



**National
Online
Safety®**
#WakeUpWednesday

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

Meet our expert

This guide has been written by Anna Bateman, who is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health re-en paper.





AGE RESTRICTION
13+
Approved for ages
of 13 and over
on account

Facebook Messenger is a communication and chat application which is part of the wider Facebook platform and has been a standalone app on mobile devices since 2011. Through Messenger, users can exchange messages and send photos, videos, stickers, gifs, audio files and play games. It allows both one-to-one conversations and group chats, has a 'stories' feature and provides the ability to set up a video call session with up to 50 people at a time through its latest update, Messenger Rooms. That's why we've created this guide to help parents and carers understand exactly what Facebook Messenger is all about.

What parents need to know about

FACEBOOK MESSENGER

ADDICTIVE NATURE

Whereas Messenger is integrated into Facebook itself on a desktop or laptop, it is a separate app on mobile phones. It is similar in many ways to other messaging platforms with the added bonus of being able to upload stories, make live video calls and have group chats, beyond just standard text messaging. All of this can encourage children to spend more time on the app and on their phone, contributing towards increased levels of screen time.



REQUESTS FROM STRANGERS

Messenger cannot work without creating a Facebook account first. From here, if your child sets their profile to public, there is a chance that children may receive message requests from people they don't know. There have been reports of online grooming on Facebook and some people use fake profiles to reach out to children they don't know to try and encourage them to engage in conversation.



SECRET CONVERSATIONS

Messenger has a function called 'Secret Conversations' which means that your child can have encrypted end-to-end conversations with another user. Unlike regular chat on Messenger, these messages can only be viewed on the device being used and are not transferred to anywhere else where Messenger is logged in. Messages can also be set to delete after a time, although screenshots can still be taken. This means your child could engage in a private conversation with someone, who may look to take advantage of them, but leave no record of any previous messages.



LIVE STREAMING RISKS

LIVE

Through its latest feature, Messenger Rooms, Facebook now offers the ability to hold live video calls with up to 50 different users. Although video calls aren't new on Messenger, this latest update has a 'live streaming' element of the app, which is also linked to WhatsApp and Instagram, and doesn't necessarily require a Messenger account. This can heighten the risk factors around privacy, security and being exposed to explicit or inappropriate content from other users with little, to no, prior warning.

OVERSHARING PERSONAL INFORMATION

Messenger can be an easy way for children to overshare personal or sensitive information with people they don't know. If Messenger is granted access to their photo library, links a phone number to the account or enables location settings, children can potentially share their private photos, video, mobile number and even their current location with others.



TARGETED ADS & DATA SCRAPING

Facebook uses algorithms to understand how users interact with their platform and also what they're interested in. Messenger is not immune to this, and data shared - even between your child's friends - can be used to target children with advertisements around topics such as health, fitness, beauty, celebrities or something else which might not always be age-appropriate.

AD



Safety Tips for Parents & Carers

REPORT INAPPROPRIATE BEHAVIOUR

If your child experiences anything negative on Messenger or is sent content from someone which makes them feel uncomfortable, they should speak to you about it and report it directly to Facebook. Users can also be blocked from messaging your child further and if your child doesn't want to discuss to others that they are online, they can switch off their active status from the settings.



KEEP YOUR PROFILE & STORIES PRIVATE

You can setup your child's profile on Facebook so that only friends can contact them. Similarly, on Messenger, parents can make their child's 'stories' feature only visible to their friends list. Not adding a phone number also means that your child can't be found by searching for their personal number. This helps to keep their account more secure and less likely to be found by people they don't know.



SHARE THEIR MESSENGER ACCOUNT

Some parents insist on checking their children's messages regularly, to see who they are talking to, rather than what they're talking about. This can seem intrusive, but when approached in a sensible, collaborative way, it can help you to keep an eye on who your child is communicating with and help to reduce the chances of misuse.



DISCUSS LIVE STREAMING RISKS

Speak to your child about how to use video calls safely and securely. Make sure that when setting up video calls on Messenger Rooms, invites are only sent to friends and family that your child knows and only allow people into the 'room' who they trust. Discuss how they should behave and that they should act responsibly during a live stream, even if it is with people they know.



LIVE

EXPLAIN THE DANGERS

Give examples of how Messenger has been used by other users pretending to be someone else to get information that they may do harm with. Tell your children that whilst Messenger is a great way for people to communicate and have fun, not everyone is who they claim to be and that they shouldn't accept messages from people they don't know and shouldn't share any private information, such as pictures, videos or their location, with strangers.



Meet our expert

Alex Wright is a former Facebook employee and social media expert with over 15 years' experience working in digital media. He has worked with some of the biggest organisations in the world and has a wealth of knowledge in understanding how social media platforms work and how they engage their audience.



SOURCES: <https://www.facebook.com/help/messenger-app/>
<https://www.androidcentral.com/how-male-facebook-messenger-secure-profile>

www.nationalonlinesafety.com Twitter: @natonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety

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AGE RESTRICTION
18+

What parents need to know about

GRAND THEFT AUTO (GTA)

Grand Theft Auto

Grand Theft Auto is an action-adventure video game series where players control criminals and wreak havoc in order to complete missions and progress through the game. During the early stages of the game, it solely focuses on completing missions to go up a level. However, as the game grew more popular the makers of GTA decided to introduce a narrative to each edition of the game. The aim of this was to increase user engagement, making gamers believe that they were not just playing as the character, but they became the character. Grand Theft Auto is accessible on a number of devices including: PlayStation and Xbox, desktop computers, PSP, Nintendo DS, and Mobile.



Top Tips for Parents

THE RISK - PLAYING WITH STRANGERS

When buying GTA V you automatically have access to Grand Theft Auto Online, a version of the game that allows players to play online. They can play alone, invite players to a game, or be involved in public 'sessions' where people will be picked at random to play. When you first load into a game you are automatically placed into an open lobby, meaning you play with random people. The social club is GTA's very own social platform where users can bet money, share in-game photographs (which users can like and comment on), and even message other users directly.

What parents can do

To prevent your child playing with strangers on the game, you can change the settings to ensure they only play with their approved friends list. Upon signing up to the social club, it automatically sets a player's visibility settings to 'everyone', meaning their name and profile information is made public. Parents can alter this by changing the visibility settings to 'only me'.

WARNING!

Due to the nature of the game and the age restrictions, GTA includes content that is inappropriate for anyone under the age of 18, including sex, nudity, violence, profane language, and substance abuse. These are the main components that make up the game - you have to do certain things and witness certain things in order to move on in the game. Exposing your child to this type of content could affect their morals and understanding of right and wrong. Additionally, your child could become desensitised to similar situations, reinforcing the fact they would find it hard to differentiate between right/wrong and good/bad.

THE RISK - ONLINE HACKERS

Hackers can make money by helping users cheat in the game. They can do a number of inappropriate things, including killing people, stealing weapons, spawning money into the game, and even raping other characters. Spawning money tends to be a gamer's most popular choice, being able to buy \$100,000,000,000 (of in-game currency) for as little as five US dollars.

What parents can do

Actively monitor your child's online activity. These websites are very easy to find, meaning children and young people can easily navigate their way to these websites and pay for hackers. Not only is this an illegal activity, but you have the risk of giving your personal information to someone who may misuse it.

THE RISK - ADDICTION

Addiction is a risk with any game. Game developers use persuasive design techniques to force users to invest their time, and often money, in a game. Within GTA, your character is able to progress through the game for completing missions within a certain time frame, encouraging children to keep returning to the game. Gaming addiction is now a recognised health condition and the side effects are concerning, including sleep deprivation, decreased attention span and erratic emotional behaviour.

What parents can do

There are a number of things you can do if you are concerned about your child's screen time, including setting time limits within the home, especially during meal times and before bedtime. Talk to your child and ask why they are spending so much time on the game, and encourage healthy alternatives such as outdoor activities and spending quality time with friends and family.

THE RISK - LIVE CHAT

When playing GTA online, players have the option to use a microphone to broadcast their voice live to other players involved in the 'session'. These live voice chats are not moderated, meaning anything could be said, including inappropriate language, as well as verbal forms of bullying.

What parents can do

Talk openly with your child about not giving away personal information. Also remind them that conversations can be recorded, which could damage their online reputation. Depending on the device/platform, there will be ways to mute conversations. Make yourself aware of the device's/platform's individual settings and ensure that your child knows how to block and report.

THE RISK - MICROTRANSACTIONS

By completing missions and partaking in certain activities you earn in-game currency. This allows you to buy things such as prostitutes, vehicles, weapons, ammo, new outfits, cars, apartments and more. However, the items that are available to buy often have a high price that require a lot of game time, meaning the items are pretty unrealistic to buy.

What parents can do

If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest purchasing a pre-paid gift card for your child. These can be purchased in specific amounts which will allow you to limit how much your child spends and removes the need for a credit or debit card to be used with their account.

SOURCES:

<https://www.imdb.com/title/tt2103188/parentalguide>
<https://www.telegraph.co.uk/gaming/news/grand-theft-auto-v-has-made-money-film-history/>
<http://www.techaddiction.ca/addiction-to-video-games.html>



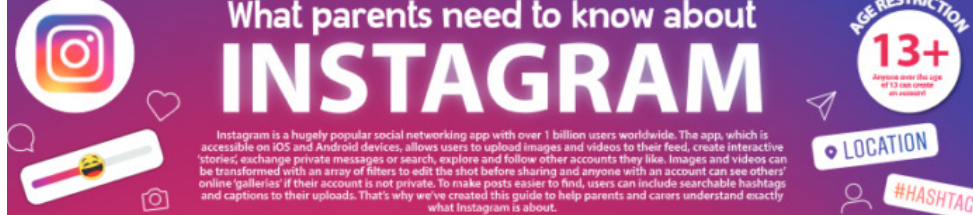
**National
Online
Safety**

A whole school community approach to online safety

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What parents need to know about



Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online galleries if their account is private. To make people easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep you engaged on them for as long as possible. Behavioural economist, Sir Iain, calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a dopamine release. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately or in a private group. Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friend list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Conversely, this is well hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos, which one themselves and other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Lucy Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the RSCC found that sex offenders were grooming children on Instagram more than on any other online platform.

IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

HUACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag when you are in a meeting in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using this app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents & Carers

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and block this person. This is the only way to stop them messaging your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice or opinion.

MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from anyone, only people they follow, or no one at all.

MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, since users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on those profiles or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to everyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos using a story or a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This will also help prevent unauthorised purchases. This can be added in the payment settings tab.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!

Meet our expert

Sarven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the author of Kids & Clicks, a web resource helping parents and children thrive in a digital world.



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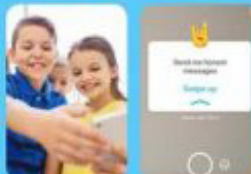
YOLO

YOLO is an anonymous question and answer app that works in combination with Snapchat. In May 2019 it became the most downloaded app in the UK iTunes store only a week after its release and with no prior marketing or promotion. It has become hugely popular amongst children, particularly teenagers, as it offers them the opportunity to join in anonymous Q&A without having to reveal their identities, which often encourages more honest and open peer feedback. This can offer kids a real sense of self-worth when they receive positive comments on their posts but can also have serious drawbacks if abused. At the time of writing this guide, YOLO was only available to download from the iTunes App store and unavailable to Android users.

AGE RESTRICTION
13+



What parents need to know about



EVERYTHING IS ANONYMOUS

Once a user has downloaded YOLO, they will be prompted to open Snapchat and post a message to their Snapchat story which adds their friends and followers to read their honest messages. From these responses, all of which are anonymous, the user can then choose one and either reply direct to it in the YOLO app or reply via an image or video in Snapchat. This response can then be added to their Snapchat story. Given the anonymity, these messages may not always be helpful or positive.



RISK OF BULLYING

Like previous similar apps before it, YOLO could be used to facilitate bullying given user identities are hidden. Cyberbullies may see this as an opportunity to send offensive or abusive comments to your child, especially as there is little opportunity for screening replies prior to them landing in your child's inbox. Children's charities, such as the NSPCC, have already voiced their concerns over the potential for the app to be misused.



NO AGE VERIFICATION PROCESS

Whilst YOLO recommends that the app should not be used by children under the age of 13, the iTunes store provides a recommended age rating of 17+. Nonetheless, if your child chooses to download the app and already has Snapchat, there are no age verification checks and no initial barriers to use. As long as your child has access to an iPhone and has Snapchat installed, they have access to YOLO.



AN INFLUENTIAL FEEDBACK TOOL

YOLO is designed to offer children the ability to tell their peers what they think of their posts and aims to encourage positivity between friends. However, the app may become an influential tool in shaping how your child behaves and interacts if they receive feedback from their followers which is more critical, such as in respect of appearance or their day to day actions. Children are so keen to be accepted by their friends that they may try and act on the criticism in order to do whatever it takes to fit in.



Top Tips For Parents

1

SPEAK TO YOUR CHILD ABOUT CYBERBULLYING

The best way to deal with offensive or harmful comments online is to talk to your child and prepare them for what they may encounter. Offer them advice and support in dealing with nasty comments and teach them how to report or block users, so that they feel empowered to take action and can build confidence in staying safe online. Try to get them to talk about it so that they don't feel alone or unable to call for help.



2

TALK TO YOUR CHILD ABOUT YOLO

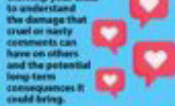
Every child wants to feel a sense of validation from their friends and peers but some may be looking for it for different reasons to others. Talk to your child about their use of the app and why they use it. Ask them if they see it as a positive influence in their life and the type of questions they are being asked by their followers. If they don't really see any benefit in it, do they really need it?



3

TALK ABOUT BEING KIND ONLINE

Unfortunately, children and teenagers can say nasty things and the anonymity that YOLO provides means that some may see this as an opportunity to openly say things that maybe otherwise they wouldn't. Talking to your child about being kind to everyone, both online and offline, and treating others how they would wish to be treated will help your child to understand the damage that cruel or nasty comments can have on others and the potential long-term consequences it could bring.



4

USE BOTH YOLO AND SNAPCHAT PRIVACY FEATURES

Although YOLO primarily works through Snapchat, it does offer the ability to report offensive comments and permit users to be blocked. If your child is concerned about comments they have received, this should be the first step they take in order to ensure nothing is received from that user. Similarly, to ensure your child is only interacting with friends and people they know, ensure that only their friends, and not everyone, can view their Snapchat story. This will limit who can send your child any anonymous messages.



5

IF WORRIED, SIMPLY DELETE THE APP

If your child has received a number of offensive comments or is repeatedly being targeted by bullies, then the best option may be to delete the app altogether. All the features of the original Snapchat app will remain the same and your child will still be able to interact with their friends as per normal.



Meet our expert

Pete Bath is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:
<https://imgops.com/news>
<https://imgops.com/privacy>
<https://www.bbc.com/news/technology-48216111>

Published date: 10/10/18
Edit date: 06/03/19



TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company ByteDance that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok. In early 2019, TikTok was hit with a record \$5.7m (£4.2m) fine in the US over child data privacy concerns for its record keeping while under the Musical.ly brand.

What parents need to know about TIKTOK

ONLINE PREDATORS

By default, users accounts are automatically set to public when they first create an account. TikTok encourages users to share creative expression through their videos, but if posted publicly, anyone in the world can see your child's homemade content. There have also been concerns the Chinese government could access data or sway public opinion through the app. If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

IN-APP PURCHASES

As with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £99.99 with a one-click buy button.

INAPPROPRIATE CONTENT

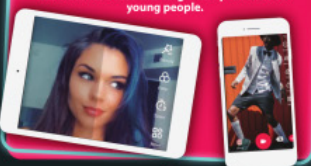
TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics. In addition to this, some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

BEING INFLUENCED

More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge' from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions. On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon. Sometimes these challenges can pose risks to young people.



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Top Tips for Parents

DISCUSS THE PITFALLS OF OVERSHARING

Encourage your child to always think before they do, say, like or post anything online. Explain that their 'digital footprint' shapes their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them. Remind them that they do not have to do anything they are not comfortable with. To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure your child knows how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest altering these settings so only their friends can interact with their posts.

REPORT INAPPROPRIATE CONTENT

If you or your child sees something inappropriate on TikTok, you can flag up an account, comment or chat by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there's also an 'Enhanced Restricted Mode', limiting appearance of videos which may be inappropriate.

USE A PRIVATE ACCOUNT

Setting up a private account means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

SIGNING UP WITH THE CORRECT AGE

When signing up, users are prompted to input a date of birth. If the inputted date of birth means your child is under 13, the app will block them. However, this doesn't prevent your child from lying about their age. The app is intended for users aged 13+, so explain the rating is there for a reason: to keep them protected from online dangers. It is actually possible to watch TikTok videos without creating an account, so make sure your child, if under 13, hasn't downloaded it.

USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about how long your child is spending on TikTok, it has a setting called 'Digital Wellbeing' which allows you to manage the amount of screen time your child can have. We also advise that you turn off push notifications in the settings to prevent your child from receiving 'spam-like' notifications from TikTok that encourage users to go on the app.

DISCUSS IN-APP PURCHASES

To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

Users can also follow the account @tiktoktips, TikTok's official account fronted by established TikTok users which offers useful online safety tips for promoting safety on its platform, rather than hiding information in FAQs.

SOURCES:

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What parents need to know about YOUTUBE

INAPPROPRIATE CONTENT EASY TO ACCESS

Any child with a Gmail account can sign into YouTube & access videos. Some content is flagged 'age restricted'. But the platform relies on self-verification, meaning kids can get around the rules with a fake date of birth. This could enable access to vulgar, violent & dangerous videos.

USERS CAN PRIVATELY CONTACT YOUR CHILD

When your child is signed-in to YouTube with their Gmail account, there are various ways they can send & receive messages. This could be via the messages icon, or via the 'About' tab. There is scope here for users who your child does not know to make contact.

YOUTUBE SUGGESTS RELATED CONTENT

YouTube will often 'auto play' videos based on your child's viewing habits. The aim is to show related & appropriate content. But the problem is: it's possible your child will be exposed to inappropriate content that isn't accurately related.

'CHALLENGE VIDEOS' CAN GO TOO FAR

Challenge videos refer to a stunt you're encouraged to recreate & film. Many challenge videos can be harmless & for a good cause, like the Ice Bucket Challenge. But some are dangerous & even life threatening, such as the Bird Box Challenge.



SHARING VIDEOS RISKS YOUR CHILD'S PRIVACY

If your child has a Google account, they can upload their own videos. To do this, they must create a personal profile page known as a 'YouTube Channel'. The videos uploaded here can be viewed, commented on & shared by anyone. This could put your child's privacy at risk.

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Meet our expert
Pete Bath is a writer with over 10 years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

SOURCES: <https://support.google.com/accounts/answer/1350491>, <https://support.google.com/youtube/answer/648182>, <https://support.google.com/youtube/answer/2822727> en GB, <https://support.google.com/youtube/answer/15494279> en GB, <https://www.youtube.com/channel/UCGf0baw/policies/community-guidelines>, https://www.4mat.org.uk/_data/assets/pdf_file/0006/13403/Children-and-Parents-Media-Guide-and-Rolesheet-2018.pdf, <https://www.nationalonlinesafety.com/youtube-parenting>, <https://www.net-aware.org.uk/networks/youthful>, <https://www.theguardian.com/technology/2013/jan/30/youtube-foro-dangerous-pranks-offer-kind-hug-challenge>

Tips To Protect Your Child

APPLY 'RESTRICTED MODE'

Restricted mode helps to hide any mature or harassment videos from your children. It uses YouTube's own automated system & looks at what other users flag as inappropriate content. It must be enabled in the settings menu on each individual device.

CHANGE WHO CAN SEE VIDEOS

You can change who can view your child's content in the settings. Options include Public (available to all), Private (only available to people you share it with & cannot be shared) or Unlisted (available to people you share it with & can be shared further).

BLOCK CONCERNING USERS

To help protect your child from cyber-bullies, harassment or persistent offensive comments, you can 'block' individual users. Doing so hides your child's videos from the user & stops the user being able to contact your child in any way.

CUSTOMISE THEIR EXPERIENCE

Influence & control what your child watches using features such as Playlists (your videos play continuously rather than videos YouTube recommends) & Subscriptions (you choose channels your child can watch). It's also good to turn off auto play by toggling the blue button alongside the 'Up Next' title when viewing a video.

CREATE A 'FAMILY' GOOGLE ACCOUNT

Create a Google account to be used by the whole family. This will allow you to monitor exactly what your child is watching, uploading & sharing. Plus, your child's YouTube page will display their recently watched videos, searches, recommended videos & suggested channels.

GET YOUR OWN ACCOUNT

Create your own account so you can explore features yourself. Learn how to flag inappropriate videos, how to moderate comments & how to block users. This will help you feel more confident when providing advice & guidance to your children.

BE MINDFUL OF CYBERBULLYING

Once your child has posted a video, a worldwide audience can see it. Strangers may choose to comment on the video, both positively & negatively. So, be careful to check comments & any other interactions your child is making through the platform.

GET TO KNOW POPULAR CHANNELS

It's good to know which channels are most popular with your children. Some of the most popular channels right now are: PewDiePie, Nigahiga, Zoella, KSI, JennaMarbles, Markiplier, Smosh, ThatcherJoe & Casper Lee.

DON'T ASSUME YOUR CHILD IS TOO YOUNG

YouTube and YouTube Kids are quickly becoming the chosen viewing platforms for children between the ages of 3-15 & it's likely this trend will only increase. It's also possible children will become familiar with the platform at a younger & younger age. So it's important to understand the positives & negatives of the platform.



Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.



6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off into other things which may be more important. However, try to stay focused and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you act uninterested, then they are less likely to tell you about it again in the future.



2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.



7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child or adults knows more about the subject content than you do. This can help to turn this around.



3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them – adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.



8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.



4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBC who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?



9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves – this is the ultimate goal.



5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.



Meet our expert

Heather Gardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.



11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to bust what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.



Personal data is a strange commodity. Cyber thieves can buy huge quantities of personal data on the black market for very little, yet your own personal data is hugely valuable to you. If your personal data falls into the wrong hands, it could lead to identity theft, bank fraud or something even more sinister such as stalking. The severity of that threat is multiplied when it comes to the personal data of children, when threats such as internet grooming begin to emerge. The bad news is that children aren't always great at safeguarding sensitive information, which is why they need parents' help and guidance. That's why we've created this guide to show you how you can protect your own and your family's personal data.



What parents need to know about

PROTECTING PERSONAL DATA



EVERY DETAIL IS KEY

Which info should you be wary of sharing online? Aside from the obvious, such as full names, date of birth and address, think of the type of information you're asked for when answering security questions for services such as online banking. The name of your first school, your mother's maiden name, the names of your pets, your favourite band. Data thieves will harvest as much of this information as possible, so don't make it easy for them by publishing it anywhere online.



SOCIAL MEDIA VISIBILITY

Social media sites, such as Facebook, encourage us to share sensitive information in order to build our online profiles. Many people are lulled into thinking that only their friends can see such information, but that's rarely the case. Such information can easily be shared with 'friends of friends' or even anyone searching for you online because privacy settings are opaque. Keep social media profiles to the bare minimum. If you wouldn't be comfortable handing a sign with that information on your front door, don't enter it into social media sites.



DANGEROUS GAMES

Online games are a particular risk for children. Many of the most popular games – such as Fortnite, Minecraft or Roblox – have voice or text chat facilities, allowing them to talk to fellow gamers. Or, sometimes, people pretending to be fellow gamers. It's very easy for children to be seduced into divulging personal data such as their address, birthday or school. It's critical parents both educate children on the dangers on online chat in games and take safeguards to protect children.



IMPOSTERS AND PHISHING ATTACKS

Even if you're scrupulous about keeping your data private on social media, it's easy to be lulled into handing it over to imposters. There are two golden rules for you and your children to follow: 1. Never divulge personal information on phone calls unless you can be absolutely certain you know who they are. 2. Never click on links or open attachments in email or social media unless you're 100% certain they are genuine. So-called phishing emails are growing ever more sophisticated, with fraudsters able to replicate the exact look of bank emails and even include details such as account numbers and IDs.



THE RISKS OF PASSWORD SHARING

Password sharing – using the same password for multiple sites – is one of the easier ways to lose control of your personal data. Hacking of major websites, including usernames and passwords, is common. If you're using the same password for a hacked site as you do on your email account, for example, you're handing data thieves an easy route into your inbox, where they will doubtless find all manner of sensitive information, such as bank email correspondence. Your email account will often also let them reset the password on multiple other accounts. Don't share passwords; use password managers to create strong, unique passwords for every site.



Safety Tips for Parents & Carers

LOOK OUT FOR LEAKS

Many security software packages have features that look for personal data leaks or prevent people from entering it into risky sites in the first place. For example, Bullguard Premium monitors dangerous sites for usage of data such as your email address, debit card numbers, passport number and more, and then sends you email alerts and details of how to take remedial action if it spots them being used. Such software also issues warnings if it sees personal data being entered into unprotected, high risk sites.



KEEP DATA GUARDED

Don't give the thieves a head start by handing them pieces of sensitive information for free. For example, it's very common to see email address such as dave.smith1976@gmail.com – an immediate clue that you were born in that year. If you have a less common name than Dave Smith, thieves could immediately start using that information to cross-reference against public records or other database breaches, allowing them to start building a profile of information about you. Likewise, don't use your date of birth in a password. If that's hacked, you've handed the thieves another big clue.



DON'T OVERSHARE ON SOCIAL MEDIA

The biggest threat to your child's privacy is you. Parents often overshare personal information on social media: full names, names of schools, children's birthdays, names of their friends. All of this can be easily gleaned to build profiles that could be used to groom your child in online games or in real life. Exercise extreme caution with social media posts concerning your children.



BE WARY OF SHARED NETWORKS/SYSTEMS

Avoid entering any personal data into a web browser when you're using public Wi-Fi (in a coffee shop or airport, for example) or when using shared computers. Shared Wi-Fi connections are much easier to eavesdrop on than your home network, especially if they are not password protected or the password is shared freely with customers. Don't do online shopping, banking or enter any logins/passwords when using shared Wi-Fi. Likewise, if you're using a shared computer at work, for example, as it's very easy for a browser to save logins that could be used by others.



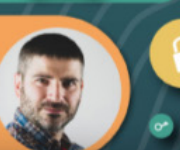
PLAY SAFE IN ONLINE GAMES

Children must be taught to treat strangers in online games with the same caution as they would treat strangers in the street. Don't allow children to use their real name as their username in games to prevent imposters convincing kids into thinking they are real life friends, and only allow them to add friends in the game that they know in real life. Regularly ask to monitor your child's friends list in such games and ask them to identify who the players are. With younger children in particular, ask them to only use voice chat in family rooms, so that you can hear conversations.



Meet our expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as *The Sunday Times*, *Wired*, *PC Pro* and *Computerfile*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and has written regularly about internet safety issues over the years.



A GUIDE ON HOW NOT TO BE A 'SCREEN ZOMBIE'

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, limiting your screen time will keep you alert, keep your mind focused and help to look after your mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your phone or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry. It's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Steve Bath is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



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Children are using smart devices from a much younger age than ever before. It's why it's essential we talk to our children about how to use them safely. There are so many positive benefits to the new technology at our disposal these days - however there are plenty of downsides too. As a parent, it's important you understand these risks and how you can take steps to protect your family against them.

1 PUT YOURSELF IN CONTROL

Make use of the parental control settings available to you. With most devices, you're able to change the settings to control the content your child has access to. This isn't difficult to do, as you'll often find guidance in the instructions that come with the device. By setting a private pin code on certain devices, you can make sure your child can only access it when you allow it.



2



PROTECTING ANDROID DEVICES

You can set up restricted users on Android tablets through a Google account. Open the settings menu (look for a cog icon) and select the 'Users' option. Here you can add a new restricted user. After setting up a password and username, select which applications you want to restrict access to. On an Android smartphone it's similar, but first select 'Parental Controls' in the play store.

3 PROTECTING APPLE DEVICES

For Apple devices, you can simply visit the preferences/settings menu and within 'General' there is an option for 'Restrictions'. Here you can turn off any applications or features on your child's device that you do not want them to have access to.



4

THINK ABOUT ALL YOUR SMART DEVICES

As well as tablets and smartphones, you should think about any device in your home connected to the Internet: a games console, a media hub, or a personal computer. In each case you can usually find parental controls in the settings. Think carefully about how much access you want to allow your child, especially when it comes to accessing the Internet.



5



MAKE SEARCHING MUCH SAFER

Most search engines, such as Google, Bing or Yahoo, have a 'safe search' setting. You should activate this. Otherwise, it's extremely easy for a seemingly harmless search on the Internet to return unexpected and inappropriate results. Depending on the browser you're using, go to the settings and search for 'safe search'. Make sure you save the change so it defaults each time you open the browser. This will seriously reduce the chances of your child being exposed to something they shouldn't be.



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9 Top Tips To Get Smart About children's devices

6

REGULARLY CHECK SOCIAL MEDIA SETTINGS

Before you allow your child to use social media, you should discuss the dangers with them. You should also make sure you're able to access their profile and privacy settings and check them regularly. The companies behind social media platforms often make privacy changes without making it very obvious to the user, such as Facebook's introduction of facial recognition software.



7



DON'T LET PEOPLE SEE WHERE YOU ARE

Location software sounds useful for seeing where your child is, but it also provides the opportunity for others to locate your child too. For safety, it's a good idea to disable location software on all devices or at least turn it off when it's not required. Also, be mindful of specific apps that record running routes or locations where your child might be playing a game. Talk to your child about why these can be dangerous and how to turn the setting on and off as required.

8 WATCH OUT FOR FAKE PROFILES

Sadly, social media presents an enormous opportunity for the likes of paedophiles to set up fake profiles and interact with children. Keep a track of the people your child interacts with on social media and if you do not recognise a user as a friend, consider blocking them.



9 KEEP A CHECK ON SCREEN TIME

Managing how much time we spend on screens is a new challenge for us all. It's critically important when it comes to children, especially younger children who are still developing. It's not just a case of setting arbitrary time limits. Guidelines published by The Royal College of Paediatrics and Child Health suggests it's more important to consider the 'context and content' of what the screen is being used for. Still, it is helpful to put limits on devices using 'Guided Access' functions, which you can find in the settings of certain devices.



Meet our expert

Emma Davis was a secondary school Computer Science teacher for more than a decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old, she's had vast experience of controlling and managing how children access online services and use apps.

