



INTERNET SAFETY FOR PARENTS



Understanding Online Risks:

The use of some forms of technology features is now part of many cases of Child Sexual Exploitation. Perpetrators might use social media to locate and target vulnerable children or they might use a mobile phone as a direct line to a child to facilitate the grooming process.

At the same time, technology moves quickly and it can be difficult for parents to keep up and to know what safeguards might help minimise the risks children could encounter online.

Mobile Phones:

Mobile phones can be a key tool used by perpetrators in grooming a child and many parents have concerns about their child's behaviour.

- At a low level of risk, parents could consider taking a child's mobile from them at night when they go to bed.
- To maintain the privacy and trust, parents can leave the phone with the child but keep the battery and SIM card or lock the phone in a box that the child keeps, while the parent keeps the key.
- At a higher level of risk, consider shutting off the internet at a certain time each night via your service provider or restricting your child's mobile from being able to send photos in messages.
- Apps like Snapchat-a popular app that sends a temporary image file to the receiver to view for a few seconds before the file expires.
- Additional tools available to consider as well, such as 'Selfie Cop'; an app that will send a copy of any photo taken on the mobile to the parent.

Internet Service Providers and Parental Controls:

Filtering and moderation packages are a good way to prevent your child from coming across the majority of inappropriate and harmful content available online. Parental controls generally allow you to:

- ◆ Filter content to restrict access to particular sites, such as pornographic websites
- ◆ Set time limits that restrict the amount of time your child can be online or to set periods of time where your child can access certain sites
- ◆ Monitor online activity so that you can become more informed of certain sites that your child is attempting to gain access to
- ◆ Receive a report where you are provided with information about what sites your child has used

The major internet providers (Virgin Media, BT, Talk Talk, Sky etc) provide some kind of parental control package, but there are also controls you can place on devices themselves (such as computers, mobiles and game consoles) and there are also third party security software packages to consider.

Social Media:

If possible, keep a list of your child's usernames and passwords for all of their social media accounts as this information could be passed on to the police during an investigation or if a child goes missing.

Social networks will generally have a minimum age requirement and most social networking tools now give your child a lot of control over what they share and who they share it with. Through a site's 'privacy settings' you are usually able to control:

- ◆ Who can search for you
- ◆ Who sees what you share (Note: it is a good idea to restrict accounts for young people to friends only)
- ◆ Who can post information about you.

It is important that you stay up-to-date with the privacy settings for any social media that your child uses and to help them stay in control of their profile.

What is my child doing on Facebook?

Just like adults, teens use Facebook to connect with friends — through chat, personal messages and sharing photos, videos, links and other kinds of information. They use Facebook to announce achievements, wish each other a happy birthday and plan social events — like going to the cinema or to a friend’s house.

Who can see my child’s posts?

Facebook enables people to control the audience of their posts. Encourage your kids to review their privacy settings and to make sure that they consider the audience when sharing content on Facebook. Also, encourage your kids to use their [Activity Log](#), a powerful tool that enables people to review and manage what they've shared on Facebook. With your Activity Log, you can manage who sees your content across Facebook. No one else sees your Activity Log.

Start a conversation:

Parents don’t need to be social media experts in order to ask questions and begin an ongoing dialogue with teens. Have conversations about safety and technology early and often, in the same way that you talk to your kids about being safe at school, in the car, on public transportation or playing sport.



TIPS FOR PARENTS:

- **It can be tough to keep up with technology. Don't be afraid to ask your kids to explain it to you.**
- **If you're not already on Facebook, consider joining. That way you'll understand what it's all about!**
- **Create a Facebook group for your family so you will have a private space to share photos and keep in touch.**
- **Teach your teens the online safety basics so they can keep their Facebook timeline (and other online accounts) private and safe.**
- **Talk about technology safety just like you talk about safety while driving and playing sports.**

The Basics:

Your Child's Favourite Sites or Apps Online:

- Awareness of what sites and apps your child is using is vital to ensuring that they are keeping safe on the internet. Social networking sites and apps such as Facebook, Twitter, Instagram, and Snapchat are the most popular.
- Having informal but honest conversations with your child about the sites and apps they have access to is important to ensure they are age appropriate but also for future reference if there are concerns regarding potential exploitation, bullying or inappropriate behaviour.
- Also ensure your child has appropriate privacy settings enabled on sites such as Facebook so that only friends they know are able to view their profile, photos and direct message them.

Safe Browsing :

- Ensure that your browser is set to enable all in-built security and safety features or settings. An example would be, Microsoft Internet Explorer which is one of the most popular internet browsers and it offers extensive security and privacy settings. These can be found by clicking “Internet Options” on the tool bar, then “Security” and “Privacy” options to check what settings are activated.
- Search engines such as Google also have some “SafeSearch” options found in “Preferences” and this can restrict access to explicit or offensive sites such as sexual websites or content appearing in search results.

The Basics:

Sexting:

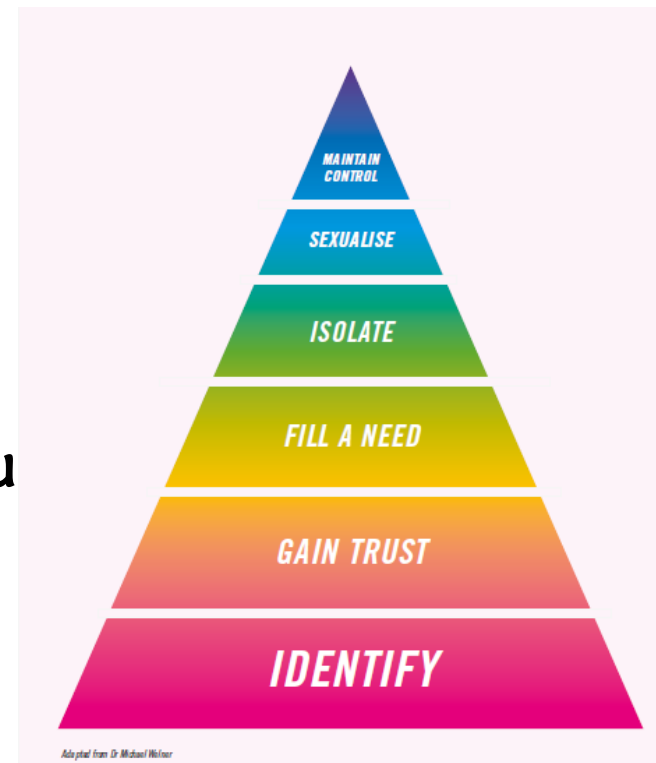
- Sexting, or the sending of a sexually explicit image, can be a feature of sexual exploitation. Sharing indecent images in this way is colloquially known by the term ‘sexting’ and it can have extremely damaging effects.
- The reality is that many children are sharing images of themselves and in some cases these are the result of grooming and facilitation by adult perpetrators.
- Retrieving or removing the image might not be possible, but there are ways to report indecent images. Recent media coverage has highlighted how complicated the law is when it comes to the phenomenon of sexting, as a child who sends an indecent image of themselves could be considered a perpetrator under the law.

Flashing:

Flashing is when someone indecently exposes themselves to you. This can happen in real life, in a text message or via Webcam. Flashing can be intimidating and is sometimes used as a way of grooming young people. This is not acceptable. The person who is flashing is breaking the law under the Sexual Offences Act 2003.

HOW DOES THIS HAPPEN?

- ◆ An abuser might pretend to be a boy/girl their age
- ◆ They might even pretend to be someone they know
- ◆ They chat and flirt online, then start talking to them about sex
- ◆ They then ask for naked selfies, or to go on Webcam naked
- ◆ They then threaten: “I will share this picture with everyone you more things on Webcam!”



Grooming:

Grooming is when an adult makes contact and becomes friends with a young person, with the intention of abusing them.

It is vitally important to carefully monitor who your child is 'friends' with online. Adults wanting to groom young people have easier access to them through the internet. If your child has online friends who they do not know in the real world, **STRONGLY ADVISE THEM TO DELETE/CEASE CONTACT WITH THEM.**

If they do not know someone in the real world, why would they want to befriend them in the virtual world?

If you discover your child is talking to someone they do not know in real life, who might be posing as a young person, is encouraging them to take part in sexual activity online, encouraging them to meet up in the real world or is pressuring them to do something they might not be comfortable with, there is something you can do.

You can report to CEOP (Child Exploitation Online Protection) via: www.thinkuknow.co.uk.

Remember:

While it is rare that your child may be approached online by someone wanting to groom them, there have been many high profile cases with tragic outcomes that would make any parent worried about this happening to their child.

Please ensure you are vigilant and are taking the following appropriate steps:

- ◆ Discourage your child from adding or accepting friend requests on sites such as Facebook if they don't know the person or if they are not direct friends with the person
- ◆ Ensure your child is not emailing, instant messaging or text messaging a stranger that they have met online or who has added them on a site such as Facebook
- ◆ Ensure your child does not arrange to meet up with a stranger or someone they have been chatting to online or via text message
- ◆ If your child receives an inappropriate friend request, message or photo from someone online then ensure that it is reported to CEOP and also the Police
- ◆ Ensure your child has 'Location Services' disabled on all sites and apps that they use so that potential groomers or exploiters aren't able to locate where you live or where the child is during the day

Reporting to CEOP:

CEOP is the UK's law enforcement agency dedicated to tackling the exploitation of children. CEOP respond to crimes which have already been committed, or concerns that a child is at risk of being sexually exploited. This includes:

- ◆ Suspected grooming
- ◆ Production and distribution of indecent images of children
- ◆ Other suspected child sex offender activities

What you need to do?

◆ SAVE THE EVIDENCE:

Whether it's a text message, chat, email or Facebook page, make sure there is a record of it.

◆ REPORT:

Report the comment or page to the site that is hosting it. All major social networking providers have reporting processes.

◆ BLOCK:

Block the people who are sending the messages.

◆ CONSIDER TALKING TO THE POLICE:

Comments of a sexual nature on their profile are against the law. The police can do something about it

www.thinkuknow.co.uk

S

SAFE:

Keep safe by being careful not to give out personal information (name, email address, number, school) to people you don't trust.

M

MEETING:

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parent's permission, and even then only when they go with you.

A

ACCEPTING:

Accepting friend requests, emails, IM messages or opening files, pictures or texts from people you don't know or trust can lead to problems.

R

RELIABLE:

Someone online may be lying about who they really are.

T

TELL:

Tell your parent, carer or a trusted adult if someone makes you feel uncomfortable or worried.

Useful Links:

Information for parents on social media:

<https://www.facebook.com/safety/groups/parents/>

<https://support.twitter.com/articles/470968#>

<http://www.kik.com/legal/>

<https://help.instagram.com/154475974694511/>

Read about the parental control packages available from the major providers:

http://www.productsandservices.bt.com/products/topicId=37062&s_cid=con_FURL_parentalcontrols

<https://sales.talktalk.co.uk/product/tv/ptv>

<http://store.virginmedia.com/discover/broadband/your-broadband/protect-family/parental-controls.html>

<http://www.sky.com/shop/broadband-talk/broadband-shield/>

<https://www.plus.net/home-broadband/protect/>

Reporting abuse online:

Child Exploitation Online Protection: <https://www.ceop.police.uk/Ceop-Report/>

As part of the National Crime Agency, you can report online grooming behaviour to CEOP. Fill in a report form if someone is acting inappropriately towards you, a child or a young person you know, such as sexual chat or being asked to do something that makes you feel uncomfortable or if someone is insistent that you meet up.

The Internet Watchdog Foundation: <https://www.iwf.org.uk/report>

The UK Hotline and takedown service for reporting criminal online content, including child sexual abuse content hosted anywhere in the world.

Reporting Abuse on Social Media Websites:

<https://www.facebook.com/help/181495968648557/>

<https://support.twitter.com/articles/37370#>

<https://help.instagram.com/192435014247952>

Safeguarding Information Booklet

A copy of our Safeguarding Information Booklet can be located on the school website using the link below;

<http://www.spaldingacademy.org.uk/news/?pid=0&nid=1&storyid=84>

Thank you for attending, please collect a copy of each information leaflet on your way out.