

# Quick guide for Parents and Carers 2017

## How to support children to stay safe online

Be a part of your child's online life; involve the whole family and show an interest. Find out about the sites they visit and what they love about them, if they know you understand they are more likely to come to you if they have any problems.



**BE AWARE | BE CURIOUS | BE ENGAGED**

## Talk to your young person about:

- which sites they like best;
- what their friends like doing online;
- who they are talking to online – do they ‘know’ all their friends/followers? Do they ever get messages from strangers? Have they been asked to do anything online which they know is inappropriate?
- privacy settings;
- the comments that they post – data protection and appropriateness

**“Be curious, not judgmental.”**

*Walt Whitman*

## Advice for Parents

**NSPCC Net Aware** – searchable guide for apps popular with children

<http://www.net-aware.org.uk/#>

**Internet Matters** – chatting apps popular with children and young people.

Privacy setting guides for the apps if available

<http://www.internetmatters.org/advice/apps-guide/>

**Parent Zone** – guide for parents of under 13s using social media apps

<http://parentzone.org.uk/article/under-13s-and-social-media>

**Keeping Under Fives Safe Online** –

<http://www.childnet.com/ufiles/Keeping-Under-Fives-Safe-Online.pdf>

## Current Landscape



**The Pirate Bay** – an online index of digital content of entertainment media and software



**Musical.ly** – video social network app for video creation, messaging, and live broadcasting



**Omegle** – linking strangers together anonymously in chat or video rooms



**ooVoo** - lets you group video chat with up to 12 people for FREE anytime, anywhere



**Snapchat** - messaging app that lets users put a time limit on the pictures and videos they send before they disappear.



**KIK** - app-based alternative for texting and social networking. Users ask “Whats your KIK” to request usernames which can be found through other apps i.e. Instagram



**Facebook Live** - instantly stream **live** to your friends and followers and interact with viewers in real time



**Twitch** – video platform and community for gamers. Watch broadcasts of the games you love and chat with the players you follow



**Steam** – search site for best deals on games and software. Join the community; gift friends, trade items and even create new content for games



**Instagram** - users often list their Kik usernames in their bios so that others have some kind of way to contact them privately

## Privacy issues

Providers of services and products are bound to a certain set of standards to protect our data which is outlined in the UK Data Protection Act 1998. Within the Terms & Conditions it will state how the company complies with the law.

American companies are not bound by the UK Data Protection Act 1998. If they are collecting information from children under the age of 13 they are required to follow the Children's Online Privacy Protection Act (COPPA) – this states that parental permission must have been sought before the user under 13 accepts the T&Cs of the site/service i.e. Facebook and Instagram.

The UK Data Protection Act 1998 is being replaced on 25<sup>th</sup> May 2018 by the General Data Protection Regulations (GDPR) which will be the new legal framework in the EU. It explains the similarities with the existing UK Data Protection Act 1998 and the new privacy rules that will apply.

### Discussions with young people around privacy

- together set and regularly check what privacy setting options have been/should be used;
- together read and understand the T&C's and privacy policy to check you are happy with how your information is gathered, shared and stored;
- review information posted or shared amongst friends – it can be easily copied by others and shared wider;
- talk about strong passwords and not sharing passwords with others;
- together learn about features such as tagging, blocking and reporting;
- together regularly 'Google' their name to check their digital footprint;
- together check the information provided in profiles.

## Selfies and Self Esteem

Selfies – a harmless practice or a concerning symptom of narcissism?

Young people seek affirmation online and want to be popular and well-liked.

As parents/carers you should help them to learn the limits and guidelines for which types of pictures are acceptable and which are not. Discuss what

'questionable' selfies are and why it is not acceptable to send out sexually suggestive pictures.

Ask your young person – why do you like taking selfies? How do you decide which selfies to share? What do your friends normally say and do when you share a selfie? Have you ever received a reaction you were not expecting? Discuss if there are any specific activities that they should never photograph? Is there a difference between what you are allowed to take and which they can share online?

Encourage a critical eye with respect to what they see online. Debunk the notion that everyone always looks as perfect and happy in person as they do on social media. Help them practice giving their friends positive reinforcement that isn't based entirely on looks.

## **Sexual Imagery Online**

It is important to remember how you talk a your young person regrading this subject in relation to your tone and body language. Your child's interest and exploration of sex and their own sexuality is both natural and normal. Don't make them feel ashamed as you will lose the opportunity to help them navigate future challenges and develop their own values.

Explain that it is illegal to take, hold or share indecent images of anyone under the age of 18. They should avoid taking and passing on such images – even of themselves, as they are breaking the law.

Remind them that private messages can be made public online. Talk about other ways to communicate attractiveness and closeness and

that anyone that asks for an indecent image does not have their best interests at heart.

## Advice for Parents

**NSPCC** - <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

**NSPCC** – PANTS questions answered <http://tinyurl.com/z4tn23c>

**NSPCC** – How to talk PANTS <http://tinyurl.com/jrgcpqg8>

### The Zipit App from Childline -

<http://www.childline.org.uk/Play/GetInvolved/Pages/sexting-zipit-app.aspx>

**ThinkUKnow** - <https://www.thinkuknow.co.uk/parents/article-repository/Nude-selfies-a-parents-guide/>

**Revenge Porn Helpline** - <http://www.revengepornhelpline.org.uk>

## CEOP – Child Exploitation Online Protection

If you or your young person suspects or knows that they are being groomed online or is asked to do things inappropriately by an adult online then the 'report abuse' button, allows anyone to report suspicious individuals or behaviour directly to law enforcement quickly and easily. Make a report at <https://www.ceop.police.uk/safety-centre/>



The reports go directly to the CEOP intelligence centre and the team can analyse, assess and take appropriate action according to the perceived risk and threat to an individual child.

Reports are always investigated and it is very important that the service is not misused.

## IWF – Internet Watch Foundation

If you come across child sexual abuse images or video online or criminally obscene adult content then you can make a report to the IWF to help get it removed from the internet and stop others from finding it and seeing it. Make a report at <https://report.iwf.org.uk/en>

## Online Bullying – Practical Steps

- Find out what exactly has been happening. Keep a record of all incidents and when they occurred
- Take screenshots of any messages before deleting them
- Block and report anyone who's been bullying your child online
- Change any passwords that might have been compromised by online bullying and check privacy settings
- Don't confiscate your child's device or stop them spending time online
- Make a plan for where your child can go to escape bullying at school
- Make sure your child's school is aware – even if it's been happening outside school

## Advice for Parents

**ParentInfo** - <http://parentinfo.org/article/understanding-online-shaming-a-guide-for-parents>

**The Diana Award's anti-bullying campaign** - [www.antibullyingpro.com](http://www.antibullyingpro.com)

**The Anti Bullying Alliance** - [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**NSPCC** - <https://nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/research-and-resources/>

# The Gaming Environment

## PEGI Ratings



### **Bad Language**

Game contains bad language



### **Discrimination**

Game contains depictions of, or material which may encourage, discrimination



### **Drugs**

Game refers to or depicts the Use of drugs



### **Fear**

Game may be frightening or scary for young children



### **Gambling**

Games that encourage or teach gambling



### **Sex**

Game depicts nudity and/or sexual behaviour or references



### **Violence**

Game contains depictions of violence



### **Online gameplay**

Game can be played online

The PEGI labels appear on packaging indicating an age level. They provide a reliable indication of the suitability of the game content in terms of protection of minors. The age rating does not take into account the difficulty level or skills required to play a game. There is also a PEGI app to help you understand the rating symbols.

## Advice for Parents

**Ask about games** - <http://www.askaboutgames.com>

**PEGI Ratings** - <http://www.pegi.info/en/index/id/23>

**Common Sense Media** -

<https://www.common sense media.org/blog/gaming-tips>



## Managing Screen time

Put your young person on a 'healthy media diet'. Take a 24 hour period and track their media use then together set limits on time. Consider the difference in time when playing games compared to chatting with friends.

Keep in mind regular breaks and no screen time an hour before bed time.

## Advice for Parents

### Setting up Parental Controls through your Internet Provider

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>

### Parental controls around your home – interactive guide

<https://www.internetmatters.org/parental-controls/interactive-guide/>

### Guidance for many games consoles and devices -

<http://www.internetmatters.org/parental-controls/devices-computers/>

### Amazon Prime, one of the more difficult to find! -

[https://www.amazon.co.uk/gp/help/customer/display.html/ref=hp\\_ab\\_link\\_n\\_201423060?ie=UTF8&nodeId=201423060&qid=1454429529&sr=13-2-ac](https://www.amazon.co.uk/gp/help/customer/display.html/ref=hp_ab_link_n_201423060?ie=UTF8&nodeId=201423060&qid=1454429529&sr=13-2-ac)

## FOMO – Fear of Missing Out

FOMO is used to describe the feeling of anxiety that an exciting or interesting event may currently be happening elsewhere, often provoked by posts seen on social media.

These tips may be useful for helping your child if they are affected by FOMO:

**Listen.** It can be easy to dismiss FOMO and other social media stress as superficial, but for many tweens and teens, social media *is* social life. The more you show you care about how they feel, the more open they'll be.

**Don't judge.** For tweens and teens, connecting with their peers is a normal part of child development. For current parents, it may have meant hours on the phone.

**Encourage their offline lives.** FOMO can chip away at kids' self-esteem, but the best defence is a strong sense of what makes kids unique, worthy, and valuable. Help them participate in sports or drama clubs.

**Set limits.** After all the listening and validating is over, set some basic limits around when and where the phone or computer can be used. Start with turning phones off an hour before bedtime. You can suggest they tell their friends they'll be signing off at a specific time, so they won't be expecting a response.

## Ideas for Family Rules

- Your child's use of technology is on an 'agreement based on trust' arrangement
- Check with your child regularly about who and what they are doing
- Have them teach you about their favourite online websites, apps and forums
- Be their online 'friend'
- Discuss and use parental controls
- Talk openly about the potential misuse and responsible use of the resources online

## Advice for Parents - Parental Controls and Family Agreements

<http://ourpact.com/>

<http://www.breckfoundation.org/technology-safety-contract.html>

<http://www.digizen.org/digicentral/family-agreement.aspx>

[https://www.common sense media.org/sites/default/files/uploads/connecting\\_families/family\\_media\\_agreements\\_k-12.pdf](https://www.common sense media.org/sites/default/files/uploads/connecting_families/family_media_agreements_k-12.pdf)