

Helping students to make safe choices online

Year 7 and 8: October 2019



UK Safer
Internet
Centre

What do young people do online?

- search for content on search engines like [Google](#)
- create, share, comment on or 'like' images or videos through apps such as Musical.ly, Instagram and Snapchat
- keep up-to-date with friends and celebrities on social networking websites such as [Facebook](#) and [Twitter](#) and Instagram
- live-stream videos through sites such as Facebook Live and Instagram Live
- communicate with others using voice and video chat, or instant messenger. This can take place on social networks, through messaging apps like [Whatsapp](#) and in some types of games
- play games through websites, apps or game consoles. They may also watch others playing games or stream their own game-play through sites such as Twitch and YouTube
- When online, children and young people can learn new things, get help with homework, express themselves creatively and connect with friends and family.
- There are also risks, but by understanding and talking about the dangers you can help keep your child safe online.

Debenham High School Survey

October 2019

What do they have?

- 88%: Year 7 have a smart phone
- 94%: Year 8 have a smart phone
- 98%: Year 9 have a smart phone

Restrictions to usage

- 60%: Year 7 have restrictions on use of devices
- 47%: Year 8 have restrictions on use of devices
- 36%: Year 9 have restrictions on use of devices

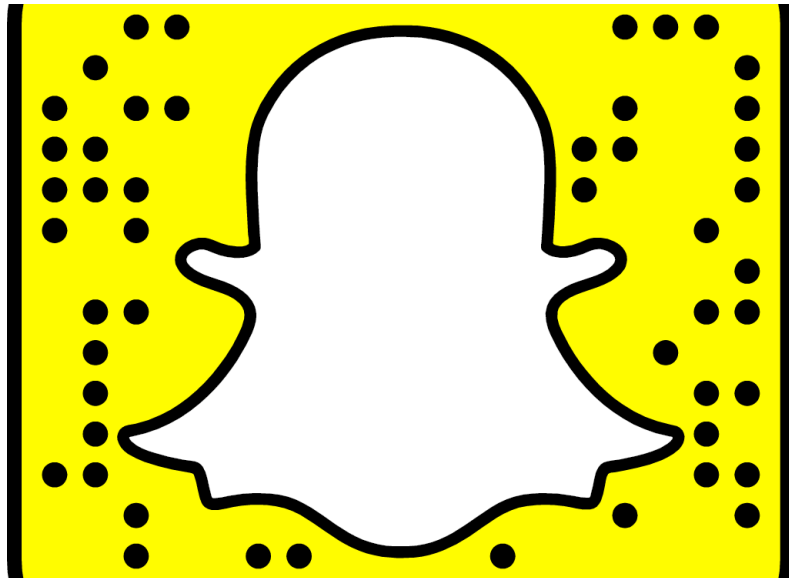
- *I am not allowed to go on my phone after I'm in bed*
- *No electronics after 7pm*
- *I'm not allowed to go on it after having spent over 1 hour 30 minutes.*
- *yes not allowed on my phone after nine*
- *My mum sees when i am on, my internet use and she chooses which apps i can install*
- *No phones while doing homework, phones have to be downstairs when we go to sleep until the morning. One of my parents have to be able to see what I post.*

- *No phones on Monday and Thursdays and we all have no screen time after 10 pm*
- *No devices upstairs, ask to use and pack away when told to*
- *no devices on week days except Friday*
- *Mum can see everything on my phone (photos messages search history etc.) not allowed on phone half an hour before bed*
- *no phones upstairs, no phones an hour before bed, no phones at night*
- *after 9 pm no screen time 1hour daily limit life's a misery :(*

- *Phone is not allowed in my room, my parents must accept my use of social media*
- *Can't use it at dinner table and my mum doesn't like me being on it at night but she lets it stay in my room*
- *most of the time phones downstairs at night unless weekend*
- *not allowed phone in my room or after 9 o'clock*
- *9 pm screen time 1hour life's a misery :(*

Restrictions to usage

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- 47%: Year 8 have restrictions on use of devices
- 36%: Year 9 have restrictions on use of devices



How much time each day (weekdays) do you spend on average using social networking sites?

0 - 30 minutes	30 mins - 1 hour	1 - 2 hours	2 - 3 hours	More than 3 hours
25%	27%	32%	10%	19%
16%	20%	22%	19%	32%
9%	18%	23%	26%	38%

Do you know of anyone who has been a victim of cyber-bullying?

- Year 7: 31%
- Year 8: 33%
- Year 9: 36%

Have you ever been a victim of cyber-bullying?

- Year 7: 16%
- Year 8: 16%
- Year 9: 13%

Do you use online chat rooms or video chat?

- Year 7: 63%
- Year 8: 65%
- Year 9: 66%

Have you seen something on the internet that you found upsetting?

- Year 7: 47%
- Year 8: 55%
- Year 9: 69%

Have you ever been asked to send photos or video of a sexual nature to someone?

- Year 7: 6%
- Year 8: 10%
- Year 9: 29%

Do your parents know about everything that you look at on the internet?

- Year 7: 70%
- Year 8: 54%
- Year 9: 45%

What can you do?

- It starts with an open and honest dialogue.
- Keep a balanced approach.
- Use the tools available to help you - parental controls
- Have a family agreement.
- Be app aware
- Know where to get help

Talking to them

- Talk about things they, or their friends, have seen that made them feel uncomfortable
- Think about where you talk to them e.g. in the car
- Be specific. What exactly made them feel uncomfortable and why? Is it people or animals being hurt? Nasty comments about others?
- Link these to things in the real world, and explain that you're always here to protect and help them online and off.
- Try not to over-react or be too judgemental if they tell you something. If there is a problem which if they feel they may be in trouble for, they may not approach you or another adult.
- Reassure your child that they can always talk to you about anything that makes them feel uncomfortable.
- Show them how to report or block on the sites and apps they use.
- Tell them you'll help them to report or deal with anything upsetting they've seen.

Further information

- Safer internet centre
- <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- NSPCC
- www.nspcc.org.uk

Staying safe online

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