

What are young people doing online?

Socialising

Social networking sites - Facebook / Instagram / Twitter / Snapchat

Gaming

Using PC's / Laptops / Consoles / Mobile Phones

Talking

Through Email / Instant messaging / Webcam / Chat Rooms

Searching

For inappropriate material - Pornography / Extreme Opinions

Sharing

Personal Information / Photos / Videos / Opinions / Location

Your Digital Footprint

Every time you go online you leave a **trail**. Whenever you go online your computer is given a unique IP Address. Your IP Address is used to track and record all of your online movements. The Internet is an **open environment** - anything that you post can be tracked back to you, even if you delete it afterwards.



Sexting



Sexting is the act of sending sexually explicit messages or photographs, mostly between mobile phones. It may also include online behaviour via webcams or instant messaging.

Why?

Most young people do not see 'sexting' as a problem but as a "bit of fun". Often, there is a lot of peer pressure to take, send and share images.

Dangers

Young people may see 'sexting' as harmless activity but there are risks. Taking, sharing or receiving an image can have a long-lasting negative impact.

IT'S ILLEGAL - By sending an explicit image, a young person is producing and distributing child abuse images and risks being prosecuted, even if the picture is taken and shared with their permission.

NO CONTROL - It's easy to send a photo or message but the sender has no control about how it's passed on.

When images are stored or shared online they become public. They can be deleted on social media or may only last a few seconds on apps like Snapchat, but images can still be saved or copied by others. These images may never be completely removed and could be found in the future, for example when applying for jobs or university.

Sexting

VULNERABLE - Young people may think 'sexting' is harmless but it can leave them vulnerable to:

Blackmail / Bullying / Unwanted attention / Emotional distress

What to do?

It may feel awkward but, as a parent, it's important to explain the risks of 'sexting', how to stay safe and that they can talk to you if something ever makes them feel scared or uncomfortable.

1. Think about ways of starting the conversation - have you just given your child a new mobile phone / has something appeared on TV?
2. Explain the risks - use real life examples / talk about how it would make them feel / talk about the consequences.
3. Reassure your child that you will be supportive and understanding.

If your child has been affected

- Try to remain calm and supportive.
- Reassure your child that they are not alone.
- Listen and offer support – if there is a problem your child will be feeling bad and needs your help, support and advice, not criticism.
- Don't ask questions like "why have you done it", as your child will feel embarrassed and guilty.
- Ask your child what they want to happen – this will depend on the situation but take immediate steps where possible; and reassure your child that the issue will be addressed even if you need a little time to work out the best course of action for the long term.
- Agree a set of actions to address the issue, such as reporting the abuse or getting additional counselling.

Social Networking



Social Networking is an online site that allows you to communicate with people who share interests, activities, backgrounds, or real -life connections.

- Each person has their own profile.
- They allow you to talk to people instantly.
- You can set up groups / communities.

Dangers

Many children make little distinction between real life and online life. Social networks are seen as the “in thing” by young people. There may be a lot of social and peer pressure to join them.

The dangers occur if your child doesn't look after their personal information properly. The risks you need to be aware of are:

- cyberbullying (bullying using digital technology)
- invasion of privacy
- identity theft
- your child seeing offensive images and messages
- the presence of strangers who may be there to ‘groom’ other members



FACEBOOK



SNAPCHAT



TWITTER



INSTAGRAM

Social Networking

DANGER SIGNS FOR PARENTS

If you're worried that your child may be being bullied, threatened or groomed via social networking sites, here are a few of the danger signs to watch out for:

- Your child appears sad, moody or anxious, especially after using their computer or mobile
- They withdraw from or show no interest in social activities
- They avoid school or their grades drop unexpectedly

What to do?

Follow these **TOP TIPS** to help your children stay safe on social networking sites.

1. Remind your child not to give out any personal information -DOB mobile phone number, address or school.
2. Keep your computer in a communal area of the home so you can see what your child is looking at online.
3. Make sure your child understands that they should only make contact with existing friends online - social networking 'friends' aren't the same as real friends.
4. Show them how to limit the people who can see their posts, and point out that when you post on networking sites, other people can 'eavesdrop' on what you're saying, unless you block them.
5. Talk to your kids about what they do online, and join in where you can – learning more about what they're doing online is one of the best ways to help them.

Online Gaming



An **online game** is a video game played over the Internet or on a video game console. Allows lots of gamers to play together (you don't even have to know the people you are playing with)

- Games available on Xbox, PS
- MMORPG – Massively Multiplayer Online Role Playing Games, e.g. World of Warcraft

Dangers

Most common dangers include: **Giving away personal information** - password, email, home address, age // Playing games for many hours at a time with the danger of becoming **addicted** // Increased risk of viruses or malware

HELP DECREASE THE RISKS

- Make sure your computer has an activated security feature such as a firewall, anti-spyware software or anti-virus software.
- Check that your child's username does give away any personal information.
- Encourage them not send their personal details to fellow gamers.
- Never let your child use a current picture of themselves - encourage them to use a animated avatar image.
- Read and understand the ratings for the games that your children are playing or involved in.
- Try and have your child's computer/console in a room that is used frequently by yourself and other family members, this will help you monitor your child's online movements.

Cyber Bullying



Cyberbullying is bullying that takes place via technology. It could be through gaming sites, a mobile device or social networking site. The effects can be devastating!

DANGER SIGNS FOR PARENTS

- Low self-esteem
- Withdrawal from family and spending a lot of time alone
- Reluctance to let parents or other family members anywhere near their mobiles, laptops etc
- Finding excuses to stay away from school or work including school refusal
- Friends disappearing or being excluded from social events
- Losing weight or changing appearance to try and fit in
- A change in personality i.e. anger, depression, crying, withdrawn

IF YOUR CHILD IS BEING CYBER BULLIED

- ★ Save any abusive texts/emails/other evidence.
- ★ Do not respond to or confront the bully, if they get a reaction it might encourage them.
- ★ Get help from a professional - for example, your child's school or the police.

Parental Checklist

The internet is important to young people. They use it to learn, play, socialise and express themselves in all types of creative ways.

The technology young people use in their daily lives can seem daunting. To help them stay safe, it's important that you understand how your child uses the internet.

FOLLOW THIS CHECKLIST TO HELP DECREASE THE RISKS

- I have asked my child to set their profile settings to private – Social networking sites are used by children to share information, photos and just about everything they do! Encourage your child to set their privacy settings to private. They need to think about the information they post online as it could be copied and pasted anywhere, without their permission.
- I have asked my child about their online friends – We know that people lie online about who they are and may create fake identities. It is very important children understand this. Whether they are visiting a social network or a gaming site the safety messages are the same. Children and young people must never give out personal information and only be 'friends' with people they know and trust in the real world.

Parental Checklist

- I have asked my child to show me sites they use** – Your child is including you in their online life and social activity. Show an interest and take note of the names of their favourite sites. Find out how to set the safety features and learn how to report any issues directly to the site.
- Have set appropriate parental controls on my child's computer, mobile and games console** – Filters on computers and mobiles can prevent your child from viewing inappropriate and possibly illegal content. You can activate and change levels depending on your child's age and abilities. You can also set time restrictions for using the internet or games. They can be free and easy to install. Explain to your child why you are setting parental controls when you talk to them about their internet use. See the 'Practical Help and Advice' page to find out how to do this.
- My child has agreed to tell me if they are worried about something online** – Sometimes children get into situations online where they don't feel comfortable or see something they don't want to see. By opening up the communication channels and talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.
- I know where to get help if I'm concerned about my child** – If you are concerned that an adult has made inappropriate contact with your child you can report this directly to Child Exploitation and Online Protection Centre (CEOP). You can also find help if you think your child is being bullied, or if you've come across something on the internet

Practical Help and Advice

ALL PURPOSE E-SAFETY SITES

www.ceop.police.uk www.thinkuknow.co.uk

SEXTING

www.thinkuknow.co.uk/parents/Nude-Selfies-What-parents-and-carers-need-to-know/

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/

PARENTAL CONTROLS

Vodafone - www.vodafone.com/content/parents.html

O2 - www.o2.co.uk/help/everything-else/digital-family

EE (Tmobile, Orange) - ee.co.uk/our-company/corporate-responsibility/sharing-connectivity/digital-living/keeping-children-safe-online

Three - www.three.co.uk/Support/Internet_and_apps

FACEBOOK PRIVACY SETTINGS

en-gb.facebook.com/help/217125868312360

SOCIAL NETWORKING

www.nidirect.gov.uk/social-networking-sites

www.knowthenet.org.uk/knowledge-centre/child-safety/social-network-advice-parents

ONLINE GAMING

www.getsafeonline.org/protecting-yourself/online-gaming

CYBER BULLYING

www.bullying.co.uk/cyberbullying/

Golden Rules for Young People

ON ALL ACCOUNTS

Do you have any of the following on any of your online accounts?
If YES, these details could help people to track you inappropriately?

- | | | |
|------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Full Name | <input type="checkbox"/> Home Address | <input type="checkbox"/> Mobile Number |
| <input type="checkbox"/> Photos | <input type="checkbox"/> School Name | <input type="checkbox"/> Your Location |

TOP TIPS

- ✓ Set privacy settings to **private** so only people that you accept as friends can view your profile.
- ✓ Only upload photos and videos that you'd be happy to show a stranger, your parents or a future employer. Remember - even if uploaded and then deleted it **can still be found**.
- ✓ Before you write anything on your profiles think about whether it will give someone **clues** to find / trace you.



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.