How to keep your child safe online

LANCHESTER EP

The Four C's of Online Safety

Digital Childhood

- 34% of pre-school children (aged 3-4) own their own tablet device.
- By the age of 7, 53% of children in the UK own a mobile phone.
- Over 80% of 10 year olds have their own smartphone and by the start of Year 7 this figure is over 95%.

ONLINE SAFETY

Family agreement

A family agreement is a great way to start a conversation with your whole family about how you all use the internet, and discuss together how to behave in a positive way when online at home, at school, at friend's houses etc. Bear in mind it is difficult to have complete control over your family's internet usage, however a family agreement is a great way to set clear expectations for positive and safe internet use.

Top tips

1. Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.
2. Make sure your agreement works for your whole family and everyone is happy with it.
3. Review your agreement in the future to make sure it reflects the current needs and ages of your family.
4. Consider your tone - Are you focusing on negative behaviour or promoting positive behaviour?

Starting questions

Who is this agreement for?

What do we use the internet for?

Adult's use	Young people's use

Why are we creating this family agreement?

Childnet International

www.childnet.com/have-a-conversation

Communication, Consistency, Structure

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ONLINE SAFETY
IT STARTS WITH
YOU!

APPS AND THEIR AGE RATINGS

13+

- Facebook
- Snapchat
- Instagram
- Twitter
- TikTok
- Kik
- YouNow
- Yubo
- House Party
- Monkey

16+

- WhatsApp

17+

- Sarahah
- YOLO

18+

- MeetMe
- LiveMe

Examples of Text Acronyms Parents Should Know

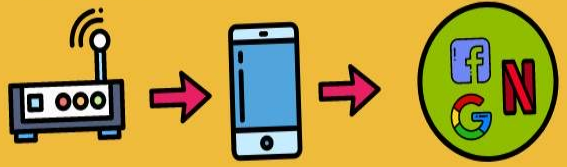
- **PIR** - Parent in room
- **CD9 -** Parents around/Code 9
- **KPC**- Keeping parents clueless
- **(L)MIRL** - Let's meet in real life

How to Use Parental Controls

1. DECIDE WHICH CONTROLS TO USE

2. TALK WITH YOUR CHILDREN

3. IMPLEMENT ACROSS ALL THREE AREAS:
ROUTER,
DEVICES,
PROGRAMS



4. MONITOR THE SYSTEM AND KEEP TALKING

General Tips When Using Parental Controls

Know that you can't control everything.

Don't let your older children be restricted by settings for younger ones.

Note that gaming consoles and other devices have their own separate parental controls.

If you use streaming service, check the options and controls on those as well.

Change your PIN and passwords regularly.

Check to see if your smart TV has separate or more specific options.

Research how kids might try to bypass controls ahead of time.

SCAN ME

UK Safer Internet Centre

www.saferinternet.org.uk

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

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media - provide their customers with FREE parental controls which can be activated at any time.

How to set up Screen Time as a parent on a child's iPhone or iPad

Open ***Settings*** on your child's iPhone or iPad

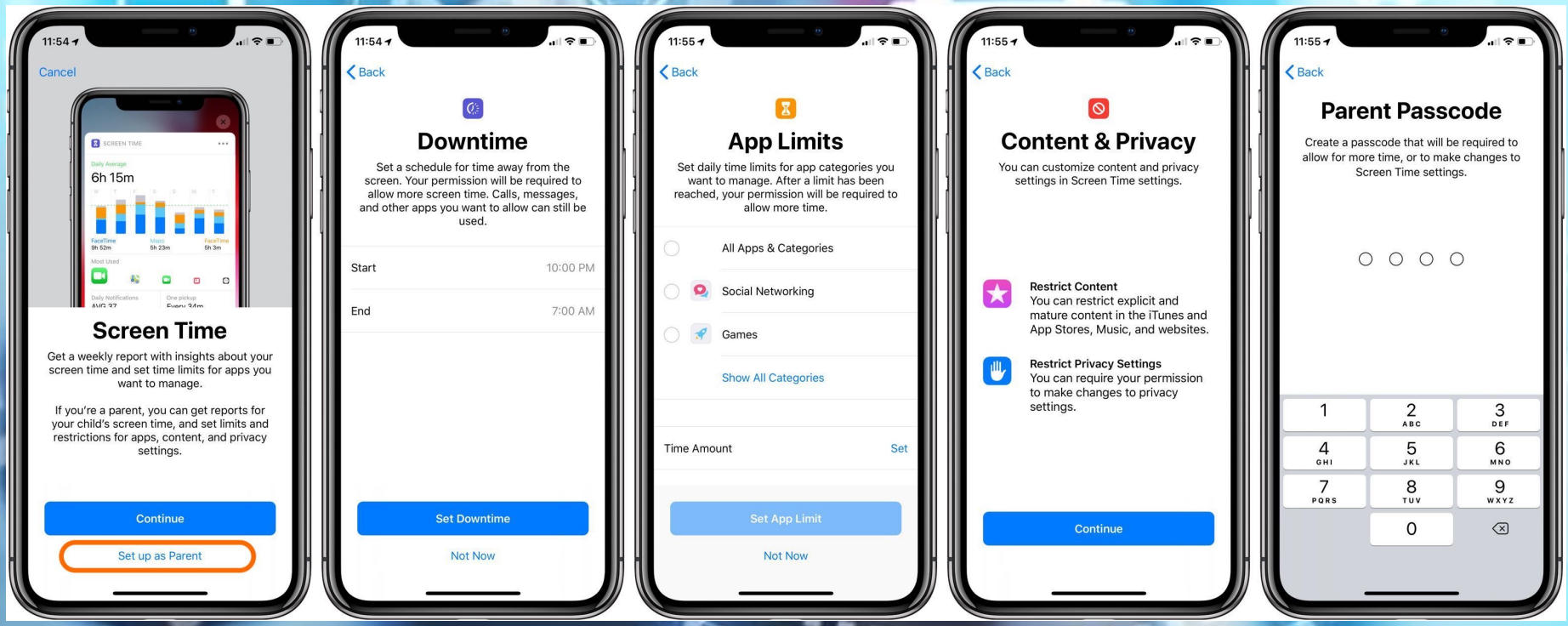
Tap ***Screen Time***

The first time you open Screen Time, you'll see a splash screen with the option to ***Set up as a Parent***, tap that

Follow the prompts to customize Downtime, App Limits, Content & Privacy, and creating your Parent Passcode

If you'd like to make any adjustments, you can always return to ***Settings*** → ***Screen Time***

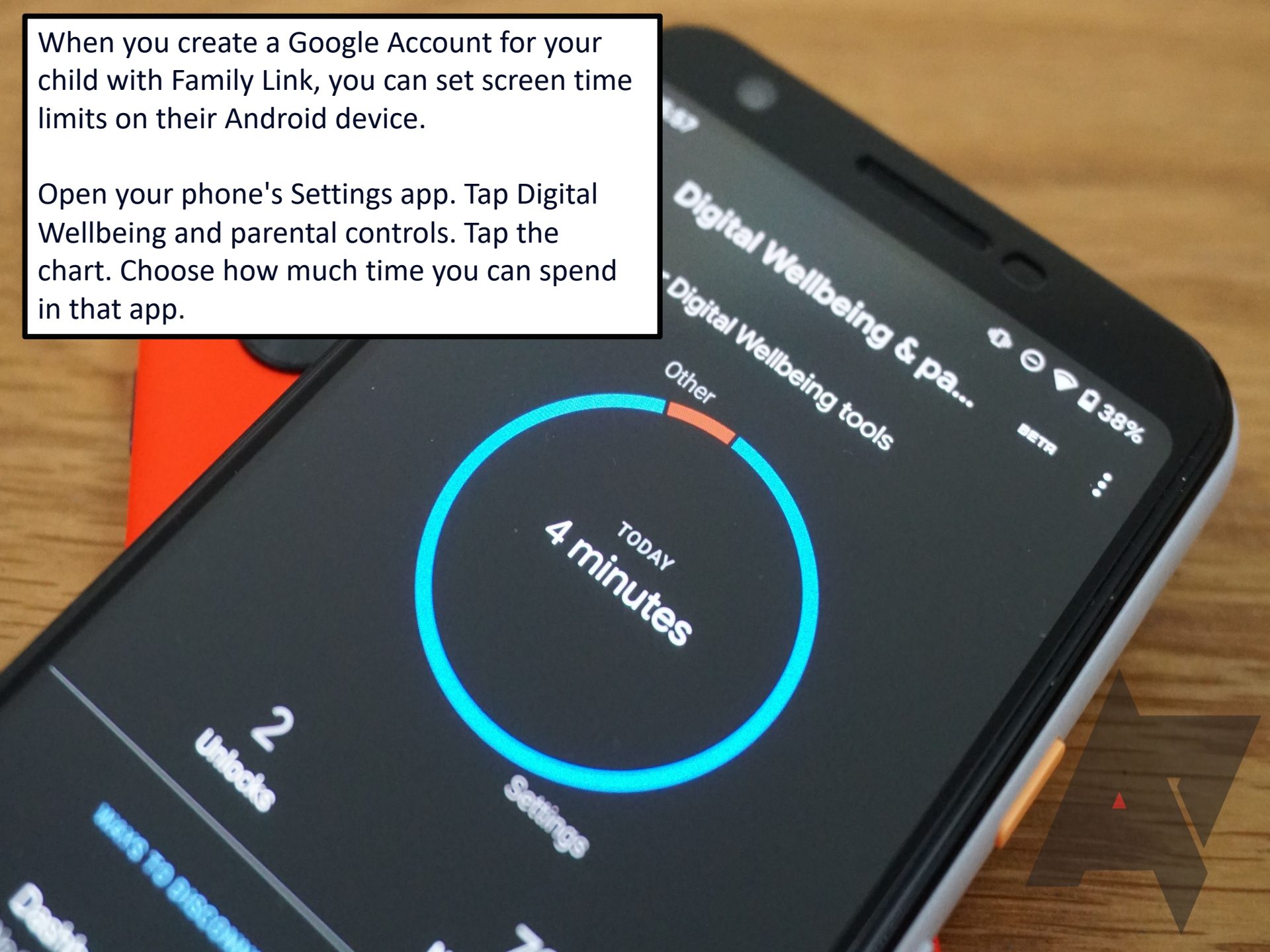
Alternately, you can remotely manage devices connected to your iCloud account via Family Sharing. Head to ***Settings*** → ***Your Name*** → ***Family Sharing*** → ***Screen Time***.



Here’s how Screen Time looks during Downtime and when an app’s limit has been reached:

When you create a Google Account for your child with Family Link, you can set screen time limits on their Android device.

Open your phone's Settings app. Tap Digital Wellbeing and parental controls. Tap the chart. Choose how much time you can spend in that app.



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images for a limited number of seconds, chat with users before messages disappear, and share images with their friends list through a 'story'.

What parents need to know about SNAPCHAT

SNAP MAP

In 2017, Snapchat introduced a new feature called 'Snap Map', which allows users to see the EXACT location of the people on their friends list in real-time and watch stories from around the world. Users can view a map called a 'Snap Map'. This feature completely exposes your child's location and users can potentially follow your child from their home to their school.

'SNAP STREAKS'

'Streaks' tell users how many days in a row they have spoken or sent 'snaps' to one another. What's dangerous about this? It forces young people into putting a false sense of importance on a superficial number to the extent that it becomes something that can make or break a friendship. For example, if a person forgets to message or send a picture to their friend, breaking their 200-day streak, this could cause a confrontation between the friends. This can put an incredible amount of pressure on children to keep streaks.

SCREENSHOTS

While Snapchat's gimmick is that all photos, videos and text disappear after a maximum of 10 seconds, users can still screenshot or save them. Users may sometimes forget that screenshotting is a possibility in the app and send an image to someone they trust.

SEXTING

Due to 'Snaps' disappearing soon after they're received, (users can even send a one second photo or video), Snapchat has become the chosen platform for sending sexually explicit images or 'selfies' to someone. The short amount of time gives children the confidence to send the pictures.

Once a photo/video has been screenshotted, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves.

However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but that taking formal action isn't in the public interest.

National Online Safety Top Tips for Parents

THINK BEFORE YOU SNAP

Ensure that your child knows that 'Snaps' can be screenshotted and teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences, as if the message lasted forever.

TURN OFF 'QUICK ADD'

'Quick add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature.

REPORTING INAPPROPRIATE CONTENT

If your child is receiving inappropriate content, it's important that you report it. First block the sender to prevent any further messages. You can then report this by sending an email to safety@snapchat.com. If the problem persists, contact CEOP at ceop.gov/report.

THINK BEFORE YOU SNAP

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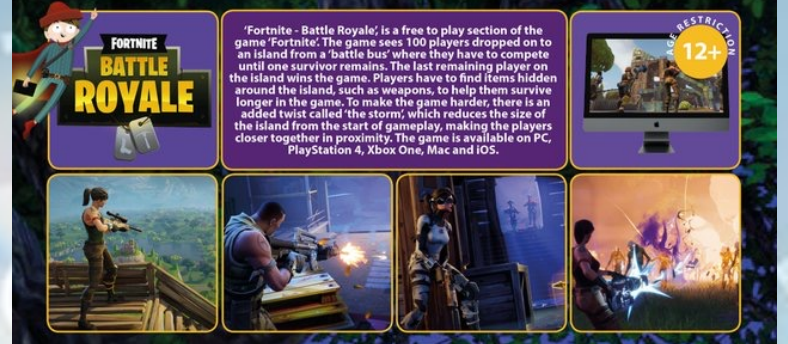
HOW TO DEACTIVATE SNAPCHAT

If your child wanted to delete their Snapchat account, simply deleting the app from their phone is not enough. To deactivate the account, users will have to log in to their account on desktop or on their mobile device (not through the app). Here, you:

1) Go to support.snapchat.com/delete-account
2) Here, click on 'Delete my account'
3) You will then be asked to enter your username and password again

SCAN ME

www.nationalonlinesafety.com



'Fortnite - Battle Royale', is a free to play section of the game 'Fortnite'. The game sees 100 players dropped on to an island from a 'battle bus' where they have to compete until one survivor remains. The last remaining player on the island wins the game. Players have to find items hidden around the island, such as weapons, to help them survive longer in the game. To make the game harder, there is an added twist called 'the storm', which reduces the size of the island from the start of gameplay, making the players closer together in proximity. The game is available on PC, PlayStation 4, Xbox One, Mac and iOS.

What parents need to know about FORTNITE: BATTLE ROYALE

MICROTRANSACTIONS

New featured items are released daily and are only available to purchase within 24 hours of their release. These are cosmetic items, called 'skins', 'gliders' and 'emotes', which change the look of the characters but do not improve the game play. Once purchased, the player has full use of these in the future. The designs are made admirable for players to purchase and even celebrities are endorsing them. Also available to purchase in the game is a 'Battle Pass'. When a new 'Battle Pass' is released, users can play a series of challenges to receive more rewards (cosmetics) by progressing through different tiers. Whatever rewards they achieve can then be used in the game.

IT CAN BE ADDICTIVE

Games can last around 20 minutes but this varies with each game. Children may feel angry if they lose the game and continue to play until they achieve the result they want. The competitive nature of the game may make it difficult for children to stop playing halfway through as it could affect their position in the game.

IT CAN BE PLAYED ON THE GO

The game was released on mobile in April 2018 meaning it can be played without a games console at home. Some schools have reported that the game is distracting their students whilst in the classroom. As the game is available outside of the home, parents may not be aware of how long their child is on the game.

HACKER ATTACKS

News site Forbes said it had seen "dozens" of reports online by people who said their accounts had been compromised by hackers. Hackers gained access to users accounts in the game and spent hundreds of pounds in fraudulent charges.

TALKING TO STRANGERS DURING SQUAD MODE

Interacting with other players in the game is part of the fun as players can communicate with their friends and other players in the game. Players will benefit from wearing headphones makes it difficult for parents to hear what exactly is being said and children may be exposed to inappropriate language. Fortnite includes really good reporting features for players either cheating or misbehaving, and work towards having one of the best online gaming communities.

'FREE' TO PLAY

The game IS free to play. However, if playing on Xbox, you will need an Xbox gold subscription to play the game which is chargable.

NO PROOF OF AGE REQUIRED

Signing up to the game is relatively simple. Users have the option to log in with their Facebook or Google accounts or their email address. When signing up with an email address, there is no proof of age required. If your child is under the age of 12, it is important to check if your child has the game downloaded.

SOCIAL MEDIA SCAMS

There are many accounts on Facebook and Twitter which claim to give away free money (known as 'V bucks') for games which will be transferred to their Xbox Live or PSN cards. Any giveaway promotion from Fortnite will be in game. It is important to check the authenticity of these accounts before giving away personal information in order to claim 'v bucks'. The websites or accounts may ask you to share your account name and password in order to claim the money; if these offers seem too good to be true, they usually are.

WEAPONS AND VIOLENCE

PEGI has given the game a rating of 12+. Even though the game includes violence and weapons such as crossbows, grenade launchers, rifles, pistols, shotguns and more, PEGI say "more graphic and realistic looking violence towards fantasy characters is allowed. Any violence towards human characters must look unrealistic unless it consists of only minor or trivial injury such as a slap"; making the game 'suitable' for children aged 12 and over.

National Online Safety Top Tips for Parents

#1 LIMIT GAME TIME

Parents can use parental controls on Xbox and PC to limit the time your child is playing games on the devices. Be aware that the game is available on iOS and will soon be available on all mobiles. With this in mind, it is worth having a conversation with your child to discuss and agree how long you would like them to spend on games. Even though the games last around 20 minutes, it may be hard to take them away from a game mid play. It may be worth using a limit of the amount of matches they play rather than a time limit.

#2 RESTRICT PAYMENT METHODS

'Fortnite: Battle Royale' is a free to play game, but there are still options to make additional purchases. If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest using a paysafecard, or a games console gift card. These can be purchased in specific amounts, which will allow you to limit how much your child spends and removes the need for a credit/debit card to be used with their account.

#3 SHOW THEM HOW TO MAKE A REPORT

If your child believes a player is playing or talking inappropriately, you should advise them to report them. To report a player, you can use the in-game feedback tool located in the Main Menu of the game. Additionally, you can report a player in-game when spectating them.

#4 PREVENT THEM TALKING TO STRANGERS

There is an option to turn off the voice chat feature, which means they wouldn't be able to talk to anybody, including their friends. Your child will still be able to use the in-app chat and hear other people's conversations. To turn off voice chat, open the Settings menu in the top right of the main Fortnite page, then click on the cog icon. Open the Audio tab at the top of the screen. From there, you can turn off voice chat.

#5 LOOK OUT FOR VBUCK SCAMS

It is important that your children are aware of the scams that they may come across online in association with the game. Open up conversation with them about scams and how they should never share their username or password with people in order to gain anything for the game.

#6 USE A STRONG PASSWORD

It may seem like a simple tip, but it is important that your child selects a strong password when creating an account, particularly if a credit/debit card is associated with the account. This will help reduce the risk of their account being hacked.

Sources
https://www.microsoft.com/en-gb/store/p/fortnite-deluxe-found... https://www.bbc.co.uk/news/newsbeat-43426075
http://fortnitehelp.epicgames.com/ https://pegi.info/ https://www.forbes.com/sites/erikkain/2018/03/12/
fortnite-accounts-hacked-how-to-protect-yourself/#140c7e7ca7f9 what-to-do-if-youve-been-compromised/

© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

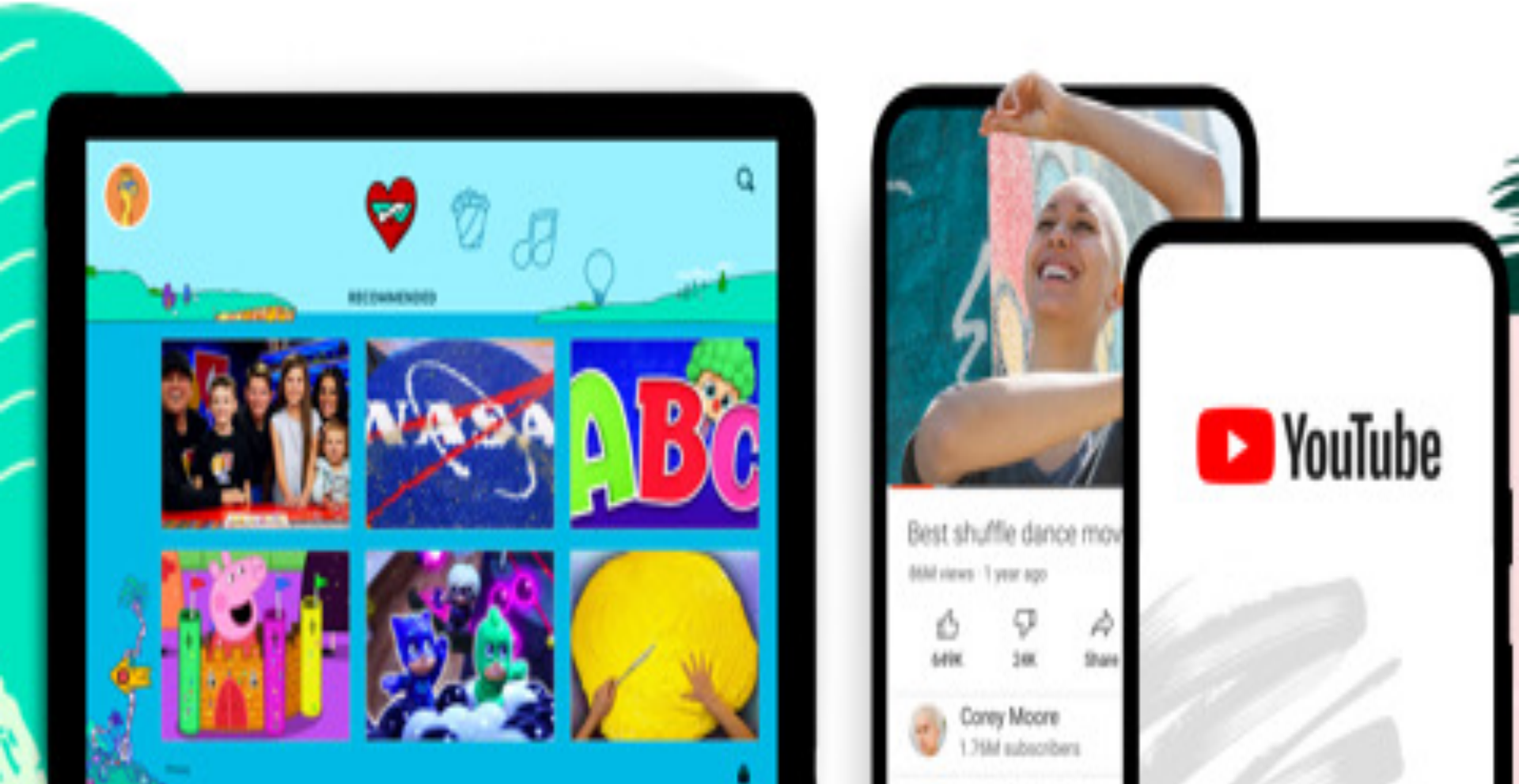
www.nationalonlinesafety.com

YouTube Kids

Separate app made just for kids

YouTube

New parent supervised experience



Greet your child
with a smile,
not a mobile

YOUR MOBILE
PHONE HAS ALREADY
REPLACED YOUR
CAMERA, WATCH,
CALENDAR AND
ALARM CLOCK.
DON'T LET IT
REPLACE YOUR
FAMILY TOO!

I'M BEGINNING TO WONDER IF I WAS
CONCEIVED OR DOWNLOADED

LEARN THE UNDERWEAR RULE

TALK P A N T S

AND YOU'VE GOT IT COVERED!

P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK UP, SOMEONE CAN HELP

ChildLine 0800 1111

ChildLine is a service provided by the NSPCC. 2019391. Registered charity numbers 216401 and SC037717

Be Share Aware NSPCC

NSPCC

Cruelty to children must stop. FULL STOP.

BEWARE

WHAT YOU SHARE

"The Grandma Rule"

Don't post anything online that you wouldn't want your Grandma to see!

Animate 2 Educate

BRINGING THE CURRICULUM TO LIFE

1. Which apps/games are you using at the moment?
2. Which websites do you enjoy using and why?
3. How does this game/app work? Can I play?
4. Do you have any online friends?
5. Do you know where to go for help?
6. Do you know what your personal information is?
7. Do you know your limits?

Stay Safe Online

Remember the 5 SMART rules when using the internet and mobile phones.

S **SAFE:** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

m **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.

a **ACCEPTING:** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

r **RELIABLE:** Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.

t **TELL:** Tell your 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.

How to keep your child safe online