Support for parents, carers and teachers regarding
E-safety / issues

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Key to this document

Disclaimer: *The websites were in date when this booklet was put together, but may not stay that way. If you fine any links that don't work, please email me at the address below. Similarly, if you'd like information to be added on other issues, please do the same.*
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A parent's guide to keeping young people as safe as possible on social media.

The information below is aimed at helping you:
a)   Be more aware of use / misuse of social media sites
b)   Keep updated
c)   Feel more confident at discussing issues with the young people around you

CEOP (Child Online Exploitation Protection)

CEOP say: We try our best to support our pupils to use the internet safely and social media safely. If you have younger children, there are other sections on the site aimed at KS1 and KS2 that you may also wish to look at. CEOP updates parents on latest issues and also has helpful parental clips to watch on e-safety issues via its "Think you know" website.
https://www.thinkuknow.co.uk/parents/

How to download the e-safety (CEOP) button onto your home browser

We teach our students to use the e-safety button should they meet someone online who perhaps they think isn't who they say they are / is trying to make them do inappropriate things.
(Can be used with Firefox / internet explorer / Google chrome)
https://www.thinkuknow.co.uk/parents/
A report can be made by searching on google for the CEOP site.
An adult can also make a report should they suspect something is happening to an under 18.

Thinkuknow
www.thinkuknow.co.uk
A set of sites, each aimed at a different audience (children aged 5-16, plus sites for parents and teachers) with age-appropriate safety tips. Includes a place which young people can use to report experiences where they feel uncomfortable or worried about someone they are in contact with online. Schools often use several of their DVD's in lessons alongside discussions.

NSPCC
Should you prefer to talk to someone, the NSPCC have a helpline for adults
Have a question about parental controls or concern about a social network your child uses? Whatever it is, our expert advisors are here to help.

0808 8005002

Experts will discuss

- setting up parental controls on your computer or other devices
- help adjusting privacy settings
- understanding social networks / concerns about online gaming

This is their website link which is useful too:

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

BBC

Find out what you can do to protect your family and yourself from online safety risks via short video clips

http://www.bbc.co.uk/programmes/p02488p8

Social media sites / apps and young people

Do you feel your child knows more about social media than you do? The NSPCC have produced a parent / carers guide to the most common social media sites as a part of their "share aware" campaign (launched January 2015). It looks at the good / bad points / dangers safety issues / setting privacy settings etc. It is frequently updated.

The NSPCC say: How we developed this guide:

"We've worked with Mumsnet – the UK's largest parenting website – to hear from parents like you. We heard from over 500 mums and dads, who reviewed the top social networks that children use and shared their thoughts with us.
We've also spoken to over 1,850 young people – to find out the most popular social networks and apps and what they thought of them"

Use the link below to find out more and even better, it will be regularly updated! Or, you can request for more information on a social media site your child may use if it isn't listed. Each app is safety rated by both parents and by children.

http://www.net-aware.org.uk/networks/?order=-popularity

Download the NSPCC network safe user guide for parents from this link:
http://email.nspcc.org.uk/q/13V251gKKbXK98m0cbalH/wv

"Know it all" for parents and carers

Access an e-safety presentation with information for parents and carers on getting the most out of your internet and about keeping your child safe online and on their mobiles
http://www.childnet.com/resources/know-it-all-for-parents/kiafp-cd

Kidsmart
www.kidsmart.org.uk
Aimed primarily at parents and people who work with children, this site includes top tips, resources and some "SMART" rules to help teach children how to stay safe online.

Childline –safety clips on you tube
All sorts of issues covered that may worry young people.
https://www.youtube.com/user/childline/videos

DISCUSSING ONLINE GAMING WITH YOUNG PEOPLE

Concerns about your child doing a lot of online gaming?
https://www.youtube.com/watch?v=ZxxeOL4-xTQ&list=UUC3V6FAbcQ5ddq6_uiscRlQ&index=9

Talking to your child about the safety of using online games

Brush up on **Minecraft**
Children love playing Minecraft. It encourages creativity and helps to build team skills. However, it's not without its risks.
Immerse yourself in their world with our guide, developed by the O2/NSPCC Parent's Guide to safe use
https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/minecraft-a-parents-guide/?utm_source=Adestra&utm_medium=email&utm_content=Play%20safe%20on%20Minecraft&utm_campaign=160112-cam-netaware

Tips on safe use (other games)
https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/online-gaming-stay-safe-avoid-risks/

Online bullying

Pupils are encouraged tell someone they feel safe with if feeling uncomfortable online, or if they can't to report the situation online. Childline is a good place for them to talk to someone confidentially between 7am and 11pm daily should they wish (Freephone 0800 11 11 11). They can also look things up online.
http://www.childline.org.uk/Pages/Home.aspx

Reporting an online incident. Information from CEOP

Reporting a naked picture on You Tube
https://www.thinkuknow.co.uk/Teachers/blog/Dates/2013/3/Know-where-to-go/
http://www.youtube.com/ceop

Reporting a naked picture on Facebook
http://www.youtube.com/watch?v=Jb-EtJ4CUK4&list=UUC3V6FAbcQ5ddq6_uiscRlQ&index=2

Risks Children take – Online Grooming
http://www.youtube.com/watch?v=5YhmxypXLO0&list=UUC3V6FAbcQ5ddq6_uiscRlQ&index=6

OR if of a sexual nature use CEOP as mentioned about, or via this link
https://www.ceop.police.uk/

Child Sexual Exploitation (CSE)
If you wish to know more / have concerns or needs support, try this website: Parents against child exploitation
http://www.paceuk.info/
Not in Our Community: Protecting us and our friends from sexual exploitation. Go to the parents tab to find out more, plus a free online course
http://notinourcommunity.org/

Religious grooming online
To find out more, use this Home Office website (go to the parents tab)
http://educateagainsthate.com/

How to report a suspected case of religious grooming / exploitation locally
http://www.humberside.police.uk/issues/terrorism
(Go to report a crime – report a hate crime)

Keeping mobile phones safe / safe mobile use.

Another area you may wish to discuss is the fact that mobile (smart) phones can now be used to "sext" - send sexual and / or pornographic images (sometimes termed as "DIY" porn). There have already been cases where this has led to older offenders joining the group of young people passing around these photos.

• Discuss with your child what information they should and should not give out on their public profile e.g. not to include their mobile number as this may be traced with GPS and location aware smart phones.

• Discuss the importance to their future of putting only appropriate pictures onto their profile and think about what information they may be sending into "cyberspace". It may come back to hurt them one day when applying for a job, wanting to visit certain countries abroad etc. Be careful of leaving a "digital footprint" they may not want later in life.

• People who may wish to misuse photos on social media sites can do a "screen shot" in 3 seconds – a lot of our young people think they are safe at setting their snapchat settings at 7 seconds! Many of these inappropriate photos end up on porn sites without the original owner's consent.

• Remind your child that social media sites in the USA keep all postings for 6 months and here in the UK for at least 3 months, so that the Police can find evidence should they need to. The pictures / comments never really "go".

• In PSHE lessons, we discuss the legal and personal aspects of "sexting", both in the short and longer term.

Remember as a parent, it is likely that a phone used as an alarm, is very likely to be used during the night to receive / send texts / access social media sites etc. Whilst this is a part of teenage life, it isn't healthy to miss a lot of sleep. Maybe a possible area to discuss together? Remember 90% of Year 11's say their parents never monitor their internet / phone use.

Be aware too of how much information you put out on social media if away for a weekend / on holiday. Your settings may be private, but if those of a friend aren't, this information can be circulated, then letting everyone know you are away, and your home empty.

Phone theft / risk of theft
Please warn your child that phone theft is common, and to also be aware to be road aware and not to be texting etc. as they cross the road.
Use this website to find and register IMEI of your phone and then immobilise it should it be stolen / lost.
https://www.immobilise.com/help/registermobilephone

Clips from NSPCC and O2: How to keep your children's devices secure
http://www.nspcc.org.uk/fighting-for-childhood/about-us/partners/nspcc-o2-online-safety-partnership?utm_source=Adestra&utm_medium=email&utm_content=we%27re%20here%20to%20help&utm_campaign=151023-cam-o2-netaware

NSPCC - Top child friendly apps that keep your child safe online

https://www.youtube.com/watch?v=rwkLzlN-xUE&list=PLphGunyHv-vPxv9U3kX3cZV7Au8dIJLas&index=2

Cyber safety, pornography and young people – a summary of facts and helpful support that parents / carers may find useful in helping discussions with younger people.

Some national statistics from 2014:
-The average age nationally for first exposure to pornography online is 11
-80% of all 14-17 year-olds have viewed pornography online, on mobile phones, in magazines, movies or on TV
•More than a third of teens nationally say they rely on getting advice on sex from friends, the internet, magazines and via pornography
•90% of children have accidentally viewed online pornography
•A third of teenagers say they learn about sex by viewing porn

North Lincolnshire statistics from the secondary Adolescent Lifestyle survey published in May 2014 (63% of North Lincs. teens participated).
-69% of 14-16 year olds thought that at least half young people their age had accessed pornography on line. This was far more common amongst boys, 80%, compared with 60% girls.
- Just 33% said their parents monitored their online activity with rates declining with increasing age, from 55% Year 7s to only 13% in Year 11.
- Two thirds of pupils said they were sometimes on line after midnight, most of them at weekends only, and only on occasions. The frequency of late online activity increased with age, from 6% of Year 7s reporting being on line after midnight most nights, to 23% of Year 11

Advice to parents and carers

1. Prepare your child for accidental exposure to pornography. Explain that adults view pornography as some form of 'fantasy' rather than reality and that,

in truth, porn does not reflect real life, real bodies, or real sex – it distorts them. Encourage your child not to hesitate about coming to you about anything they see online which upsets or disturbs them.

2. Make a real effort to get computer literate if you want to support and understand your kids, you need to have a reasonable understanding of their world

3. Demand information from retailers on adult-content filters whenever you buy a new computer for family use (see below).

4. Ask your internet service provider (i.e. BT, Virgin, Tiscali etc.) how to switch on the adult-content filters that they already provide.

5. Apply safe-search filtering to search engines (i.e. Google, AOL, Yahoo etc.) that your family regularly use (see below).

6. Set up different user accounts on home PCs/laptops for every member of the family and activate parental controls on the kid's accounts.

7. Shop around for software that provides extra adult-content filtering.

8. Keep an eye on your kid's browsing history – not to censor or spy on them, but to keep them safe online.

9. Don't forget mobile phones can and often are used to send around images of a sexual / pornographic type

10. Stress to your child that sexual offences committed via social media are growing fast amongst under 18's and if prosecuted the offence will stay on a record forever and will be found via a DBS check in later life.

11) Check times of use (e.g. not at 3am on a school day!)

Laws around sex, pornography and young people

(*Please note, that not all laws can be included here – look at the links at bottom of this page for more detail*)

The Age of Consent to any form of sexual activity is 16 for both young men and women and for both homosexual and heterosexual people. This means it is illegal to have sex under the age of 16, even if both parties involved agree. However if both people are under 16 and close in age and maturity, OR if one person is over 16 and one under 16 and both consent or are close in age and maturity, the police are unlikely to prosecute.

If one of the young people is 12 or under the age of 12, the older person will be prosecuted as it is considered by law that a child aged 12 or under is too young to give consent.

It is illegal for someone over 18 to have sex with a person under 18 if the person over 18 is in a position of trust. E.g. teacher, social worker, foster parent, residential home.

Grooming – it is an offence for someone over 18 who has been communicating with a child under 16 (e.g. in an internet chat room) to meet or travel to meet that child with the intention of having sexual contact with him or her.

Pornography- There are no restrictions around the sale of pornography
It is not illegal to possess pornography showing adults over the age of 18 engaged in consensual sex if over 18.
Offences may be committed where the material is particularly obscene, violent or degrading.
Owning pornography showing children aged under 18 is illegal.
It is illegal for an under 18 to post inappropriate pictures of themselves or others online / make "DIY porn" and post it.
Once a photo is "out there", it cannot be removed.

Date Rape Drugs or similar: It is an offence to give someone a substance without their consent and with the intention of stupefying or overpowering them so that any kind of sexual activity can take place.

Consensual Sex
Since April 2015, the law states that consent to sex cannot be given if drunk, even if over 18. We discuss this issue in PSHE lessons with older students.
Since April 2015, if someone posts a "revenge porn" picture on a social media site / sends it to a porn site, they can be imprisoned for 2 years. The site could be taken down. This applies to under 18's too.

Further information
www.parliament.uk
www.homeoffice.gov.uk

National Sexual health line 0800 567 123

2003 Sexual Health Act
http://www.legislation.gov.uk/ukpga/2003/42/contents

Safe search filtering

Safe Search filtering screens out sites that contain explicit sexual content and deletes them from your search results. Safe Search claims to eliminate most inappropriate material, though filters are rarely 100% accurate.

Although Google, Yahoo and AOL have filters available, by default they only switch them on to moderate filtering. To properly protect your kids you have to switch on strict filtering yourself.

It's fairly easy – by visiting the preferences section of each Search Engine:

Google - http://www.google.com/preferences

Yahoo - http://uk.search.yahoo.com/preferences/preferences

AOL - http://search.aol.com/aol/settings
Your chosen preferences are saved to your computer, but make sure if you use different browsers on the same computer (e.g. Internet Explorer, Mozilla Firefox, Apple Safari) that you set up the preferences for each browser separately.

If you do have an account with Google, Yahoo or AOL, it is worth signing in before setting your preferences. This way your preferences are associated with your account ID and can be carried from computer to computer when you sign in. It's worth noting though that if you accidentally log out (easily done, for example with Google Sign Out is top right near the close window button) the strict filtering will be switched off, reverting to the moderate filtering default - so do keep an eye on whether you are properly signed in

Setting Privacy settings
http://parentinfo.org/article/setting-safety-and-privacy-settings-for-social-media-apps

CYBER CRIME

New parents and carers website on E-safety and cyber-crime issues

www.thinkuknow.co.uk/parents

Parents can visit this website to access advice and support on how to keep children safe from sexual abuse, both online and off. Articles provide guidance on topics as diverse as: challenging harmful sexual attitudes and promoting positive behaviours; helping a child with autism negotiate life online; supporting a child who has been sexually abused; and dealing with a range of online issues

such as sending nude selfies and viewing pornography. Users will find films, downloadable guides and useful links to support organisations.
Families can also use the website to access the CEOP Safety Centre where they can report abuse and exploitation direct to CEOP.
www.ceop.police.uk/safety-centre

Cybercrime: Preventing young people from getting involved
The National Crime Agency (NCA) has launched a public awareness campaign to highlight the increasing number of young people engaging in cybercrime.

The #CyberChoices campaign targets parents of 12-15 year olds who may be involved in hacking or other kinds of online crime without their parents' knowledge. The campaign, also aimed at professionals who work with children and young people, highlights the range of criminal activities that children may be involved in, how to spot signs of potential problems, what the consequences could be and importantly, signposts better ways for young people to use their technical skills.
For further information about cybercrime, and to watch the short film produced for the campaign, visit
http://www.nationalcrimeagency.gov.uk/crime-threats/cyber-crime/cyber-crime-preventing-young-people-from-getting-involved

"Selfies"

Try reading this link if you need to discuss "selfie" taking with young people. Be prepared for it to be a lost cause, although hopefully you can impress on them the importance of leaving a safe and positive "digital footprint" for someone to get a positive future impression about them.

http://parentinfo.org/article/selfies-the-good-the-bad-and-the-downright-irritating
As you can see from the right hand tabs, this site covers many areas that parents may be concerned about / appreciate a bit of help with. If you sign up to the site, they will send you regular newsletter and updates.

From CEOP – 4 short films aimed at parents with information about nude selfies
https://www.youtube.com/watch?v=XjV0lKYpakk&list=PLJpo3oC1S14lORIjgchtnyK7GBoW_rVDO

Last but not least!
Text "slang"

What your child MAY (hopefully not!) be communicating? Don't be caught out!

IWSN	I want sex now	**KPC**	Keeping parents clueless
GNOC	Get naked on camera	**POS**	Parent over shoulder
NIFOC	Naked in front of computer	**Sugarpic**	Suggestive or erotic photo
LH6	Let's have sex	**LMIRL**	Let's meet in real life
CU46	See you for sex	**8**	Oral sex
53X	Sex	**TDTM**	Talk dirty to me
CD9	Parents around / code 9	**IPN**	I'm posting naked
9	Parent watching	**WTTP**	Want to trade pictures?
99	Parent gone	**GYPO**	Get your pants off
PIR	Parent in room		

Good luck in addressing this increasingly complicated area with your child, and I hope this lengthy guide will be of some help.

If still concerned and wish to do a free online e-safety course aimed at parents and carers, do so via this link. There are 3 x 8 minute clips to share some ideas, plus free downloads.

http://parentzone.org.uk/resilient-families