Sexting safety advice

- ☐ **Don't wait for an incident to happen to your child or your child's friend before you talk about the consequences of sexting.** Talking about this can be uncomfortable, but it's better to have the talk before something happens.
- ☐ **Remind your kids that once an image is sent, it can never be retrieved — and they will lose control of it.** Ask them how they would feel if their teachers, parents, or the entire school saw the picture, because that is what might happen.
- ☐ **Talk about pressures to send revealing photos.** Let them know that you understand how they can be pushed or dared into sending something. Tell them that no matter how big the social pressure is, the potential social humiliation can be hundreds of times worse.
- ☐ **Teach your children what to do**. If someone sends them a photo, they should delete it immediately. It's better to be part of the solution than the problem.

A Parent's Guide to Dealing with Sexting can be found on:
www.saferinternet.org.uk

Find out about the new app Zipit, developed by ChildLine to help young people 'get flirty chat back on track'. It gives a selection of 'killer comebacks' to use if someone asks them to send explicit pictures.

Available on the App Store

Online gaming safety tips

- ☐ **Be aware of the location of the games console**; a family room is best for monitoring and supervision.
- ☐ **Discuss the risks with your child** and ensure they have privacy settings activated and know why.
- ☐ Gaming sites often have ways of **reporting abusive chat**. Ensure that your child knows how to do this, and that they should also report it to you.
- ☐ **Play the games yourself** to test for appropriateness.
- ☐ **Ask your child what they are playing**. Watch them playing and always keep lines of communication open.
- ☐ Games consoles often have **parental controls –** read the manual or contact the manufacturer to find out how to install these.

What can I do to keep my child safe?

- ☐ Ask about safety features before you buy mobile phones/computers/laptops/gaming devices

  Understand the devices your child uses. 'Parents' Guide to Technology' on www.saferinternet.org.uk will answer some of your questions about what they are, how your child can stay safe using them, questions to ask in the shop when buying one, and more.

- ☐ Install filtering and parental controls...but remember these are never 100% effective

  - Visit www.saferinternet.org.uk for video guides from BT, Sky, TalkTalk and SkyMedia on installing parental controls
  - Type into a search engine the name of the device and 'parental controls'
  - When you buy your child a new device, read the manual for safety information

- ☐ Talk to your child and be involved in their online life. Conversation starters to help you broach the subject are available in the 'What do I need to know?' section of ChildNet's website. www.childnet.com
- ☐ Look at the websites your child talks about, so you have an idea of what they involve
- ☐ Create a sentence together that your child can use if they want to exit an uncomfortable conversation online

- ☐ Agree clear rules with your child about:
  - o What personal information should not be disclosed (e.g. full name, email address, phone number, home address, school name, photos)
  - o Time spent online – when, how long...
  - o Contacting people online – distinguish between online and offline 'friends'
  - o Meeting online 'friends' offline

Ensure your child's privacy settings are set to private on the social networking sites they use and help them to understand why.

Advice can be accessed at:

www.facebook.com/help/privacy

www.saferinternet.org.uk

- ☐ Watch out for signs of excessive use of the Internet
- ☐ If necessary, monitor and log conversations your child is having online
- ☐ Use child friendly search engines to decrease the chances of your child being exposed to inappropriate content on the Internet (e.g. www.swiggle.org.uk or www.kids-search.com)
- ☐ Bookmark websites as 'favourites' to minimise use of search engines
- ☐ Use the browser history to keep an eye on what websites your child has been looking at
- ☐ Encourage your child to talk to a trusted adult if something online has worried or upset them

Call the Stop it Now! Helpline on **0808 1000 900...** if you have concerns about online or offline sexual behaviour involving your child.

Where can I find information about Internet Safety?

Parents Protect! summarises the key risks that children and young people can face online including grooming, cyber bullying, gaming and sexting. Find top tips about how to keep your children safe online.
www.parentsprotect.co.uk

The **UK Safer Internet Centre** provides detailed steps you can take to increase your child's safety online
www.saferinternet.org.uk

Google Family Safety Centre provides parents and teachers with practical tools to help them choose what content their children see online. Look out for the video tips on how to set up safe searching on Google and YouTube.
www.google.co.uk/familysafety
N.B. Each of the search engines e.g. Yahoo, Virgin, Bing! will have their own Internet safety pages. You can search for these on their home pages.

A parent's guide to Kik messenger can be found on https://kikinteractive.zendesk.com

Think U Know provides the latest information on the sites young people like to visit. It is separated into sections relevant for children aged 5-7, 8-10 & 11-16 years old. There is also a 'parent/carer' and 'teacher/trainer' section. Find out what's good, what's not and what you can do about it. www.thinkuknow.co.uk
N.B. On this site there is a 'Webcam with Confidence' Factsheet to help you sit down with your child and educate them around how to use webcams safely.

Vodafone's magazine '**Digital Parenting**' gives information and advice about the technology your child might be using:
www.vodafone.com/content/parents.html. On the website you can also access 'How to' guides, including a 'How to...set up YouTube Safety Mode'.
N.B. Each mobile network e.g. O2, Orange, 3, etc. have their own Internet safety pages. You can search for these using a search engine.

Parents' Guides to Snapchat, Instagram and Facebook can be found on
www.connectsafely.org/

Internet Safety videos

Jenny's Story depicts the risks involved in giving out too much personal information online. www.youtube.com

Jigsaw: for 8-10 year olds enables understanding of the importance of children being protective of their personal information online, as they are offline. www.youtube.com

Let's Fight It Together is about the consequences of cyber bullying. www.childnet.com/resources

Exposed refers to 'sexting' – what it is and why it's a bad idea. www.parentsprotect.co.uk/sexting.htm

Teach the SMART rules

SAFE – Staying safe online involves being careful and thinking about whether it is safe to give out personal information.

MEETING – Meeting up with someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/carer's permission and when they can be present.

ACCEPTING – Accepting e-mails or opening files from people you don't know can be dangerous – they may contain viruses or nasty messages.

RELIABLE – Anyone can put anything on the Internet - remember people can lie and not be who they say they are in chat rooms.

TELL – Tell your parent/carer or teacher if someone or something makes you feel uncomfortable or worried.

Cyberbullying safety advice

☐ **Talk to your child** to ensure they know what to do if they or a friend are victim to cyberbullying.

Key messages to communicate to your child:

☐ **Tell a trusted adult** straightaway if something worrying happens online
☐ **Don't reply** to any nasty messages
☐ **Save messages** so you can show them to the trusted adult you tell
☐ **Don't send anything to anyone** if you don't feel comfortable or it doesn't feel right
☐ **Turn off the computer!**
☐ If you don't feel able to talk to a trusted adult, **contact ChildLine** or **Cybersmile**

How do I report illegal content or inappropriate contact?

You can report **criminal online content** securely and anonymously to the Internet Watch Foundation (IWF)
www.iwf.org.uk

You can also report criminal content to your Internet Service Provider.

If you have suspicions about a particular **person's behaviour online**, you can report them to the Child Exploitation and Online Protection Centre (CEOP)
www.ceop.police.uk

Kidscape provide advice including leaflets/resources about cyberbullying.
www.kidscape.org.uk

The **Cybersmile Foundation** run a cyberbullying Helpline for parents, teachers and children:
0800 783 1113

They can also be contacted at
help@cybersmile.org
and on Twitter, Facebook and Tumblr
Visit their website for information and advice about cyberbullying.
www.cybersmile.org