

# Keeping Children & Young people Safe in a Digital World Workshop for parents



Lorna Naylor  
Anti-bullying Coordinator  
TETC  
February 2020



Nottinghamshire  
County Council

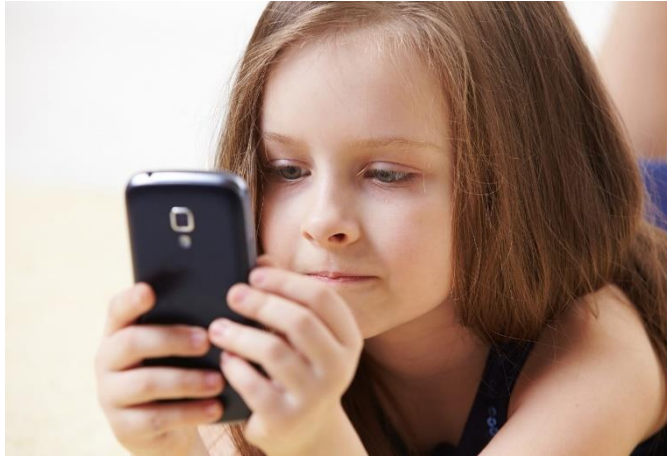
# Our Digital World



# And.....



# Growing up in a Connected World



# And now...The Internet of Toys



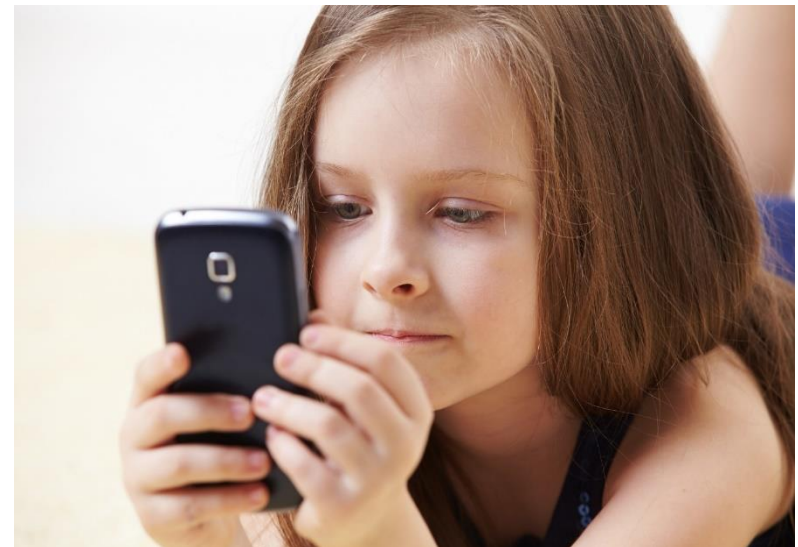
amazon echo

Always ready, connected, and fast. Just ask.



# Think about the following questions before you buy anything...

- Is this device or service age-appropriate? Age ratings are there to protect children from inappropriate content and contact.
- Is my child ready for it? There are no age restrictions for smartphones and tablets – it's up to you to decide if your child can have one.
- Does it have parental controls?
- Do I know how it works?
- Can we use it together?



# Where do they turn to for help?

A survey in 2018 said:-

- 90% say a family member
- Then a teacher
- Then a friend

We need to be able to talk to our children about what they are doing online and how to keep safe



# Lets start with our own behaviour?

- Do you already have some family rules for online use?
- Are these for all the family not just the children/young people?
- Do you have parental controls in place appropriate to the age of your children?
- Do your online and mobile habits set a good example to your children?
- Do you engage in the online life of your children?





# Here are some tips for parents to help their child to regulate their own use

- Rather than making inflexible rules, have a conversation.
- Create a supportive environment for exploration and learning. Encourage them to research topics that interest them, use the internet for homework and connect positively with friends and family via social media.
- Get involved- Research shows that parental interest and involvement is positively correlated with online resilience
- It is children who feel unconditionally supported (but who have clear boundaries) who feel most secure and tend to be safer.



# Children need advice about:-

- Friendship and online relationships
- Grooming and radicalisation
- Inappropriate conduct including sexting, bullying and unkind behaviour
- Inappropriate content including pornography
- Live streaming
- Safe gaming
- Being critical about content
- Data protection



# Apps!!



# How do I keep up with all those Apps?

O<sub>2</sub> 😊 **NSPCC Net Aware** )))

<https://www.net-aware.org.uk/>

# Top tips to make sure you know what you're downloading on your mobile or tablet.

- Make sure you check what the app really does, read the reviews and ratings.
- Check the age ratings and content descriptions on apps before you download them, to make sure the app is age appropriate.
- Make sure you are downloading an app from a reputable site such as Apple's App Store, Google Play and BlackBerry App world
- Before you download always check the list of 'app permissions' and be sure to check the app settings to control what you share.

# Parental controls for Apps

- 4+** Applications in this category contain no objectionable material.
- 9+** Applications in this category may contain mild or infrequent occurrences of cartoon, fantasy or realistic violence, and infrequent or mild mature, suggestive, or horror-themed content which may not be suitable for children under the age of 9.
- 12+** Applications in this category may also contain infrequent mild language, frequent or intense cartoon, fantasy or realistic violence, and mild or infrequent mature or suggestive themes, and simulated gambling which may not be suitable for children under the age of 12.
- 17+ You must be at least 17 years old to purchase this application.**  
Applications in this category may also contain frequent and intense offensive language; frequent and intense cartoon, fantasy or realistic violence; and frequent and intense mature, horror, and suggestive themes; plus sexual content, nudity, alcohol, tobacco, and drugs which may not be suitable for children under the age of 17.

# Gaming



# Keeping Games Safe and Fun

- Check the age ratings
- Blocking and reporting
- Be careful about in app purchasing
- Privacy settings
- Keep personal information safe
- Take breaks







## PEGI (The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices

3+



**Violence** - Game contains depictions of violence

7+



**Discrimination** - Game contains depictions of, or material which may encourage, discrimination

12+



**Sex** - Game depicts nudity and/or sexual behaviour or sexual references

16+



**Drugs** - Game refers to or depicts the use of drugs

18+



**Fear** - Game may be frightening or scary for young children



**Bad Language** - Game contains bad language

# Online Gaming-in game purchases

Gaming is not free!- you pay by-

- Digital download
- By subscription
- Apparently free but money made by in game purchases (freemium) eg Fortnite



# In- game Purchasing



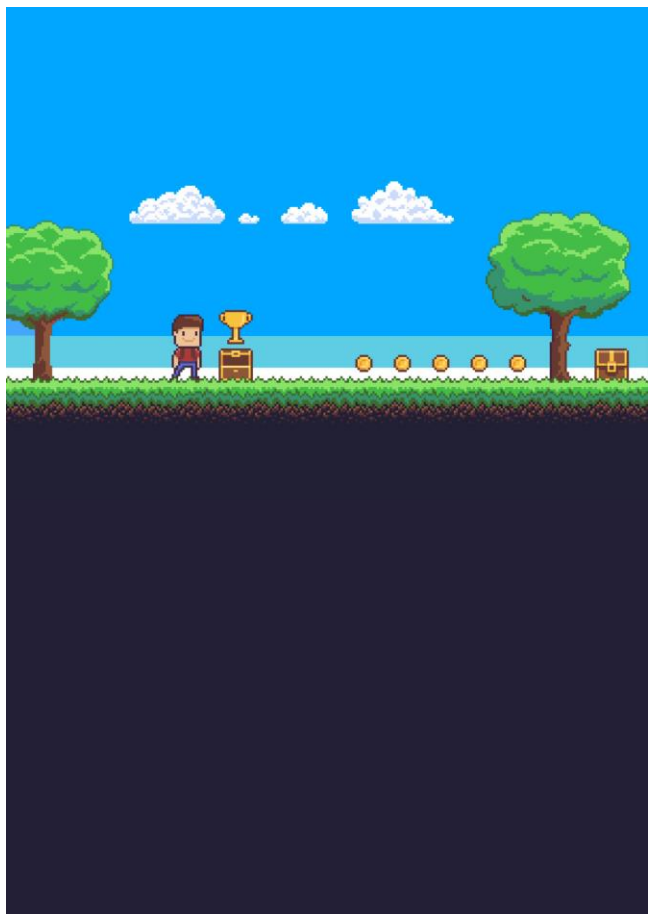
Young can spend money using in game currency/ real money. They do this as a

- Micro transaction- which may significantly impact on the game.
- Cosmetic – Skins, maps ,stories
- Loot boxes – the reward is random and can be significant or cosmetic
- Thera are also trading opportunities between players on 3<sup>rd</sup> party websites

# Mori Poll

- 93% children between 10-16 play video games
- 72% play on consoles
- 47% on tablets
- 60% on smartphones
- 76% who play online think that games try to make you spend as much money as possible
- 49% say the game is only fun when they spend money
- 60% have heard of lootboxes

# Parent Zone Report 2019- recommends



- Parents need clearer guidelines –the existing ones are not good enough
- Parents need to understand the psychological techniques
- Children need to understand how games are out to make money

# What is Cyberbullying?

## Threats

**Hacking**

**Manipulation**

**Prejudice**

**Exclusion**

**Stalking**

**Public postings**



# Cyberbullying Top Tips for Young People

1. Always respect others:
2. Think before you send
3. Keep it private!
4. Block the bully
5. Don't retaliate or reply!
6. Save the evidence
7. Make sure you tell:
  - Your parent/carer or an adult you trust
  - Your school: your teacher or the anti-bullying coordinator can help you
8. Report it to the social network or app
9. Remember you can visit ChildLine to chat to a counsellor online, or call 0800 1111.



**Finally, don't just stand there, if you see cyberbullying going on, support the victim and report the bullying!**

# Sexting

The “exchange of sexual messages or images” and “Creating, sharing and forwarding sexually suggestive nude or nearly nude images” through mobile phones and the internet .



# Why do young people do this?

There are many reasons why a young person may want to send a naked or semi-naked picture, video or message to someone else.

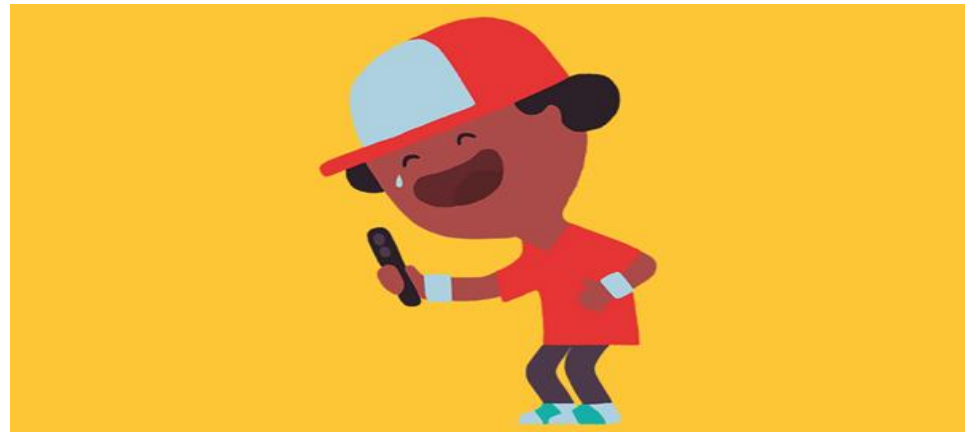
- joining in because they think that 'everyone is doing it'
- boosting their self-esteem
- flirting with others and testing their sexual identity
- exploring their sexual feelings
- to get attention and connect with new people on social media

# What to do if your child has been affected by sexting?

- Reassure them that they aren't alone
- listen and offer support – they're probably upset and need your help and advice
- try not to shout or make them feel like it's their fault
- don't ask questions like "why have you done it" as this may stop them from opening up to you
- discuss the problem and the wider pressures that they may face, to help them to understand what's happened
- assure them that you'll do all you can to help.

# Share aware-NSPCC

- [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware) Share Aware – is a campaign for parents of children aged 8-12 – it will help to reassure them, and give them everything they need to keep their children safe.



# New Friends Online

- Children and Young People do not always think before chatting to new friends online. This can make them vulnerable to bullying, inappropriate friendships and grooming.
- **Grooming** is when someone builds a relationship with a child to gain their trust, with the intention of exploiting that relationship for sexual abuse. It can be easier online because the groomer can hide their age, gender and identity.
- Families often fear that their children will meet up with online 'friends' and be abused. But children can also be exploited by being persuaded or forced to:
  - have sexual conversations by text or web chat
  - send or post sexually explicit images
  - take part in sexual activities over a webcam or phone.

# How to talk to children about grooming

- Talk about who they're friends with online, how they choose their friends and what they share. People aren't always who they say they are.
- Talk to older children about healthy relationships and encourage them to think about what sites they visit and what they share.
- Let your child know that they can talk to you, or another adult they trust, if something is worrying them.
- Talk about the privacy settings on their social networking profiles and agree a privacy setting that you're both comfortable with. Remember, the higher the privacy the safer your child is.
- Show your child what strangers can see by searching for their name when you're not logged in.
- If you have a young child playing online, switch off the social and chat features.
- If you're concerned about someone's behaviour towards your child, you can report this to the CEOP or, in an emergency, dial 999.

# Online grooming

Lucy and the Boy: Be Share Aware

<https://www.youtube.com/watch?v=kwcL-VP3FYcNSPCC>



# Grooming and Radicalisation

There's a chance that a child may meet people online or visit websites that could lead them to adopting what maybe considered to be extreme views, and becoming radicalised. Curiosity can lead children to seek out these people, or they could be befriended by someone in order to encourage them to adopt beliefs or persuade them to join groups whose views and actions could be considered extreme.

# What are the signs to look out for

- A conviction that their religion, culture or beliefs are under threat and treated unjustly
- A tendency to look for conspiracy theories and distrust of mainstream media
- The need for identity and belonging
- Being secretive about who they've been talking to online and what sites they visit
- Switching screens when someone comes near the phone, tablet or computer
- Possessing items – electronic devices or phones – you haven't given them
- Becoming emotionally volatile.



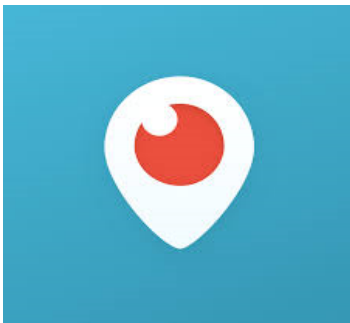
# Talking about radicalisation with children

- Be approachable
- Be calm and don't get angry
- Tell someone
- Talk to them about their online friendships



# Live Streaming

- A popular feature on lots of apps and platforms, allowing live broadcasting over the internet. There are live streaming platforms and social media platforms now have this as an option.
- Attractive to young people appealing to their creativity
- Often a confidence and ego boost especially if you get a lot of likes





# What is live streaming?

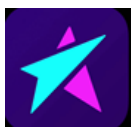
- Visual broadcast live over the internet via any smart phone or tablet with a camera
- Live streamed videos are unedited and shared without delay
- Unmoderated, unrehearsed & unpredictable
- Viewers can send gifts, comment and talk directly with the person live streaming





# Popularity

Live streaming is highly appealing to children and young people as it offers the opportunity for them to be a creator and presenter and be seen by a potentially huge audience.



Live.me: Over 20,000,000 downloads



YouNow: 10,000,000 – 50,000,000 downloads



Live.ly: 5,000,000 – 10,000,000 downloads



Periscope: 10,000,000 – 50,000,000 downloads



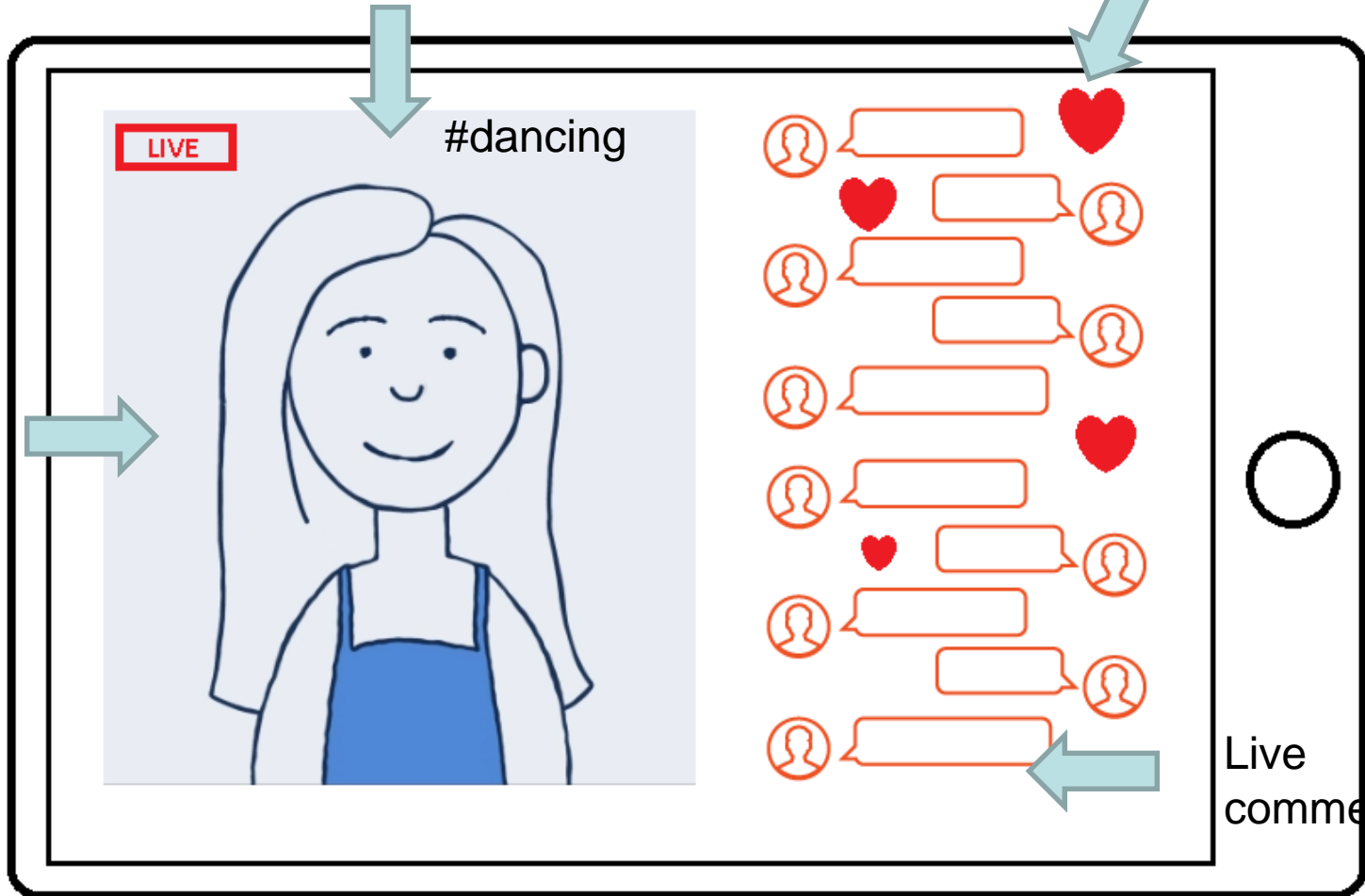
Musical.ly: 100,000,000 – 500,000,000 downloads



# does it look like?

Hashtags

Emoji's/Gifts



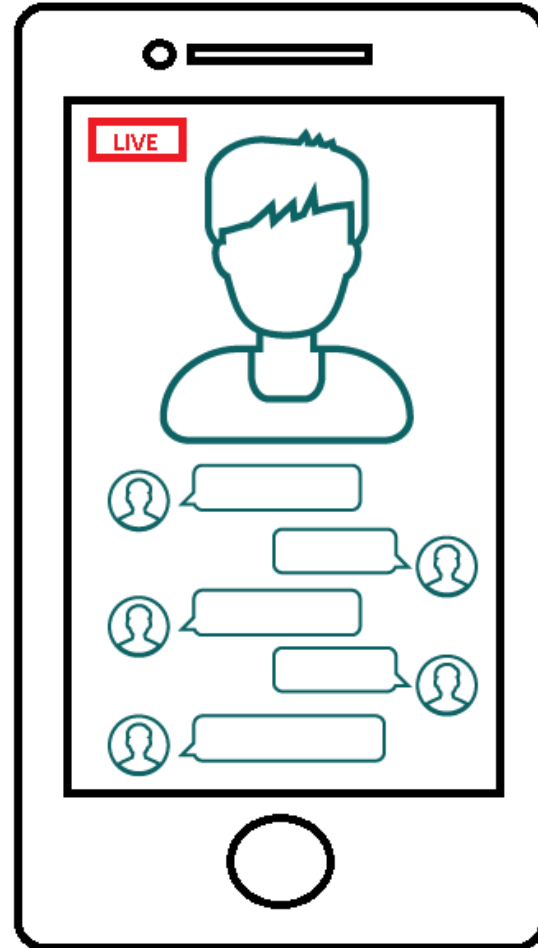
Live stream

Live comments



# factors

- Developmental stage
- Reduced inhibition online
- Live streaming is 'in the moment'
- Tactics such as trickery
- Affirmation
- Power of multiple comments
- Fear



# What can you do?



- Ongoing conversations with your child about their internet use
- Children should only live stream in public rooms
- Look out for children moving to private platforms
- Build resilience, particularly where children are feeling lonely
- Encourage children to identify safe and trusted adults
- Make sure children know where to go for support



# Parental Controls

There are four main places you can find parental controls, and it can help to set up a combination of these:

- Internet provider: you can set up filters to help block access to inappropriate content on any device that connects to your home WiFi
- Mobile operator: filters are often automatically set up on mobile contracts, but you can double-check with your provider
- Devices: many devices have parental control settings, for example, to help restrict spending in apps or disable location functions
- Online services: sites like BBC iPlayer and YouTube have parental control settings to help restrict access to inappropriate content



# How to report

- Most services have rules about what kind of content is allowed on the site. Often if something is harassing an individual, pornographic or violent it breaks the rules. You can report this kind of content using the reporting tools on the sites.



# Reporting to CEOP

The screenshot shows the CEOP website header with the logo and text: "Child Exploitation and Online Protection command", "A National Crime Agency command", and "If you need to hide this site quickly, just click here" with a "Quick exit" button. The main heading asks, "Are you worried about online sexual abuse or the way someone has been communicating with you online?" and prompts to "Make a report to one of CEOP's Child Protection Advisors". Three columns provide information: "Should I make a report to CEOP?", "What happens when I make a report?", and "How can CEOP help me?".

The CEOP website has information on:

- When to report to CEOP
- What happens when a report is made to CEOP
- How CEOP can help

The screenshot shows a form with a dropdown menu set to "I am a parent" and a note: "You can change who you would like to see information for here". Below the dropdown is the question "Should I make a report to CEOP?" with a yellow underline.



## You can also report to the police and other bodies that regulate content on the internet:

- If you are suspicious about someone's behaviour towards a child report to CEOP [www.ceop.police.uk/Ceop-Report](http://www.ceop.police.uk/Ceop-Report)
- If you see any criminal content you should report to the Internet Watch Foundation [www.iwf.org.uk/report](http://www.iwf.org.uk/report)
- If you see any content that incites hatred you should report to True Vision [www.report-it.org.uk/your police force](http://www.report-it.org.uk/your_police_force)
- If you want to make a complaint about an advert, television or radio programme, film, newspaper, magazine, video game or other type of content that you think is unsuitable for children to see or hear, you can report it through ParentPort [www.parentport.org.uk/](http://www.parentport.org.uk/)
- If you'd like free advice and tips for staying in control of your mobile phone costs, visit the PhoneBrain website [www.phonebrain.org.uk](http://www.phonebrain.org.uk), a campaign aimed at young people run by the premium rate phone services regulator PhonepayPlus.
- If you have been 'scammed, ripped off or conned' you can report to Action Fraud [www.actionfraud.police.uk](http://www.actionfraud.police.uk) , or on 0300 1232040. This service is run by the National Fraud Authority, the UK's government agency that helps coordinate the fight against fraud.

# Remember

- No parental control is 100 % effective
- Be aware also that once parental controls by your internet provider are set up on your WiFi, if your child access 3G or 4G at home, the parental controls can be bypassed.
- If your child goes to their friend's house where there are no parental controls in place, they will be able to access whatever they want.
- it's also possible to connect to public WiFi when you're out and about, with shops, cafes and restaurants increasingly offering internet access. Look out for the Friendly WiFi symbol which means the content has been filtered.



# Some places to get help



- [www.vodafone.com](http://www.vodafone.com)





Let's keep kids safe online

<http://www.o2.co.uk/help/nspcc>

- O2 have partnered with NSPCC to help parents keep their children safe.
- On their hub, you will find articles on everything from online bullying, to the apps young people are using.
- They also give tips on how to talk about it with young people including some ideas on ground rules you might want to agree.
- If you need more help on anything, you can call their free helpline on 0808 800 5002, or visit an O2 Guru in one of our stores.



# Thinkuknow website for parents/carers

This screenshot shows the 'What is live streaming?' page on the Thinkuknow website. The page has a blue header with the 'THINK U KNOW' logo and navigation links: Home, Get Advice, Concerned about your child?, How to get help, Who are we?, and Support tools. Below the header is a search bar with the placeholder text 'I would like advice on...'. The main content area features a background image of a person holding a smartphone. The title 'What is live streaming?' is prominently displayed in white text. Below the title, a short paragraph explains that with the increase in live streaming popularity, it's important to understand why young people enjoy sharing experiences in real-time.

This screenshot shows the 'Live streaming: responding to the risks' page on the Thinkuknow website. The page has a blue header with the 'THINK U KNOW' logo and navigation links: Home, Get Advice, Concerned about your child?, How to get help, Who are we?, and Support tools. Below the header is a search bar with the placeholder text 'I would like advice on...'. The main content area features a background image of a red 'LIVE' sign on a dark wooden wall. The title 'Live streaming: responding to the risks' is prominently displayed in white text. Below the title, a short paragraph explains that live streaming is a popular feature of many apps and platforms, and by understanding the risks, parents can help their child stay safe when they are online.

This screenshot shows the 'Online contact and staying safe' page on the Thinkuknow website. The page has a blue header with the 'THINK U KNOW' logo and navigation links: Home, Get Advice, Concerned about your child?, How to get help, Who are we?, and Support tools. Below the header is a search bar with the placeholder text 'I would like advice on...'. The main content area features a background image of hands typing on a laptop keyboard. The title 'Online contact and staying safe' is prominently displayed in white text. Below the title, a short paragraph explains that video streaming and chatting online can be exciting, but parents should know how to protect their child from adult content and contact, and how to help them stay safe from abuse.

# Thinkuknow websites for young people



Home **Need advice?** Worried about a friend? HELP! News Q & A

## Live Streaming

Live in 3...2...1

Live streaming, sometimes known as 'going live', is the broadcasting of live videos over the internet. Videos are unedited and are seen in real time - similar to Live TV.

**Why do people live stream?**

Sharing videos instantly can feel exciting. Some people use live streaming as a way to showcase their talents, campaign about an issue or to spontaneously share their thoughts with an audience.

**Watching live videos?**

The clue is in the name - live streaming means you can see what is happening as it happens. However, you can create and share a live video.

## Dealing with pressure online

Sometimes it can feel awkward saying 'no' to people, especially if they're someone close, such as a friend, boyfriend or girlfriend. This might be because you really like that person, you trust them and don't want to let them down. However, if you do say no, any genuine friend or partner who cares for you and respects you will accept your decision.

Unlike our real friends, people we don't know online can try to convince us to do things, even when we have said no. This can feel tricky because, online, there can be lots of people asking all at the same

time. Live streaming or 'going live', when often there are lots of people watching, can cause young people to feel under pressure. These requests can feel uncomfortable and these requests can feel like they are asking for personal information, or asking them to do things they may not be OK with. These are all elements of pressure and this

## Lies and truths

Here are some lies people tell. It's important you know the facts.

- "If you do this for me I'll leave you alone"**

The more you do for them the more power they will think they have. The best thing if someone threatens you online is to get up, walk away and tell someone as soon you can. If you feel trapped, report to [CEOP](#).
- "The police will never find me, I've hidden myself on the internet"**

This is never true. No matter what clever tricks they claim to be using, everyone leaves a 'digital footprint' online. The police are very good at tracking these people down, even if they're not in the UK.
- "If you don't do more for me I'm going to share this image"**

They often don't share the images - even when they've threatened to. It's not in their best interests. The more information they share, the easier it is for the police to track them down.
- "If I share this image you'll never get over it"**

You might feel you have no way out but this isn't true. All problems can be solved with support. If they do share an image, this is better than being forced to do more sexual things. Even if you think they will share the image, talking to someone will help you get perspective. You need support to make it stop.





# Parent Zone



ANY QUESTIONS ??

IF NO, JUST CLAP

