



# Online Safety and Online Bullying

A guide on how to stay safe online for  
parents



# Social Media

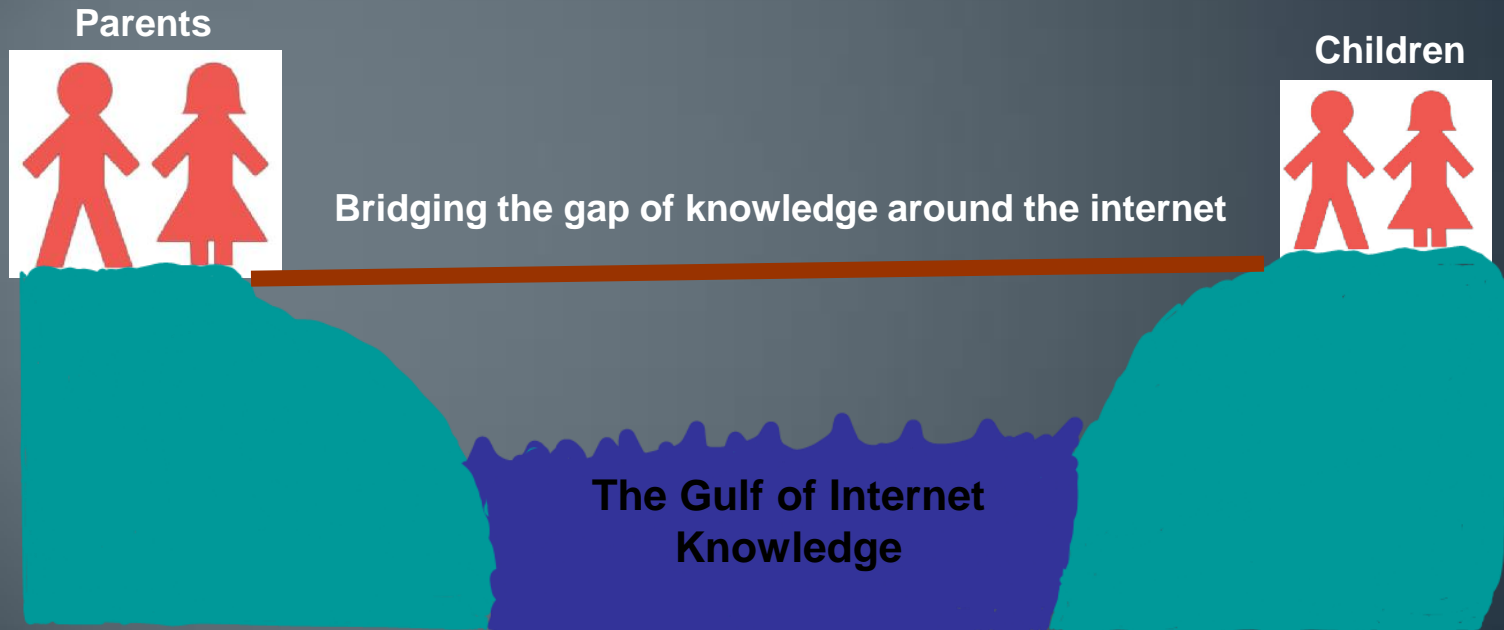
Please remember any photos or video you take today cannot be put on any social media site (you tube, face book etc..) if they in any way show children other than your own. Please see our rules for responsible use for clarification on this point.

**Thank you**

*“Photographs or videos taken at school functions should not be posted on social media sites, file sharing websites or any other media, if they contain images of anyone other than your own child.”*

## The Need for this presentation!

28% of adults refer to themselves as beginners when it comes to new online technology, 7% of six year olds believe themselves to be beginners.



# How children access the internet

## What children do online and through social networking

Children and young people go online to connect with friends, and make new ones, to browse the internet for information, chat with others and play games. They may:

- search for information or content on search engines like [Google](#) and [Bing](#)
- share images and watch videos through websites or mobile apps like [Instagram](#), [Pinterest](#), [Vine](#) and [YouTube](#)
- use social networking websites like [Facebook](#) and [Twitter](#)
- write or reply to messages on forums and message boards
- play games alone or with others through websites, apps or game consoles
- chat with other people through online games, [BBM \(Blackberry Messenger\)](#), game consoles, webcams, social networks and tools like [Whatsapp](#)

When online, children and young people can learn new things, get help with homework, express themselves creatively and connect with friends and family.

# Text Speak!

The government is to launch a social media dictionary so parents can translate popular acronyms used by teenagers online.

The language guide decodes terms such as GNOC (get naked on camera) and ASL (age, sex, location) which are often used by youngsters using anonymous chat rooms to disclose their personal details.

The tool will help eagle-eyed parents spot when their child issues a P999, also known as a parent alert, to make their online friends aware their parents are around.



© Alamy Stock Photo

The government is to launch a social media dictionary so parents can translate popular acronyms used by teenagers online and on smartphones (file picture)

Many of the terms deal with the issue of online sexual relationships, including examples such as IWSN (I want sex now), and LMIRL (let's meet in real life).

- How much do you know?
- Children have created a new language, be up to date on the abbreviations used by many children when communicating online and using mobile devices.
- In September 2015 the government launched a site so parents can keep up to date with current text acronyms.
- It is important to understand what your children are talking about, but also what other people are asking your children!

# What does it mean?

The guide is part of Parent Info, an online service announced today by the Department for Education.

It aims to provide tips on navigating teenage life and give adults the confidence to talk about sensitive topics with their children.

Secretary of State for Education and Minister for Women and Equalities Nicky Morgan said it was crucial that parents were educated on how to keep their children safe online.

She said: 'The internet is an incredibly powerful tool, which is changing the way our children learn and stay in touch. But we must also make sure we do everything we can to help them stay safe online.'

'As a parent myself, I understand how important it is to know your child is safe and that's why this new online service is so important.'

'I hope all schools take advantage of this new resource, which addresses fundamental issues like cyber bullying and body confidence - so that they can help protect their children in this digital age.'

'Cyber bullying, which is now more common than face-to-face bullying, is just one of the areas that Parent Info tackles.'

## ACRONYMS USED BY TEENAGERS ONLINE

**GNOC** - Get naked on camera

**ASL** - Age, sex, location

**IWSN** - I want sex now

**LMIRL** - Let's meet in real life

**IRL** - in real life

**RU/18** - are you over 18?

**WYRN** - what's your real name?

**Zerg** - to gang up on somebody

**POS** - Parents over shoulder

**PAL** - Parents are listening

**KPC** - Keep parents clueless

**P999** - Parent alert

**MOOS** - member of the opposite sex

**420** - Marijuana

**143** - I love you

**183** - I hate you

**CYT** - See you tomorrow

# Social Networks

Social media is widely available and used by children everyday. However did you know:

- Children under 13 may not have a Facebook account, if they do so you break the agreement when you create or they create a Facebook page and as parents you are responsible for this.
- This is the same for other social media sites, snapchat, Tango, Meow Chat, Kik, BBM, ooVoo, WeChat, Skype, Facebook messenger and WhatsApp (WhatsApp minimum age limit is 16!)
- However reporting on these sites can be very difficult and many children create accounts unknown to adults. Safety becomes an issue as they leave children open to strangers, online bullying and inappropriate content.
- Visit the NSPCC Net aware website for information on many different social media sites.
- Talking to your child – openly, and regularly – is the best way to help keep them safe online.

# Risks of using the internet & new technologies

- Paedophiles use the internet to meet young people
- People lying to others online
- Bullying using the internet (online bullying)
- Seeing inappropriate images and material
- Viruses and pop ups
- Sexting



# Benefits of the internet

- Educational games and programmes
- Research information
- The opportunity to communicate with people from all around the world
- The opportunity to share resources and ideas with people that have the same interests
- Shopping around the world without leaving your computer

# How to stay SMART

- Know what your children are doing online
- Ask them to teach you to use any applications
- Keep the computer in a family room - this means you can keep more control of what they do (i.e. Webcams)
- Learn how to check web history and engage with technology

## **S** SAFE

Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.

## **M** MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

## **A** ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

## **R** RELIABLE

Someone online might lie about who they are and information on the internet may not be true. Always check information with other websites, books or someone who knows. If you like chatting online it's best to only chat to your real world friends and family

## **T** TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

# Our Advice to you

- Help your children to understand that they should never give out personal details to online friends - personal information includes:
  - their messenger id,
  - email address,
  - mobile number and any pictures of themselves,
  - Address or school details,
  - Real name or age.
- If your child receives spam / junk email & texts, remind them never to believe them, reply to them or use them.
- Help them to understand the risks of what could happen if they send a picture of themselves to a friend.
- Teach them to be cautious of anyone they meet online!
- Most importantly to talk to you about anything that worries them about online events or exchanges.

# Parents guide to technology

- <https://www.thinkuknow.co.uk/parents/> (CEOP)
- <http://parentinfo.org>
- <http://parentinfo.org/> (Parent info network)
- <https://www.iwf.org.uk/> (Internet Watch Foundation (IWF))
- [http://www.safe.met.police.uk/internet\\_safety](http://www.safe.met.police.uk/internet_safety) (Internet Safety facts by the Metropolitan Police force)
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/> (Online Safety by the NSPCC)
- <https://www.net-aware.org.uk/#> (Social networking advice hosted by the NSPCC)
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/> (NSPCC Share Aware)

# Thank you for watching.

More information is available on our website (under safeguarding) and in our leaflets found in the foyer/reception area by the front desk.

<http://www.sjinf.brent.sch.uk/>

<http://www.sjjnr.brent.sch.uk/>



If you are worried about anything please ask any teacher for help at any time.