

# Young People and E-Safety



## Advice for parents and carers

Young people have been born into a digital age. They use technology as part of their everyday lives. They can seem to be expert online, but young people do not have the life experience of adults and need your support. You can help by talking and listening to your child about what they do online and providing unconditional support.



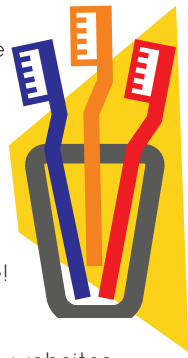
## Using the Internet safely at home develops family boundaries

Some useful guidelines for you to use when you talk to your child:

- Be kind online. Just because you can't see a person doesn't mean that you can't hurt or offend.
- Think before you post or forward anything. Think about those selfies! Once you upload comments, pictures or videos, others will be able to see or capture them.
- Don't upload pictures or videos of others without their permission. Everyone has a right to protect their data.
- Play virtual BUT live real! Computer games are fantasy! Many people 'pretend' to be something they are not online.
- Be careful about pop-ups and adverts that say "you have won" something! This is usually a scam.
- Be careful what you click on – such as odd links or attachments. If in doubt, do not open it - delete it . It could be a computer virus. Also people try to get hold of your details.
- Only message, chat or e-mail people you know or trust in the 'real' world.



- Don't use your real name when using games or websites - create a nickname.
- Use passwords. Treat passwords like your toothbrush – don't share!
- Think carefully about where you go online. Use websites recommended by teachers. Not all content is genuine. Content can be unfair or just nasty.
- Only use a webcam with people you really know offline. A video can expose you to embarrassment or danger.
- Don't give out personal information about yourself, friends or family online that lets people find out your home address, mobile, the school you go to, etc.
- When you are old enough to use social networking sites (usually 13+), know how to set your profile and location to private and how to block and report people.
- Never arrange to meet an online friend without a trusted adult.
- Know the danger signs that someone is trying to 'groom' you.
- Tell an adult you trust immediately if anything makes you worried or unhappy.
- If you think it's serious, report it to CEOP.



## Cyberbullying

Unfortunately, people can use technology to bully others. So be aware if your child's mood changes. If they are being bullied, support them. Follow it up. Keep the evidence. Contact your child's school for help. Contact the website owner or phone company if necessary. Get advice from an organisation such as BullyingUK or Childline.



## Grooming

Grooming is when someone builds an emotional connection to gain trust for the purposes of sexual abuse or extremist exploitation. Groomers may be other young people who are just a few years older. Young people may do things because they are simply exploring their understanding of the world or because they feel under pressure, bullied or think everyone does it. Talk to your child about loving, caring, respectful relationships and sex. Get advice from an organisation such as NSPCC or Thinkuknow.





## Danger signs you should look out for

If your child is:

- ⚠ Using technology excessively.
- ⚠ Staying online through the night.
- ⚠ Being secretive about what they are doing.
- ⚠ Behaving very differently in what they wear, their attitudes or friends.
- ⚠ Receiving gifts or money from unknown sources.

These signs may all be perfectly innocent of course, but remember to always talk to your child. Be supportive.

## Danger signs your child should know about

Beware if someone:

- ⚠ Tries to find out your address or phone number or where you hang out.
- ⚠ Wants to keep their chats with you secret.
- ⚠ Shares information, pictures or videos with you and tells you not to tell anyone else about it.
- ⚠ Sends you pictures or videos which make you feel uncomfortable and you are worried about showing them to anyone else.
- ⚠ Asks you to send them pictures or videos of yourself or asks you to use a webcam in a way which makes you feel uncomfortable or worried.
- ⚠ Pays you lots of compliments and offers or gives you gifts.
- ⚠ Tells you that you will get into trouble if you tell an adult.

# Tips for parents

## Take age-appropriate precautions

With young children:

- Use technology in a shared family room.
- Find and make child-friendly sites favourites for them to use.
- Use child friendly search engines such as:

[www.kidrex.org/](http://www.kidrex.org/)  
[www.safesearchkids.com](http://www.safesearchkids.com)  
[www.primaryschoolict.com](http://www.primaryschoolict.com)  
[www.swiggle.org.uk](http://www.swiggle.org.uk)

- Check the age rating of the games your child plays. There is help from organisations such as Common Sense Media.



- Get advice from your child's school about age-appropriate links and content.
- When out and about in public places, look out for the filtered Friendly WiFi service.



## Put in sensible technical solutions

Most Internet Service Providers and mobile phone companies offer filtering systems and parental controls to help you safeguard your child at home or on the move. Find out how these work from your provider, or see support online such as Safer Internet Centre.

Bear in mind what older siblings might be showing their younger brother or sister. Be aware of your own behaviour, as children copy their parents. So agree some rules as a whole family. There are help guides from organisations such as ConnectSafely and BBC webwise.

**Filter / block / stop = short-term protection**  
**Develop digital skills = protection for life**

## Talk to your child: Conversation starters

What site are you using?

Why do you like the site?

What can you do on it?

What's so fun about it?

Who uses it at school?

Who can you talk to when on the site?

Who are your friends on it?

## Develop trust

It can be surprisingly easy for young people to access inappropriate material, mostly accidentally. So try to develop trust. It is most important that your child feels able to tell you if they find anything inappropriate, do something 'wrong', or they get inappropriate or unwanted attention from someone. There are some issues such as online gambling or sites that promote being very thin for example, that your child could also be affected by. If something happens, don't over-react. Children experiment and make mistakes. Stay calm.

## Listen to your child

Encourage debate and questioning, particularly on local and world events and help them see different points of view. Help them understand that what they see or read may not be the whole picture.

**Using all of these tips will build children's resilience**



## Some useful websites for parents

**ThinkuKnow:** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**ChildLine:** [www.childline.org.uk](http://www.childline.org.uk)

**NSPCC:** [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Connect Safely:** [www.connectsafely.org](http://www.connectsafely.org)

**BBC WebWise:** [www.bbc.co.uk/webwise](http://www.bbc.co.uk/webwise)

**Get Safe Online:** [www.getsafeonline.org](http://www.getsafeonline.org)

**Internetmatters:** [www.internetmatters.org](http://www.internetmatters.org)

**Childnet:** [www.childnet.com](http://www.childnet.com)

**Parent INFO:** [www.parentinfo.org](http://www.parentinfo.org)

**BullyingUK:** [www.bullying.co.uk](http://www.bullying.co.uk)

**Age rating of games:** [www.common sense media.org/game-reviews](http://www.common sense media.org/game-reviews)

**Gambling advice:** [www.gambleaware.co.uk](http://www.gambleaware.co.uk)

**Eating disorders advice:** [www.nhs.uk/Livewell/eatingdisorders/](http://www.nhs.uk/Livewell/eatingdisorders/)

**Tackling extremism:** [www.activechangefoundation.org/](http://www.activechangefoundation.org/)



## If you have concerns

Talk to your child's school.

Report any serious abuse using the national CLICK CEOP link. This takes you to a site managed by the Child Protection and Online Protection Centre (CEOP) [www.ceop.police.uk/](http://www.ceop.police.uk/)

