

Chorlton High School

Digital Safety

(Parents/Carers)

- Discuss some of the risks young people face in the digital age
- Introduce a strategy for bringing your offline parenting skills online
- Give you the confidence to help your teenagers manage their digital lives



New technologies inspire children to be creative, communicate and learn. However, while the internet is a great resource, it is important that children and young people are protected from the risks they may encounter.

Roughly two-thirds of UK children go online daily from their own bedroom – the internet is a key part of their world.



“

Parenting in the digital age doesn't need to be overwhelming. In fact, it isn't so different to parenting in the offline world.

”

NSPCC

www.nspcc.org.uk

More than 7 in 10 parents have looked for or received information or advice about how to help their child manage online risks

There were over 12,000 counselling sessions with young people who talked to Childline about online issues last year

Almost 1 in 4 young people have come across racist or hate messages online.

One in five 8 to 11 year olds and seven in ten 12 to 15 year olds have a social media profile.

In 2016, the Internet Watch Foundation identified over 57,000 URLs containing child sexual abuse images

There were over 2,100 counselling sessions with young people who talked in Childline about online child sexual exploitation (CSE) in 2016/17

1 in 3 children have been a victim of cyberbullying.

1 in 4 children have experienced something upsetting on a social networking site.



Bullying

Potential Harm

- 46% of young people say they've been bullied at school
- 38% report experiencing cyberbullying
- Bullying was an issue for young people well before the internet but it can feel harder to escape when it moves online

What Can you do?

Who: Block or report any users who are causing trouble

Where: Some sites (like Ask.fm) are more associated with bullying than others – your teenager can avoid them to reduce risk

What: Take screenshots of bullying messages or photos to preserve the evidence



Mental health

Potential Harm

- One tenth of young people aged 5 to 16 have a diagnosable mental health problem
- The internet can be a source of comfort to young people struggling with their mental health but it can also exacerbate existing problems
- Research suggests 10% of 9-16 year olds in the EU have visited a 'pro-ED' (pro-eating disorder) website

What Can you do?

Who: Talk about how to choose supportive online friends. Deleting negative or rude Facebook contacts is a good first step

Where: Watch for warning signs that your teen might be visiting 'pro-ED' websites or other harmful content. Young people struggling with offline issues may reinforce them online

What: Point them in the direction of mental health resources specifically for young people like YoungMinds



Sexual Images

Potential Harm

- In 2014 one in seven children reported seeing a sexual image online in the past year
- Around 40% of 14-16 year olds say they have a friend who has engaged in 'sexting'
- It is now a criminal offence to seek sexual images of a minor

What Can you do?

Who: Remind your teens that asking someone underage for a sexual image is now illegal

Where: Point out that sites and apps promising anonymity aren't always as secure as they might seem

What: Make sure they know about sources of healthy, age-appropriate and reliable information about sex (Brook, for example)



What can you do?

“Resilience online is best reached through supportive and enabling parenting, encouraging the development of digital skills and allowing children to take risks and develop coping strategies in the online world, just as we would in the offline world.”

- The Oxford Internet Institute, 2014



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What can you do?

“Resilience online is best reached through supportive and enabling parenting, encouraging the development of digital skills and allowing children to take risks and develop coping strategies in the online world, just as we would in the offline world.”

- The Oxford Internet Institute, 2014

If you or your child are worried about abuse online you should look for and report to CEOP (The *Child Exploitation and Online Protection* Centre).

Potentially illegal content can also be reported to the IWF.



Look for the Click
CEOP button

Illegal content can be
reported to the Internet
Watch Foundation
www.iwf.org.uk



Social Networks

Social media are computer-mediated technologies that facilitate the creation and sharing of; information, ideas, career interests and other forms of expression via virtual communities and networks



As of the 4th quarter of 2016:

- Facebook claims to have 1.86 Billion active users on Facebook
- 600 Million active users on Instagram.

This means that roughly **1 in 4 people in the entire world** have been active on their Facebook account in December 2016!



Social Networks

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If you are going to allow your child to have a social media account:

Be their friend on the account, talk to them about what they are up to, follow their online interactions.

It is probably best however not to 'like' every thing they post.



Setting safety and privacy settings for social media apps

Minimum age: 13

Facebook's privacy settings let your child control who sees their posts and timeline.

Click or tap the padlock icon at the top of any page and this takes you to Privacy Shortcuts in the drop-down menu for further instructions. On the mobile app you will find it under More at the bottom of the screen.

Your child can also block someone (click or tap the padlock icon on the right side of their timeline, then select How do I stop someone from bothering me and type in their user name), and report abusive or offensive content (choose Report post after clicking the arrow to the right of the name of the person, or Report group by clicking on the three dots to the right of Notifications at the top). On mobiles and tablets, go to Privacy Shortcuts (see above) and then click on How do I stop someone from bothering me.

Facebook tops the list of sites children sign up to underage.

52 percent of eight to 16 year-olds admit ignoring the official age limit.

WhatsApp is used by 40 percent of eight-to-16 year-olds.

Blackberry Messenger is used by 24 percent, and **Snapchat** by 11 percent.



Setting safety and privacy settings for social media apps

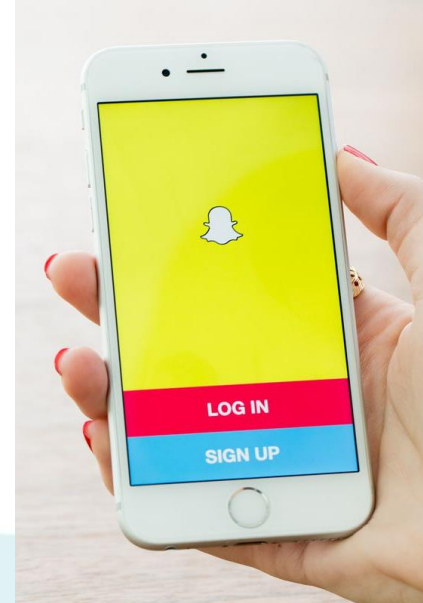
Minimum age: 13

Snapchat has two privacy settings, one for who can send your child Snaps and another for who can view their Stories.

To change these privacy settings, tap the gear icon in the top right of the Profile screen to access Settings.

To change Who Can Send Me Snaps within Settings, tap Send Me Snaps and choose from Everyone or My Friends. To change Who Can View My Stories within Settings, tap View My Story and select either Everyone, My Friends or Custom. Any changes will be saved when you press the back button.

To block someone, go to My Friends, tap on the name of the person you want to block, then the gear icon, which brings up a list of options. Click Block.



Setting safety and privacy settings for social media apps

Minimum age: 13

To set Instagram posts to private, your child should go to their profile by tapping the person icon. Then, tap the gear icon (iOS) or the three dots icon (Android) and turn on the Private Account setting.

If your child chooses not to set their profile to private, it is advisory that they are mindful of where they tag their images and the hashtags (#) used in the description box, as this then becomes publicly available in the 'recent' images section.

Your child can also block and remove followers by tapping their user name, then the three dots icon and selecting Block User.



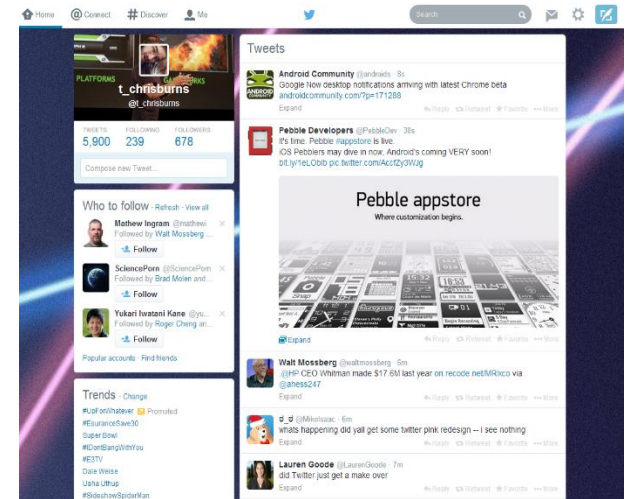
Setting safety and privacy settings for social media apps

Minimum age: no specific T&C but in their privacy policy they say that their services are not directed to people under 13.

Your child can choose to protect their tweets so they are only visible to the Twitter followers they have approved. On the Web, find Settings under your small profile pic, top right.

Go to Security Privacy settings, scroll down to the Tweet privacy section, tick the box next to Protect my Tweets and click the blue Save button. On a smartphone, go to Me, tap on the gear icon (iOS) or overflow icon (Android), select Settings and choose the account you'd like to edit. Then, for iOS devices, go to Protect my tweets and tap On and for Android devices, go to Other and tick the Tweet privacy box.

To block someone on the website and mobile, click on their tweet, select the three dots icon, then click Block. You can also Report a user or comment here.



Setting safety and privacy settings for social media apps

Minimum age: 13 for an account
(no minimum to watch videos)

YouTube is very popular with children of all ages. You can watch videos without creating an account or (over 13s only) log in with a Google account to upload videos, comment and vote.

If you're worried about your child watching inappropriate content on YouTube, you can set up Restricted Mode.

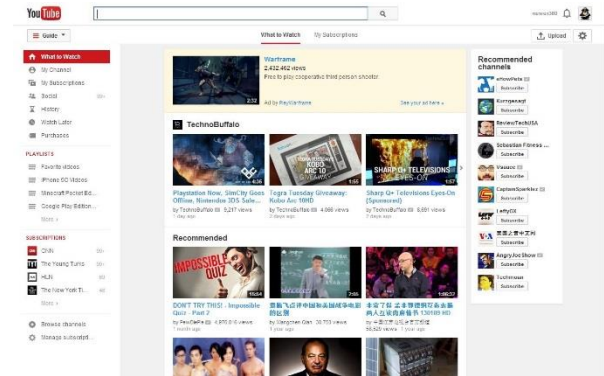
From your computer or tablet, click on the drop-down menu at the bottom of any page on YouTube and select 'On'. To prevent your child from making changes, lock Restricted Mode for that particular browser – you'll need a YouTube account to do this.

To access Restricted Mode on mobile, you'll need to go to the Menu and look under Settings.

YouTube also allows you to flag, report and block videos, comments and accounts. To block or report a user, go to their channel, click About, click the flag icon and choose from the drop-down menu.

To report a video, click on More and select Report.

To report a comment on a video, hover over the comment, click the arrow in the top right corner and use the Report spam or abuse link.



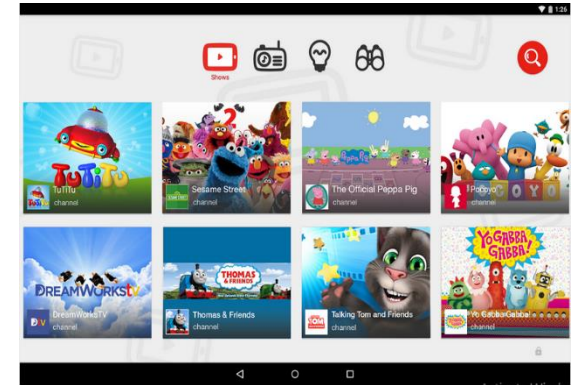
Setting safety and privacy settings for social media apps

Minimum age: YouTube Kids is designed for children aged 12 and under

Google recently launched the YouTube Kids app, designed to offer only child-friendly content. You can't make comments or upload your own videos to YouTube Kids.

Parents can also turn off the search feature and set a time limit for how long their children can browse.

All the videos on YouTube Kids should be appropriate for children, but if you come across something you think has made it through by mistake, you can report it. Tap the menu icon at the top of the video player, choose Report and then choose Yes.



Setting safety and privacy settings for social media apps

Minimum age: 13

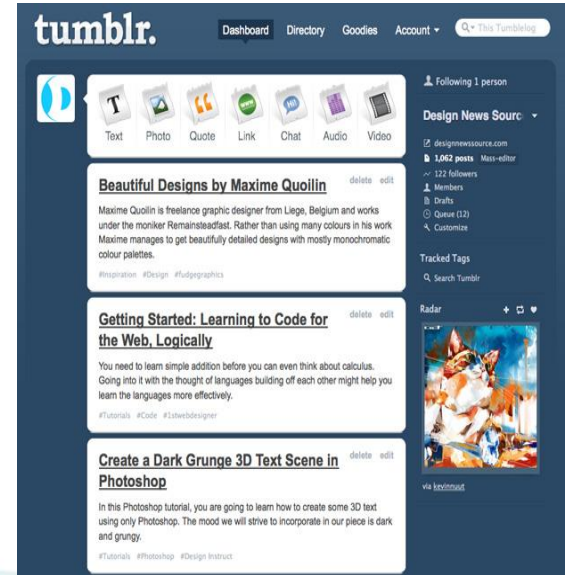
Tumblr is a blogging platform popular with young people. It's especially popular with photo bloggers, but you can post and re-blog all different types of content.

Tumblr lets you create additional blogs in addition to your primary blog (the original, first one you create when you sign up to Tumblr). Your primary blog has to stay public, but you can make secondary blogs private, meaning other users will need a password to look at them. Secondary blogs don't have access to some of Tumblr's social features.

To report something on Tumblr, go to <https://www.tumblr.com/abuse> and fill out the form.

You can add someone who's bothering you on Tumblr to your Ignored Users list by going to the list of blogs you're following and clicking block users.

Follow the link to your blog settings page, scroll to the bottom, enter the name of the Tumblr you'd like to block in the Blocked Tumblrs box and click block.



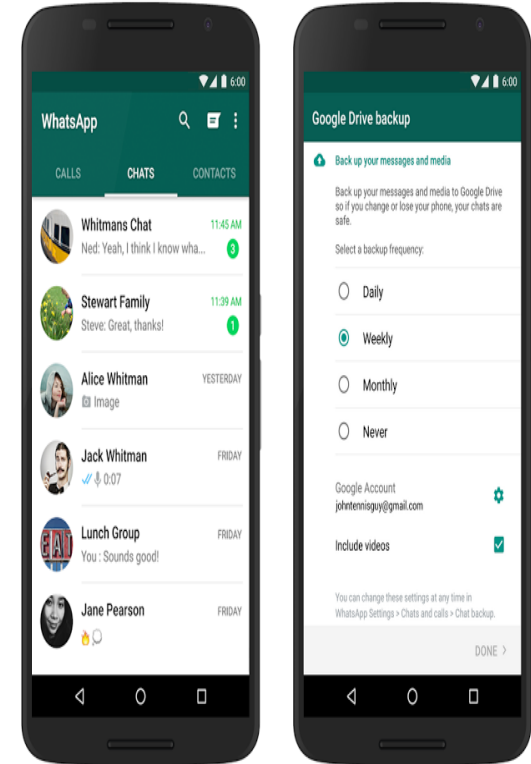
What is WhatsApp?

WhatsApp is a mobile messaging app which allows users to exchange messages using existing phone contacts without having to pay text message fees. WhatsApp Messenger is available on most mobile devices including iPhone, BlackBerry, Android, Windows Phone and Nokia. WhatsApp users can create groups and send each other unlimited images, video and audio messages.

Does WhatsApp have any age restrictions?

As part of its Terms of Service, WhatsApp's minimum age of use is 13 years old. By using WhatsApp, a user agrees to provide certain personal information such as their mobile phone number, billing and mobile device information.

If WhatsApp learns that identifiable information of a child under 16 has been collected on the WhatsApp Site or WhatsApp Service, then WhatsApp may deactivate the account.

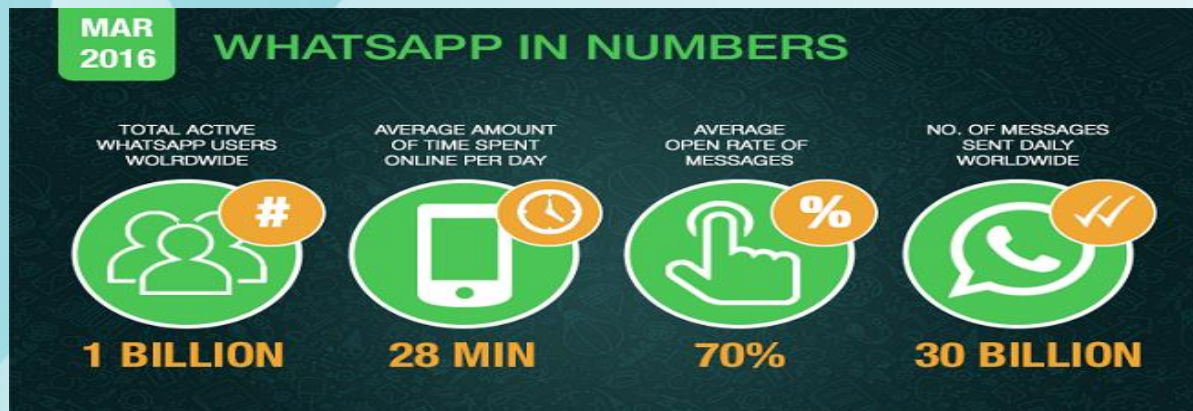


Should I be concerned about WhatsApp?

WhatsApp is a great way for young people to socialise with their friends.

Children can only talk to existing contacts on their phone, although this may feel safer, it's still important to remember that some content shared may not be appropriate for children, or they have contacts (strangers) in their phone who they have never met face to face.

Likewise, as with all social media, caution is advised over your child's digital footprint, particularly the content (photos, videos and messages) they choose to share via WhatsApp. Once shared, it can be copied, re shared and posted anywhere online.



Group Chats on WhatsApp

WhatsApp also contains a group chat function. The feature lets users chat with up to 100 people in one conversation stream. Each group is set up by one contact who becomes the group admin – they're the only user who can add or remove participants and change/add new group admins.

Group conversations usually take place between friends. But sometimes, users can be added to a group where they don't know everyone else. Even if fellow users in the group aren't contacts, they will still be able to see messages your child posts in the group, and your child will be able to see theirs. *Likewise, if they're added to a group with someone they've blocked, the blocked person will be able to contact them there.*

Group chats – advice

Although a user cannot control who adds them to a group chat, they can always control their own participation within it – they can leave whenever they want to.

It's a good idea to advise your child that if they are in a group chat with someone they don't know and are uncomfortable with, they should exit the group and speak to you about it.



Privacy Settings on WhatsApp?

WhatsApp's default privacy setting allows any other WhatsApp user to view your profile photo, status (link is external) and when you were last using (link is external) the app.

You can specify that your child's WhatsApp account (when they were last online, profile photo, status) can be seen by:

- **Everyone** - all WhatsApp users.
- **My Contacts** - the contacts from their address book only. This is the recommended option for most users.
- **Nobody** – no contacts or WhatsApp users

Talk to your child about their privacy settings and ask them to adjust to 'my contacts' if they have them set to 'everyone' by following the steps below:

Privacy settings are accessed here:

WhatsApp > Settings > Account > Privacy



Reporting in WhatsApp?

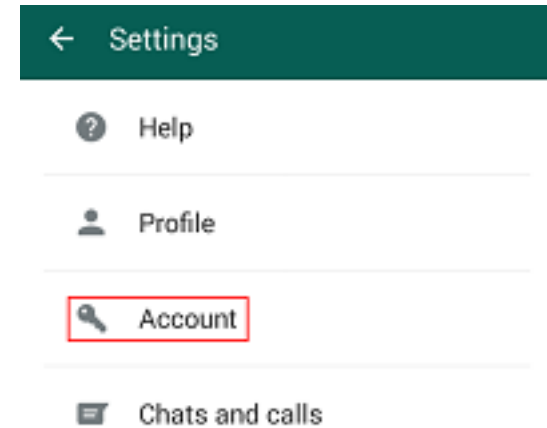
There is no direct way to report a user, or specific abuse, other than to block them from sending you further messages. To do this, tap:

Settings > Account > Privacy > Blocked Contacts

WhatsApp messages sent by a blocked contact will not show up on your child's phone and will never be delivered to them. The 'last seen' status information and profile picture will no longer be visible to blocked contacts.

To permanently delete a contact in WhatsApp, you will need to delete them from your phone's list of contacts.

If you have any concerns about grooming, sexual abuse or exploitation on WhatsApp or on any online app or site, Report to CEOP (the National Crime Agency's Child Exploitation and Online Protection Command) at www.ceop.police.uk/safety-centre (link is external).



Location Settings

Location Services makes it easy for your child to broadcast their location. This could happen unknowingly or on purpose. If they have privacy settings set correctly in Instagram, Facebook, or other apps, this might not be too important as only friends will see their location. However, many young people don't take the time or don't understand the privacy settings and so they may be revealing their location to strangers.

When to keep Location Services on

Some apps require a location to function and be useful.

For example, the Google map app is going to need your location to give you accurate driving directions. The Weather app can give you the forecast for your current location.



In Summary

Things to be aware of:

- Bullying through social media or online platforms
- Emotional distress through access to harmful content
- Sharing of sexual images
- Improper use of social media and digital platforms

What Can you do?

- Speak with your child about their online activity
- Ensure security settings and safeguards are in place
- Restrict the times and availability of access to materials online
- Speak with a professional

Consider using parental restrictions on devices such as TVs, Tablets, Phones and Games consoles which will restrict times access to the internet is granted, and materials that can be accessed.



Look for the Click
CEOP button

Illegal content can be
reported to the Internet
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Further Information

<http://www.chorltonhigh.manchester.sch.uk/>

The screenshot shows the Chorlton High School website. The 'Parents' tab is selected in the top navigation bar. The left sidebar lists various links under the 'EXPLORE' heading, including 'Term Dates 2016-2017', 'Communication with home', 'School Uniform', 'Attendance', 'School Meals', 'ParentPay', 'Cash payments', 'Travel to and from school', 'Home School Agreement', 'Parent Partnerships', 'Parents' Book Club', 'Digital Safety', and 'In the Spotlight Magazine'. The main content area shows the 'Digital Safety' section, which includes a 'DIGITAL PARENTING CHECKLIST' with the following items:

- 1. Rules: Don't be afraid to set boundaries & rules just as you would in day to day life.
- 2. Understand: Have a go at the technologies yourself. Ask your child to help set you up & explain it to you.

There is also a cartoon illustration of three purple characters with speech bubbles saying 'ZIP IT', 'BLOCK IT', and 'FLAG IT'.

Our school website has further information and guidance available for you with a series of links available to some external agencies including CEOP.

Go to the parent tab and scroll down to digital safety.



<https://ceop.police.uk/safety-centre/>

Alternatively:

Feel free to contact the school and speak to either;

Your child's head of year, learning mentors, safeguarding team or myself (g.Rayworth@chorltonhigh.Manchester.sch.uk)

