

“ Statistics vary, but at least 20 percent of kids will receive harassing, hateful, or insulting messages. ”



Meet Susan...a 42 year old man posing as a 15 year old girl online.

'Susan' and your 13 year old just made plans to meet at the park...

'One in 12 have exchanged messages with sexual content to other people, while one in 25 have sent graphic photos of themselves'.

[www.sharedhope.org](http://www.sharedhope.org)

## Good Parenting

- No screen time an hour before sleep
- No devices in the bedroom.
- Set up filters on home network (if on a mobile network there will be no filtering).
- Know your child's passwords/PIN and check their account regularly.
- Limit screen time to a daily amount.
- Model the behaviour you want. e.g. Phone ban at meal times!

### KEY WEBSITES

[www.nhs.uk](http://www.nhs.uk)  
[www.swgfl.org.uk](http://www.swgfl.org.uk)  
[www.ceop.police.uk](http://www.ceop.police.uk)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
[www.barnardos.org.uk](http://www.barnardos.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

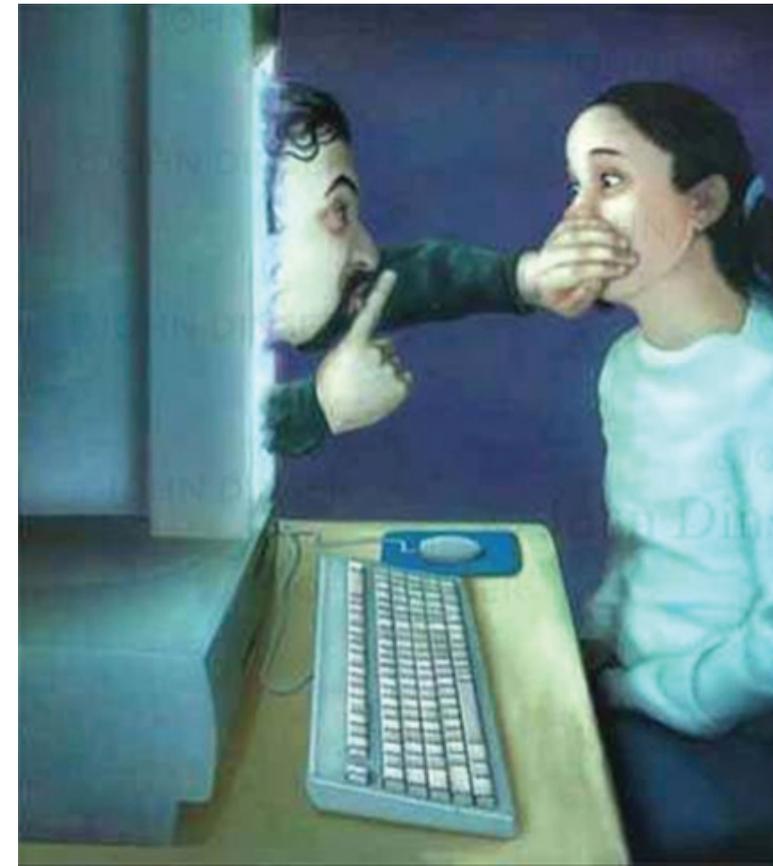
What to do if you have a concern:

- Talk to your child.
- Hit the report button.
- Talk to the Pastoral Team at your child's school.

**SASH**

somerset association  
of secondary heads

Is your  
Child  
Safe  
online ?



## Technology safety



Technology does make our lives easier and is a valuable tool. However, like any tool it needs to be used safely.

## Screens and Health

Over 2 hours of screen time a day may raise a child's blood pressure. This can be a major factor in heart disease, obesity, diabetes and even shorten life expectancy.

[www.nhs.uk](http://www.nhs.uk)

Children who spend more time on computers, watching TV and playing video games tend to experience higher levels of emotional distress, anxiety and depression.

[www.gov.uk](http://www.gov.uk)

Most teens need about 8.5 to more than 9 hours of sleep each night. Teens who use 2 -3 devices are more likely to sleep less than those using one.

[www.kidshealth.org](http://www.kidshealth.org)

One in 20 children admitted arranging a secret meeting with someone they met online.

## Issues in School

### Sleep deprived children:

- Lack concentration and don't learn as well.
- Can be moody (which can lead to anxiety and depression) and therefore don't learn as well.
- Can become aggressive/poorly behaved and not learn as well.
- Online arguments spill into school and lead to friendship issues and/or bullying.

**'Almost three in 10 parents (29%) let their kids use the internet without any restrictions or supervision.'**

[www.sharedhope.org](http://www.sharedhope.org)

**'42.1% of kids admit they have seen online porn.'**

[www.sharedhope.org](http://www.sharedhope.org)



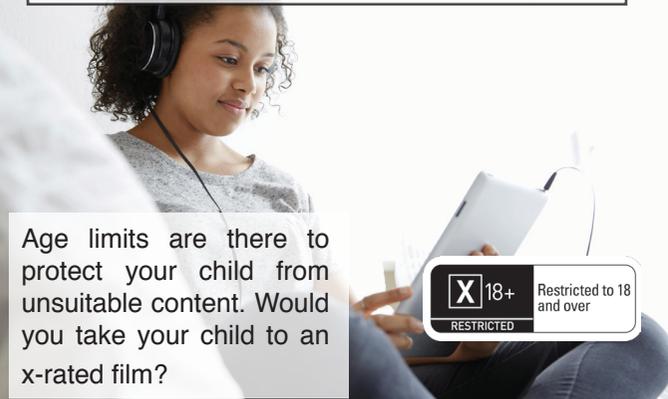
**Attendance**  
**Behaviour**  
**Concentration**  
**Bullying**  
**(inc sexting)**  
**Grooming**

## Age limits

Did you know the following apps have age limits?

	 Facebook/Messenger	protect <b>13+</b> your child
	Instagram	protect <b>13+</b> your child
	Snapchat	protect <b>13+</b> your child
	WhatsApp	protect <b>16+</b> your child

**If a child has one of these accounts underage they've already learnt to lie about their age.**



Age limits are there to protect your child from unsuitable content. Would you take your child to an x-rated film?



**CALL OF DUTY**

Many 12 year olds are playing 18 rated games such as Call of Duty. Studies are already showing the effects of such games on children's behaviour e.g aggression and sexualised behaviours.