

Promoting a healthy and safe digital life



Grooming

**Inappropriate
Websites**

Stranger Danger

Trolling

Pornography

Sexting

Fake news

Screen time

Blackmail

Cyberbullying

Scammers

Online gambling

Addiction

Risks:

content....contact.....conduct

Give young people the knowledge about the different risks

Teach the skills they will need to navigate the online risks

Harmful content accessed by young people includes for example:

- **Pornography**
- **Race hate**
- **Pro eating disorders**
- **Pro self-harm**
- **Gambling**
- **Violence**
- **Extremist - radicalisation**

Inappropriate Websites

What to do?

It may be difficult, but talk to your child

...what might they stumble across?

...they should talk to you if something upsets them

...tell them that you are there to support them

**Use Parental Controls but these alone are
not a substitute for educating children**

No filtering tool is 100% effective



How to set up the parental controls offered by BT



How to set up the parental controls offered by Sky



How to set up the parental controls offered by TalkTalk



How to set up the parental controls offered by Virgin Media

www.saferinternet.org.uk

Parental Controls

Give your child a safe space to explore their curiosity online.

Our step by step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience.

[SEE SET UP SAFE CHECKLIST](#)



Checklist: Set up kids' tech devices with safety settings

If you're a parent, carer or teacher and would like to order a free hard copy of this guide or any other guide, please visit <https://www.swgflstore.com> to place an order.

Get started



Set up the device safely



Talk about staying safe online



Set Up Safe

Helping parents keep their children safe online.

internet matters.org

We've designed a simple checklist to give you peace of mind regarding your child's safety on the internet.

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.

Get started

Set parental controls on your broadband to prevent your children seeing things they shouldn't.

For smart phones check parental controls are also set up on the mobile network.

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- Monitor child's screen time
- Establish rules/ limits
- Consider where children have access eg bedroom
- Have a no screen gap before sleep
- Parental role modelling
- Screen free dinners



Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

PEGI ratings: explained



Game is considered suitable for all ages. Comical violence.



May contain some frightening scenes. Violence is unrealistic and directed towards fantasy characters.



Slightly more realistic violence. Mild language used by characters. Sexual posturing and innuendo feature.



Violence towards human characters, including death. Sexual activity within game, but no visible nudity. Use of alcohol, drugs and tobacco by characters.



Adult classification. Violence, death and destruction within game. Characters may glamourise drugs, alcohol and crime and use expletives throughout.

Online Grooming

Groomers are active on gaming sites, chat rooms and social networks, e.g.

Tactics can be:

- Pretend to have similar interests**

- Flattery and compliments**

- Helping with problems**

- Gifts**

- Sexual chat**

- Sharing intimate pictures**

- Chatting privately (chat rooms)**

- Blackmail and bribery**

- Keeping secrets**

Online Grooming

What to do?

Remind young people

- how easy it is to lie online and be convincing
- never to meet an online friend alone
- how to report inappropriate contact
- they can block unwanted contacts
- you are there to support them

Report inappropriate contact to



**It is never a child or young person's fault
if they are harassed or targeted online.**

Talk to you!

Social networking

The over 13 rule



Most social network (and similar) services have this rule,
not just these examples.

Social media pressures and mental health

- Pressures to be online 24/7
- Use social media increasingly to 'solve' problems
- Pressure to be perfect. To look perfect, act perfect, have the perfect body, have the perfect group of friends, the perfect amount of likes on Instagram.

Sexting/ nudes

"Self generated indecent images"

Childline Survey of 13-18 year olds
60% had been asked for sexual images.
40% had created images of themselves.
A quarter of them had sent them.

Young people sometimes assume this is the norm and part of growing up

Influence comes from peer or group pressure and from increased access to pornography

May be related to cyberbullying or grooming

Secondary pupils/students are less likely to seek adult help

Sexting: NSPCC Guidance

From <http://www.nspcc.org.uk>

Advice for parents about talking to your child about creating, sending or receiving explicit images

'Sexting' is an increasingly common activity among children and young people where they share inappropriate or explicit images online or through mobile phones.

It can also refer to written messages.

As a parent, it is important to understand the risks so that you can talk to your child about how to stay safe and what to do if they ever feel scared or uncomfortable.



What constitutes cyberbullying?

- Posting lies or inappropriate things about others
- Impersonating someone online
- Spreading gossip online
- Using someone else's password
- Posting photos of someone else without consent
- 'Liking' a bullying comment
- Sharing a bullying text
- Insulting someone in an online game

Keep the evidence
Don't respond
Tell someone you trust
Block the person bullying
you
Report it

An **upstander** is someone who recognises when something is wrong and acts to make it right.

When an **upstander** sees or hears about someone being bullied, they speak up, and do their best to help, protect and support the person.

How to help

Talk about cyberbullying- listen

Offer support and reassurance

Keep the evidence

Do not reply

Block people

Report to the website

Report it at school if appropriate

Report it the police if appropriate

Rebuild confidence

Howdy

5-7?

8-10?

11-16?

Parent?
Carer?

Teacher?
Trainer?



Welcome to CEOP's thinkuknow website



THINK
U
KNOW

Watch the
Parents' and
Carers'
Guide to the
Internet -

from 7 February 2012

Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it. If you look after young people there's an area for you too – with resources you can use in the classroom, at home or just to get with it. Most importantly, there's also a place which anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online. All the information here is brought to you by the team at the [Child Exploitation and Online Protection \(CEOP\) Centre](#). We hope you like it!

Jessie & Friends – a resource to use with 4-7 year olds



Animated films following the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games.

A storybook for each episode, to help you and your child keep the conversation going.

<https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/>



Band Runner

Helping 8-10 year olds learn to stay safe online

www.thinkuknow.co.uk/8_10



Helping parents keep their children safe online



0-5

6-10

11-13

14+

Get Age-specific advice

Whatever their age, find simple, practical advice to keep children safe online.



Set up devices safely

Set Controls on a range of devices, apps, and platforms with our how-to guides.

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

I need help with an online issue



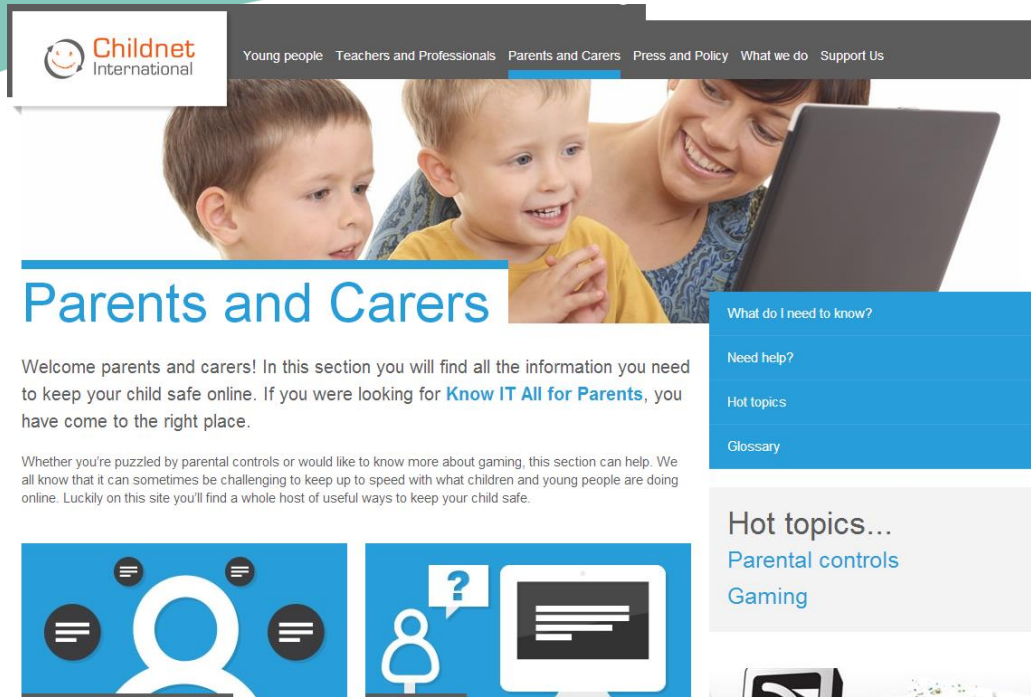
I need to report something



I need help setting controls and privacy settings on a child's device



internetmatters.org



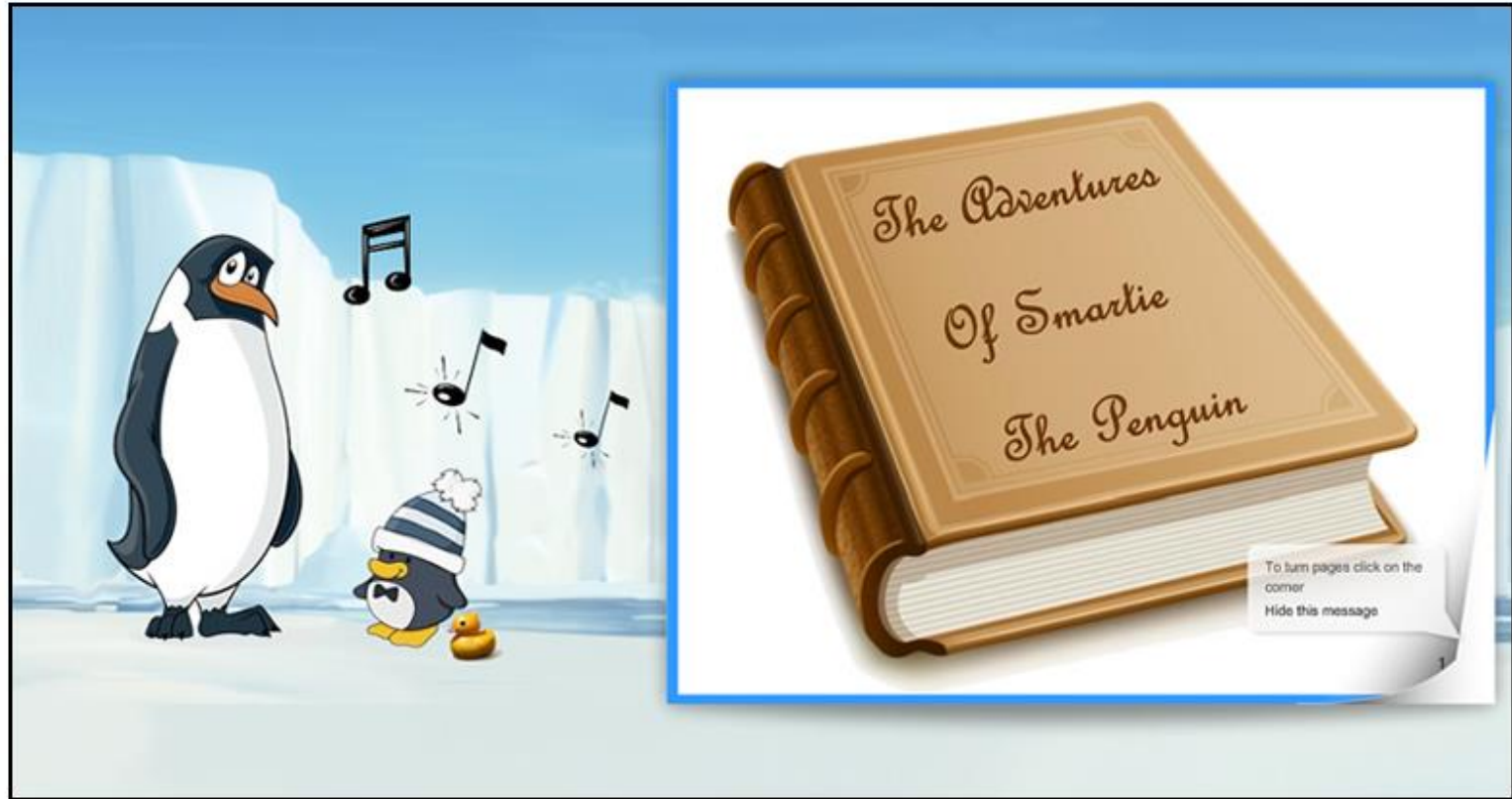
<http://www.childnet.com/parents-and-carers>



O2 and NSPCC helpline and resources







<https://www.o2.co.uk/help/nspcc/adviceline>

Read "The Adventures of Smartie the Penguin"



3-5 year olds
www.childnet.com

A checklist for you

-  **Ask your child to show you the sites they like to use**
-  **Sit with your child to check and manage their privacy settings**
-  **Know who your child talks to online**
-  **Set rules and agree boundaries**
-  **Monitor the games your child plays and check age appropriateness**
-  **Ask your child to tell you if they are worried about something online**

It is never too late or too early to get support.

In an emergency (where someone's safety is in immediate danger) call the 999 emergency number.

Concerns to do with online child sexual abuse can be reported to [NCA CEOP](#).

[Childline](#) anonymously on 0800 1111 or by email to get support.

Talk to you or another trusted adult.