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Together



E-Safety and Wellbeing
Friday 28th February 2025

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Understand the importance of online safety and how this is embedded in our INSPIRE curriculum.

Strategies to support children with their understanding of online safety and impact on wellbeing.

Take part in a related activity with your child – emphasising key messages.

At 10am when activities are finished, parents/carer come and collect a pack in the hall



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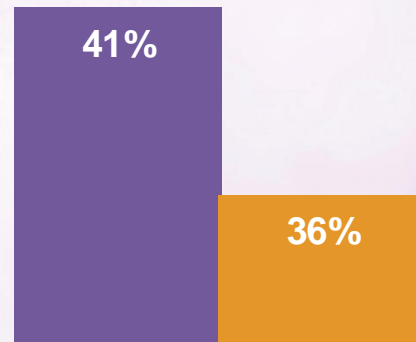


The positives of being online...

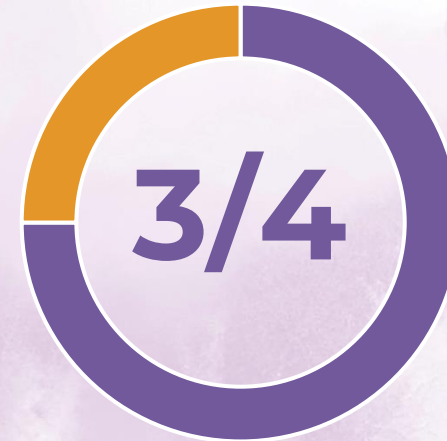
■ 2023 ■ 2022



of children say the internet has a positive impact on their wellbeing*



% of children who say spending time online makes them feel confident**



of children say the internet/tech is important for their independence**



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e potentially negative impacts...

- **Sleep cycles** are often affected by blue light from too much screen use, which can **impact their daytime activities** like school
- Excessive screen use might result in **less movement**, leading to **physical health issues**
- Platforms use **persuasive design** to keep people using it, which children are particularly **vulnerable** to
- More time online means more opportunity to come across **potential harms**.



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Source: Children and parents: media use and attitudes report 2024

Parental concerns

Sharing personal information online



- 65% Them giving out personal details to inappropriate people
- 62% Companies collecting information about what they are doing online

Exposure to inappropriate content



- 75% Seeing adult or sexual content
- 77% Seeing any other type of inappropriate content

Experiencing harm or detriment



- 70% Them being bullied online/cyberbullying
- 68% Seeing content which encourages them to hurt or harm themselves
- 59% The possibility of them being influenced by extreme views online
- 51% The pressure on them to spend money online

Reputational damage



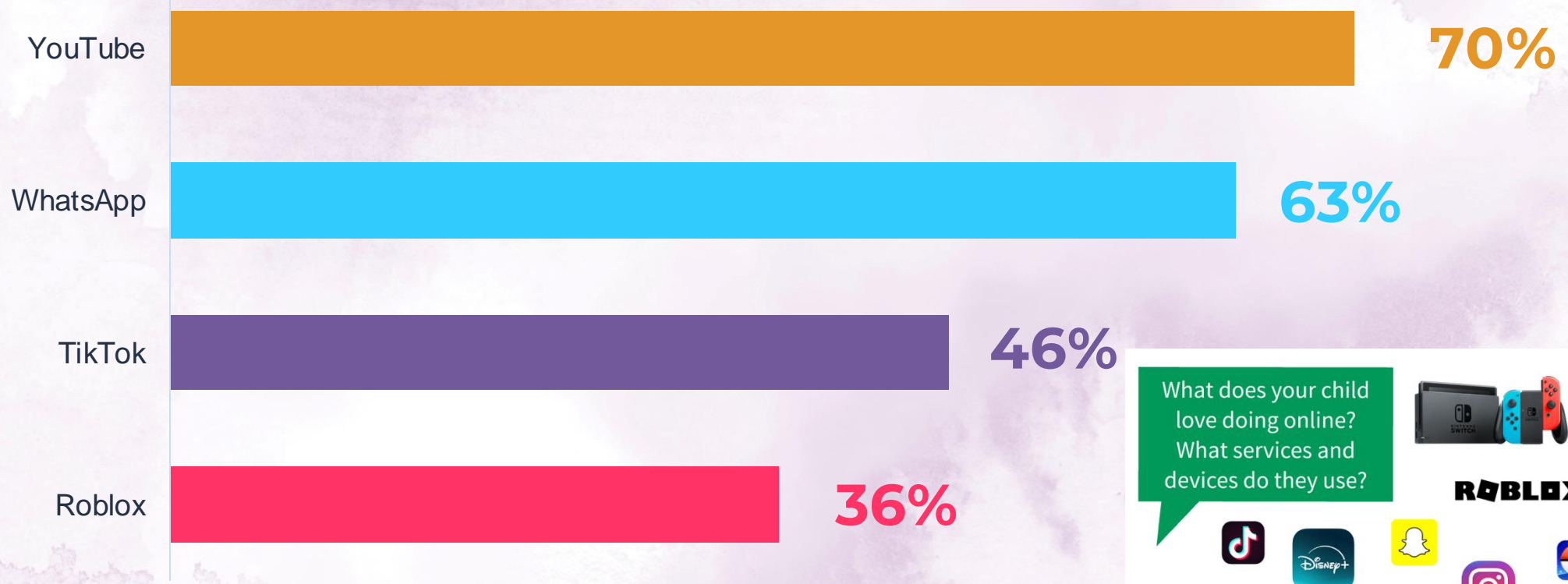
- 55% Damaging their reputation either now or in the future

% Parents whose child age 3-17 goes online

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What children are doing online...



What does your child love doing online?
What services and devices do they use?

Source: Internet Matters tracker survey, Wave 19 (2024)

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84% of parents of 3-17s were aware of a minimum age requirement to have a profile on social media apps

BUT ONLY 32% of parents knew the correct age requirement (13 yrs)



Facebook - 13yrs



Instagram - 13yrs



Tik-Tok - 13yrs



Snapchat - 13yrs



Twitter - 13yrs



What's App - 13yrs



Discord - 13yrs



Roblox - 7yrs



Fortnite - 12yrs



Minecraft - 7yrs

Source: Children and parents: media use and attitudes report 2024

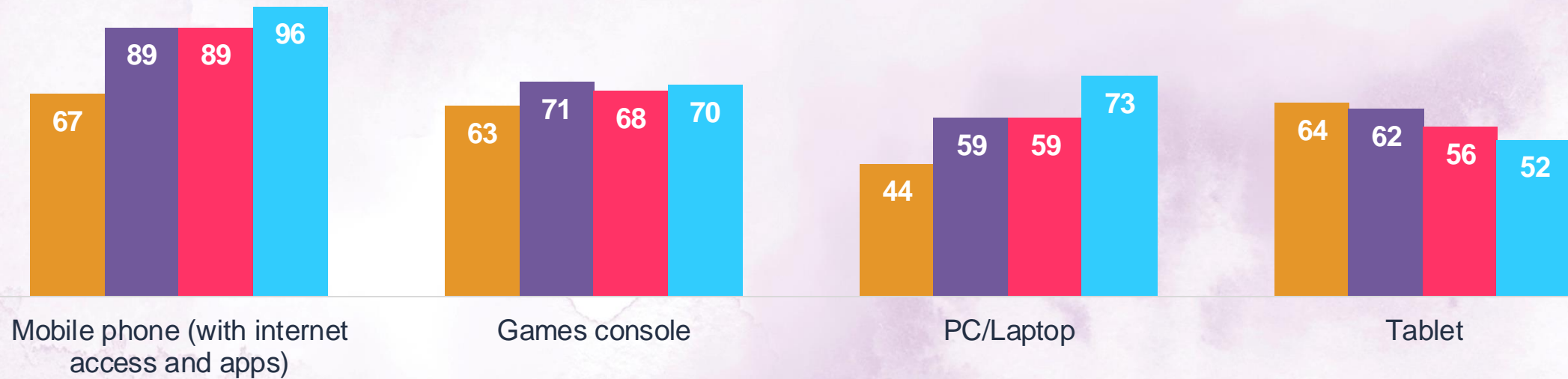


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Device preferences by age

■ % Aged 9-10 ■ % Aged 11-12 ■ % Aged 13-14 ■ % Aged 15-17



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Types of online risks

Contact	Content	Conduct	Commerce
<p>Contact risks come with online communication.</p> <p>This could include cyberbullying and hate speech as well as grooming.</p>	<p>Content risks come with image- and video-sharing online. It's also in video games and music.</p> <p>This could include explicit or hateful language, violent videos, age-inappropriate games and pornography.</p>	<p>Conduct risks are the actions children might take that could lead to harm.</p> <p>This could include visiting inappropriate sites, gambling platforms and chat rooms, or sending sexual images or texts.</p>	<p>Commerce risks come with online spending, advertising and scams.</p> <p>This could include clicking on ads in a mobile game, sending money to a harmful source or even receiving a phishing email.</p>

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What to consider at home? Top tips!



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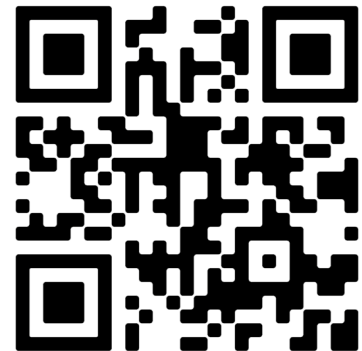


Online bullying (cyberbullying)

- More difficult to escape than 'traditional' bullying
- It can happen between friends or strangers
- It can happen in video games, on social media, in messaging apps, etc.
- About **1 in 10** children say they have experienced online bullying. This increases for children with SEN needs or similar vulnerabilities.



Cyberbullying
conversation
guide



What can I do? Set parental controls, talk about healthy behaviour and show your child how to block and report

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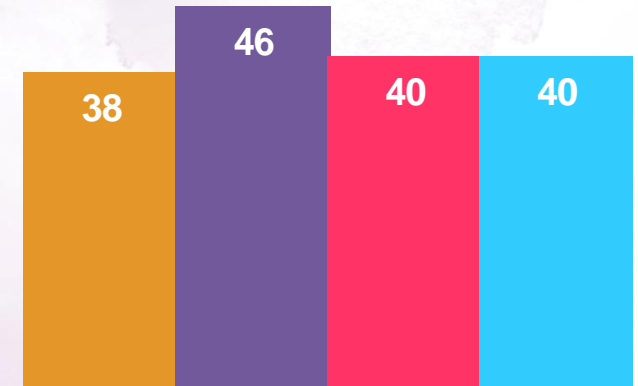


ending too much time online

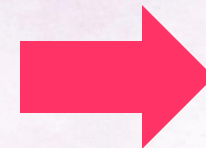
- 41% of children believe they spend too much time online
- Of these children, most reported it causing them some distress, upset or harm
- Not all screen time is negative, but if your child's wellbeing is negatively impacted, they need your support.

What can I do? Most games and apps have screen time controls to manage this, but you should also help them

■ % 9-10s ■ % 11-12s
■ % 13-14s ■ % 15-17s



**Guide to
balancing
screen time**



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Bishop Martin CoE Primary School

Long Term Plan 2024-2025: Computing						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
EYFS	Technology around us – in school	Creativity with iPads	Sequence games	Same/Different Sorting activities	Look at my learning journey (Tapestry)	Programmable toys (Beebot/Codeapillar)
Y1	Technology all around us	Digital Painting	Moving a robot	Grouping data	Digital writing	Programming animations
Y2	Information technology around us	Digital photography	Robot algorithms	Pictograms	Making music	An introduction to quizzes
Y3	Connecting Computers	Stop-frame animation	Sequence in music	Branching databases	Desktop publishing	Events and actions
Y4	The Internet	Audio editing	Repetition in shapes	Data logging	Photo editing	Repetition in games
Y5	Sharing information	Vector drawing	Selection in physical computing	Flat-file databases	Video editing	Selection in quizzes
Y6	Communication	3D Modelling	Variables in games	Introduction to spreadsheets	Web page creation	Sensing

Key Focus

Computer systems and networks

Creating Media

Data and Information

Computer Science & Programming



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<p>Reception</p>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Going places safely • ABC Searching • Keep it Private 	<p>Year 2</p>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Staying safe online • Follow the digital trail • Screen out the mean • Using keywords • Sites I like 	<p>5</p> <p>each topic in</p>	<p>Year 4</p>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Rings of responsibility • Private and personal information • The Power of words • The key to keywords • Whose is it anyway?
<p>Year 1</p>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Recap - Going places safely • Recap - ABC Searching • Recap - Keep it Private • My creative work • Sending email 	<p>Year 3</p>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Powerful passwords • My online community • Things for sale • Show respect online • Writing good emails 	<p>Year 5</p>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Strong passwords • Digital citizenship pledge • You've won a prize 	
		<p>Year 6</p>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Talking safely online • Super digital citizen • Privacy rules • What's cyberbullying? • Selling stereotypes 			



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3 key areas to teach your child

Be a
confident
communicat
or

Be a critical
thinker

Be a capable
tools user



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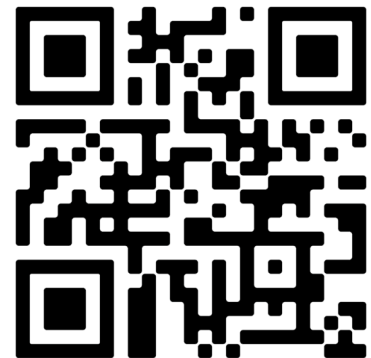
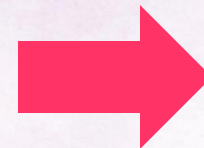
Create your family's digital toolkit (Internet Matters)

Get resources based on your child's **age**, **devices**, **interests** and **needs** along with your **concerns**.

Learn about the **popular apps and platforms** your child uses and see how to set **parental controls**.

Learn how to **deal with any issues** or harmful risks your child might face.

Create your
digital toolkit



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Activity in class – story link

Parent/child discussion

Engage, reflect, enjoy



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	Reception & Year 1	Year 2 & 3	Year 4	Year 5 & 6
E-safety theme	<i>Internet Safety</i>	<i>Privacy & Security</i>	<i>Digital Footprint</i>	<i>Cyberbullying</i>
Story	<i>The Online Safety Superheroes</i>	<i>The Cyber Squad and The Mystery of the Fake Website</i>	<i>Lily and the Digital Footprint Mystery</i>	<i>The Cyber Squad and the case of the Hurtful Comments</i>
Activities	<p><i>Design an e-safety superhero cape.</i></p> <p><i>Build your own e-safety superhero.</i></p>	<p><i>Design your own cyber squad logo and story characters. Describe how they keep people safe online.</i></p> <p><i>True or False? Read the e-safety statements and identify if it is true or false.</i></p>	<p><i>Complete your own digital footprint. Draw or write all the websites or apps that you have been on in the last week on the footprint.</i></p> <p><i>Create a presentation/ guide for how to be safe when making a digital footprint.</i></p>	<p><i>Create your own comic about cyberbullying.</i></p> <p><i>Read the cyberbullying scenarios and write an explanation for what you would do.</i></p>



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Please scan the QR code to give
some feedback about our session
this morning

