Keeping your child safe

# Why we have asked to meet with you…

- Our School Leadership Team and Governors are concerned our children may be vulnerable to exploitation / cyber bullying online

- We are aware many of our families have ipads / tablets / laptops/ Xboxes / PS4s / Nintendo Switches in the homes

- Some of our children tell their teachers they have:
  - their own facebook site and older than their age pegi apps / games
  - spoken to strangers online
  - been cyberbullied / blocked out of games with their friends

- School staff have been working with children to be aware of risks and keep themselves safe online

- We need childrens' parents support to keep their children safe online – like learning to cross a road, learning to swim, ride a bike

True or false

Do you think children & young people been exploited via the following apps?
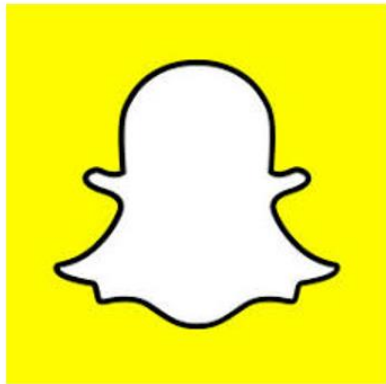
STAYING **SAFE** ONLINE

catch 22

Social Media is all about sharing. While it's a great way to keep in touch with friends and family, these platforms can cause problems. We've all seen people get into trouble because of dodgy tweets, an unwise video or an inappropriate picture- but by following these simple tips you can ensure you're using social media safely.

PHOTOS

Take care when you share photos! There are laws governing the sharing of images. You can find image sharing guidance for young people on the government's website.

PRIVACY

Check your privacy settings are high. Make sure only friends and family have access to your profile. Keep the personal chat personal! Use direct messaging rather than public posts.

PEOPLE

Remember that not everyone is who they say they are- so don't accept or send friend requests for people you don't actually know! Never meet up with someone you have only met online. Discuss it with friends and family to decide together on the best course of action.

POSTS

Share with care. Pause for thought before you post anything. Could it offend or upset anyone? Would you be happy for someone you respect to read it? Remember that once you put something out there, you are not in control of it any more. Even if you remove it yourself, it could have been shared many times by other people.

PERSONAL INFO

Give away as little personal information as possible across your accounts. The more information you put out there, the more vulnerable you are to identity theft or approaches from potential fraudsters or abusers. Don't share your phone number, school details or home address. Think about using a nickname for your accounts, if you don't already.

If you see something online that makes you feel uncomfortable or scared, tell a trusted adult immediately. You can also report your concerns to Child Exploitation and Online Protection command (CEOP) or talk to Childline. You can find out more at: www.saferinternet.org.uk

www.catch-22.org.uk/offers/missing-and-cse/

Photos & Personal Information

- Be very careful what you and your family share on line

- When you and your child choose a profile picture for a social networking website, APPS - avoid photos that could give strangers clues about where you live

- 'Think' about what your confidential information should be shared in public and what shouldn't

- Check your 'location settings' – some sites and apps like Snapchat share your location with other users

- Learn about how you can take care of your digital footprint

Your locker 🔒 ⁰

Sign in

Info and advice ⓘ   **Get support** ✋   **Toolbox** 💼   **Get involved** 💡

Search Childline_ 🔍

TAKING CARE OF YOUR DIGITAL FOOTPRINT

It's important to know what information is collected by your computers and the websites you visit. Learn about your digital footprint and how to keep your personal information and reputation safe.
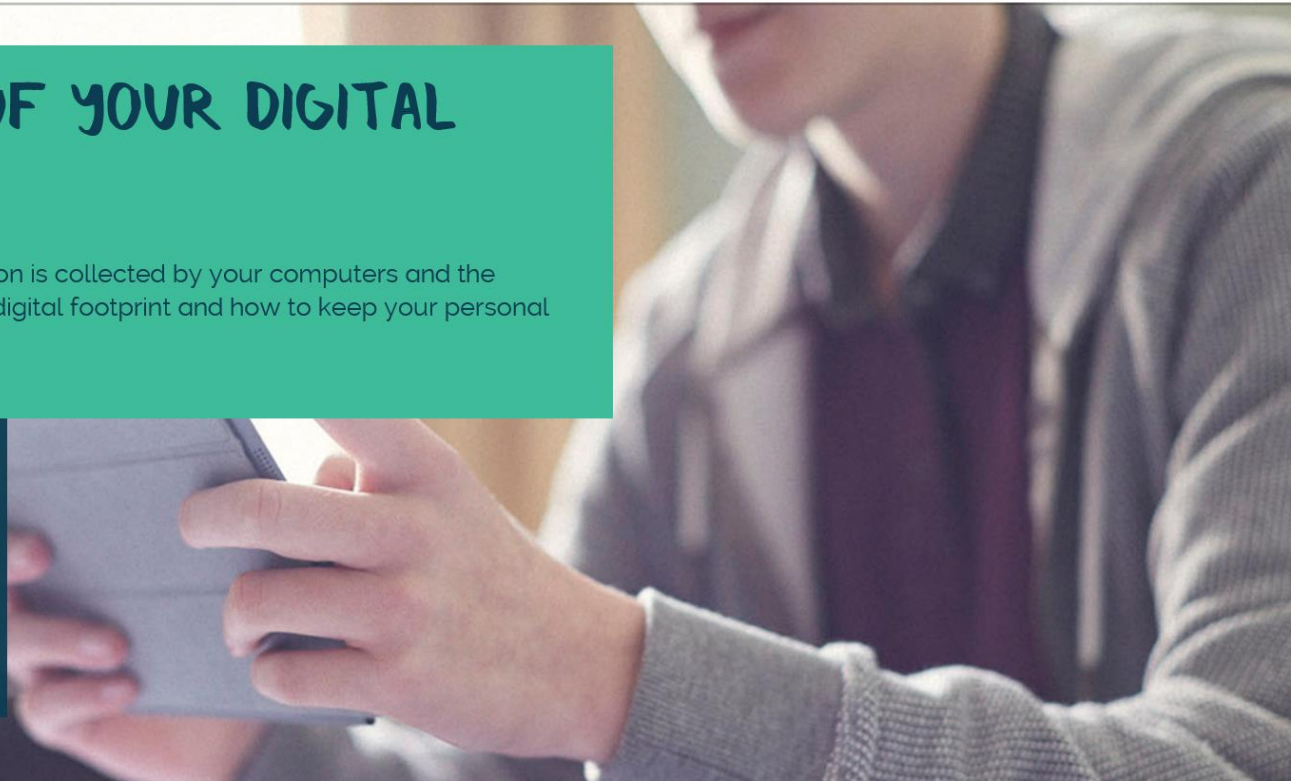
On this page

Why does it matter?

Your online reputation

Deleting things you've shared online

Getting creative online

Keeping your information secure

Privacy

- Never share or reveal your passwords

- Use strong passwords that are hard for others to guess, using a mix of letters and numbers.

- Keep passwords to yourself and change them regularly

- Check your and your child's 'privacy settings' regularly

- Discuss 'privacy settings' with your friends

Think before you post

Don't let your child upload or share anything you wouldn't want their parents, teachers or friends seeing
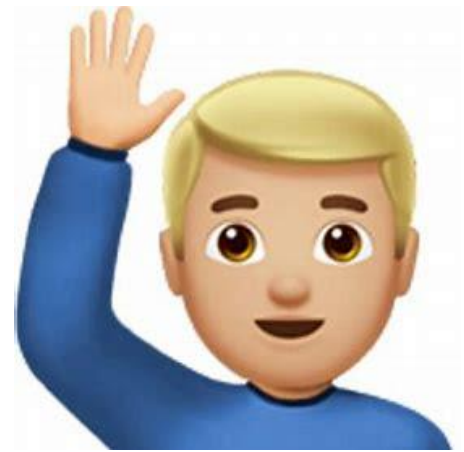
Once you press send, it is no longer private...even 3 second sites are 'screen shotable' & shared

You can't be sure who will end up seeing it, or, who they share it with across the world

https://www.youtube.com/watch?v=_o8auwnJtqE

People

Tell your child:

- **Always** be careful who they chat to
- They need to know who is actually behind the emoji
- If somebody they don't know adds them as a friend, ignore them and delete their request
- Don't share personal information like their address or phone number with somebody they don't know.

https://www.youtube.com/watch?v=FQwkOSLApjQ

http://www.breckfoundation.org/think-u-know-5---7.html

http://www.breckfoundation.org/think-u-know-8---10.html

What's 'online grooming?'

Kayleigh's Love Story

- Anyone can groom someone. A 'groomer' is someone who makes an emotional connection with someone, to try and make you do things like:
  - have sexual conversations online or via text messages
  - send naked images of yourself, which is sometimes called [sexting](#)
  - send sexual videos of yourself
  - do something sexual live on a webcam
  - meet up with them in person.
- They might be old, or young, male or female
- Most of us talk to people online – it's a great way to stay connected. It can even be a good way of making new friends sometimes. But it's really important to understand the dangers of talking to someone you don't know.

Online gaming

- Young people can engage in internet gaming which also allow them to chat with others either vocally or through text.
- This carries with it the danger that these young people may play with adult strangers who are willing to abuse the fact that individuals of any age play these games by building 'friendships' with young people for the sole purpose of grooming them.
- **How to help your children play internet games safely**
- Ensure your child never shares photographs or videos of themselves to individuals online or reveals any of their personal information
- Remind your child not to add individuals they meet through online games on any social media platforms.
- Not all individuals that your child may encounter during internet gaming will be who they claim to be so it is crucial for you to explain this to them.
- It is wise to highlight to your child that they have the ability to block, report and mute other players if they make them feel uneasy in any way.
- Check your child's privacy settings as some games consoles allow you to limit and control what other players can see about your child's profile.
- These privacy settings can also prohibit individuals that your child does not know from contacting them through messages or friend requests.
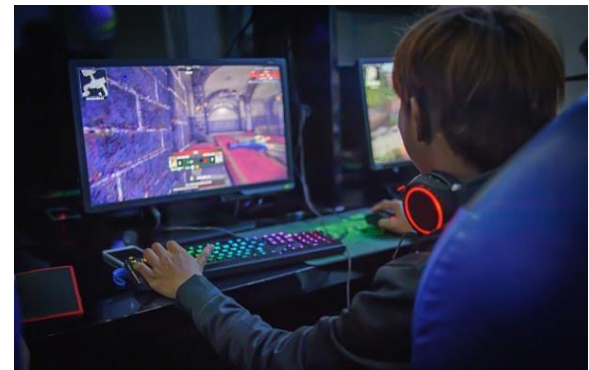
- If you or your child sends someone sexual photos or videos of yourself, you lose control over what happens to them. The other person may end up showing them to other people.

- They could even use the images sent to blackmail / groom your child you for child exploitation. For example, they may say that they'll post them online if you don't keep sending more images. But we can help.

- If you're child is under 18 and someone posts an explicit or nude image of them online you can make a report to the Internet Watch Foundation (IWF). They will contact the website to try and remove it without getting anyone involved.

- **Nobody** should pressure your child into doing something sexual online. If someone is doing this you're not alone. You can make a report to CEOP. Or speak to a Childline counsellor.

CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse. Please complete the below to start your report to one of CEOP's Child Protection Advisors.

I am

Under 18 years old	A parent/guardian	A professional working with children or young people

I am worried about something that has happened to

myself	someone else

Continue

https://www.ceop.police.uk/safety-centre/

Cyberbullying

As well as making a report to us, the CEOP Thinkuknow website has information and advice to help you if something has happened to you online.

> If you are in immediate danger please call the police on 999 straight away. Please also tell an adult you trust who will be able to help you.

Are you being bullied?

If you're being bullied and would like to talk to someone in confidence right now you can speak to Childline on 0800 1111 or talk to them online - no worry is too big or too small. Please also tell an adult that you trust, like a parent/carer or teacher.

Visit the Childline website ⊕

What kind of things do people report to CEOP?

Some of the things children and young people have reported to us include:

- Someone online has asked me to send them nude images
- I shared a nude image with someone online and they are threatening me
- I did something that I was embarassed about on webcam and someone has turned nasty towards me
- Someone I don't know is asking me to live-stream and do things I don't want to do

- Someone online kept asking me to meet them face-to-face and I feel pressured by them
- Someone online was talking to me about sex and it made me feel uncomfortable
- Someone online is putting pressure on me to do things I don't want to do
- Someone I met in an online game keeps trying to talk to me privately

Useful links

- **www.ceop.gov.uk -** Child Exploitation and Online Protection (CEOP) Centre combines police powers with the expertise of business sectors, government, specialist charities and other interested organisations - all focused on tackling child sex abuse.

- **www.childnet-int.org** - Childnet International a non-profit organisation working with others to help make the Internet a great and safe place for children.

- **www.chatdanger.com** - Childnet's Chat Danger website gives details about the potential dangers of interactive services like chat, IM, online games, e-mail and mobiles

- **www.kidsmart.org.uk** - Kidsmart is practical internet safety programme website for schools, young people, parents, and agencies, produced by the children's internet charity Child net International. There are lesson plans and accompanying resources to help teach KS2 & 3 students about Internet safety.

- **www.thinkuknow.co.uk** - Think U Know is a site with areas for children and young people aged 5 - 7, 8 - 11, and 11 - 16 as well as for parents, carers and professionals. There is information and guidance as well as some games demonstrating chat room use.

& finally …advice to all parents

- Keep computers / tablets in a family area and not in children's bedrooms
- Be careful re: children's use of webcams
- Ensure privacy settings are in place on your child's online accounts / online games
- Look at your child's electronic equipment regularly to see if they have downloaded any new apps & delete them **in life you get nothing for free!** Who is behind the free apps?
- Ensure your child does not have facebook / twitter / Instagram account or games with age pegi above their age
- Keep talking to your child about only befriending & communicating with trusted people
- Give your child regular opportunities to tell you about the life they are living in the 'virtual world'

Thank you for listening

Any Questions?

https://www.listentomystory.co.uk/