



### Need advice or help?

All social media platforms have their own ways of reporting inappropriate content or users. In addition, the following organisations can help you:

#### NSPCC:

If you are worried about a child then NSPCC can offer advice and support and inform you of the necessary steps to take:

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/>

#### Childline

Children can contact Childline to chat to somebody about their worries:

<https://www.childline.org.uk/get-support/>

#### UK Safer Internet Centre

Report Harmful Content is a national reporting centre that has been designed to assist anyone in reporting harmful content online:

<https://www.saferinternet.org.uk/helpline/report-harmful-content>

#### CEOP

If you are worried about online sexual abuse or the way someone has been communicating with your child online then CEOP can help:

<https://www.ceop.police.uk/Safety-Centre/>

### Online safety at home

As children are learning from home and perhaps spending more time online, we thought we'd share some of our top tips to help keep them safe:

- 1 Set up parental controls for your broadband and on any devices your child has access to.
- 2 Children should use technology in 'family areas' where you can keep an eye on what they are doing online and who they are online with.
- 3 Ensure your child has plenty of breaks from screen time.
- 4 Monitor what your child is doing online, what sites and apps they are using and what games they are playing. Find out more about each one so you can then support them by ensuring appropriate safety and privacy controls are set up for each of them.
- 5 Take an interest in their learning and what they are doing online. Ensure that they know they can come to you if they need help or if they have any concerns.
- 6 Emphasise to your child that the rules online are the same as when they are in school. You expect them to be courteous to others. Impress upon them the fact that this is an unusual time for everyone and that appropriate behaviour will help their learning experience.

### Netflix

### Update

Netflix have enhanced their parental controls, for example you can set a maturity level for each profile or restrict titles for each profile. Learn how to set up the parental controls here: <https://help.netflix.com/en/node/264>

## What is live streaming?

Live streaming is when somebody broadcasts live (real time) video through an app or website. For example, users can live stream on Instagram, Twitch or Facebook. Children also post prerecorded videos and share them through apps such as YouTube or share them to friends via apps such as WhatsApp. Whilst live streaming, other users can comment, react and chat. Most of these apps are for those aged over 13+.

## Risks

- If your child has a public profile then potentially people they don't know will be watching their videos, commenting and chatting with them.
- Whilst using these apps/sites, your child could view inappropriate content.
- Your child may share personal information.
- Videos can be recorded or screenshots taken so even if you subsequently delete the video then somebody may still have a copy of it to share.
- Your child could be subjected to cyberbullying.
- Your child may participate in online challenges which can sometimes be risky.

## How can I help keep my child safe?

Use apps/websites together so you can work out how the privacy settings work and how to report or block other users when necessary. Ensure your child understands that they should talk to you or another trusted adult if they see anything upsetting online. Talk to your child about how to deal with peer pressure and how they shouldn't share or participate in anything that makes them feel uncomfortable.

## Further links

The following three articles will provide you with further information and guidance on how to keep your child safe:

- <https://www.internetmatters.org/resources/parents-guide-to-live-streaming-and-vlogging/>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/>
- <https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/>

Set up appropriate privacy settings

Don't share personal info

Have regular chats with your child

Learn how to use the reporting functions

## A book to help explain coronavirus

Nosy Crow have published a free digital book illustrated by Axel Scheffler for primary children about the Coronavirus. Available here:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

## Caribu: video calling

This is a family video-calling app which includes a library of children's books and activities (suited to younger children) that you can read and complete together through the app. This is currently free until 24<sup>th</sup> May 2020.

More information available here: <https://caribu.com/>

## Video calling family

There are lots of different apps available to video chat with others – something a lot of us may be doing more of at the moment. This helpful article from Internet Matters outlines how to use some of the more popular platforms as well as some tips on how to use them safely including setting boundaries on when and where children can use these apps to chat with others.

The full article is available here: <https://www.internetmatters.org/blog/2020/04/09/how-to-use-video-chat-platforms-to-group-chat-with-family-and-friends/>

