

Internet safety for parents and carers – keeping your child safe online

What we will be looking at

- The basics of internet safety
- Children's online lives
- Self-generated indecent images
- Changes to offending behaviour
- Cyberbullying and gaming
- Critical thinking skills and resilience
- How parents and carers can help their children (and themselves)
- Support and advice services

The internet as part of life



1990 (the first web servers)

98% of households with children have internet access



Guidance

What maintained schools must publish online



2017

Children's online lives

8-11s



39% have their own smartphone, **52%** have their own tablet.

95% watch TV on a TV set, for nearly **14h a week**.

55% watch TV on other devices, mostly on a tablet

81% play games, for around **10h a week**.

94% go online, for nearly **13½h a week**.

46% of these mostly use a tablet to go online, **22%** a mobile.

81% use YouTube, of which 23% say funny videos or pranks are their favourite thing to watch, 18% say music videos.

23% have a social media profile.

The **TV set** or **tablet** are the devices they would miss the most.

12-15s



83% have their own smartphone, **55%** have their own tablet.

91% watch TV on a TV set, for nearly **14½h a week**.

68% watch TV on other devices, mostly a tablet or mobile.

77% play games, for around **12h a week**.

99% go online, for nearly **21h a week**.

49% of these mostly use a tablet to go online, **26%** mostly use a mobile.

90% use YouTube, of which 26% say music videos are their favourite thing to watch, 23% say funny videos or pranks.

74% have a social media profile.

Their **mobile phone** is the device they would miss the most.

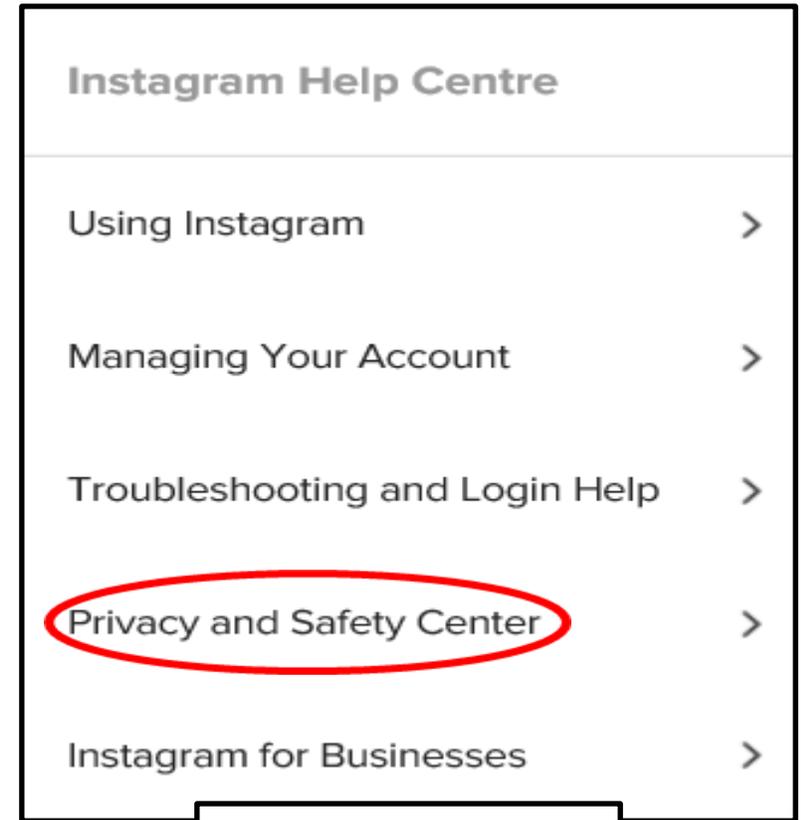
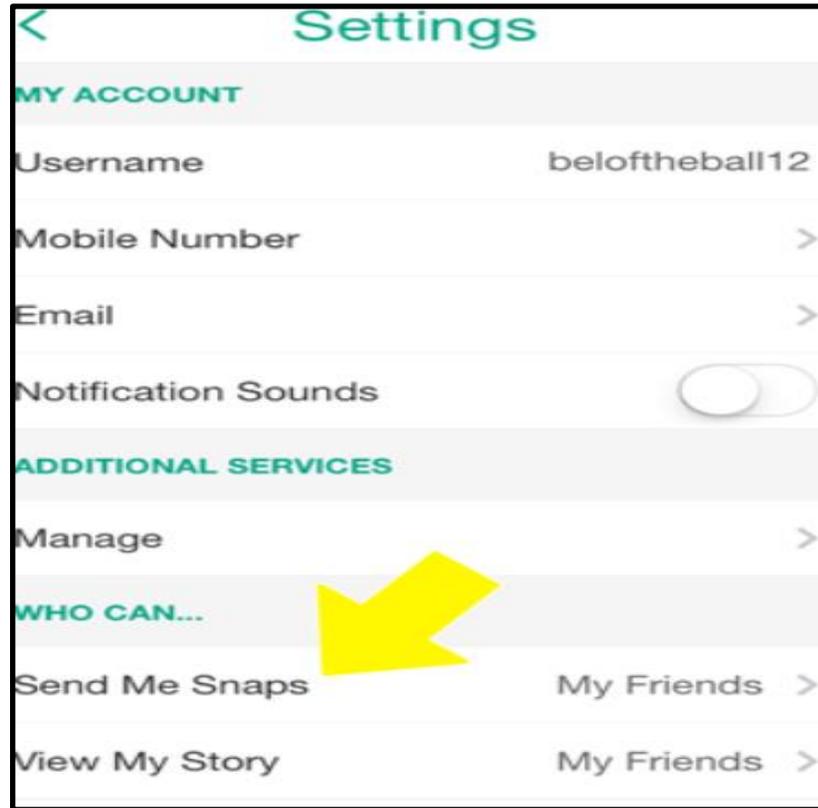
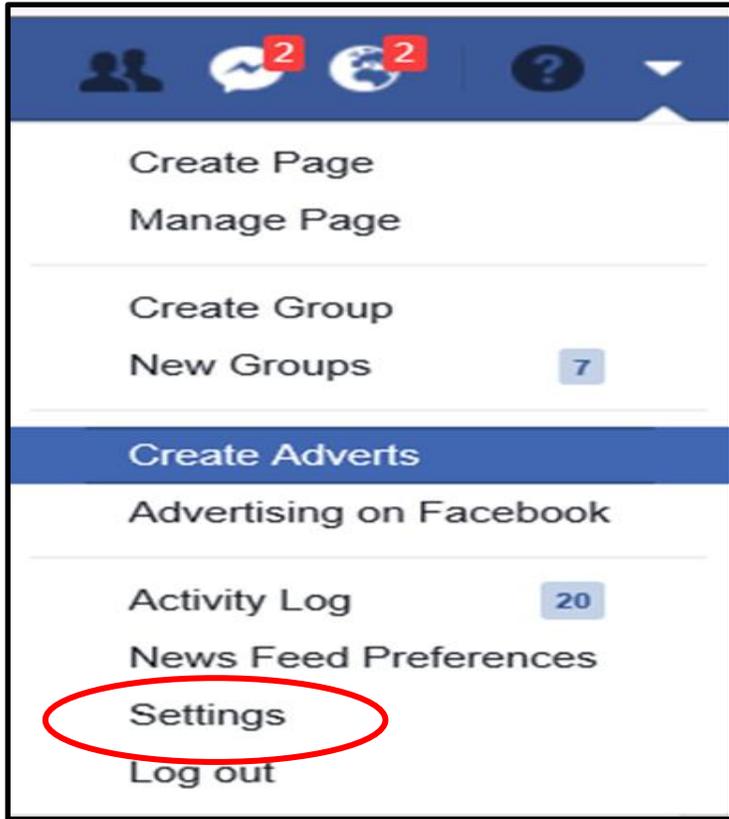
What children need to remember:

- Passwords ...which protect
- Privacy ... which protects
- Personal information
- ...Lowering the risk from the Permanence of online content
- ...and where to get Protection and advice

The 5 Protective Ps

The basics of internet safety

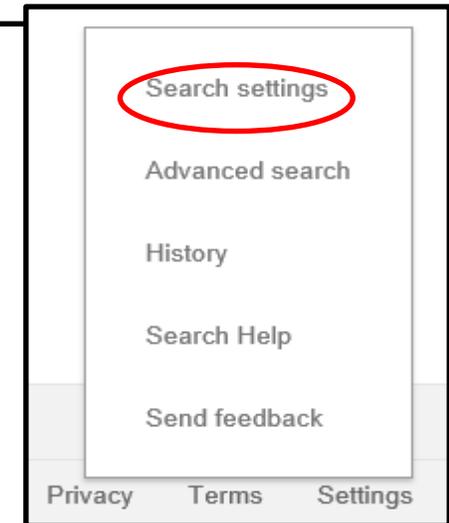
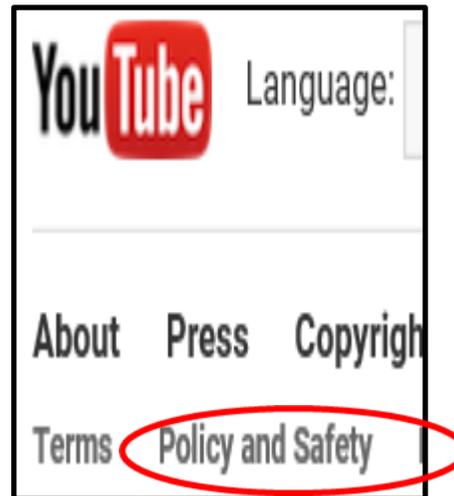
- **P**asswords make them hard to guess and secret
- **P**rivacy only have contact or share information with people you know and trust in real life
- **P**ersonal information keep to a minimum, and remember it's easy to read between the lines
- **P**ermanence anything online is out there forever



By default, WhatsApp sets your privacy settings to allow:

- Any WhatsApp user to see your [read receipts](#), [last seen](#), [about](#) and [profile photo](#).
- Your contacts to see your [status updates](#).

To change these settings, simply go to WhatsApp > [Menu Button](#) > Settings > Account > Privacy.



Why do we need to understand more?

- It's not enough to just tell children what to do (in any situation!)
- They need to understand the potential dangers in order to be able to protect themselves
- Threats change, so children need to be able to recognise unsafe situations of all kinds
- Filters and settings don't solve everything and are not foolproof
- Adults need to be able to explain their decisions and rules

Ofcom findings 2017

- Children often accidentally see things that are inappropriate
- They have heard of “fake news”
- Snapchat is the most popular app
- Children did not believe sites’ reporting functions would help
- Most have seen some kind of hate speech
- Older children follow political or charity campaigns that interest them

“What worries you?”

- Hackers
- Talking Tom/Talking Angela
- Bullies
- Grooming
- Stranger danger
- Playing scary games



- Kidnappers
- ‘Charlie Charlie’
- Drug dealers
- ‘Bloody Mary’
- Cold callers
- Door step sellers

The *real* threats children face online

- The sending/receiving of indecent images of children
- Exploitation (often linked to such images)
- Bullying, abuse and peer pressure (again, can involve images)
- Seeing sexual, violent or frightening material

**These commonly take place on
social media**

Social media

- Sites or apps that allow users to chat, share images, play games, make 'friends'
- Nearly all have a lower age limit of 13
- This age limit is often hidden in the terms and conditions

1. Who Can Use the Services

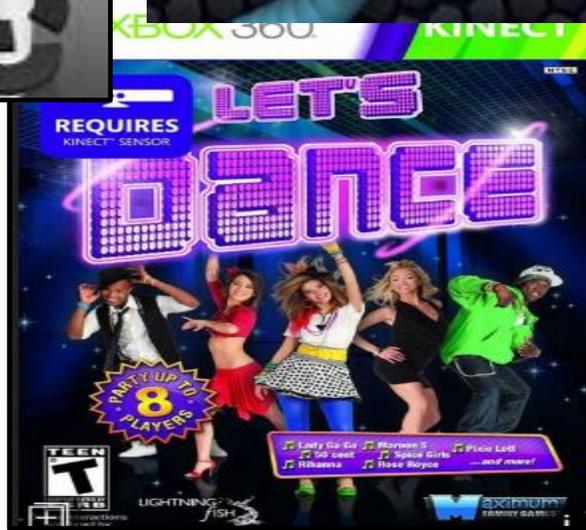
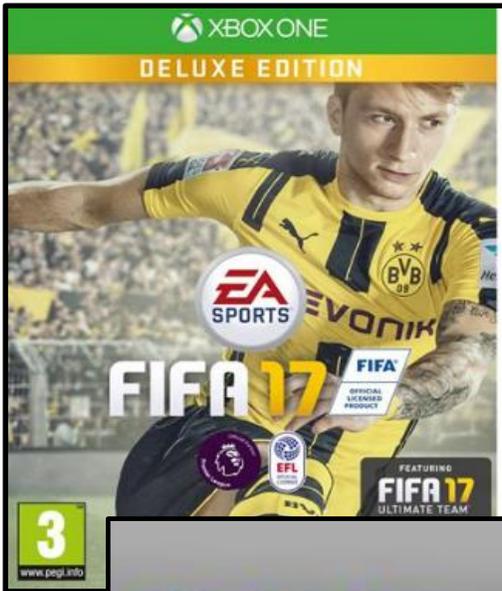
No one under 13 is allowed to create an account or use the Services. We may offer additional Services with additional terms that may require you to be even older to use them. So please read all terms carefully.



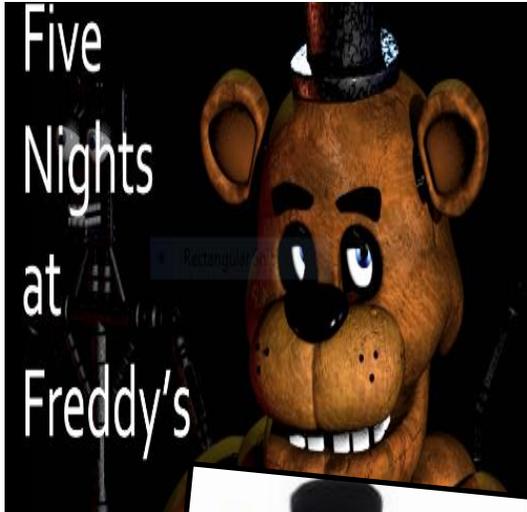
Basic Terms

1. You must be 13 years or older to use this site.





Popular games and social media



Minecraft (@Minecraft) | Twitter

<https://twitter.com/minecraft>

Verified · 1.4M followers · 675 tweets



FIFA 19 Ultimate Team

CATEGORIES	DISCUSSIONS	COMMENTS	LATEST POST
General Discussion	136	84.4K	4-4-1-1-formation-guide by Freefolk on 11:57AM in...
XBOX Community Centre	46	5.9K	Bronze pack method thr... by Knowlesdinho on 11:5...

The SUPERMAN CHALLENGE in Fortnite: Battle Royale!

Ali-A

2 days ago · 3,827,123 views

Fortnite Battle: Royale - The SUPERMAN CHALLENGE
Battle Royale videos - <https://www.youtube.com/>

NEW



Pros and cons of social media

- Entertainment
- Keeping in touch
- Learning and homework
- Hobbies
- Career ideas
- Creativity
- Can share my achievements
- Cheers me up
- Comparing myself to other people
- FOMO
- Fear of what could go wrong
- Not sure who or what I can trust
- Don't like my parents talking about me to their friends
- Worry about my siblings' use of social media

The changing situation

- There were around 7000 indecent images of children in circulation in 1990
- Current figure estimated to be in the tens of millions
- 39% of teenagers said there was strong pressure to send nude images
- 70% also said that pressure was one of the key reasons for sending images
- They may see sending an image as the conventional way to start a relationship

Indecent images



Sexts

N4N

Nudes

Nude selfies

“Youth Generated Sexualised Images”

Images or videos taken by young people who are nude/semi-nude and that show them taking part in sexual activity – and that they deliberately share with others

The legal position

Taking, sharing or possessing an indecent image of a child under 18 is illegal...

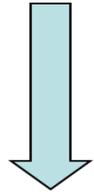
...even if it's your own body you are photographing

Children often don't think there is anything wrong with taking images

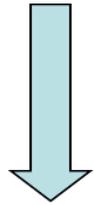


Image risks: 1

An image is sent to one person



Most images go no further, but...



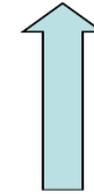
Friends fall out...
Friends lose their phones...
Friends have poor security on shared devices ...



The image is public for ever



Images can be used by bullies



Images can be copied, harvested, shared or manipulated without the subject's knowledge

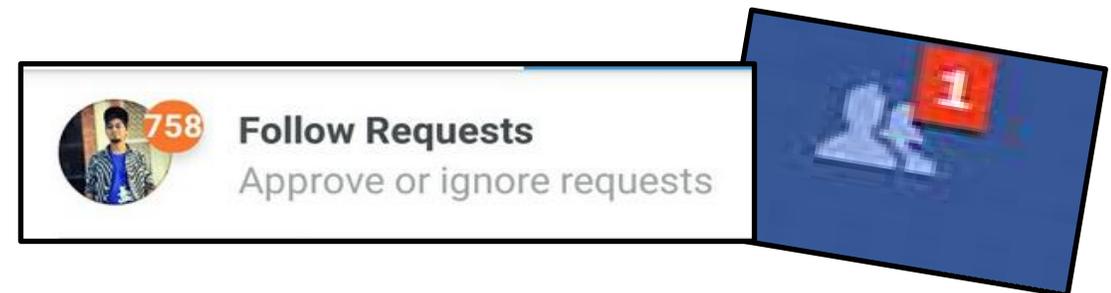
Image risks: 2

Long-term “grooming” is now often replaced by a quick process

Often happens via social media, especially live streaming

Offenders encourage the child to engage in sexualised chat, send images or go on webcam

This relies on the child having an open profile where anyone can contact them



Matthew Falder: One of Britain's most prolific paedophiles jailed for 32 years after blackmailing children on dark web

Academic attempted to use encryption and dark web to evade international investigation

Lizzie Dearden Home Affairs Correspondent | @lizziedearden | Monday 19 February 2018 12:15 GMT

Almost 200 suspected paedophiles arrested as police warn of dangers of live-streaming online

'Dangerous offenders' use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them, investigators say

Jon Sharman | Tuesday 5 December 2017 12:48 GMT

The new stages of 'grooming'

- Build trust with small talk, pretending to share interests, or offering bribes like game cheats
- Isolate the child physically and emotionally – eg by using private messaging systems or blackmail
- Test the child to see how likely they are to comply with requests
- Desensitise the child by using explicit language or saying that sexual activity is normal
- Use the child's pictures or films as a threat to make them send more

Lies offenders tell

- “Nobody will believe you”



- It's never too late to report to CEOP, who always believe you

- I've hidden my tracks, nobody will catch me



- Everyone leaves a digital trace – and everyone can be caught

- If you don't do what I want, I'll share your photos



- This is rare – the more offenders share, the more likely they are to be caught

What can parents and carers do?

- Make sure your child knows they can always talk to you
- Remember that not all children are sharing images
- Try to keep calm – however hard this might feel!
- Use the sources of advice and help at the end of this presentation



Young people say:

Teenagers send images because:

- they wanted a relationship (67%)
- to be told they are attractive (68%)
- because they were pressured into doing it (66%)
- Boys are more likely to volunteer an image
- Girls are more likely to feel pressured into sending one

The support they want from adults is:

- listening (76%)
- not judging (74%)
- making sure there are confidential places to get help (73%)

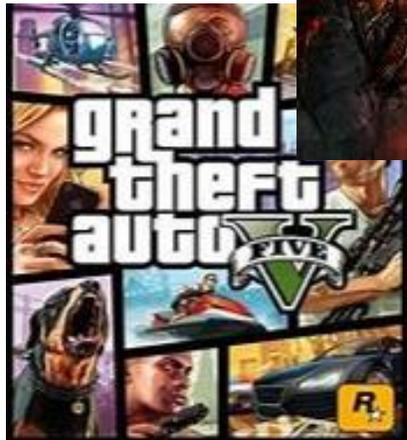
YOUNG PEOPLE AND
SEXTING—ATTITUDES AND
BEHAVIOURS (2017)

What happens if it's reported?

- Teenagers may have an “outcome 21” recorded
- Younger children may need more support
- The incident is logged by the police, but the young person does not get a criminal record
- There may be a need for class discussions or help from other agencies

There may be a criminal investigation if the incident involved exploitation or coercion

Games

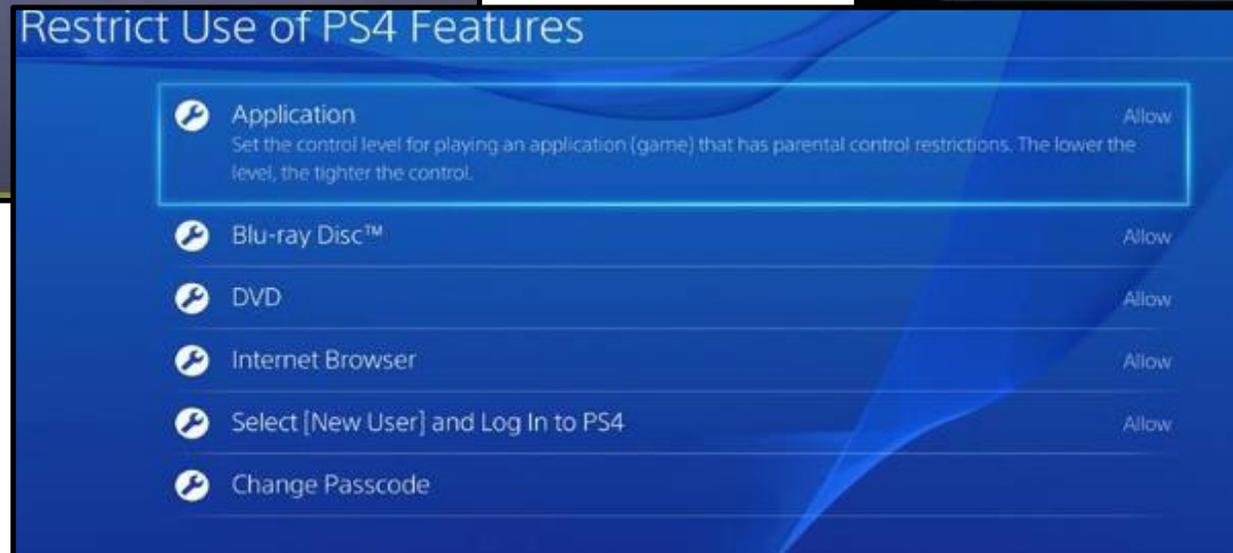
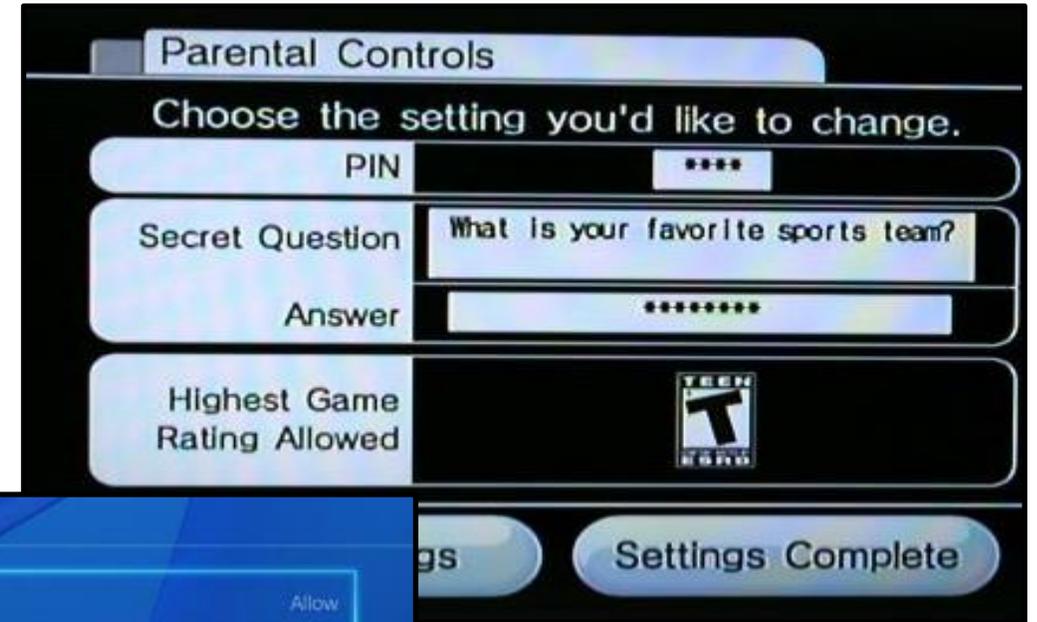
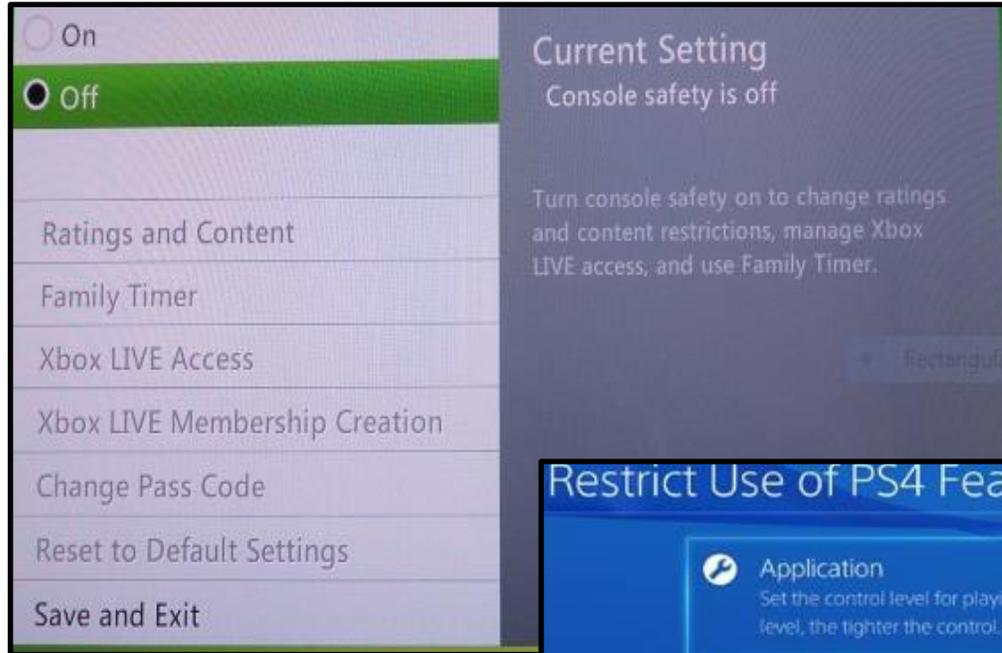


- Games can be played on any internet enabled device
- They can contain explicit adult content
- Some games are racist/sexist/homophobic
- Some encourage in-game purchases
- Children can interact with strangers while playing – sometimes this can't be turned off

Safer online gaming



Parental controls



Cyberbullying

Childline delivered 5,103 counselling sessions to children affected by cyberbullying in 2016/17, up 12% from 4,541 the year before and 2,410 in 2011/12. Girls between 12 and 15 are the most likely to seek help.

The 24/7 nature of social media means children are unable to find respite at home, with potential consequences for their mental health. Of the counselling sessions delivered by Childline, 14% of children were 11 and under, 50% were 12-15 and 15% were 16-18.

Guardian, November 2017

Forms of cyberbullying

- Creating fake online profiles in the victim's name
- Posting unkind/racist/homophobic comments
- Editing or sharing photographs without consent
- Spreading rumours
- Exclusion from groups

“If I block them it'll make it worse, because then they'll be even nastier to me at school.”

Helping with cyberbullying

- Help your child to think about how they make other people feel – on and off line
- Be familiar with reporting systems on sites and apps
- Tell your child's school – there will be an anti-bullying policy in place
- Take your child seriously if they tell you about problems

How to support your child online

- Build your child's confidence
- Help them to understand the importance of consent – their own and other people's
- Help them to understand peer pressure, and how to challenge it
- Be interested in things your child does online
- Explain your decisions and set clear boundaries
- Be a positive role model in your own online life

More ideas for supporting your child

- Be honest about the positives as well as the negatives of social media

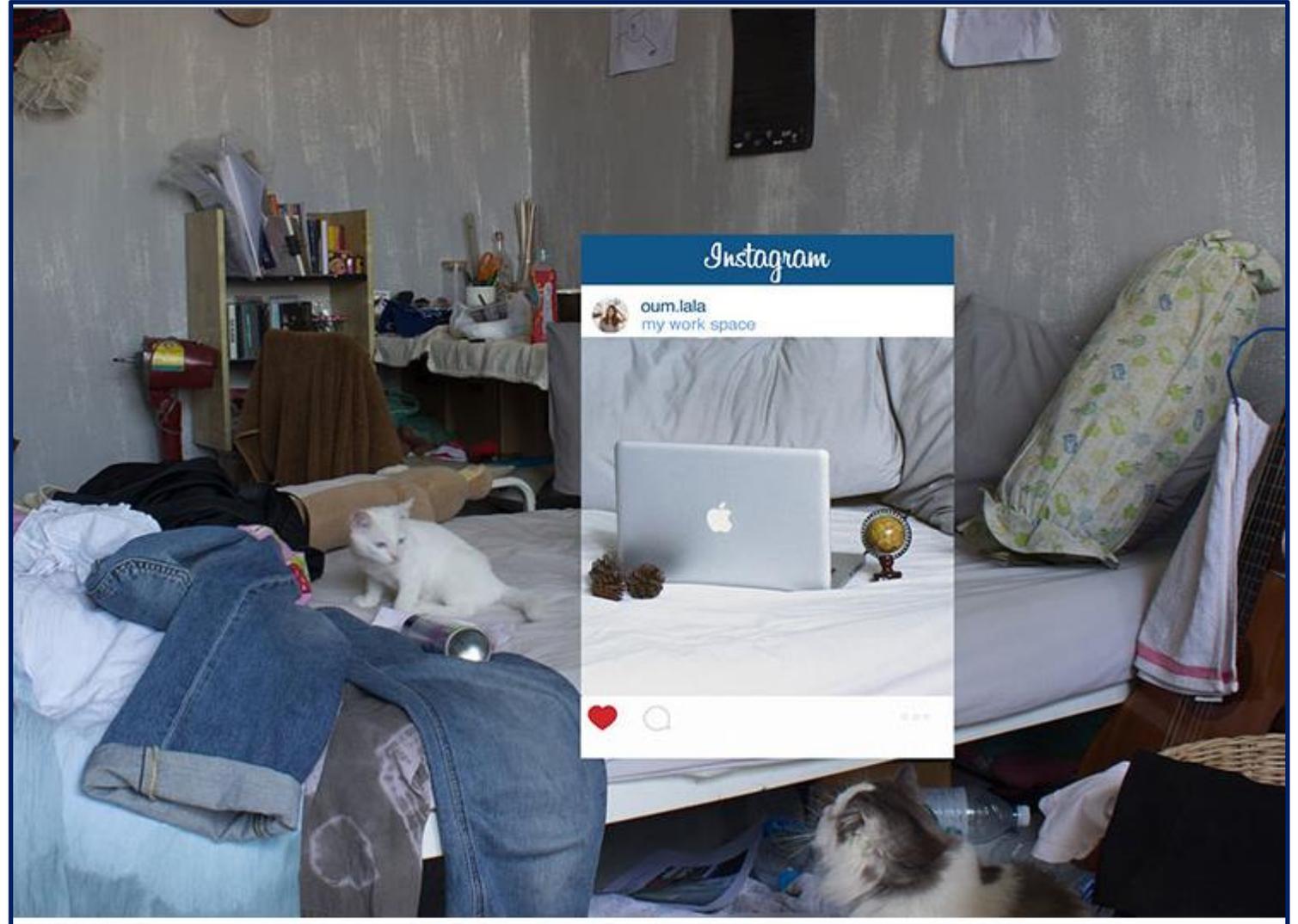


- Encourage them to have offline hobbies
- Be ready for the impact of secondary school, the increased peer pressure, and how this will affect their use of social media

Help your child to think critically

- What could happen if a stranger saw this?
- What's making me want to send this?
- Why is this person talking to me?
- How do I feel about this post being out there for ever?

Can I trust what I am seeing?



If things go wrong

Use this button (at [thinkyouknow.co.uk](https://www.thinkyouknow.co.uk)) to report abuse or exploitation

A child protection adviser from CEOP will contact you

The police may get involved, but not always

It's never too late to report

ChildLine offers advice and help about online bullying



Practical ideas

- The best protection is understanding the risks – children need to know why they need to be careful
- Help children recognise dangerous situations on all platforms
- Use privacy settings and filters but don't rely on them – they are not foolproof
- Apps and mobile networks offer safety and support advice – check their websites

Sources of help and advice

O₂ 😊 NSPCC Net Aware)))



Protecting your children from abuse online

I need to report an incident

I'm concerned about my child

I'd like to understand more about keeping my child safe

www.thinkyouknow.co.uk

Sources of help and advice continued...

- www.nspcc.org.uk
- www.parentinfo.org
- www.saferinternet.org.uk
- www.childline.org.uk
- www.pegi.info
- <http://www.askaboutgames.com/>
- www.videostandards.org.uk
- www.net-aware.org.uk
- www.getsafeonline.org
- www.mencap.org.uk/about-us/our-projects/safesurfing
- www.actionfraud.police.uk/scam-emails

Thank you

Remember – you are your child’s best protection!

