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# Quick guide for Parents and Carers

## How to support children to stay safe online

Parents and Carers play a key role in supporting children to learn about how to stay safe online through promoting safe use of technology at home. It is difficult to keep up with technology and the wide range of services it provides, we hope that you find this booklet provides a useful reference and quick guide to some areas of e-safety.

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*"If you are going to let your child, for instance, go on social media a bit earlier than they possibly should be, you need to make sure your child is emotionally intelligent enough to so this"*

Scott Freeman, the Co-Founder of Cybersmile Foundation.

# Social networking is a natural form of communicating for young people today;

but how prepared are they to do this safely and responsibly?  Here are a few things you could check to help make sure your child knows how to reduce the risk of unsafe social networking.

- Is your child's online profile private?
- Is your child's profile picture appropriate?
- Has your child given away personal information on their profile?
- Have strangers been trying to contact them through their profile?
- Have they been in contact with people they do not know in the real world?

- Have you ever googled your child's name?
- Has your child uploaded a video of themselves online?
- Are the comments on their profile appropriate? Either written or received
- Has anyone online asked your child for a photograph or webcam image of themselves?
- Is your child easily identifiable through the photographs they have uploaded (e.g. are tagged, or have captions identifying who's in the photograph)?

E-Safety Tip

Keep lines of communication open.  Have ongoing conversations with your child about what they are doing online.  Ask them to show you what they are doing from time to time – become one of their 'friends' just to keep a healthy check on what is happening online.

| | | | | | |
|---|---|---|---|---|---|
| | **WhatsApp** – group text messaging | | **Instagram**– Photo sharing | | **Snapchat:** A messaging app that lets users put a time limit on the pictures and videos they send before they disappear |
| | **Ask.fm** – talk about themselves and selfies | | **YikYak** – social network app – location aware | | **Omegele** – links strangers together anonymously in chat or video room |
| | **Oovoo** – group chats with up to 12 people | | **Tumblr** – visual content | | **Whisper:** Allows users to post whatever's on their mind. It's intended for users age 17 and older |

E-Safety Tip

Make use of the safety tools on social networking sites/apps and use parental controls on your home internet, mobile device or mobile phone provider.

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# Chat Lingo

It can sometimes feel like you are reading a foreign language when it comes to messages sent to and from young people.  Urban dictionaries are available online to help translate some of the unusual acronyms used.  It is impossible to create a definitive list but here are just a few that you might need to know.

| | | | |
|---|---|---|---|
| MIRL | Meet In Real Life | WBU | What about you? |
| S2R | Send to Receive (pictures) | IDK | I Don't Know |
| BANG | Have sex | WIWWY | What Is Wrong With You? |
| ALIHAL | At Least I Have A Life | P911 | Parent emergency |
| ILI | I Love It | PAW/PRW | Parents are watching |
| BARE BACK | Unprotected sex | PIR | Parent in room |
| IKWYL | I Know Where You Live | POS | Parent over shoulder |
| ZUP | What's up? | GNOC | Get naked on camera |

# 'Selfie obsessed' teenager Danny Bowman suicidal after failing to capture 'the perfect selfie'

Danny Bowman, 19, would spend 10 hours a day taking up to 200 photos of himself on his iPhone.  The teenager dropped out of school, remained housebound for six months and lost two stone in an attempt to capture the perfect self-portrait.  Danny eventually became so depressed that he took an overdose, but he was discovered by his mother Penny and rushed to hospital.

According to a recent study called Children, Teens, Media and Body Image **35%** are worried about people tagging them in unattractive photos.  **27%** feel stressed about how they look in posted photos.  **22%** felt bad about themselves if their photos were ignored.

**SkinneePix:** allows users to edit their selfie image by 5, 10 or 15 pounds, with just a single click.

**Facetune:**  edit photos to whiten your smile, smooth skin, remove dark circles etc.

Current trend is 'Am I pretty or ugly?' YouTube Videos.  Mostly girls -- post videos of themselves asking if other users think they're pretty or ugly. These videos are typically public, allowing anyone -- from children at school to random strangers -- to post a comment.  Some of the people in the videos are very young!

Other feedback apps trending are **Instagram**, **Snapchat** and **Hot or Not.**  Did you know there are 300 million monthly active users on Instagram.

A Parents' Guide to Instagram can be found at **http://tinyurl.com/l6l9382**

Using internet enabled devices in their bedrooms gives children a false sense of security and so they are taking greater risks there than anywhere else. Children as young as 10 years old are regularly sending indecent or naked images of themselves to 'boyfriends' or 'girlfriends'

## How can you help your child with self image?

Talk about the pictures they post. Experimenting with identity is natural, and it's very common for children to adopt provocative stances in mobile phone pictures, on their social network pages, and in YouTube videos. But are they doing it only because they think others expect it of them? What pose would they strike if they could do anything they wanted?

Ask how feedback makes them feel. Are they stressed out by others' comments and feedback? Does it make them feel better to be "liked?" Why is external approval important? How do negative comments make them feel?

Help them develop a healthy self-image. Body image is developed early in childhood, and the family environment is very influential on how children view themselves. Emphasize what the body can do instead of what it looks like. Also, be careful of criticizing your own looks and weight.

Rely on role models. Positive role models have an enormous effect on children. Cultivate relationships with women your daughter can look up to. Also, point out celebrities and other famous folks who challenge stereotypes about size and beauty and seem comfortable in their own skins.

Help them stop the cycle. Urge them to post constructive comments that support their friends for who they are, not what they look like.

Help them view media critically. Talk about over-sexualized images or unrealistic body ideals of girls in the media.

# Cyberbullying

Cyberbullying is the use of digital-communication tools to make another person feel angry, sad, or scared, usually again and again.

Examples of cyberbullying include sending hurtful texts or instant messages, posting embarrassing photos or video on social media, and spreading mean rumours online or with mobile phones.

**Removing comments or contact:**

**From Facebook** – go to the *Help Centre* then *Report Something*.

**From Twitter** – unfollow the person, block the user. Go to *Help Centre* then *Safety and Security* then *Online Abuse.*

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**Mobile phone** – If it's someone from the same school, let the school know even though it is happening outside school hours.  Keep records of everything.  If you don't know who it is you could get a new SIM card so that they can't be contacted anymore.  Mobile phone service providers operate a malicious calls helpdesk as part of their customer service.

http://www.parentdish.co.uk/teen/bullying-how-to-tell-if-your-child-is-being-bullied-signs-advice-beatbullying

# Reporting an online incident

- Make sure that you save evidence where possible – screen shots, emails, texts or online conversation histories
- Depending on what has happened, it might be necessary to let your child's school know
- All social media sites have an internal report abuse function so use it if you need to
- If you want to report someone who is behaving suspiciously online towards a child contact 999 if it is an emergency, or otherwise make a report to Child Exploitation Online Protection (CEOP) www.ceop.police.uk
- If you see criminal content online, report this to the Internet Watch Foundation (IWF) https://www.iwf.org.uk/report  This includes child sexual abuse images, crimainally obscene adult content
- If you want to complain about an advert, T.V. or radio programme, film, newspaper, magazine, video game or other type of content online or offline, that you think is unsuitable for children, report it to ParentPort www.parentport.org.uk

Information taken from childnet.com

# Gaming

Research into the effects of gaming suggest that children who play more violent games are more likely to have increased aggressive thoughts, feeling and behaviours.  Too much time playing games can socially isolate a child.  The effects on some children's health can lead to obesity, video-induced seizures, postural, muscular and skeletal disorders and carpal tunnel syndrome.

Some gaming environments can teach children wrong values.  Violent behaviour, vengeance and aggression are rewarded in some games.  Women are often portrayed as weaker characters that are helpless or sexually proactive.  When playing online a child can pick up bad language and behaviour from other people, and may make a child vulnerable to online dangers.

So what is out there to help parents and carers make a decision over which games are safe to buy their children?

All games will have a PEGI Rating attached to them to help explain the content and recommended age rating.  It is illegal for a shop to sell games to under age players.

# PEGI Rating Symbols

**Bad Language**
Game contains bad

**Gambling**
Games that encourage or teach gambling

**Discrimination**
Game contains depictions of, or material which may encourage, discrimination

**Sex**
Game depicts nudity and/or sexual behaviour

**Drugs**
Game refers to or depicts the use of drugs

**Violence**
Game contains depictions of violence

**Fear**
Game may be frightening or scary for young children

**Online gameplay**
Game can be played online

**E-Safety Tip** Set boundaries in the online world just as you would in the real world. It is important t discuss boundaries at a young age to develop the tools and skills children need to enjoy their time online.

Do you know how to add parental controls to games consoles? Find out how at
https://www.thinkuknow.co.uk/parents/Primary/Tools/Parental-controls/

Have you heard of **Let's Play**, **Twitch**, **Upload** and **UStream**? -  They are either YouTube channels or web sites that allow you to view videos of other people playing games. "Where's the danger in that?" you may say, well, the people playing the games may be using bad language and the games that they are playing may not be suitable for your child to view the content, for example, Grand Theft Auto V or Call of Duty.  YouTube do offer parent restriction options.  Once enabled your child will not be able to access videos that have been rated as 18 or over.  To find out more visit
http://www.safesearchkids.com/youtube-parental-controls/

Parents can also set up parental controls through their Internet Provider, find out how by visiting http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls

# Sexting is a crime

The boy, aged 14, who was not arrested or charged, could have his name stored on a police database for 10 years.

The schoolboy, who lives in the north of England, he took the naked photo of himself in his own bedroom.  He then sent it to a girl from his school using Snapchat - an app which deletes direct messages within 10 seconds.

However, before the image disappeared, the girl saved it on her own phone and it was then sent to other pupils at the school.

The matter was brought to the attention of a police officer based at the school and it has now been officially recorded as a crime.

The boy's mother said police had only recently started filing crime reports about similar incidents, something her son says he was not aware of.

However, the school said all students were informed about the recent change in policy.


# Some trending terminology to know

**Fraped** - To hijack, and meddle with, someone's Facebook account while it is unattended

**Ratting -** Your webcam will have been hacked and a 'ratter' can watch your every move by remotely turning on your webcam to watch you

**Trolling -** To purposely sow hatred, bigotry, racism, misogyny, or just simply bicker between others

**Neknomination** – This phenomenon is particularly popular with young people and went viral after friends nominated each other.

**Sexting** – Sending sexually explicit messages/photographs usually between mobile devices.

**Theftie** - Derived from the ubiquitous millennial term for the self-photograph – the *selfie* – only it presumably takes a picture of the "thief" who stole your phone.

**Catfishing** - To set up a fake online profile, usually for the sole purpose of luring another into a romantic relationship.

# Mobile phone security

- Make a note of the phone's IMEI number – the unique identifier can be found by pressing *#06#

- Register the IMEI number (free of charge) on [www.immobilise.com](www.immobilise.com) This service allows police to identify the rightful owner of recovered phones.

- Download apps such as Prey Anti-Theft (iOS and Android) or Lockwatch (Android)

Such apps include features such as: enabling users to lock their devices remotely and even activate a loud alarm that can't be silenced from the device. A picture of the thief is also emailed to your account with details of their location when they try to unlock your phone with the wrong code

# Setting house rules

- Use of technology by your child is on an 'agreement based on trust' arrangement

- Check with your child regularly about who and what they are doing

- Have them teach you about their favourite online destinations

- Be their 'friend' online

- Use parental controls provided by your Internet service provider and/or blocking software

- Always maintain access to your child's online account and randomly check his/her e-mail in their presence

- Talk openly about the potential misuse and responsible use of the resources online

# Further support for Parents and Carers

**Parent Info** at [http://parentinfo.org/](http://parentinfo.org/) gives parents information needed  to help them with issues children can now face from spotting the warning signs of self-harm, to having a healthy body image and managing money in a digital world.

[https://www.thinkyouknow.co.uk/parents](https://www.thinkyouknow.co.uk/parents)
[www.childnet.com/parents-and-carers](www.childnet.com/parents-and-carers)

[www.childnet.com/resources/know-it-all-for-parents](www.childnet.com/resources/know-it-all-for-parents)
[www.saferinternet.org.uk/advice-and-resources/parents-and-carers](www.saferinternet.org.uk/advice-and-resources/parents-and-carers)

[www.kidsmart.org.uk/parents/](www.kidsmart.org.uk/parents/)
[http://www.theparentzone.co.uk](http://www.theparentzone.co.uk)

Also check out Vodaphone's Digital Parenting Magazine
[http://www.theparentzone.co.uk/vodafone_digital_parenting_order_form/5248](http://www.theparentzone.co.uk/vodafone_digital_parenting_order_form/5248)

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