



# *Online Safety*

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HOW TO KEEP YOUR CHILD SAFE ONLINE

# The Online World...

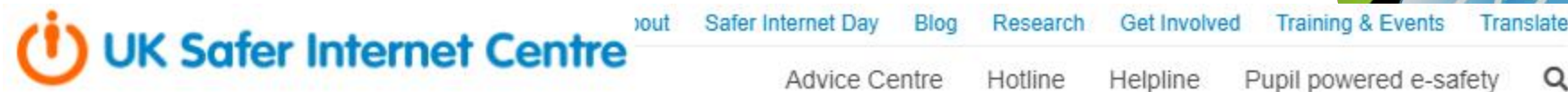


EVER CHANGING  
EVER EVOLVING  
EVER GROWING

HOW DO YOU KNOW THAT YOUR CHILD IS SAFE?



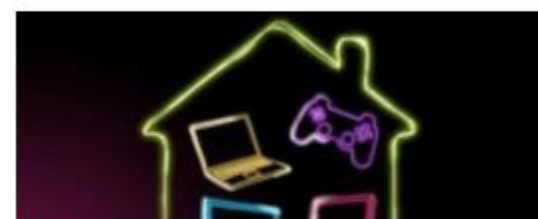
# Contact your Internet Provider



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



[CLICK HERE](https://www.saferinternet.org.uk) for UK Safer Internet Centre



*What devices  
are your  
children  
using?*





*What apps  
and online  
games are  
your children  
using?*

*What are their  
age  
restrictions?*



# National Online Safety Mobile App

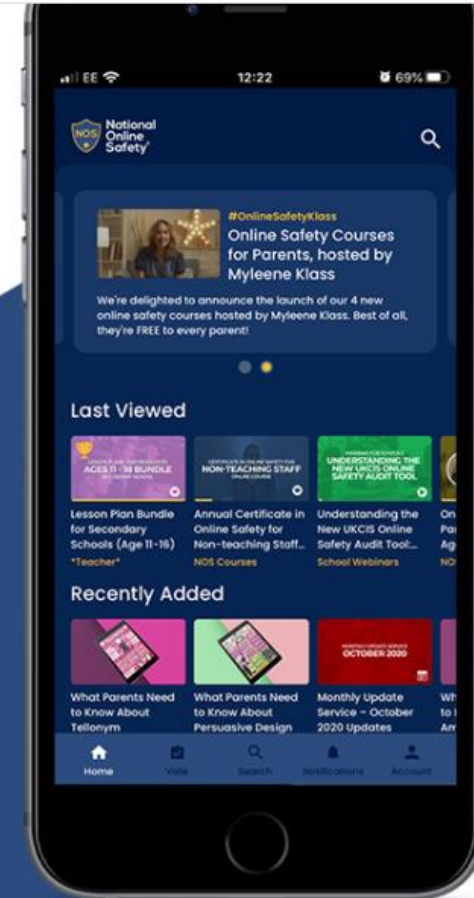
It's time to get **#OnlineSafetySavvy**.

Children are spending more time than ever online. As adults, we need to do everything we can to keep them safe in the digital world. But with new apps, games and platforms emerging every day, how can you stay in the know?

Say hello to the new National Online Safety mobile application. Created by experts, developed by us.

With all online safety knowledge available at your fingertips, the NOS app empowers parents and teachers to understand and address online safeguarding risks – any time, anywhere.

The world's most comprehensive online safety app, it's packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect the kids you care about when they're online.



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At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What you need to know about... AGE RATINGS

**NOS** Online Mental Health & Wellbeing  
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## What are they?

A game's age rating can be used by adults to make an informed choice as to whether or not a game is suitable for their child. The PEGI (Pan European Game Information) system rates games and, instead of indicating the level of difficulty required to physically play a game, it indicates the suitability of content for that age group. 3, 7, 12, 16 and 18 are the labels that can be awarded to games and a variety of content descriptors such as violence, bad language and fear are used to further clarify why the label was assigned.

## Know the Risks

**16+ Inappropriate content**  
The biggest and most obvious risk arises from knowing the age rating system that children may play. If they are allowed to access any game with information about what the game is about, this can be an indicator that they would not allow them to purchase it if they knew. (Pan European Game Information) system rates games and, instead of indicating the level of difficulty required to physically play a game, it indicates the suitability of content for that age group. 3, 7, 12, 16 and 18 are the labels that can be awarded to games and a variety of content descriptors such as violence, bad language and fear are used to further clarify why the label was assigned.

**Peer pressure**  
Peer pressure has a large role to play in children's lives. Children may feel that if their friends are playing a game, they should too. This can lead to children playing a game that is not suitable for them.

**Level of 'Kudos'**  
Playing games with a higher rating can be a way for children to gain 'kudos' or status among their friends. This can lead to children playing a game that is not suitable for them.

**Free Platforms**  
In order for a game to be released on popular platforms such as PlayStation and Xbox, it must be rated by the PEGI system. However, many games are available on free platforms such as Roblox, which do not have a PEGI rating. This can be a risk as these games are often not subject to the same level of scrutiny as rated games.

## Spot the Signs

**Being vague**  
Be aware of children being vague around the content of what they want to play. If they are unwilling to supply you with information about what the game is about, this can be an indicator that they would not allow them to purchase it if they knew.

**Unofficial sites**  
There are plenty of indie games that can be bought and played on unofficial sites. These sites often do not have the same level of scrutiny as official sites and can be a risk for children.

**Unfamiliar terminology**  
Your child might start using phrases or terminology that is new to them or mentioning actions that they have never seen in a game without realising that it is inappropriate.

**Wanting to be secluded**  
Be aware if suddenly your child wants the more the device that they play their games on into a more secluded area of the house. This could be a sign that they are playing a game that is not suitable for them.

**Be aware of spending**  
Setting up accounts with online stores require bank account details. Keeping an eye on your bank balance means that you will be able to tell if there has been a new purchase and can provide you with an opportunity to talk about what new game they've purchased.

## Safety Tips

**Do your research**  
If you've noticed a new game that your child has downloaded then use quality resources to make sure that your knowledge is up to date. Online websites such as National Online Safety, can provide you with the information you need.

**Review parental controls**  
Review your parental controls on the stores where you buy games from. Most sites allow parents to set passwords to block games with certain age restrictions from being downloaded.

**Encourage open dialogue**  
Encourage open dialogue with your child. You don't want to be in a position where they want to talk to you about something but you're not in a position to talk to them about it.

**Discuss ratings**  
Talk to your child about why the game has been awarded a certain label. Debate the positive and negative aspects of the game and decide on some ground rules together.

## Our Expert Heather Cardwell

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding online and educating children around online risks. She has over 10 years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.

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# What parents need to know about MINECRAFT

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## There's a very good chance you've heard of Minecraft. The block building phenomenon is, arguably, the most beloved video game of all time which has managed to maintain its popularity since its first release back in 2011. Nine years later, it still has a huge userbase of 112 million people playing the game every month. Accessible to those 7+, Minecraft can be a gateway into a world of learning and exploration which encourages players to use their imagination to build three-dimensional worlds with virtual building blocks. While Minecraft is considered relatively safe generally speaking, there are some safety precautions parents may want to consider before allowing their children loose on the game. What parents need to know about MINECRAFTOPEN TO HACKING Hackers can be a real problem in any online game. In Minecraft, some individuals can access other people's games to disrupt their play, or even worse, access private details about players such as their names, email addresses, dates of birth and so on. It would be incredibly embarrassing and unfortunate to encounter a player like this, but it does happen and must be taken as a serious risk. RISK OF GRIEFING Griefing is when someone purposely upsets another player during the game. This can be done by removing something or creating or generally doing something to spoil someone's gameplay and can essentially amount to a form of cyberbullying. In open servers, or even private ones among friends, it can be difficult to keep track of what's going on and an innocent comment in one person's eye could be seen as bullying by somebody else. Stealing, destroying things that take hours to build and harassing innocent players can all be commonplace if care isn't taken. ADDICTIVE NATURE Minecraft can be an incredibly exciting game but it can also be very addictive. Too much time on the game could impact on your child's behaviour, causing them to become irritable or angry when being asked to stop playing. This might suggest that they are becoming more and more away from the game. Addictive behaviour can be compounded at a young age and encouraging gaming in moderation is always recommended. 'SCARY' CHARACTERS FOR YOUNGER GAMERS For the most part, Minecraft is not a scary game. Despite this, there are certain characters in the game that younger children in particular may find frightening: Creepers, zombies and various other 'baddies' can be commonplace in some parts of the game and young minds may find it difficult to dissociate them from real life once they switch off the game. Safety Tips For ParentsBLOCK STRANGERS AND UNWANTED CONTACT Despite the fact that private games can no longer be found, there are a huge variety of free, public servers. Many of these focus on making video games for younger audiences, which don't include bad language or anything scary. If your child is on the game, check out some of the biggest servers and more importantly, ask who your child likes. This will help you to understand what the game is about and also make sure that your children are watching age-appropriate content online. LEARN FROM YOUTUBERS / TWITCH STREAMERS There are a lot of Minecraft focused YouTubers and Twitch Streamers that offer a huge variety of fun, engaging content. Many of these focus on making video games for younger audiences, which don't include bad language or anything scary. If your child is on the game, check out some of the biggest servers and more importantly, ask who your child likes. This will help you to understand what the game is about and also make sure that your children are watching age-appropriate content online. PLAY IN CREATIVE OR PEACEFUL MODES Playing the game in Creative or Peaceful mode ensures that your child can explore the game without the risk of being killed or having their creations destroyed. These modes are also great for learning about the game's mechanics and exploring with friends without having the usual elements of survival. Creative mode allows imaginations to be wild with unlimited resources, encouraging creation of fun, personalised worlds. There really are no limits as to what your child can create in these modes. MONITOR GAME TIME Being able to play on a wide variety of platforms can be beneficial however it can also make it more difficult to put the game down. Play time should be monitored and it's always a good idea to talk to your child if you feel they are spending too much time on the game or showing signs of addictive behaviour. CREATE A PRIVATE SERVER The best way to avoid unwanted strangers or grievers in a server is to simply create your own. Private servers do exactly what they say on the tin by offering a safe, secure place for children to play and create with their friends, free from outside interference. There are plenty of things they can do in it, making it the closest thing Minecraft offers to parental controls. CREATE SERVER WHITELISTS Users whom you know to be safe, like your child's friends or relatives, can have their accounts whitelisted as safe. Essentially, this means that server moderators can create a game made up of people they know to be friendly and children will only be playing alongside people both they and you know, reducing any risk of contact with strangers or experiencing griefing. Meet our expert Mark Foster Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNLAD Gaming and GAMINGible. Starting gaming from a young age with his children, he has a passion for understanding how games and tech work, and more importantly, how to make them safe and fun. [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.01.2020

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# What parents need to know about INSTAGRAM

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## Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload photos and videos to their feed, create interactive stories, exchange private messages or search, explore and follow other accounts they like. Images and videos can be tagged with a location, a hashtag or a friend's name. Children can also share and explore content from other users' galleries if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about. What parents need to know about INSTAGRAMHOOKED ON SCROLLING Many social media platforms, including Instagram, have been designed in a way to keep parents and children scrolling for as long as possible. Behavioural economist Dr. Nyk calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and find a dopamine release, leading to become addicted and it can be difficult to stop until children feel that 'something' they are looking for, quickly taking the time as they get deeper into their Instagram feed. SLIDING INTO DMs Direct messages (or DMs) on Instagram allow users to share photos, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message. INFLUENCER CULTURE Influencers are sometimes paid thousands of pounds to promote a product, service, app or product on social media. When users or influencers post such an advert, they should also disclose somewhere in the post what it is they have been paid for. If, however, this is not done, it can be misleading to the user. This can be very misleading to young people who may be influenced by what they see on the platform. It can be difficult to keep track of what's going on and an innocent comment in one person's eye could be seen as bullying by somebody else. Stealing, destroying things that take hours to build and harassing innocent players can all be commonplace if care isn't taken. LIVE STREAMING TO STRANGERS Live streaming on Instagram allows users to connect with friends and family in real-time and comment on videos during broadcast. If your child's account is private, only those who are on their friends list can see their live stream. However, if your child's account is public, anyone can see their live stream. Children also risk being exposed to inappropriate content if they are not careful. Accounts should always be set to private and parents should be aware of the content that their child is seeing. IN-APP PAYMENTS Instagram allows payments for products directly through the app. If your child is under the age of 18, you can only use your own payment method to make a purchase. If your child is over 18, you can use their own payment method. Top Tips for Parents & CarersRESTRICT DIRECT MESSAGES If your child receives a message from somebody they do not know, it is important to talk to them about the message and block the person. This is the only way to stop them receiving a message from a stranger. If your child is under 18, you can restrict direct messages to people on their friends list. LOOK OUT FOR #ADS In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting sponsored content on social media and not declaring that their posts were paid for. This is a breach of the Advertising Regulations. If your child is under 18, you should ensure that they are not posting sponsored content without your knowledge. MANAGE NEGATIVE INTERACTIONS If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This story has been covered in our previous guides. If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This story has been covered in our previous guides. PROTECT PERSONAL INFORMATION Your child may unknowingly give away personal information on their profile or in their stories. Talk to them about what their personal information is and make sure that they don't disclose anything, including their location, to anyone during a live stream, comment, direct message or any other form of communication on the platform, even to their friends. USE A PRIVATE ACCOUNT By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that only those who have been approved by your child can see their posts. Children should also use a secure password and enable two-factor authentication to add an extra layer of security to their account. TURN OFF SHARING Even though this feature will not stop people from taking screenshots, it will stop your child from being able to share their photos and videos from a story as a message to another user. This feature can be found in the settings of the app. We recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account. REMOVE PAYMENT METHODS If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This will also help prevent accidental purchases. This can be added in the payment settings. DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!"NEW FOR 2020" INSTAGRAM REELS Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with music, effects, and new creative tools. It's a great way for children to express their creativity and share their work with friends. However, if your child is under 18, you should ensure that they are not posting sponsored content without your knowledge. [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.06.2020

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Founded in 2011, Zoom is one of the world's leading video conferencing software providers. It has a number of features, including video and audio conferencing, real-time messaging, screen-sharing and the ability to upload, share and search for content. Users can start their own meetings or they can join meetings set up by others. The app is available to use across PCs, laptops, tablets and mobile phones and is free to download on both the app store and on Android.



# What parents need to know about zoom



## ZOOM BOMBING



'Zoom bombing' is the term which has been coined to describe unauthorised people joining Zoom meetings uninvited and broadcasting pornographic or inappropriate videos. An attacker can hijack a meeting if they know the meeting ID and it isn't reinforced with a password. Not taking preventative measures or implementing privacy controls could open up the risk of children witnessing sexual or inappropriate content with very little notice.

## RISK OF PHISHING



The rise in popularity of Zoom has led to a rise in hacking operations and phishing campaigns. This is when participants are encouraged to click on links to join what they believe to be legitimate Zoom meetings via email, but which are in fact fraudulent. These scams aim to obtain sensitive information such as user login details, passwords and/or credit card information.

## PRIVACY CONCERNS



Depending on how the app has been set-up, Zoom can offer very little privacy. In many cases, the meeting hosts can see detailed information about each participant including their full name, phone numbers and maybe even location data. Furthermore, depending on where the camera has been set up or where your child's computer is positioned, private or personal information could be stolen depending on what can be seen in the background.



**LIVE**

## LIVE RECORDINGS



One of the features of Zoom is the ability to record live meetings. By default, only the host of the meeting can usually record live sessions however other meeting members can also record if the host gives them access. Recordings can be stored on devices or on the cloud and can be downloaded and shared with no restrictions. This means that videos, audio clips and transcripts of recordings involving your children could be widely shared on the internet or between users without your authorisation or consent.

## PRIVATE ZOOM MEETINGS

Zoom has a facility to set up breakout rooms, which enables a private meeting within the main Zoom session. The host can choose to split the participants of the original meeting into separate sessions. This gives children the ability to speak privately away from the main group to other users however chats aren't always monitored by the host and if the meeting has been made public, children could be more vulnerable to experiencing negative comments.



## 'LIVE STREAMING' RISKS



At its very core, Zoom facilitates live streaming. That means it inevitably carries some of the associated risks that live streaming brings. These are likely to be minimal within a controlled environment (for instance when used in a classroom setting for remote learning). However, live streaming means that content isn't always moderated and children who use the app unsupervised or with limited security settings, may be more at risk of exposure to viewing inappropriate material. Other risks can include downloading malicious links, sharing personal information or even potential grooming.



# Safety Tips For Parents

## REPORT INAPPROPRIATE CONTENT

Remind your child that if they do see something that makes them feel uncomfortable or upset then they need to talk about it and report it. Parents can report unwanted activity, harassment, and cyberattacks to Zoom directly. To help your child, you could try setting up a checklist before they go online, with an agreed set of rules and what they should do if they see something inappropriate.

## USER PRIVATE MEETING IDS & PASSWORDS

It is always better to set up a meeting with a random ID number generated by Zoom than by using a personal number. This means it is harder to guess and less likely to be hacked. It's important to never share meeting IDs with anybody you don't know and always set-up a password function to allow other people to sign-in. This should already be a default setting that is applied on Zoom.

## PROTECT YOUR PERSONAL DATA

It's important to discuss with your child that they should not share personal information on Zoom. This includes passwords, their address, phone number, etc. Create your child's account under a false name or pseudonym and always set a custom background to help hide details in your home. Zoom allows you to turn on virtual backgrounds and select your own image to appear behind you.

## BEWARE OF PHISHING EMAILS

Every time you or your child gets a Zoom link, it's good practice to ensure it has come from the official platform and is not fraudulent. Signs of a phishing email include an unrecognisable email address, an unofficial domain name or a slightly distorted logo. The email itself might also be poorly written or contain suspicious attachments.

## TURN OFF UNNECESSARY FEATURES

If your child is using Zoom, there are a number of features that you can turn off to make the experience safer for them. For instance, disabling the ability to transfer files or engaging in private chats can help to limit the risk of receiving any malicious attachments or receiving any inappropriate messages. In addition, you can turn off the camera if it is not needed or mute the microphone when not in use.

## USE THE 'VIRTUAL WAITING ROOM FEATURE

The waiting room feature on Zoom means that anybody who wants to join a meeting or live session cannot automatically join and must 'wait' for the host to screen them before entering. This is now a default function and adds another layer of security to reduce the likelihood of zoom bombing.

## KEEP YOUR VERSION UPDATED

It's important to ensure you are using the latest version of Zoom available and always update it if you get a prompt. These updates are usually to fix security holes and without the update you will be more vulnerable to an attack. Check the official website to see what the latest version is and compare it to your own.

## HOST IMPLEMENTED PRIVACY CONTROLS

If your child is part of a larger group meeting, then it's important to make sure that the host is abiding by Zoom's Terms of Service. This includes the fact that they have gained everybody's permission for the session to be recorded. The host should also have set screen sharing to 'host only' and disabled 'file transfer' to help keep the live stream secure.

## Meet our expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



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# WhatsApp



## AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as closing their account or seeking parental permission.

## SCAM MESSAGES

Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people,' encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.



## FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

## THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

## CONNECTING WITH STRANGERS

To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with somebody they don't know, they can use it to get in touch via WhatsApp.

## LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a "simple and secure way to let people know where you are." Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.



National  
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# Top Tips for Parents



## CREATE A SAFE PROFILE

Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone,' 'My Contacts' and 'Nobody.' We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

## EXPLAIN HOW TO BLOCK PEOPLE

If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list - they will need to be removed from the phone's address book. To block a contact, your child

## REPORT SCAM MESSAGES

Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam.'

## LEAVE A GROUP

If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, if they leave again, they cannot be added again.

## USING LIVE LOCATION SAFELY

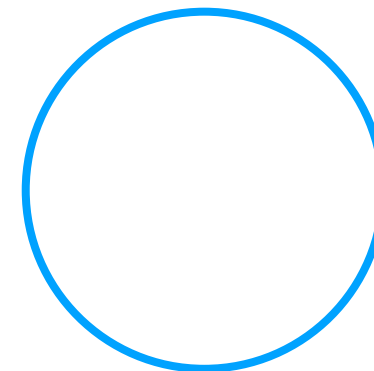
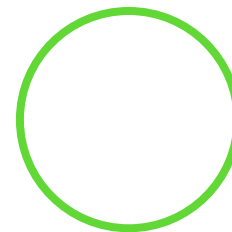
If your child needs to use the 'Live Location' feature to share

## DELETE ACCIDENTAL MESSAGES

If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone.' The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

## SET TIME LIMITS

A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use





# Signs of Cyber Bullying?

It is not always easy to spot the signs of cyber-bullying. Communication devices and apps now mean that children have the opportunity for constant communication. Be alert to changes in your child's behaviour.

Being upset after using the internet or a mobile phone.

Being unwilling to talk or being secretive about online activities and mobile phone use.

Spending much more or much less time texting / gaming / communicating online.

New phone numbers, texts, emails showing up on their devices.

After using devices, being withdrawn, upset or outraged.

Not wanting to go to school or meet with friends.

Avoiding situations they have formerly enjoyed.

Difficulty sleeping.

Low self-esteem.

# Good Habits for Parents

Taken from our 'Good Habit for Children' on the school E-Safety webpage.

- Be aware of any APPs your children are using to communicate with others on their phones.
- Keep computers and devices in open spaces in the house.
- Make yourself aware of the age restrictions of the APPs
- Talk openly with your child about their online activity and the different forms of cyber bullying. This will ensure children are aware of what is acceptable and unacceptable to say online and know they can discuss any concerns with you.
- Ensure you know how to report bullying online.
- Use parental controls to manage the content of what children are able to access online.
- Check messages to ensure you are fully aware of the content of messages being sent and received online.
- Be aware of the risks of using APPs where anyone can start a communication with your child.

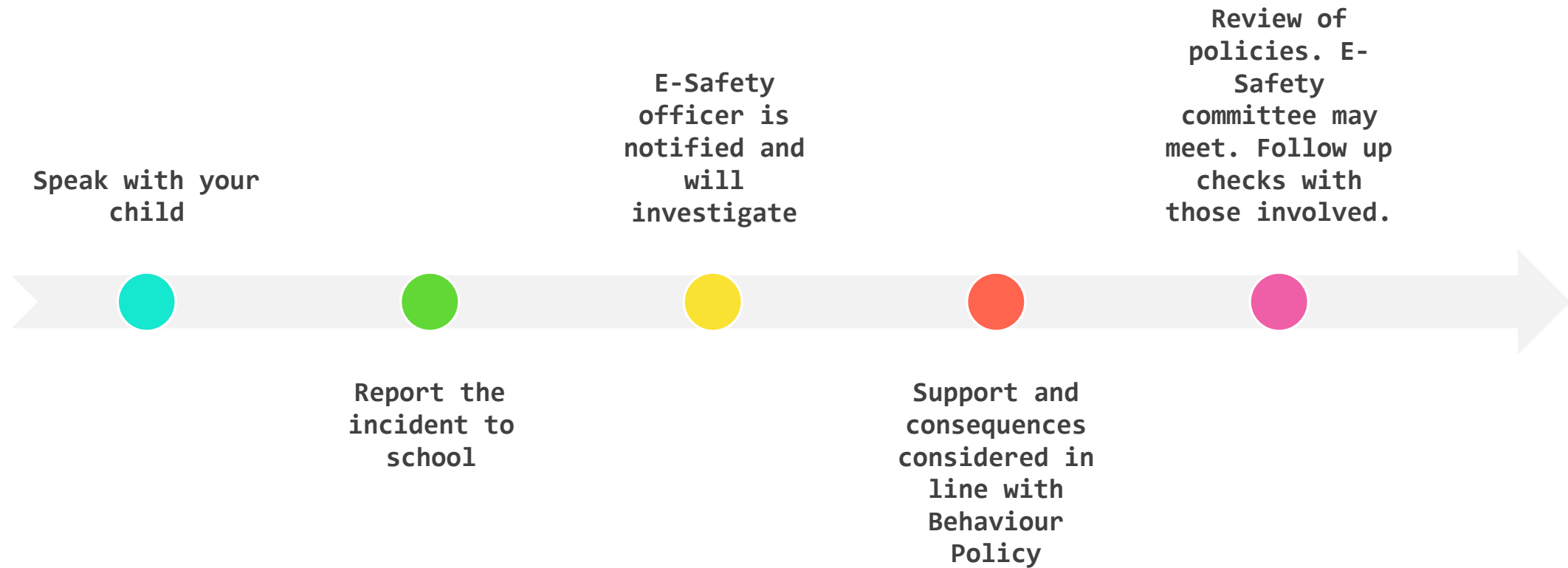


# Good Habits for Children

Taken from our 'Good Habit for Children' on the school E-Safety webpage.

- If you are a target of bullying it can be stopped and can usually be traced.
- Always use privacy settings
- Always respect others. If you wouldn't say it to someone's face, do not say it online.
- Be careful of what pictures you send of yourself, or someone else. Once a picture or video is sent, you can never take it back.
- Never retaliate or reply to offending emails, messages or online conversations.
- Think carefully about the things you write and how you behave online. Don't become a bully, even if you think it is a joke, if someone might be hurt or worried about it, don't send it.
- If you feel you need someone to talk to you can phone Childline 08001111

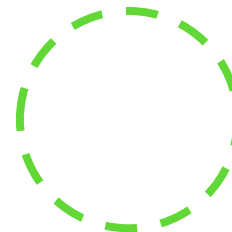
# WHAT IF I HAVE A CONCERN?







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