

There are now more ways than ever before to communicate, create, edit and share images and videos online.



- Social media is vital to teenagers' and children's social and creative lives.
- Social media benefits include connection, learning, creativity and more.

HOWEVER

DID YOU KNOW?



A quarter of all children in Britain have been approached by a stranger online, reveals NSPCC report

- Facebook and YouTube seen as high-risk for violent, bullying and sexual content
- The survey revealed Twitter, Instagram and Snapchat are also deemed high-risk

“60% of teenagers say that spending too much time online is a “major” problem”

“On average teenage girls aged spend around 9 hours per week gaming while boys of this age spend over 16 hours (16 hours 42 minutes)”

“teens spend an average of nine hours a day online”

Social Media

Most young people do not understand the consequence of exchanging private information.

They can randomly chat with someone without knowing who they are communicating with since no one is using their real names.

This could mean they are at harm from potential exploitation or grooming.

Common apps

Many of these apps are uncensored and are used as a method by adults to inappropriately contact children. They include features such as videos / posts / live streaming / chatrooms



Social Media Dangers

- ✓ Cyberbullying
- ✓ Cyberpredators
- ✓ Grooming
- ✓ Posting Private Information
- ✓ Live streaming videos
- ✓ Your child seeing offensive images and messages
- ✓ Privacy and Location - especially snapchat
- ✓ Selling 'fortnite' accounts (meeting seller)
- ✓ Mental health issues
- ✓ Doxxing (Posting other people's personal information publicly online, such as name, address, telephone number)

Further Information

Sexting – what is it?

- Creating, distributing or possessing an indecent image of a child (under 18) – against the law
- Emotional and psychological damage
- Reputational damage
- Online manipulation/extortion

www.saferinternet.org.uk/sexting



Sexting Advice

- Talk to your child about the risks
- If a sexting photo arrives on your child's phone, never send it to anyone else (that could be considered distribution of child pornography)
- Seek help from the school/Police
- ZIPIT app from Childline
- 'So You Got Naked Online' – advice for young people
- Report suspected grooming/child sexual exploitation to Police/CEOP

www.saferinternet.org.uk/sexting





Smartphones

- All smartphones have internet access. This allows a wide range of app functions and it allows you to browse the web and go on social networks like Tik Tok or WhatsApp.
- When they are out and about, smartphone users access the internet via 3G
- All mobile network providers provide **parental controls**. Some will have these on as default, but others you will need to request to be turned on.
- It's also possible to connect to public wifi when 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 apps can help filter out age-inappropriate content or help restrict some of the smartphone functions, so have a look in the app store.



APPS



- It is worth checking the age ratings on apps, where available.. You can also look at app reviews online. For example, [Common Sense Media provide age ratings and reviews for many apps](#), relying on developmental criteria to determine what content is appropriate for which ages.
- It is possible for apps to contain viruses and some smartphones are more prone to malicious apps.

Privacy



- A lot of personal information can be stored on smartphones, such as photos, videos and email and Facebook logins.
- Young people can find it helpful to have a PIN to lock their smartphone to prevent friends logging into their social networking sites and changing their page, often called “fraping”.
- Remember to treat your PIN like a toothbrush – don’t share it!



Location

Location services allow applications such as maps and social networks to pinpoint your location. These settings can be disabled in the system settings of your child's smartphone.

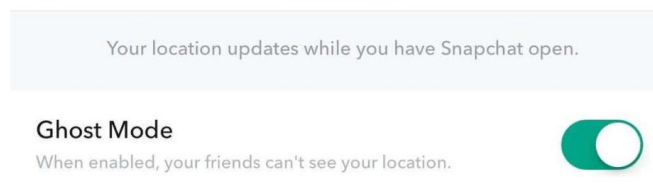
It is worth noting that many young people do not register with the correct age when signing up to social media sites and so need to choose not to disclose their location.

Speak to older children about the potential consequences of sharing their location and help them to think very carefully about what they share.

Ghost Mode Snap Chat

Snap Map - a GPS locator for all your kids' Snapchat friends – is their 'friend' really their 'friend'??

When Ghost Mode is enabled people can't see your location



Here's how they can go into "Ghost Mode," and control exactly who can see where they are. First, tap the little gear icon in the upper right corner, then scroll down to where it says "Who can ... See my location." Tap it, and click "Ghost Mode" so it turns on.

Now your teen can browse the map without showing their own location to a whole bunch of people who shouldn't know it in the first place.

'Deepfake' Videos

Deepfakes are fake videos or audio recordings that look and sound just like the real thing. AI deepfakes are now as simple as typing whatever you want your subject to say.

They show people saying or doing things they never said or did, and recent technological leaps have made producing realistic ones easier than ever. Deepfakes are being used to place people in pornographic videos that they in fact had no part in filming.

This is in the early stages but as technology becomes more advanced it is something children need to be wary of.

[Click here to see Video](#)

Gaming



- Players can 'talk' by using Instant Messenger style messages which are typed during the game and they can often use voice chat
- Some consoles even have video chat functions. It is always a good idea to find out what chat functions are available, so that you understand how your child could be using their console.
- Parental control tools are available, which can limit certain functions in games, including chat.
- Make sure your children know how to protect their privacy; advise them never to give out any personal information, pictures of themselves, or agree to meet someone in person, either when using online chat or sharing information in their user profile.
- If your child does play against people they don't know, make sure they know how to block and report other players and use the mute function which can disable chat in many games.

Gaming



- Fortnite – be aware of potential grooming where people may attempt to buy their account if they have ‘rare’ items



- Find out about the parental controls available - it helps if you are the one to set up the gaming device so you are in control of these.
- NEVER put your credit card on the console!
- Keep an eye on who they are talking to online – again you can set this up on parental controls

Stalking (by parents!)

Use a tracker app like 'Life360' to track your child's whereabouts

Your child's phone may have a built in screen time tracker

Moment - an iPhone app time tracker that keeps a tally of how much time someone is spending on their phone, and what they're doing with it

There are plenty of phone trackers available – [click here for more](#)



Life360



Moment

Less phone. More real life.

Disable your webcam

People really can spy on you through your webcam.

Script-kiddie hackers and teenagers can, and do, use easily accessible tools and phishing techniques to hijack webcams of unsuspecting people.

They can store images and videos of people in compromising situations in their bedrooms, and many of these images and videos are uploaded to shady websites.

Disable your webcam – or use bluetack!!



Webcam Cover Cap Black Grey Gray Charcoal Blank Mic Microphone
Cyber Security Removable Re-useable Web Cam Security Patch...

by Silver C

£2.95

★★★★☆ ▾ 25

[Electronics & Photo: See all 4,007 items](#)



STEAGLE1.0 Laptop Webcam Cover for Privacy Shield (Silver)

by STEAGLE

£9.99 ✓Prime

Get it by **Tomorrow, Jan 23**

Eligible for FREE UK Delivery

★★★★☆ ▾ 14

Product Features

Webcam cover - a new concept accessory for laptop

[Electronics & Photo: See all 4,007 items](#)



Webcam Cover (3-pack) Black Cast

by soomz.io

£8.90

★★★★☆ ▾ 1

Product Description

... The *Webcam Cover* by soomz.io protects the cameras of laptops, tablets ...





Ask.fm

Ask.fm is a site where you can ask people questions. You can choose to ask them anonymously.



Bin Weevils

Bin Weevils is an online virtual world where you can play online games, chat with friends, adopt a virtual pet, grow your own garden and watch cartoons.



Instagram

Instagram is a picture and video sharing app. Users can post content and use hashtags to share with others.



Snapchat

Snapchat is an app that lets you send a photo or short video to your friends.



Twitter

Twitter is a social network messaging service that lets you send public messages called tweets.



Facebook

Facebook is a social network, which lets you create a page about yourself.



Omegle: Talk to Strangers

Omegle randomly connects you to another person who's on the site. It lets you talk to them in a one-to-one audio or video conversation.



ooVoo

ooVoo is a video chat app. It lets you make video calls, voice calls and send texts to friends and family.



Twitch

Twitch is a live video game website. Watch playbacks of games, live stream your own games, and chat to other gamers.



WhatsApp

Whatsapp is an instant messaging app, which lets you send instant messages, images and videos to friends.



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 for website](#)

What can I do right now?

- ✓ Open dialogue with your child e.g. do not share personal information etc.
- ✓ Family agreement – screen time etc.
- ✓ Consider filtering and blocking software
- ✓ Think before you/they post
- ✓ Understand the laws
- ✓ Privacy settings and reporting
- ✓ Save the evidence and report the incident
- ✓ Know where to get help

Sign up to the UK Safer Internet Centre newsletter at:

saferinternet.org.uk

Follow the "WWGS?" (What Would Grandma Say?) rule.

Teach kids not to share anything on social media that they wouldn't want their teachers, college admissions officers, future bosses — and yes, grandma — to see.

Want more information?



education@childnet.com

<http://www.familylives.org.uk>

(type online safety in search bar)



www.saferinternet.org.uk
www.childnet.com
www.nationalonlinesafety.com/guides

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

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