com/ - This website is a great resource to help you find out which games would be appropriate and safe for your family to use.

Children being exposed to inappropriate content for their age is deemed as a safeguarding concern and is logged.

Online bullying

12% of young people in the UK are affected by cyberbullying.

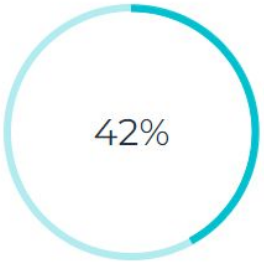
Some questions which you could ask your child are:

- How can you be kind online?
- What would you do if someone was being unkind online?
- What do you think cyberbullying is?
- How is it different to physical bullying?

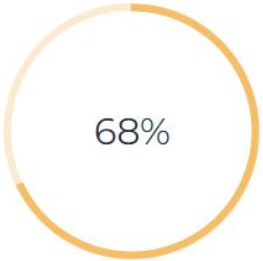
Screen Time

What research says about screen time

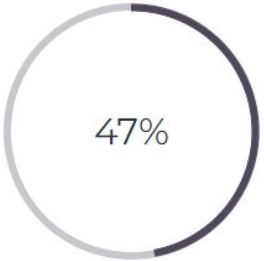
According to our annual survey, nearly 30% of children spend 3-4 hours on devices every day.



Children cited 'spending too much time online' as the issue they experienced most. However, over half of these children said it had little or no impact on them, according to our tracker survey.



Our research found that 68% of parents are concerned about their child 'spending too much time online or on connected devices'.



When surveyed, 47% of parents said they had conversations with their child about online issues they experienced.

https://saferinternet.org.uk/online-issue/screen-time

Screen Time

Potential risks of overexposure to screens

- Sleep cycles are affected by blue light from screens, tricking our brain into thinking it is still daylight, making it difficult to sleep.
- Too much passive screen time could weaken communication and social skills.
- Some research found that children who spent more than two hours a day on screen-time activities scored lower on language and thinking tests.
- Screen-based entertainment increases central nervous system arousal, which can amplify anxiety.
- Using devices while sitting in one place reduces physical activity needed for a healthy lifestyle.

Thank you for listening
Any Questions