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E-Safety Update for Parents

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- E-safety is a term which means ensuring that children and young people are **protected from harm** and supported to achieve the maximum benefit from new and developing technologies without risk to themselves or others.

- It relates not only to the Internet but also to other ways in which young people communicate using electronic media, e.g. mobile phones.

- As children access the Internet from an early age, parents must ensure that they support their children with using technology and enable them to understand what is harmful online behaviour.

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The facts

Childline contacts about online sexual abuse soars by nearly a quarter
In 2015/16 there were 3,716 Childline counselling sessions about online sexual abuse, a 24 per cent increase from 2014/15.

One in five secondary pupils checks social media in the middle of the night, study finds
Checking social media at night means that teenagers are constantly tired at school, academics say.

Four out of five primary school age children admit to using social media at least once per day.

Six in ten parents say they would let their children lie about their age online to access social media sites
A survey by Aviva also found a third of parents allow their children to use the internet without parental controls.

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The Three Cons – Content

The Internet is an amazing tool for research and education. However, parents need to be aware that children can be exposed to the following content:

- **Adult Content** – Such as pornographic and violence websites. Remember that this can also be associated with video games.
- **Harmful Sites** – Those promoting dangerous behaviour such as self-harm.
- **Ideologies** – Sites administered by those with particular extreme political or religious ideas.
- **Scamming** – Sites which look authentic but will blackmail individuals

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The Three Cons – Contact

The Internet has made the world smaller and individuals can communicate easily with others in the next town or across the world. However, children need to be aware that people can lie and deceive on the Internet.

- **Grooming** – This is the process of an individual trying to make contact with a child or young person.

- **Cyberbullying** – This is mainly done through social networking sites where an individual can bully someone via setting up a false profile. It can also be known as 'trolling'.

- **Scamming** – The process of making contact with someone to gain personal details e.g. ID, bank details etc.

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The Three Cons – Conduct

Most people behave sensibly on the Internet, however some young people do take risks on the Internet and this can lead to more serious consequences.

- **Online Reputation** – This relates to the amount of content that someone may put on the Internet. Negative information could have an impact on future careers.

- **Well Being** – Constantly being online can have an impact on a child's mental well being. It is important that screen time is balanced.

- **Hate Comments** – Making derogatory comments to others which may break the law and could lead to criminal prosecution.

- **Sexting** – Making or sharing sexually explicit images could lead to arrest and prosecution.

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On-line risks.. Overview

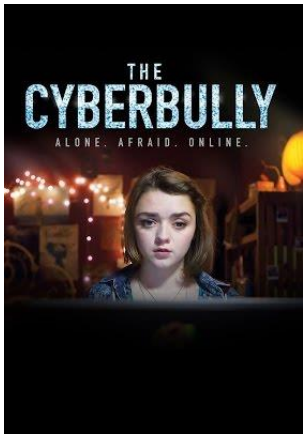
Amanda Todd- click picture

The Internet brings a wealth of opportunities, but children and young people do take risks when using the Internet and do not understand the consequences. Here are some examples:

Cyber Bullying

Bullying someone on the Internet.

A recommended resource is watching the 1 hour film called 'cyberbully' - click the picture for the link to the full film or download it from youtube. It is hard hitting – but an excellent demonstration of how quickly things can happen and how dangerous they are.



Grooming

The process of connecting with someone on the Internet for the purpose of sexual abuse/bullying.

Sexting

The sharing of inappropriate sexual images with others on the Internet

Click the image for the case study of Jessica Logan.

Digital Reputation

The trail of information left on the Internet by uploading different types of content e.g. photos.

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Cyber Bullying

Cyber bullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

It can be different from traditional bullying:

It can be a one off or consistent – but always damaging

- It can occur 24/7
- The bully can be anonymous or set up false profiles
- It can be difficult to remove content
- Comments can be seen by many

Signs of cyber-bullying (bullying.co.uk)

- Reluctance in using technology
- Signs of depression, stress or anxiety
- Aggressive/unexplained behaviour
- Drop in school grades/truancy

Cyber Bullying terms:

Keyboard Warrior/Internet Tough Guy

Flaming

Trash talk

Troll/Troll Bait

Baited out

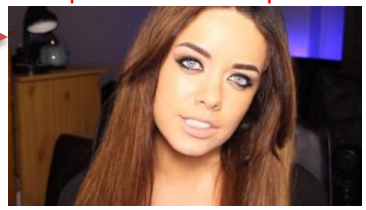
Whispers

Slut shaming

Gang-stalking

Catfishing/False Profiles

Click picture for example



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Digital Parenting

digital Friendly WiFi

In the UK, all Broadband providers have to provide **family filtering** settings to reduce the amount of inappropriate content. Also, when using public WiFi ensure that it has the 'Family Friendly' logo.

Parental Controls

All devices have the ability for parents to set controls and reduce the access to certain features of the device. On smartphones and tablets, this can be features such as the camera and Internet. On gaming devices, parents have the ability to set time limits and the types of games played.

Access

As children get older, it is important that parents still have the ability to monitor what they are doing. Conversations need to take place so that parents know who they are talking to without invading their private life, but by monitoring the different online relationships that they have with others.

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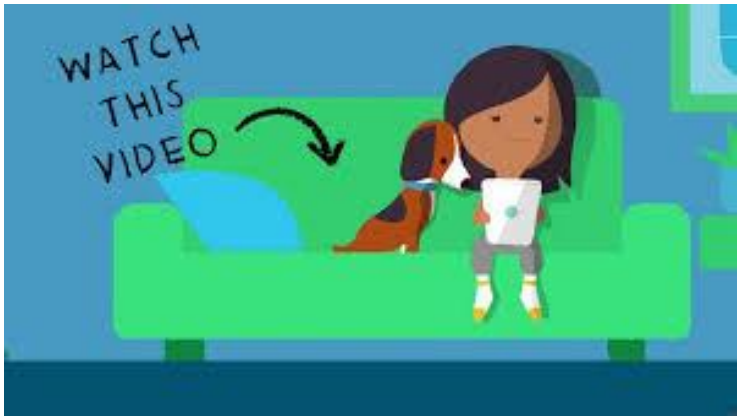
Digital Parenting

Screen Time

Set limits on how long they can be online. It is important that children have active lifestyles and that they don't look at different screens for too long. Also, having 'digital detox' days where children don't have access to their devices is another positive tool.

Personal Information

Emphasize that personal information should NOT be shared. This includes turning off GPS settings so that **individuals do not know what location** you are posting information from.



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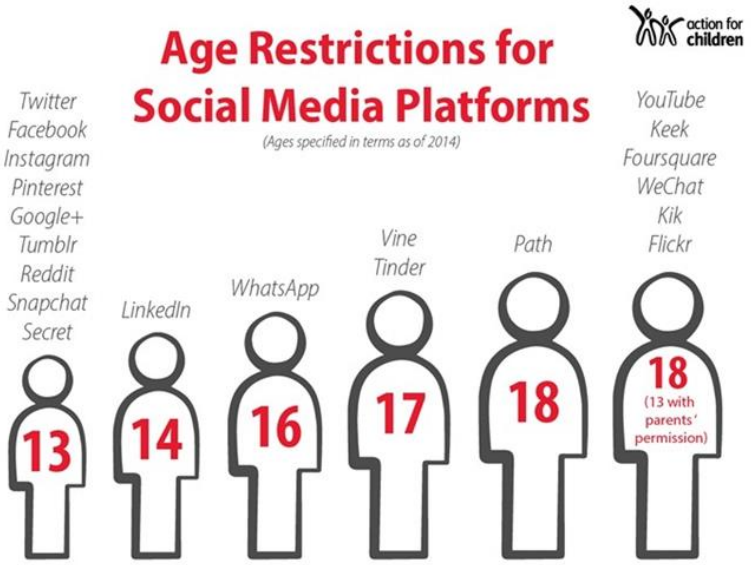
Digital Parenting

Age Appropriate

Peer pressure can mean that some children want access to more mature Apps and video games.

Ratings system are there to support parents and let children know if the content is unsuitable for their age group



Snapchat

Snapchat is also used frequently used by young people and has recently become more popular that Twitter

Snapchat allows users to take short films of up to 10 seconds and share them with people after which time the film disappears.

WhatsApp

WhatsApp Messenger is a cross-platform mobile messaging app which allows you to exchange messages without having to pay for SMS. WhatsApp is used by 40% of 8-16-year-olds according to British online advice site **KnowtheNet**.

SayAt.Me

A site set up to promote anonymous constructive criticism for adults is being used by teenagers – Yorkshire teen committed suicide

http://www.telegraph.co.uk/education/2017/05/18/exclusive-sayatme-app-allows-cyberbullying-centre-police-investigation/

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2016 Update: Risks

Schools warned over cold-calling 'ransomware' scam

Fraudsters posing as government officials are contacting schools in attempts to hold important computer files to ransom, police have said.

Police warn of rise in children bullied by sext

Police are likely to see a rise in cases involving children bullying and threatening each other by posting naked images online.

NSPCC warns of the return of the 'salt and ice challenge' that sees teenagers hospitalised

Social media challenge has seen children burning themselves with salt and ice.

SnapMaps (from SnapChat) - allows users to see the location of their contacts.

This feature allows others to accurately pinpoint where you are.

There are three possible privacy settings:

- Ghost mode, where only you can see your position;
- My Friends mode, where any contact can see your location; and
- Select Friends mode, just those who you choose can see you

ChildNet have posted a thorough explanation of SnapMaps and how to ensure users stay safe.

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Gaming Sites/Apps

Below is a non-exhaustive list of some popular gaming sites children and young people use today.

Call of Duty: Black Ops Zombies Age: 18+

Game where players fight against zombies.
Players can battle alone or in teams of up to 4.

Minecraft: Pocket Edition Age: 7+

A game that lets you build and create a virtual world using building blocks. Other activities include using the multiplayer function to explore the worlds created by other users and to combat, chat and play with them.

Clash of Clans Age: 7+

A combat game where players build their own armies (clans) and battle against other armies from around the world. You can join forces with other armies or battle against others on your own.

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Gaming Sites/Apps

FIFA Mobile Football Age: 3+

A gaming app where you can build and manage your own football team.

IMVU Age: 13+

A virtual world where you create an avatar and connect with people from across the world.

MovieStarPlanet Age: 8+

An online game where you can create a famous movie star character to talk to others in the chat room, play games and watch videos.

Pokémon GO Age: 3+

Pokémon GO allows you to find Pokémon characters and catch them to add to your collection. The map is based on where you are standing (in real life).

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Gaming Sites/Apps

ROBLOX age: 8+

A user-generated gaming platform where you can create your own games or play games that other users have made. There is also the option to chat to other players.

Steam Age: 13+

An entertainment platform which lets you play games and create your own in-game content. You can also chat to other members of the community, through groups, clans, or in-game chat features. Steam allows live streaming.

For more information visit: https://www.net-aware.org.uk a guide created by the NSPCC and O2 which will help keep you up to date with today's digital world.

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Teach the SMART Rules

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.

Meet

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.

Accepting

Accepting emails, IM (instant messenger) messages, or opening files, images or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages

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Teach the SMART Rules

Reliable

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

Tell

Tell a 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.

ChildLine 0800 1111

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If you are worried

In the end, it comes down to trust and **talking to our children**. (NSPCC Tips here)
One idea is to have a digital half hour once a week where you talk about what they are doing online. Hopefully, this enables children as they get older to talk to you about their digital lives.

If you are worried…
If you are worried that your child is being groomed on the Internet, you should:

- Contact your local police force or law enforcement
- Contact CEOP
- Contact the Safeguarding Lead at School

If they are being cyberbullied, your child could contact Childline.

ChildLine 0800 1111

CLICK CEOP Internet safety

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If you have any questions please contact
Dr D Allen (Designated Safeguarding Lead) on
d.allen@ormistonvictoryacademy.co.uk