

What are your concerns
about your children using
technology?

www.slido.com

E-Safety Parent Workshop

**We are parents
as well as
teachers!**





IN AN
INTERNET
MINUTE

50,200
MOBILE APPS
DOWNLOADED¹



94
TWITTER
ACCOUNTS
CREATED²



2.4 MILLION
GOOGLE
SEARCHES³



1,389
UBER
RIDES⁴



216,000
PHOTOS
POSTED TO
INSTAGRAM¹²



30
IDENTITY
THEFTS⁵



\$203,579
IN AMAZON
SALES¹¹



2,083,333
MINUTES
USED ON
SKYPE CALLS⁶



300
HOURS OF VIDEO
UPLOADED
ON YOUTUBE¹⁰



120
LINKEDIN
ACCOUNTS
CREATED⁹



347,222
TWEETS⁸



142,361,111
EMAILS SENT
AND RECEIVED⁷



52% of parents believe that they know more about technology than their children.

73% of children believe they have better knowledge than their parents.

BT - Internet Matter December 2015

71% of parents admit to consulting their children for technological advice.

Independent 22nd May 2013

15.1% of children felt that supervision was unnecessary
9.9% admitted to sharing personal info. with someone they had only met online

48% post pictures online

27% had experienced Cyber Bullying

Telecommunication Regulatory Authority, Bahrain April 2016



School's Role



Firewalls

Every child completes an Acceptable Use Policy upon entry and annually after that

P.S.H.E. has an E-Safety focus in every Year Group and also linked to Computing lessons

Digital Leaders in Juniors and Seniors

Safe Internet Day (S.I.D.)

Parent Workshops

Staff Training

Regularly Updated School Policy

Agenda

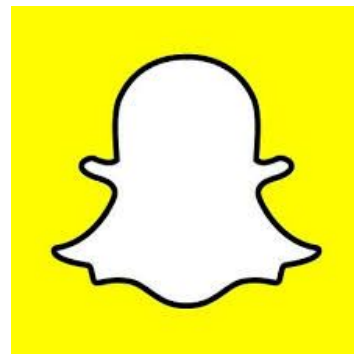
- What are the risks of technology & the Internet?
- Strategies which you as a parent can use to reduce these risks and protect your child
- E-Safety and the Law
- Discussions / Next Steps

Social Networking Advice

Popular Social Media with BSB students



How many of these 12 social media sites do you know what they do?



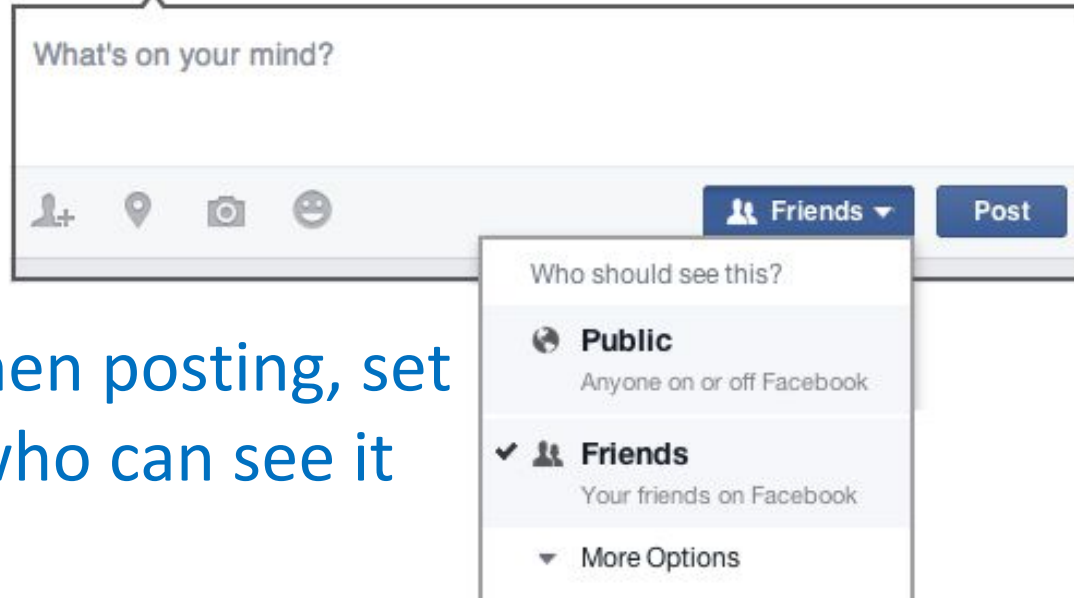


When signing up to Facebook you have to give your name, email address and Date of Birth

You have to be 13 years + to use facebook

Facebook

Facebook Privacy Settings

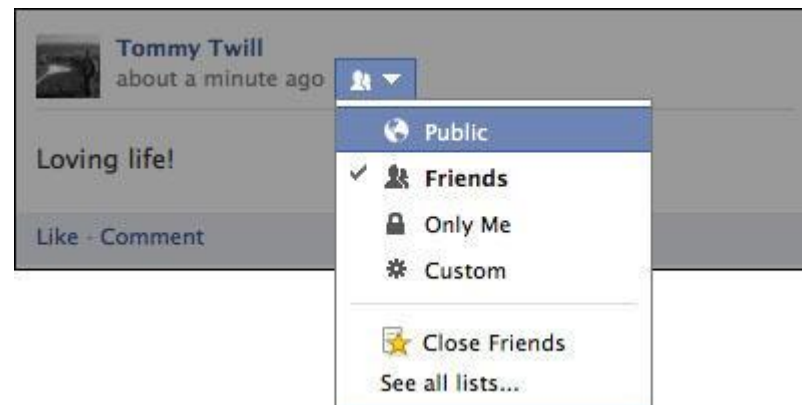


When posting, set who can see it

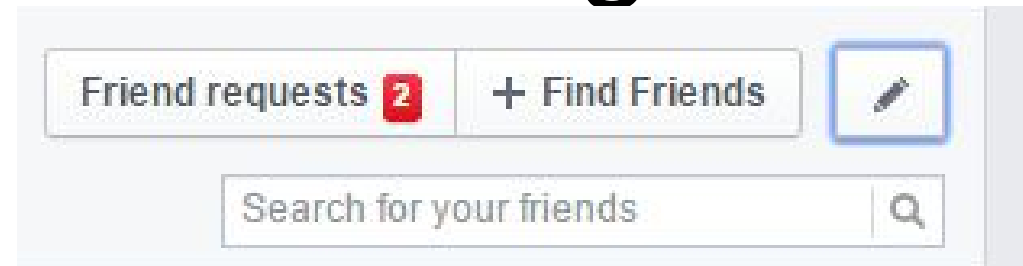
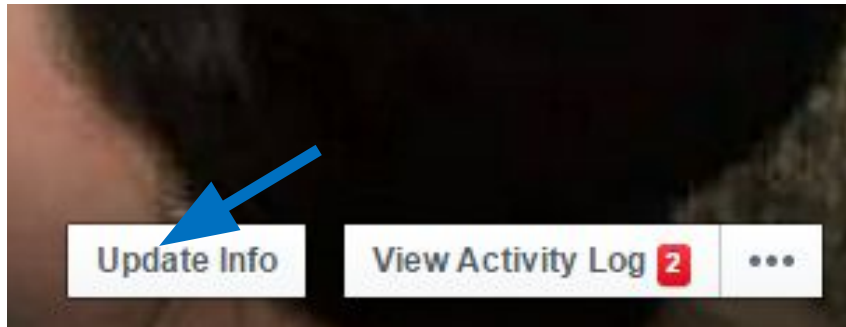
Create a list of friends to see certain posts

1. Scroll down to **Friends** on the left side of your News Feed and click **More**.
2. Click **Create List**.
3. Enter a name for your list and the names of friends you'd like to add. Keep in mind you can [add or remove friends from your lists](#) at any time.
4. Click **Create**.

Change the audience of a post



Facebook Privacy Settings



Edit privacy

Friend List
Who can see your friend list?
Remember: Your friends control who can see their friendships on their own timelines. If people can see your friendship on another timeline, they'll be able to see it in the news feed, search and other places on Facebook. They'll also be able to see mutual friends on your timeline.

Following
Who can see the people and lists you follow?
Remember: the people you follow can see that you're following them.

[Learn More](#) [Close](#)

Facebook Privacy Settings

Timeline and Tagging Settings

Who can add things to my timeline?	Who can post on your timeline?	Friends	Edit
	Review posts that friends tag you in before they appear on your Timeline?	Off	Edit
Who can see things on my timeline?	Review what other people see on your timeline		View As
	Who can see posts you've been tagged in on your timeline?	Friends	Edit
	Who can see what others post on your timeline?	Friends	Edit
How can I manage tags people add and tagging suggestions?	Review tags people add to your own posts before the tags appear on Facebook?	Off	Edit
	When you're tagged in a post, who do you want to add to the audience if they aren't already in it?	Friends	Edit
	Who sees tag suggestions when photos that look like you are uploaded? (this is not yet available to you)	Unavailable	

Twitter

- Is an online social networking service that enables users to send and read short 140-character messages called "tweets".
- Registered users can read and post tweets, but unregistered users can only read them.
- Anybody can "follow you"
- There is no privacy filter

@up2usbsb retweeted
Eleil Pratheepan @EleilPratheepan · Feb 10
@up2usbsb I pledge to be the good guy on the internet an help those who get cyber-bullied

@up2usbsb @up2usbsb · Feb 10
Juniors were also celebrating safer internet day too. Some of the amazing work done today

@up2usbsb retweeted
Kevin Orme @super__kev · Feb 10
@up2usbsb Colton and I pledge to be nice on the Internet and practice Internet safety methods everyday!





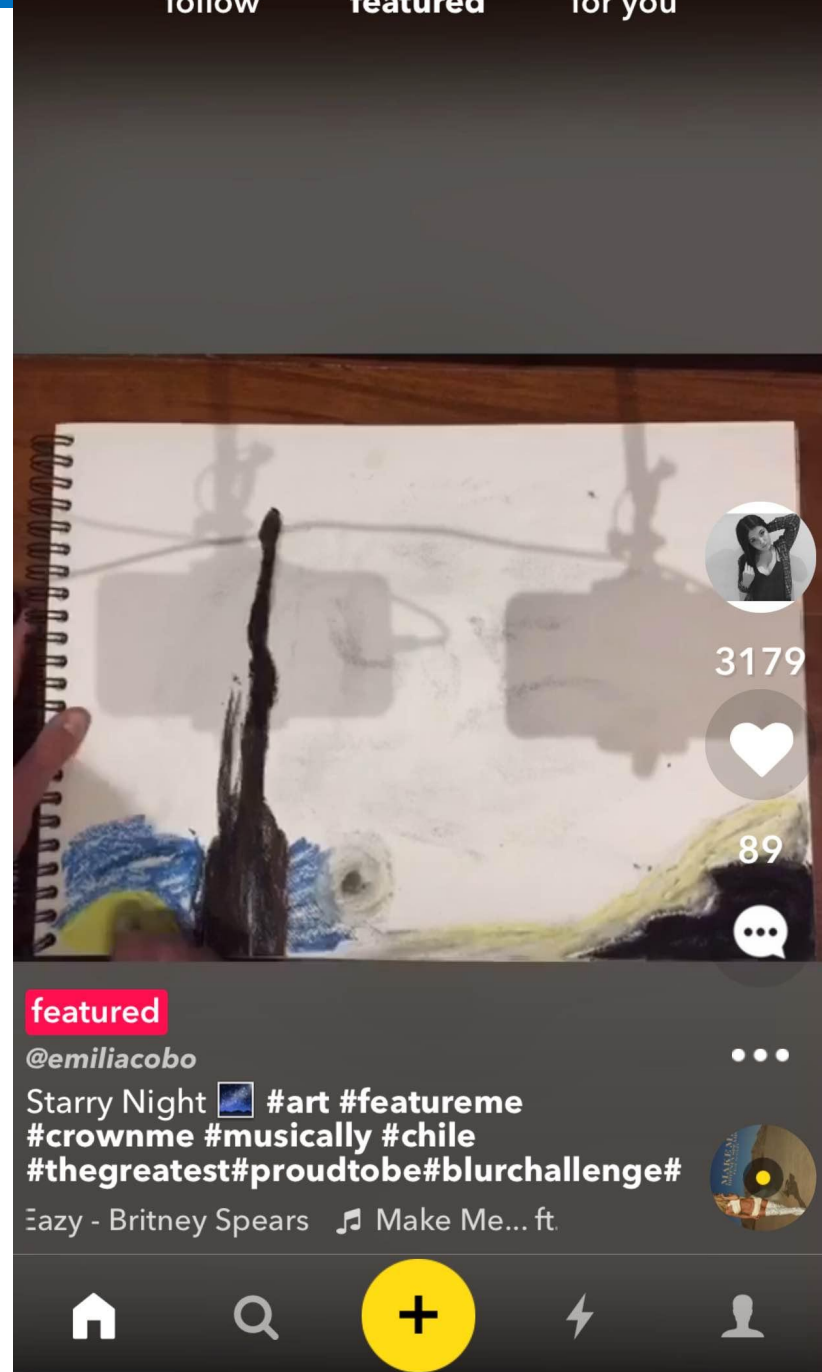
Musically

This is very popular with Juniors and Seniors at BSB!

- Allows you to make videos of you miming to your favourite songs
- Duet with a friend
- You have to sign up to the service using your phone number, email address or facebook account
- When you sign in it asks you to take a selfie
- You can become friends with strangers and follow their videos



- You can watch live streams of other people's videos
- You can heart their videos
- You can comments
- Send out others videos to instagram, facebook, twitter, messenger, whatsapp, vine, email, message or line.





How to stay safe on musical.ly

- Only sign up if over 13 years old
- As a parent you can send an alert to the company privacy@musical.ly and they will take steps to delete information and terminate the child's account.
- If you need to delete a musical video you've posted, tap on the video, select "... " on the lower right corner and then tap on "delete".

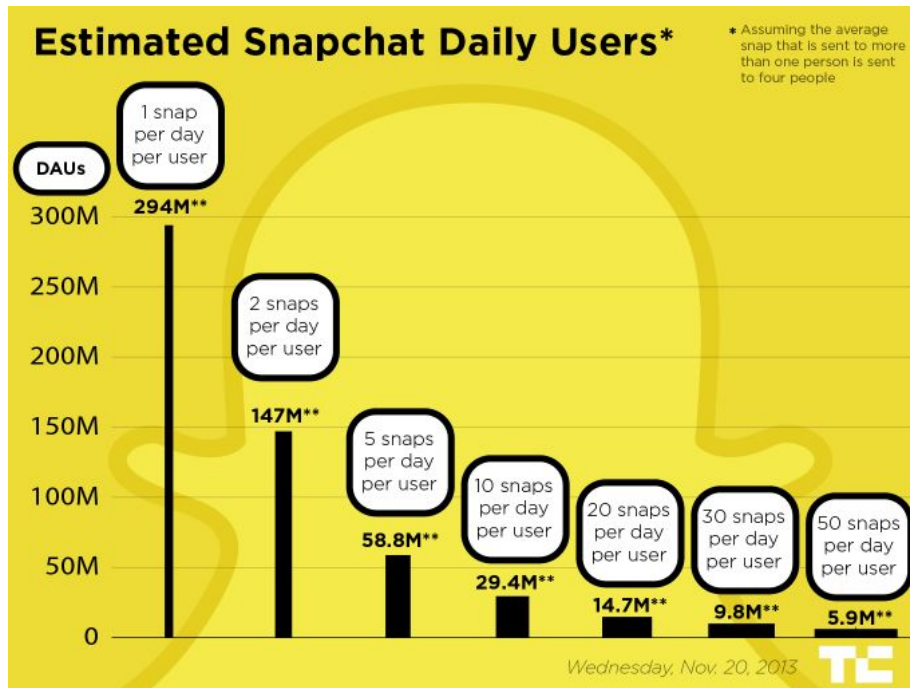
Can I have a private account on musical.ly?

You can make your musical.ly account private so that other users cannot see your musicals unless they follow you and you approve them.

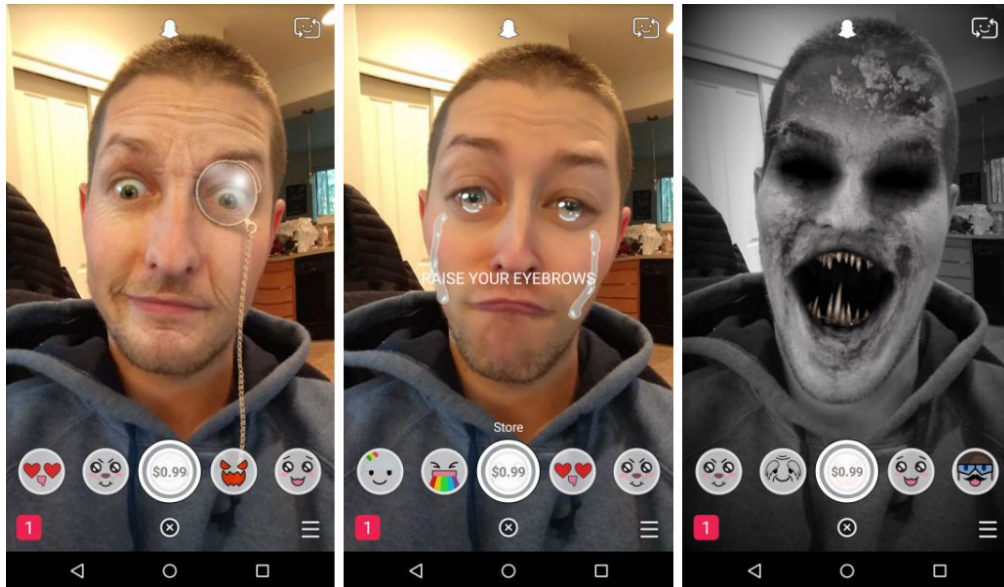
How to enable/disable your private account:

1. Go to your profile page and tap the settings button in the top-right corner.
2. Scroll down until you see the "private account", then toggle this on/off.



Snap Chat



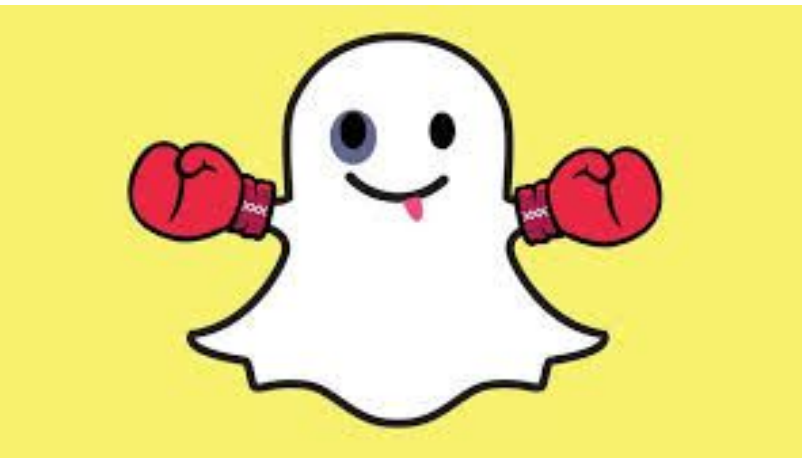
- It's the popular mobile app that allows you to send videos and pictures, both of which will self destruct after a few seconds of a person viewing them.
- You can take a photo or a video with it, then add a caption or doodle or lens graphic over top, and send it to a friend
- Alternatively, you can add it to your "story", a 24-hour collection of your photos and videos, which you broadcast to the world or just your followers.
- **You can also snapback** - reply to a snap



How to change who can send me Snaps:



1. Tap  at the top of your camera screen
2. Tap  in the top right hand corner of your Profile screen
3. Scroll down to the '**Who Can...**' and tap '**Contact Me**'
4. Tap '**My Friends**' or '**Everyone**' to update who can send you Snaps.
5. Tap the back button to save your selection.

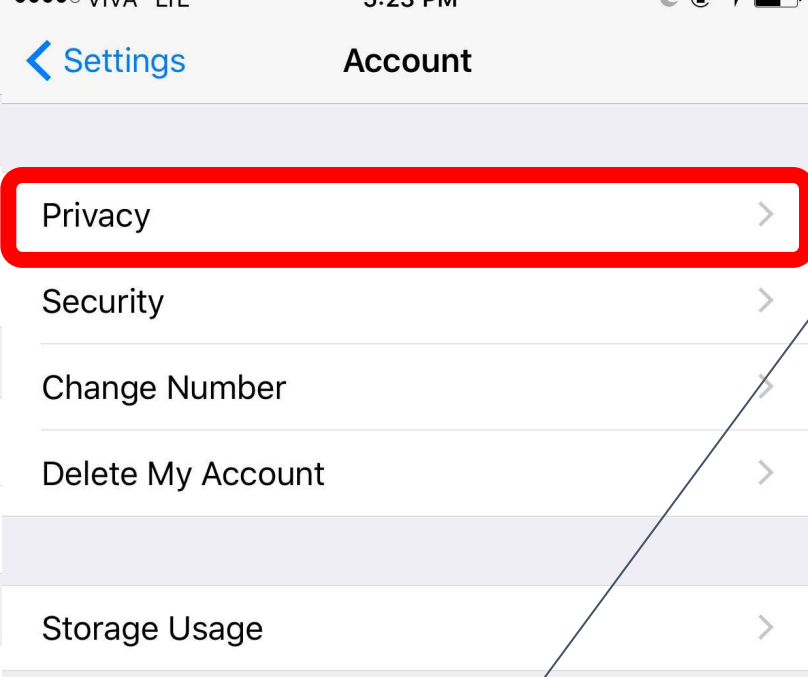
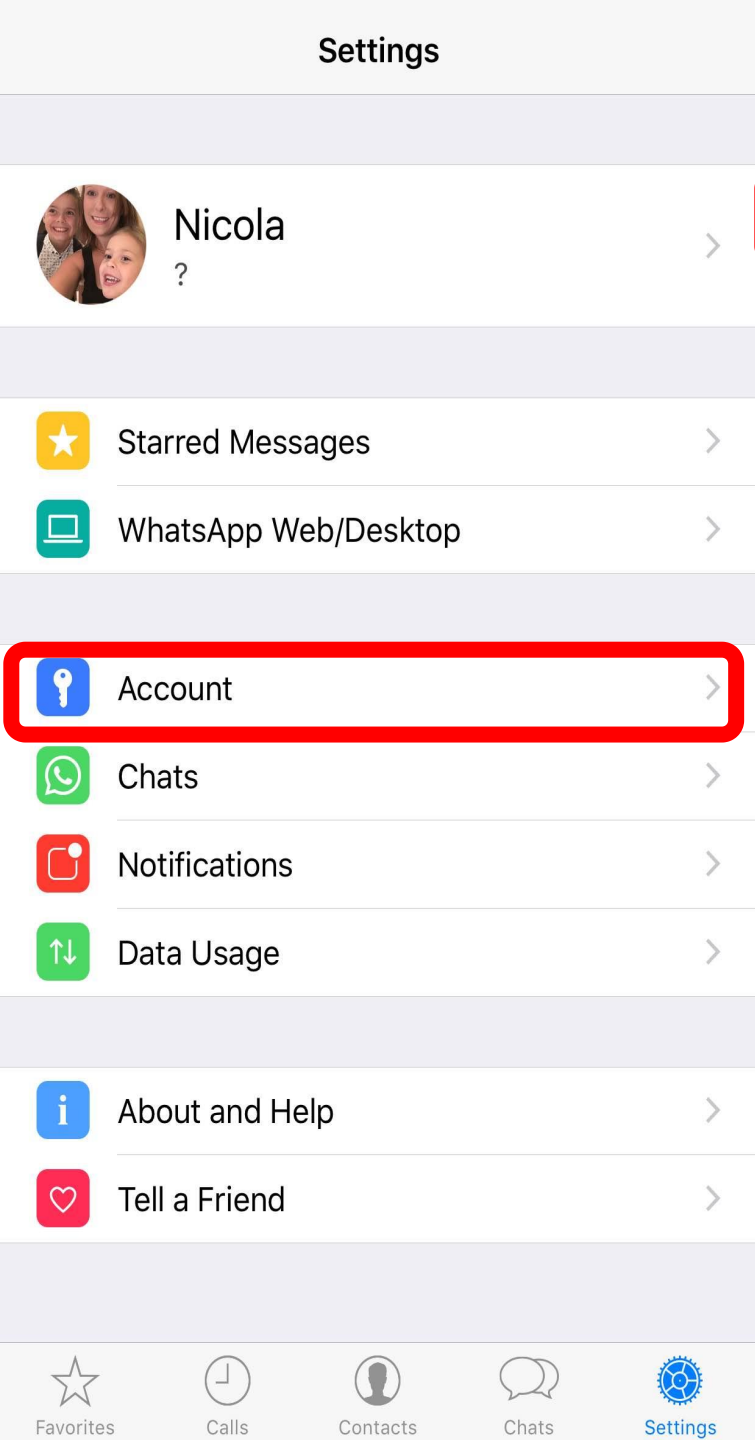
Please Note: If you select '**Everyone**' even Snapchatters you haven't added will be able to send you Snaps.



How to secure snap chat

How to change who can see my Story:

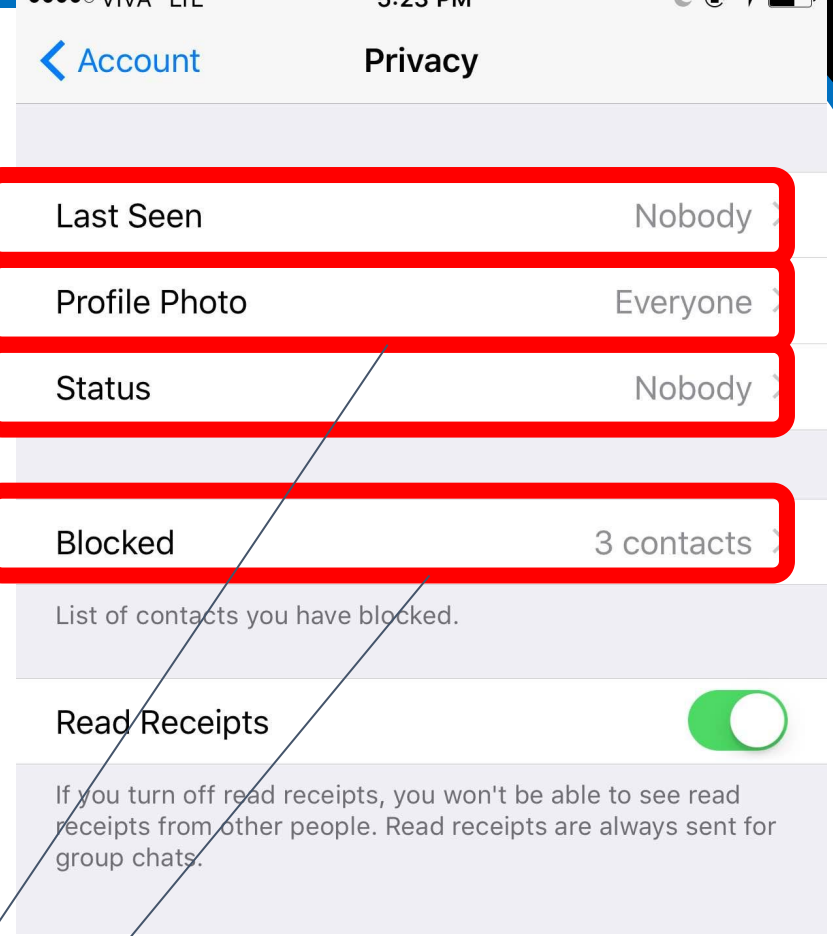
1. Tap  at the top of your camera screen
2. Tap  in the top right hand corner of your Profile screen
3. Scroll down to the '**Who Can...**' and tap '**View My Story**'
4. Tap '**My Friends**' or '**Everyone**' to update who can view your Story
5. Tap '**Custom**' to block specific friends from viewing your Story
6. Tap the back button to save your selection



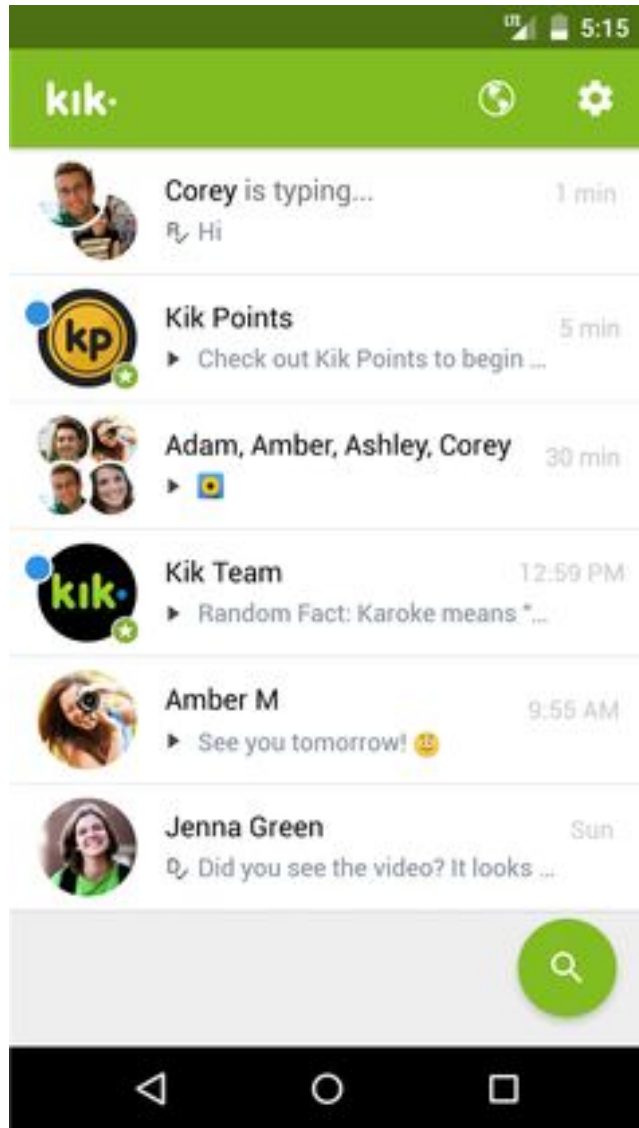
You can decide who can see when you were last on Whatsapp

You can set who sees your profile picture

You can block contacts from contacting you on whatsapp



Whatsapp



Kik is a free messaging app for smartphones. You log in, you pick a user name, and you send texts, selfies, and emojis to your friends.

It has a built-in web browser with a range of internal native apps such as play mobile games, make memes (an image, video, piece of text, etc., typically humorous in nature, that is copied and spread rapidly by Internet users, often with slight variations), watch videos, listen to music, and check out the funniest content on Reddit.

Kik is anonymous - You don't need to link your account to a phone number, and you don't need to use your real name. So on Kik, you can be whoever you want.

You can find and chat with total strangers on Kik.

Flirt!, gives you a list of users in your age range to, well, flirt with, and Match & Chat, a Tinder-for-Kik that lets you swipe left or right on users and chat with the people who swipe right on you too.

Vent

How are you feeling?

CALM

How are you feeling?

IRRITATED

How are you feeling?

ANGRY

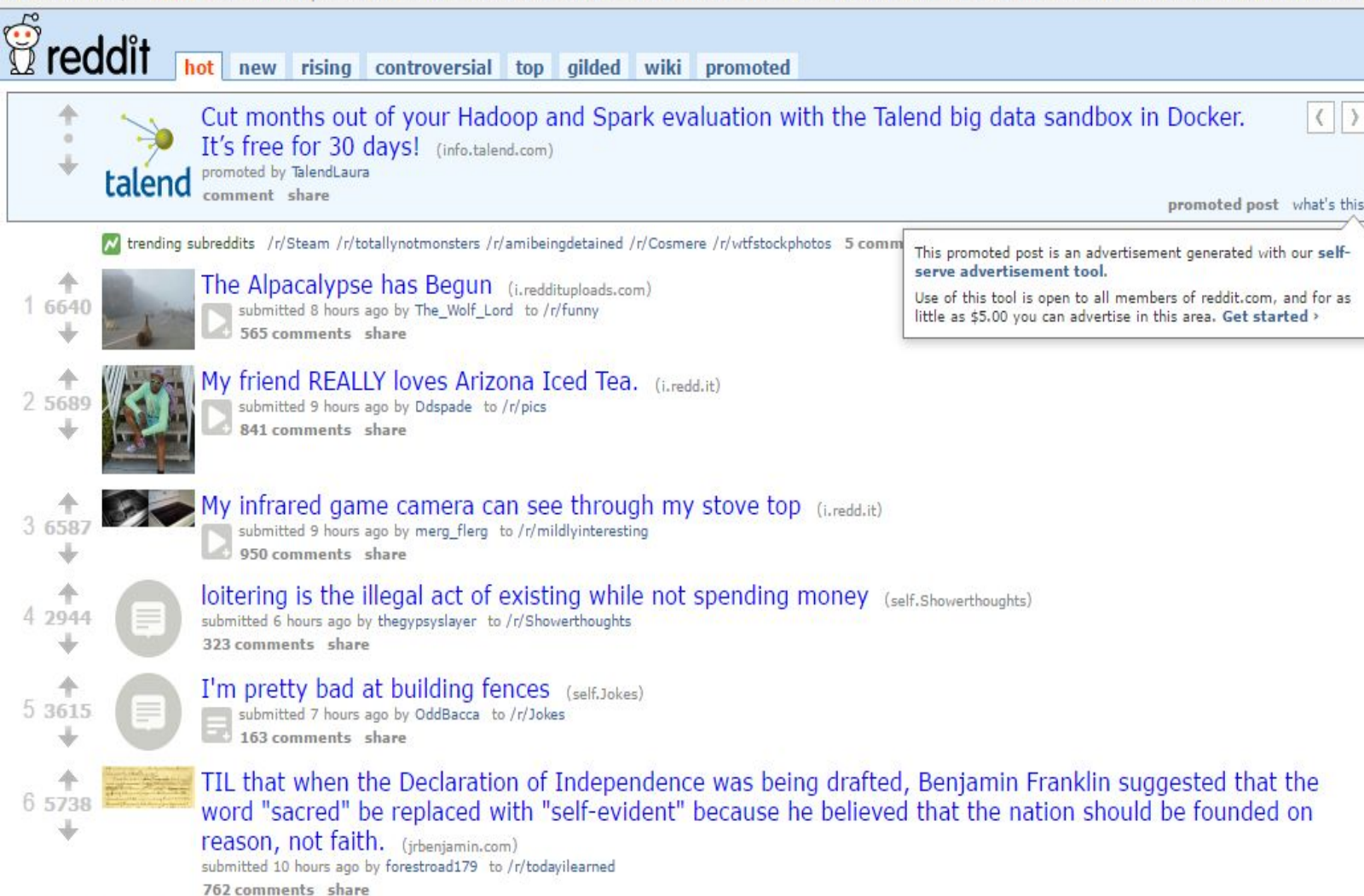
omg thank u guys for 100 followers omg that really means a lot that u guys actually care about my problems

*MY CLASSMATES ARE STUPID AS F*** LIKE DO YOU EVEN HAVE A BRAIN*

I just ruined my shot of dating my crush, I ruined my friendship with him and my best friend. I cyber bullied someone tonight because I thought I was being funny. I feel ashamed, disgusted, and pathetic. I'm feeling so suicidal now and I just want to not be myself.



- Purpose is to allow people complain about their lives
- You **can post anonymously**, though the app does require an email address (it's not displayed publicly), and you can choose to post your real name.
- You can comment on someone's post and follow other users
- people can be kind, writing responses to other people's posts
- This information is public - once out there cannot be taken back
- Vent collects information on its users, including IP addresses and browser types,
- Retains the right to share user's personal information "To any other third party without your prior consent
- So whist students believe this is private it is not.



Reddit is a message board wherein users submit links for articles and videos.

Items of value are “upvoted,” and those deemed unworthy are “downvoted.”

This determines a post's position on the site, and items that hit the front page are seen by hundreds of thousands of people

You can comment on these messages which are public for all to see

It is monitored by the community



Reddit

You Now

- For 13+
- Allows users to livestream chat with anyone in the world
- Register using an existing social media account (Facebook, Twitter, or Google+)
- Broadcasts can be viewed without registering
- Can change usernames to anonymous there's no way to ensure teens won't encounter inappropriate content..
- You can report users / content
- By posting, a user is consenting to YouNow using their videos however they wish, though the user retains ownership

The Saudi teen arrested for flirting online

18 October 2016 Last updated at 00:08 BST

Californian internet personality Christina Crockett struck up an unlikely friendship with Saudi Arabian teenager Abu Sin when they met by chance on a video chat site.

Although they understood little of what the other was saying, videos of their attempts to communicate became an internet hit. But the Saudi authorities were less than impressed and now Abu Sin could face years behind bars.



- Omegle is a website that allows you to chat with a random stranger either via text or by video either monitored or unmonitored
- You do not identify yourself through the service – chat participants are only identified as “You” and “Stranger”.
- The Omegle homepage clearly states that the service is not for those under 13: “Do not use Omegle if you are under 13. If you are under 18, use it only with a parent/guardian’s permission.”
- “This should be banned”



Open and honest communication
is key with this app

Blogs / Vlog – Is regularly updated website or web page, typically one run by an individual or small group, that is written in an informal or conversational style.
We use Blogger in the senior school for GCSE ICT revision notes.

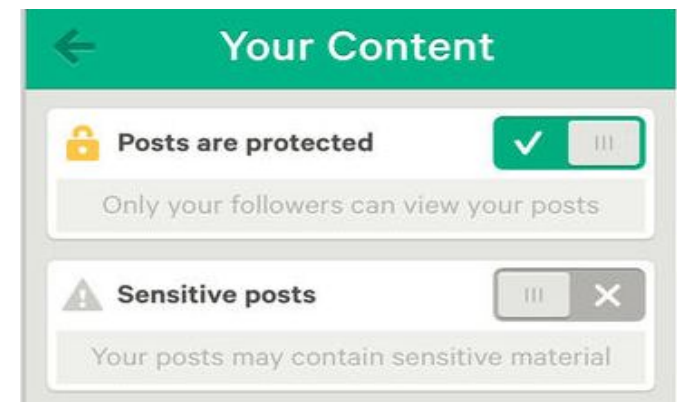
Tumblr

- Hosts over 225.1 million blogs
- More than 104.9 billion posts in total
 - They can be about anything
 - 4% is of a pornographic nature




Vine

- Is a short-form [video sharing service](#).
- Lets users record and edit five to six-second-long looping [video clips](#) and *revine*, or share others' posts with followers.
- Some Vines are revined automatically based on what is popular.



To report a Tweet:

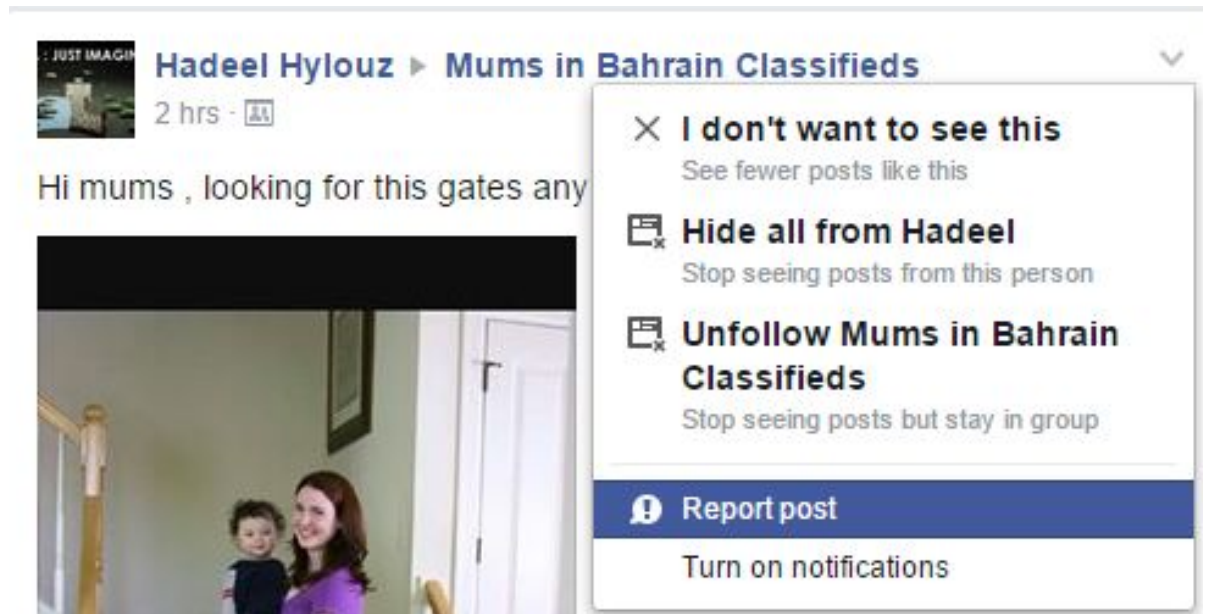
1. Navigate to the Tweet you'd like to report.
2. Click or tap the **More icon** (••• icon on web and iOS;  icon on Android).
3. Select **Report**.
4. If you select **They're being abusive or harmful**, we'll ask you to provide additional information about the issue you're reporting.
5. Once you've submitted your report, we'll provide recommendations for additional actions you can take to improve your Twitter experience.

Tell School

Tell TRA

Reporting Issues

Keep all evidence



The screenshot shows a Facebook post by Hadeel Hylouz in a group called 'Mums in Bahrain Classifieds'. The post text is 'Hi mums , looking for this gates any' and includes a video thumbnail. A reporting menu is open on the right, showing options: 'I don't want to see this', 'Hide all from Hadeel', 'Unfollow Mums in Bahrain Classifieds', 'Report post', and 'Turn on notifications'. The 'Report post' option is highlighted in blue.

Gaming

- Suitability of Games?
- How long is your child playing for?
- Is the game internet enabled?
- Does it have a chat? live-stream feature?
- **Gaming Addiction**



Video Game Addict Dies After Playing Almost Non-Stop For 22 Days In A Row

He only stopped briefly to sleep and eat.

YAHOO!
NEWS

By Lee M. Ross | Yahoo! News - Feb. 29, 2015

Information

Developer	Activision Publishing, Inc.
Category	Games
Updated	Oct 17, 2016
Version	2.9.0
Size	120 MB
Rating	Rated 12+ for the following: Frequent/Intense Cartoon or Fantasy Violence
Family Sharing	Yes
Compatibility	Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch.
Languages	English, French, German, Italian, Portuguese, Russian, Spanish

Google Safe Search

- SafeSearch is designed to screen sites that contain sexually explicit content and remove them from your search results.
- By default; Moderate SafeSearch is turned on, which helps keep explicit images out of your search results.
- You can change this to strict filtering settings by;

Visit the [Search Settings](#) page.

Find the "SafeSearch filters" section.

Turn on SafeSearch by checking the box next to "Filter explicit results."

Turn off SafeSearch by unchecking the box next to "Filter explicit results."

Click **Save** at the bottom of the page.

30% of London banks request online profiles for graduate roles

Think before you post...



Justine Sacco @JustineSacco

Going to Africa. Hope I don't get AIDS. Just kidding. I'm white!

1,635 RETWEETS 681 FAVORITES

10:19 AM - 20 Dec 13 from Hillingdon, London

Once it is out there – you can't take it back

Is this foul-mouthed, self-obsessed Twitter teen really the future of British policing? Youth crime tsar's sex and drug rants



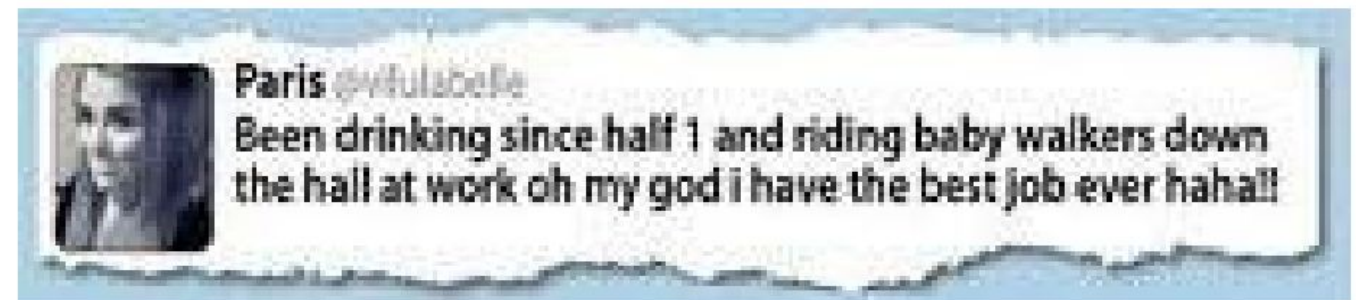
Paris Brown on drugs...
Paris @whulabelle I really wanna make a batch of hash brownies

...her views on violence...
Paris @whulabelle im gonna start walking home from sittingbourne to sheerness everyday. i want to cut everyone around me

...and being drunk at work
Paris @whulabelle

literally nothing and do myself no favours because of it

Your conduct past and present

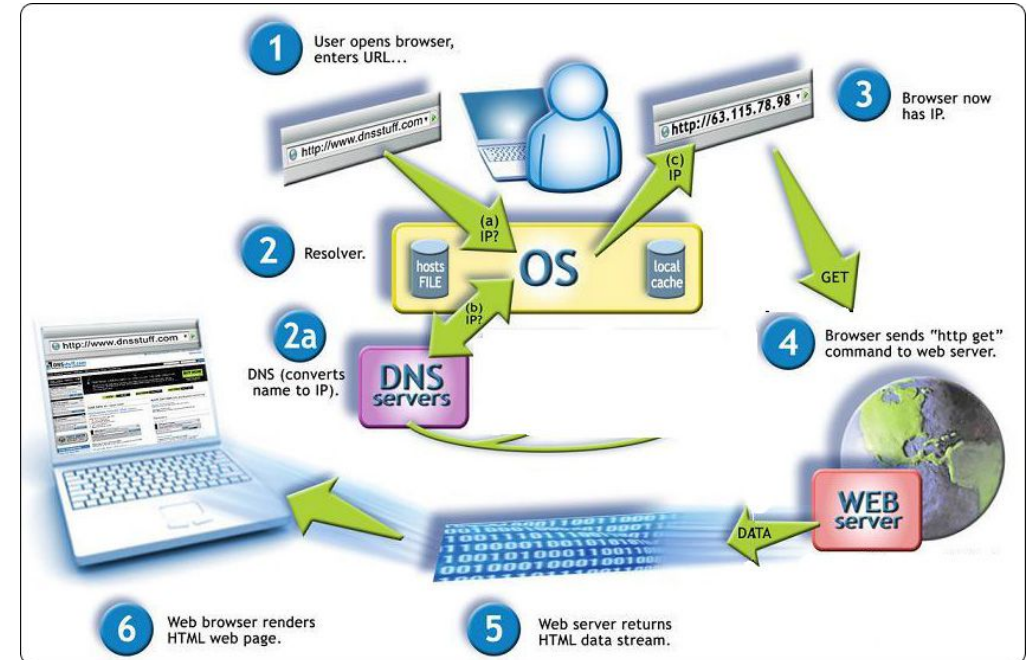


Paris @whulabelle

Been drinking since half 1 and riding baby walkers down the hall at work oh my god i have the best job ever hahah!

The Internet is not faceless..

- When you are on the internet you are given an IP address
- This can be traced back from any activity to the location you logged onto
- Internet service providers, proxy server companies, social media providers etc.. will happily share information with Interpol and the police relating to any criminal behaviour either in Bahrain or outside.



BAHRAIN CYBER-CRIME LAW

- Illegal access to an IT system or part of it carries a maximum of one year jail sentence or a maximum fine of BD30,000
- Threatening to cause damage for personal gains will face a jail sentence or a maximum of BD30,000 fine, or both.
- Anyone convicted of entering, damaging, disrupting, cancelling, deleting, destroying, changing, modifying, distorting or concealing IT device data will face a maximum of 10 years in jail.
- Online distribution of pornographic material carries a minimum one-year jail term or a maximum fine of BD10,000, or both.
- The jail sentence is doubled if the pornographic material targets children



Create Healthy Attitudes towards technology

- Healthy attitudes & good habits should be common throughout home
- “I need my phone so I can keep in touch with friends in other lessons”
- “If my friends are upset I want to go to bed with my phone so they can contact me”
- Technology in the bedroom – televisions, computers, smart phones – stops students getting enough sleep BBC, 2013

Mobile Phone Monitoring System

There are services which you can buy into which monitors your child's phone in which you can monitor SMS, call history, social media links, view contacts, photos, block devices, Monitor child's location with GPS, Control settings / Application



Can cost up to \$100

Free Applications



KuuKla

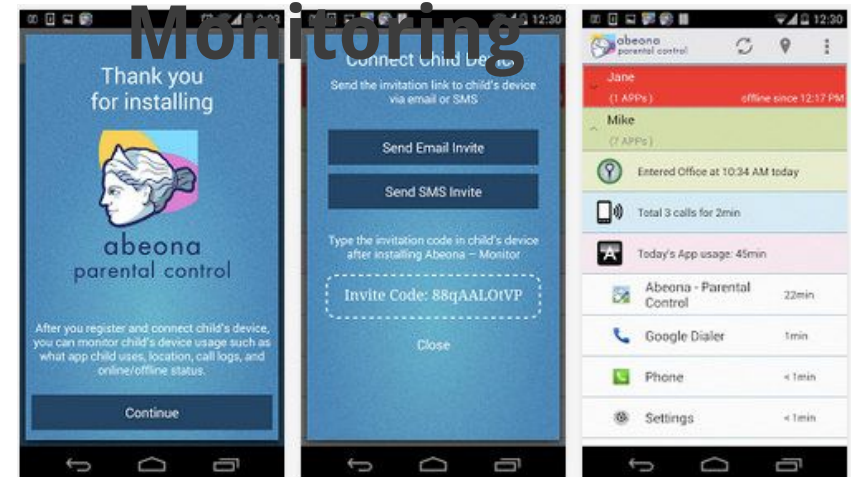


Kids Place



Norton – can pay for additional monitoring

Parental Monitoring



Applications & Restrictions

You can set up filters to control what types of apps can be downloaded on your device.

1. Open Google Play Store App
2. Touch the menu icon
3. Settings
4. Content Filtering
5. After changing the settings you will be asked to create a pin to prevent unwanted changes to your filter settings



1. On your apple device you tap settings
2. General
3. Restrictions
4. Enable Restrictions and enter a passcode. You'll need the passcode to change your settings or turn off Restrictions
5. If you lose or forget your Restrictions passcode, you'll need to [perform a factory restore](#) to remove it.



So.. How much screen time?

Under 2	No access
2-5	No more than 1 hour a day
6-18	No more than 2 hours a day

****Not including homework****

<http://www.pcadvisor.co.uk/feature/digital-home/how-much-screen-time-is-healthy-for-children-benefits-3520917/>

Advice posted on TRA regarding timing for children being online.

How much is too much?

Your child may be spending too much time online if their online behaviour is having a negative impact on other aspects of their life.

To many parents it can seem as though children and young people are constantly online. Often they are multitasking; for example downloading and listening to music while studying and chatting with friends or sending messages on their mobile phones.

The number of hours children and young people spend online can vary significantly. There is no guideline for the 'right' amount of time for children to spend online, however if their online behaviour appears to impact negatively on their behaviour or wellbeing, or that of the family, it may be time to discuss expectations and establish time limits.

WHAT CAN I DO?

- + The longer you wait to address the issue, the more difficult it can be to overcome. So if you see an emerging problem arising from excessive use, act on it right away.
- + Talk to your child about the concerns you have and monitor what games, apps and devices are bought or used by your child.
- + You may like to install a filter on the laptop or computer your child is using which can be adjusted to limit the amount of time an internet connection will be available on that device.
- + Consider implementing family agreements about the amount of time your children can spend online. You might like to have a rule where the 'wifi password of the day' is only given once all homework/chores/family time is done. A similar approach can be used to limit access to devices.
- + If your child seems particularly anxious or irritable, or you notice them seeming isolated from friends or other activities, there may be an underlying mental health issue. Consider getting help from school counsellors or your GP who can refer your child to a professional psychologist.

The main protection methods...

- Create a dialogue with your child about the internet
- Ensure you know which devices are internet enabled
- Ensure computer's are in a communal space
- Set boundaries - time limits / type of usage
- Apply access controls to digital devices where appropriate
- Lead by example

**TRUST
& UNDERSTANDING
IS KEY**

Final Messages

Dangers cannot be totally avoided

Up to date education and communication are key

Technology will continue to change

We can all help to grow healthy attitudes & good habits

Questions to the panel

Our Details...

Nicola Taylor - Head of Computing, Seniors - TaylorN@thebsbh.com

Mark Jones - Asst. Head Juniors Jonesm@thebsbh.com

Lucy Jones - Asst. Head Senior (Pastoral) Jonesl@thebsbh.com

Doreen Mills - Counsellor millsd@thebsbh.com

Kathleen Guyon - Counsellor guyonk@thebsbh.com