

E safety Advice for Parents

The online world is now an integral part of everyday life, especially for young people. As with the real world, there are risks online and it's important that young people are taught how to manage them.

The internet brings great opportunity to communicate and learn. Unfortunately, there are individuals who will use the internet to make inappropriate contact with young people for the purposes of scams, bullying, sexual grooming or abuse. It is our responsibility as a school and parents to ensure that we know what our young people are doing on the internet and how to keep them safe.

The answer is not to panic and think it's all too dangerous. You can help your child to recognise the danger signs and teach them how to keep themselves safe.

This information, provided by Bury Safeguarding Children Board, is to help you to teach your children the basics of staying safe online or when using mobile phones.

Teach your children to Be S.M.A.R.T.

- **SAFE -**
Keep safe by being careful not to give out personal info including full name and e-mail address to people you don't really know
- **MEETING -**
Meeting up with someone who you have only met on line can be dangerous. Only do so with your parents/carers permission and even then only when they can be present
- **ACCEPTING -**
Accepting e-mails, IM messages or opening files from people you don't know can be dangerous - they may contain viruses or nasty messages
- **RELIABLE -**
Someone on line may be lying about who they are and information they provide on the internet may not be true. Check information and advice on other websites or in books or ask someone who may know
- **TELL -**
Tell your parent/carer or teacher if someone or something makes you feel uncomfortable or worried or you or someone you know is being cyberbullied.

If you are a parent or carer

Help your child to understand that they should never give out personal details to online friends

This includes their messenger ID, email address, mobile phone number and any pictures of themselves, their family or friends. If your child publishes a picture or video online, anyone can change it or share it. Remind them that anyone may be looking at their picture. Any personal information put on sites like Facebook must be protected by privacy settings.

If your child receives spam/junk email and texts, remind them never to believe them, reply to them or use them

It's not a good idea for your child to open files that are from people they do not know. They could contain a virus, or worse an inappropriate image or film. Help your child to understand that some people lie online. Remember that a child or young person could chat with someone for months and still never know who they really are. They should never meet up with any strangers without an adult they can trust coming too.

Teach your child how to block someone online and how to report them if they feel uncomfortable

Most social networking sites have tools for blocking, flagging or reporting, and you should also use the 'report abuse' button from the Child Exploitation and Online Protection Centre (CEOP) to make sure people trying to make inappropriate contact with your child get caught.

Talk with your child about their internet use

Be part of their online life; involve the whole family and show an interest. Ask your child to show you what sites they use and how they work. By learning with your child they will be more likely to come to you if they have any problems. Encourage your child to tell you if they feel uncomfortable, upset or threatened online.

Try and keep all equipment that connects to the internet in a family space

Use the computer and games consoles in a family room. Monitor the sites your child is using and be there for them if they stumble across something they don't want to see. Be vigilant if your child has a webcam, check who they are 'chatting' to and warn them about the dangers of uploading images of themselves. Remember that most mobile phones are mini computers. Does your child need to take the phone to bed with them?

Learn about internet safety with your child

The CEOP [Think U Know?](#) site has films, games and advice for children from age five to sixteen. With older children/teenagers, watch CEOP videos [YouTube - Consequences](#) and [YouTube - Exposed](#). These cover social networking sites and "sexting", the sending of indecent images over the internet or by mobile phone

Apps Parents Should Be Aware Of



Calculator+

This app looks like a calculator but functions as a secret photo vault.

It's designed to help young people hide photos and videos behind an innocent-looking calculator app.

To access secret photos, you need to type a '.' (full stop) then a four-digit passcode, and then another full stop.



Omegle

A free website that promotes chatting to strangers via messages or video. Omegle pairs two users at random, and chats are anonymous unless you tell someone who you are. The site itself admits that predators have been known to use it.



Yubo

This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.

You can 'swipe' right on people you want to be friends with, and create live video rooms with up to four friends and an unlimited number of watchers.



Whisper

A form of social media allowing people to anonymously share secret confessions and advice,

and meet new people. Text, photo and video messages can be shared anonymously, however secrets shared on the site are distributed to third-party sites and apps.



Ask.fm

Ask a question (anonymously or not) and get anonymous answers. This app has been linked to the most severe forms of cyberbullying, and multiple cases of teenage suicide. Online petitions calling for safety regulations or a complete site shut-down have received thousands of signatures.



Hot or Not

Upload a photo and strangers will rate how attractive you are. The goal is to lead to a real life hook-up,

as the app reveals a list of the 'hottest' people near your current location and encourages users to message each other and meet up in person.



Burnbook

Post anonymous rumours about people through messages, texts and photos. This controversial app has made headlines in the US for bringing severe cases of anonymous cyberbullying and threats of violence to American high schools.



Wishbone

Particularly popular with teenage girls, this app allows teenagers to compare everything from looks to outfits and rate them on a scale. Users are able to write comments underneath these photos - which are often inappropriate - or send each other direct messages.



Kik

A messaging app offering more anonymity than regular texting. Instead of a phone number, Kik users can create usernames that are more difficult to trace back. It has also become such a popular sexting platform that the word is now virtually synonymous with sexting.



Instagram

While we're not saying to block your teens from Insta, it's important to be vigilant against fake Instagram accounts.

Often referred to as 'finstas' or 'spam accounts', have become the norm for many teens, allowing them to hide content from parents. Posts are only shared with a close circle of friends, so inappropriate and intimate content often gets shared.