Keeping Safe Online
A guide for parents and families

Rebecca Swift

Education and Skills

North Yorkshire County Council

The Social Web

Viewing:

- What content can they see
- Is it age appropriate

Sharing:

- What are they sharing?
- Who are they sharing it with?

Chatting through instant messaging, web cam or video chat and chat rooms / forums

Friending:

- Who are they friends with?
- What are they sharing with them?

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Key Stage 1 data from the Growing Up In North Yorkshire Survey 2016

Question	**North Yorkshire average**
Pupils responded that they have a computer, tablet or mobile device at home	97%
Pupils responded that an adult always knows what games they are playing on a device	**55%**
Pupils responded that they mostly use a computer at home by themselves	64%
Pupils responded they use a device to go online/ use the internet	70%
Pupils responded that an adult always knows what they are looking at online	**46%**
Pupils responded that they have friends online that they don’t know in real life	**17%**
They have had lessons at school about how to keep safe on line	54%

Data in North Yorkshire 2016

	Boys Year 6 NY	Girls Year 6 NY
Communicate with people online that they don't know in real life	13%	4%
Video chat	35%	49%
Online games	51%	10%
Picture/video sharing sites/apps	28%	38%
Didn't go to sleep soon after going to bed the previous night because they were playing on a tablet / device	10%	11%

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2016 Data in North Yorkshire

	Year 6 Boys N Yorks	Year 6 Girls N Yorks
Seen pictures, videos or games they found upsetting	5%	6%
Someone writing or showing things to hurt or upset you (text, pictures, videos)	8%	10%
Approached online by an adult who wants a sexual encounter or relationships	2%	2%
Never supervised by an adult when online at home	35%	26%
Never supervised but device has parental controls	21%	25%
Sometimes supervised	25%	27%

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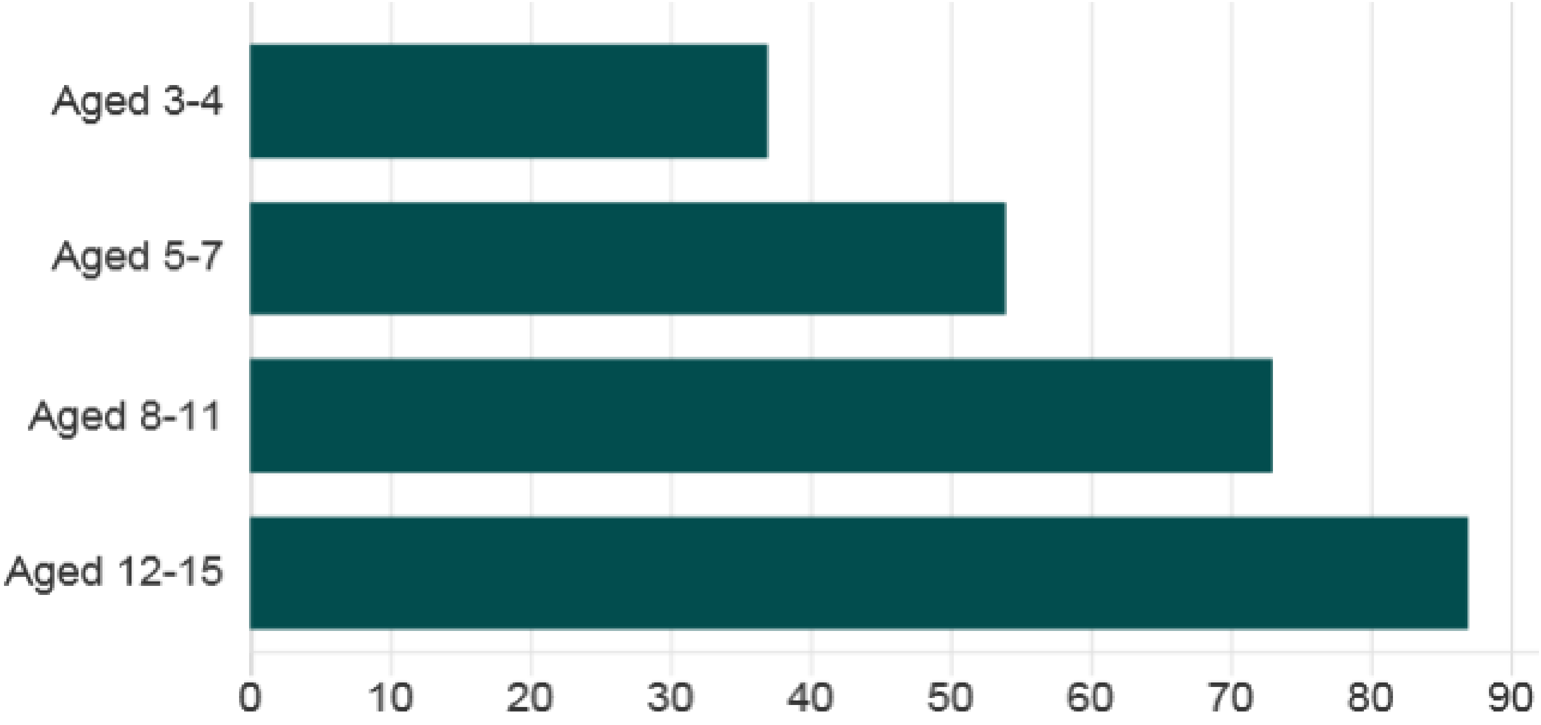
Ofcom survey results

Percentage of children who use YouTube website or app



Source: Ofcom

What percentage of pupils say they have been told how to keep safe online (2016)

Year Group	Boys found lessons about keeping safe online as useful	Girls found lessons about keeping safe online as useful
Year 2	56%	55%
Year 6	72%	78%
Year 8	65%	74%
Year 10	52%	62%

Four broad approaches that parents can adopt to keep their children safe online

- **Education and advice:** Parents can teach their children about the risks of harm, why certain types of online behaviour may expose them to harm and how to avoid this (e.g. by discussing social networking privacy settings, or how to handle contact from unknown individuals). Open discussion of the risks to which children may be exposed is particularly important, as it may help encourage children to let their parents know when they have unpleasant or distressing experiences (for example, if they are subject to abusive comments/bullying).

- **Supervision:** Parents can directly supervise their children's internet use, the sites and services they visit and the interaction and communication in which they participate. Supervision is likely to be most relevant for younger children.

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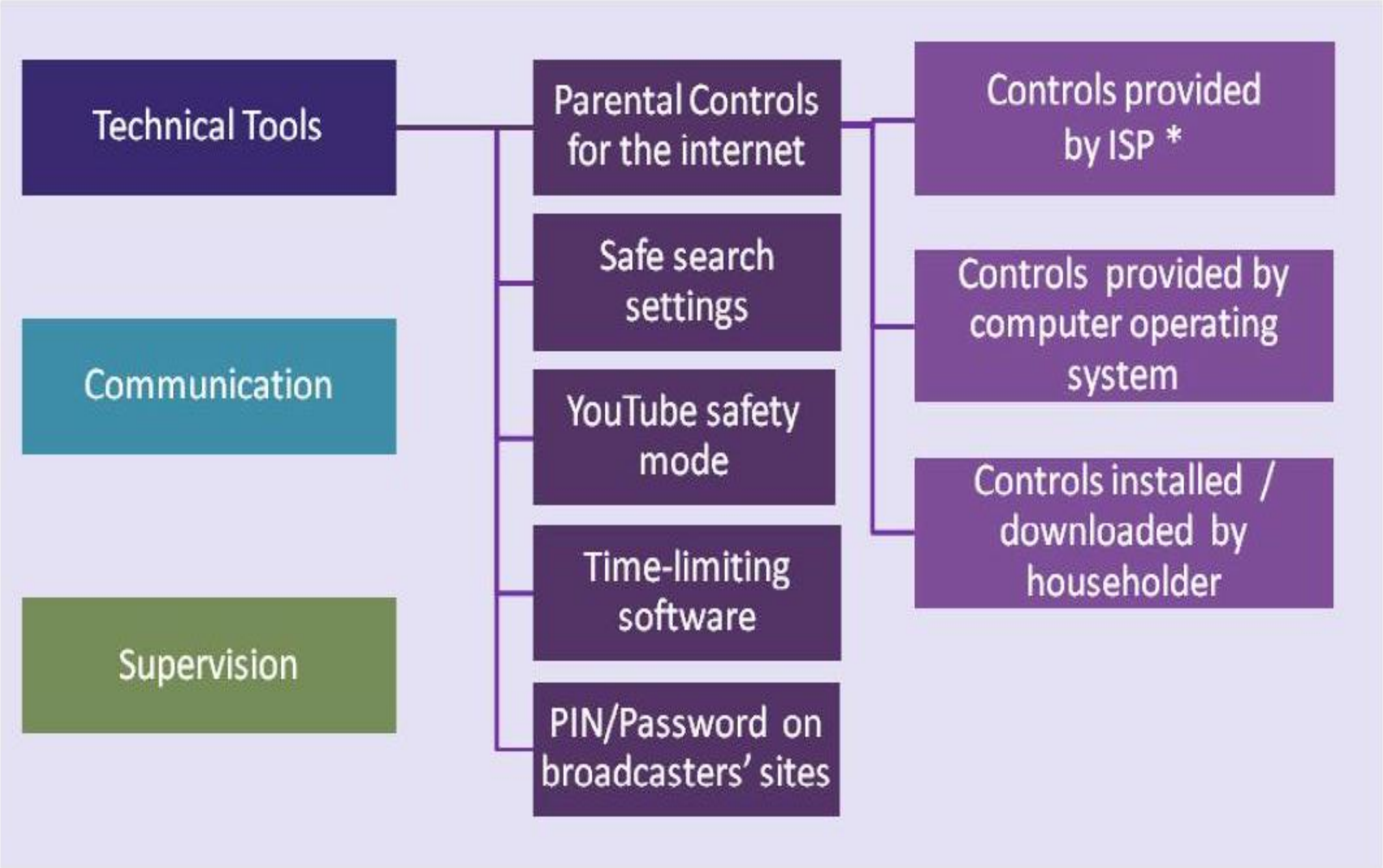
Rules about internet use: These may cover place and time: e.g. “only access the internet in the living room/when there is a parent present”; “only access the internet for x hours a day”. Rules about online interaction and behaviour may help complement education and advice (e.g. “only communicate with friends/people you know”).

Tools and safety mechanisms: Finally, there are technical tools, including filtering software and site safety mechanisms to restrict the internet sites and services to which children have access.

Approaches to parental mediation



Technical Tools

Communication

Supervision

Parental Controls for the internet

Safe search settings

YouTube safety mode

Time-limiting software

PIN/Password on broadcasters' sites

Controls provided by ISP *

Controls provided by computer operating system

Controls installed / downloaded by householder

* ISP-provided controls could include: network level filtering e.g. 'Homesafe' from TalkTalk or software - like McAfee Family Protection - provided by ISPs for people to install on their computers.

What percentage of parents have internet parental controls set?

43% of parents of online 5-15s and 40% of parents of 3-4s report having parental controls in place on a PC, laptop or netbook.

40% parents of online 5-15s say they use safe search settings on search engine websites.

YouTube Safety Mode: 20% of parents have the Safety Mode set.

30% of children now watch television content via UK television broadcasters’ websites. Around one in four of the parents who are aware of the guidance labels have set up a PIN or password to be used before viewing programmes that have a guidance label

Over 50% do not use parental controls i.e. those provided by their ISP, their computer’s operating system or programmes installed or downloaded by someone in their household.

26% on games consoles

15% on phones

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A Safer Set Up

Internet Filtering

Safe Search modes for search engines

Google

Family Safety Centre

bing

Preferences

XBOX SUPPORT

Parental Controls

YouTube

Safe Mode

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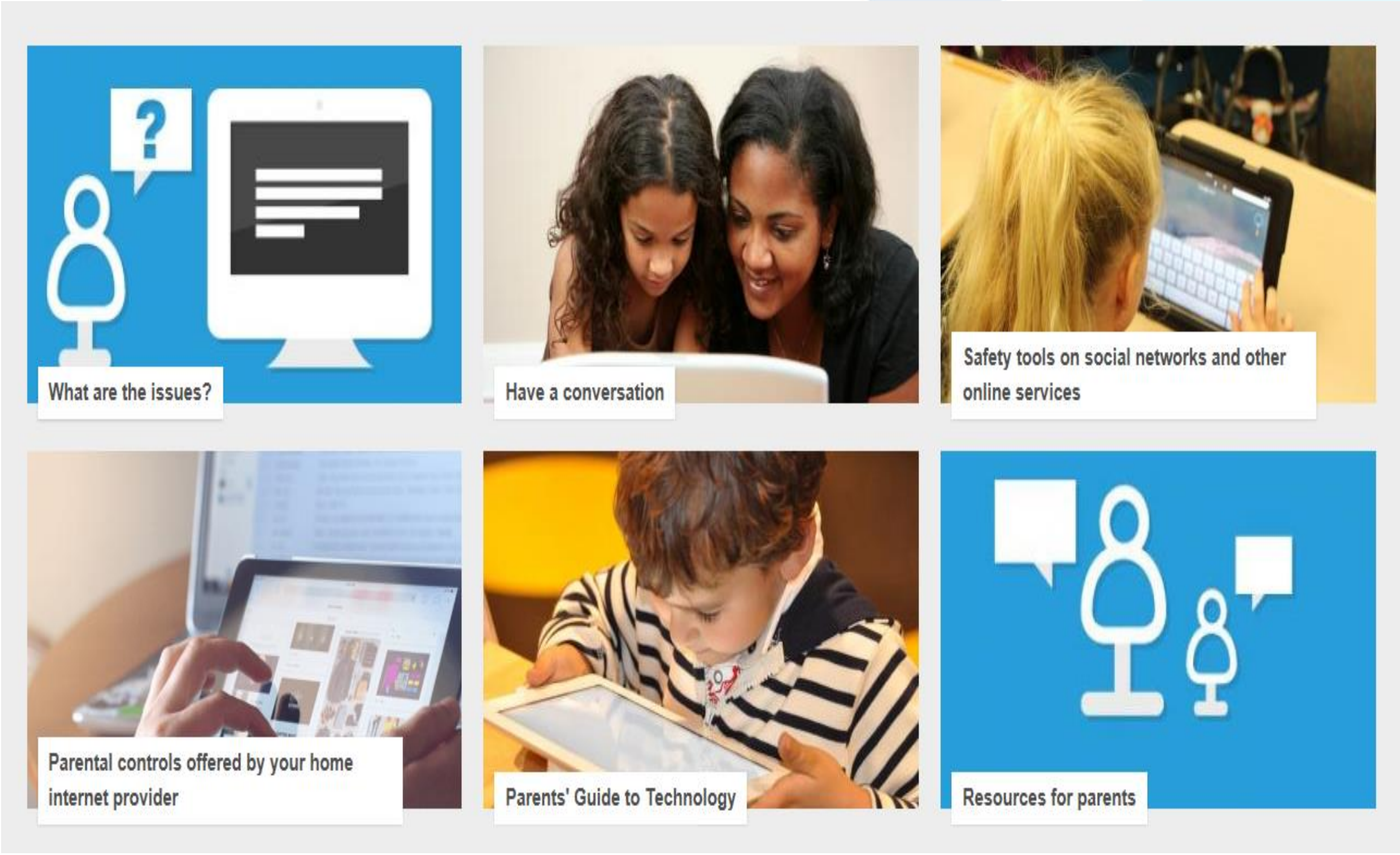
Safer Internet.org.uk – parent controls



What are the issues?

Have a conversation

Safety tools on social networks and other online services

Parental controls offered by your home internet provider

Parents' Guide to Technology

Resources for parents

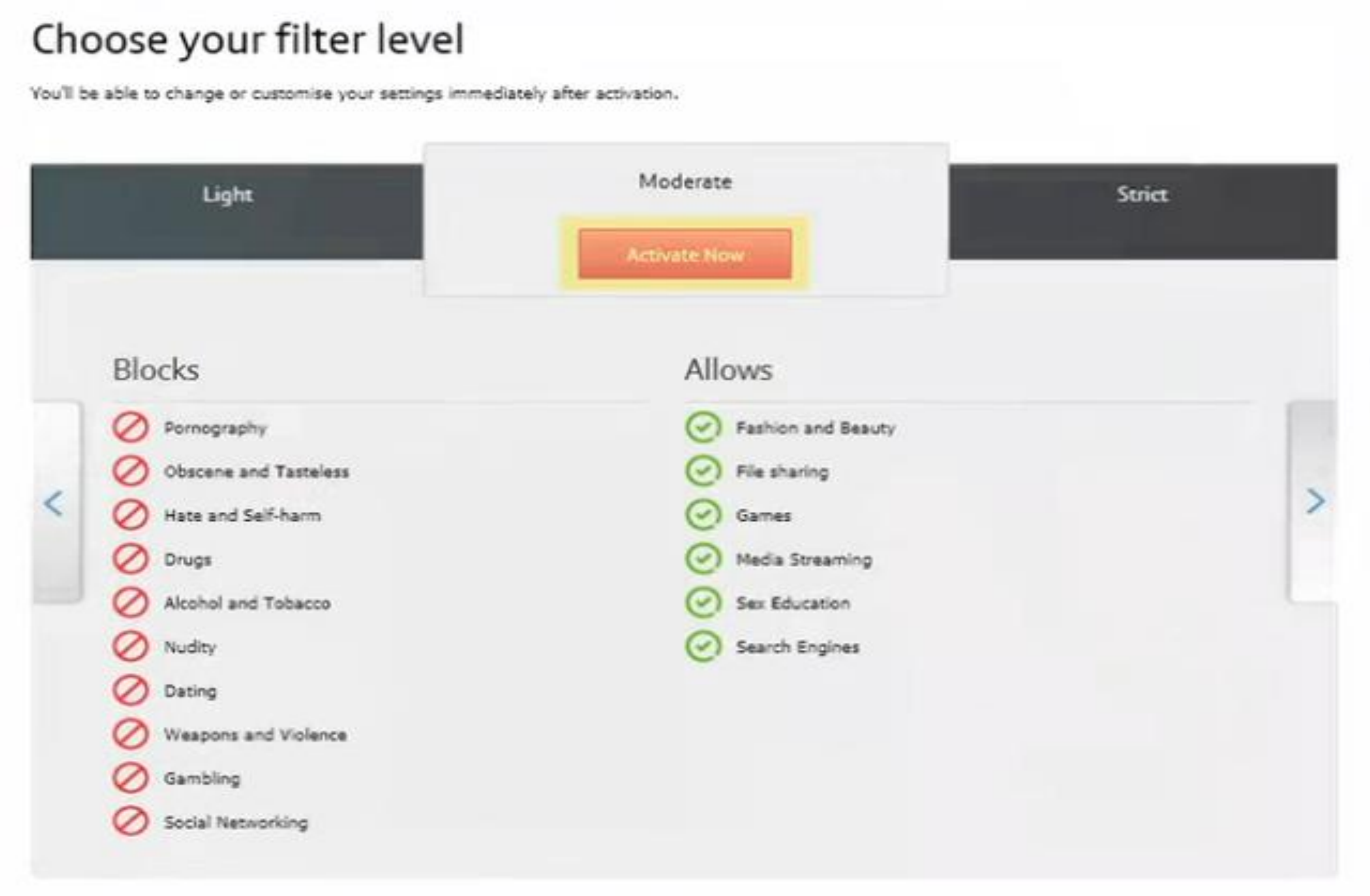
Safer internet – parental controls

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 https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider



Choose your filter level

You'll be able to change or customise your settings immediately after activation.

Blocks

- Pornography
- Obscene and Tasteless
- Hate and Self-harm
- Drugs
- Alcohol and Tobacco
- Nudity
- Dating
- Weapons and Violence
- Gambling
- Social Networking

Allows

- Fashion and Beauty
- File sharing
- Games
- Media Streaming
- Sex Education
- Search Engines

Supervision is Key

Peppa Pig For Adults Ep 1: Swimming

Online Safety

The breadth of issues classified within online safety is considerable, but can be categorised into three areas of risk:

CONTENT: being exposed to illegal, inappropriate or harmful material

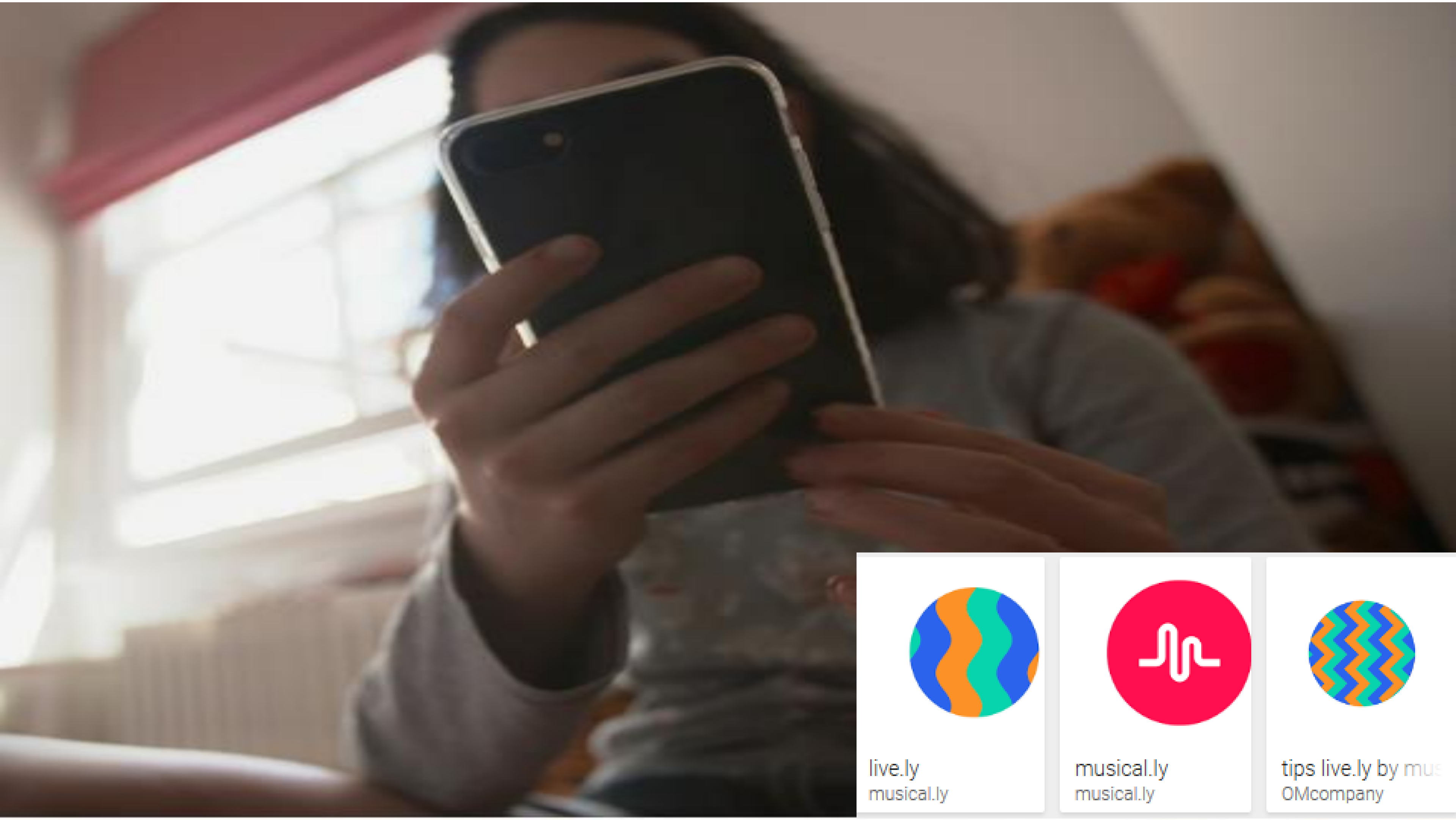
CONTACT: being subjected to harmful online interaction with other users

CONDUCT: personal online behaviour that increases the likelihood of, or causes, harm.

Things that could go wrong

Content	Contact	Conduct
Exposure to inappropriate content, including online pornography, ignoring age ratings on games and substance abuse	Grooming	Privacy issues, including disclosure of personal interest
Lifestyle websites (e.g pro anorexia)	Cyber bullying	Digital footprint / tattoo and online reputation
Hate sites	Identify theft and sharing passwords	Health and wellbeing (how much time spent online (internet /gaming)
Content validation: how to check authenticity and accuracy of online content	Radicalisation	Sexting / nudie selfies
	Trolling Doxxing	Copyright – little care or consideration for intellectual property and ownership – such as music and film

Children bombarded with sexually explicit chat on Musical.ly and Live.ly



live.ly
musical.ly

musical.ly
musical.ly

tips live.ly by mu
OMcompany

Live Streaming

- Real-time and live videos over the internet
- Unedited and without delay
- Unmoderated, unrehearsed and unpredictable
- Can be instant positive gratification and positive feedback

Requests:

- ‘Jump up and down’
- ‘Swish your skirt around and lift it up’
- Unbutton your top
- Show me your normal getting dressed routine in the morning to this music

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Grooming

- Basically, grooming is manipulation.
- Sometimes it involves flattery, sometimes sympathy, other times offers of gifts and money.
- Experts say the short-term goal of these manipulators is for the victim to feel loved or just comfortable enough to want to meet them in person, or do things via webcam and these people know that sometimes takes time.
- Groomers tend to have a lot of patience, and they also tend to “work” a number of targets at once, telling all of them that they are “the only one for me.”

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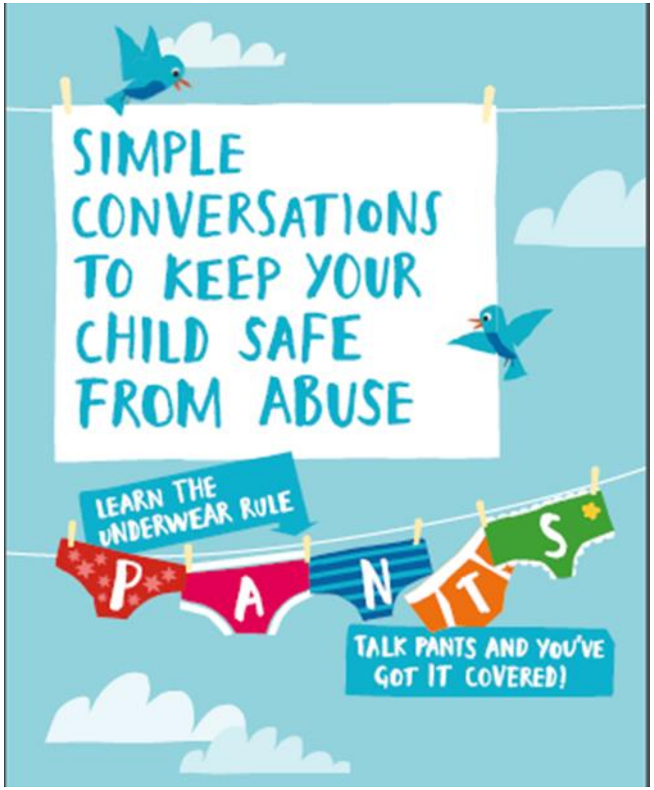
- “Let’s go private.” (leave the public chatroom and create a private chat or move to instant-messaging or phone texting)
- “Where’s your computer in the house?” (to see if parents might be around)
- “Who’s your favourite band? designer? film? gear?” (questions like these tell the groomer more about you so they know what gifts to offer – e.g., concert tickets; Webcam, software, clothes, CDs)
- “You seem sad. Tell me what’s bothering you.” (the sympathy approach)
- “What’s your phone number?” (asking for personal info of any kind – usually happens at a later stage, after the target’s feeling comfortable with the groomer – but all online kids know not to give out personal info online, right?!)
- “If you don’t… [do what I ask], I’ll… [tell your parents OR share your photos in a photo blog / Webcam directory / file-sharing network]“ (intimidation – used as the groomer learns more and more about the target)
- “You are the love of my life.”

Sharing Inappropriate Images / Keeping Safe

- http://www.nspcc.org.uk/shareaware


SIMPLE CONVERSATIONS TO KEEP YOUR CHILD SAFE FROM ABUSE
LEARN THE UNDERWEAR RULE
P A N T S
TALK PANTS AND YOU'VE GOT IT COVERED!

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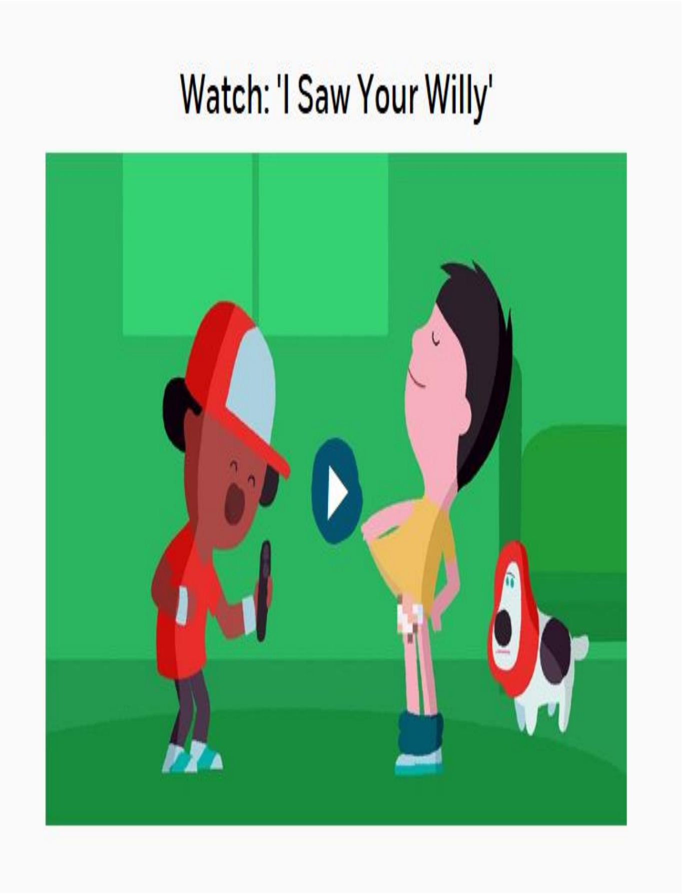
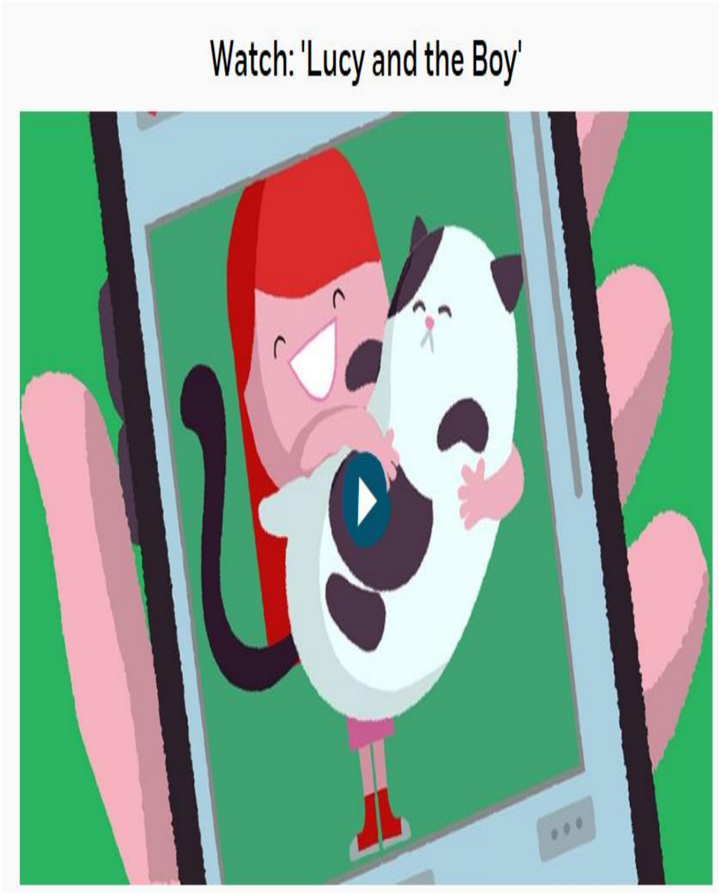

Watch: 'I Saw Your Willy'


Watch: 'Lucy and the Boy'

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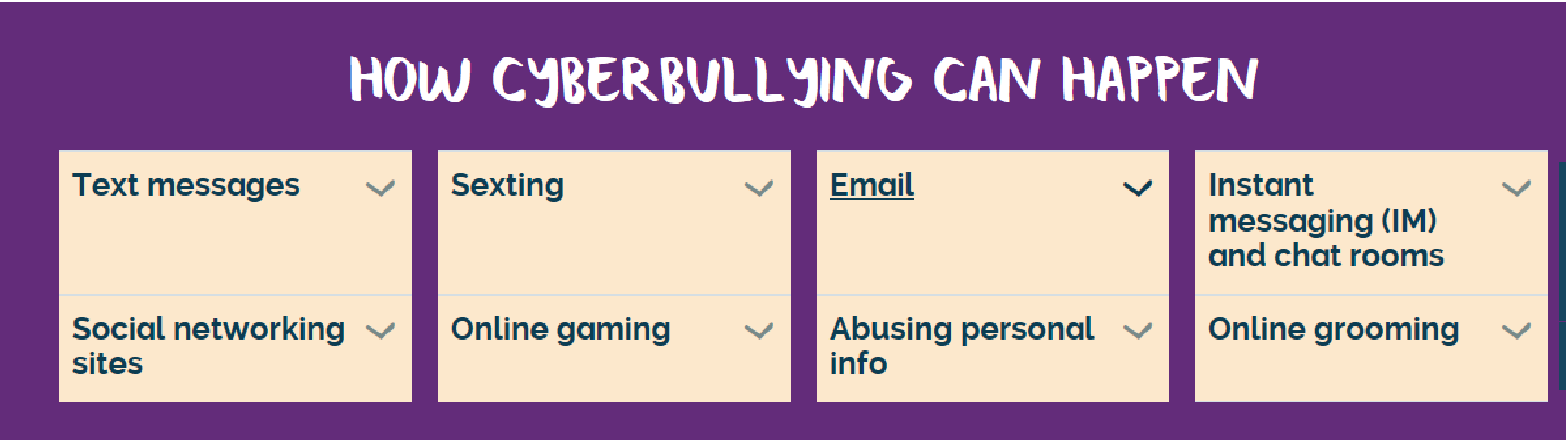
Cyber-bullying

- 24/7 - invasion of home/personal space
- Audience can be large & reached rapidly
- May attempt to be anonymous
- Often between children (peer to peer abuse) – also across generations; teachers have been targets
- Bystanders can become accessories
- Cyber- bullying incidents can act as evidence – take screen shots/ keep the text



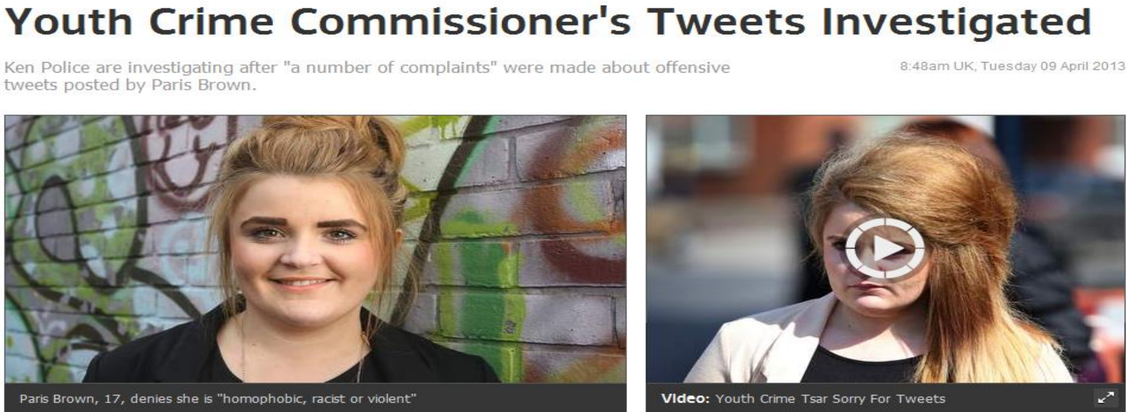
HOW CYBERBULLYING CAN HAPPEN

Text messages	Sexting	Email	Instant messaging (IM) and chat rooms
Social networking sites	Online gaming	Abusing personal info	Online grooming

Digital Footprint / tattoo

Facebook:

- 63% of mums use Facebook; of these, 97% said they post pictures of their child; 89% post status updates about them, and 46% post videos
- Information is being provided, which might include things like date of birth, place of birth, the child’s full name, or tagging of any photographs with a geographical location – anything that could be used by somebody who wanted to steal your child’s identity.
- The second issue is more around consent. What type of information would children want to see about themselves online at a later date?”



Youth Crime Commissioner's Tweets Investigated

Ken Police are investigating after "a number of complaints" were made about offensive tweets posted by Paris Brown.

8:48am UK, Tuesday 09 April 2013

Paris Brown, 17, denies she is "homophobic, racist or violent"

Video: Youth Crime Tsar Sorry For Tweets

Gaming

Gaming is a fun and sociable way to spend time, encouraging teamwork and developing skills. All good stuff, but there are a few things you need to be aware of:

- Get involved by finding out what type of games your child enjoys and making sure they're appropriate for their age
- Some games let children play and chat with anyone in the world. This means they might come across offensive language and bullying
- Not everyone online is who they say they are. Children should avoid giving out personal details that could identify them or their location
- Some games encourage players to buy extra elements during the game – children have been known to run up large bills without realising
- In extreme cases bullying, also known as 'griefing', can be used as a tactic to win games. Children may find themselves either bullying or being bullied.

https://www.internetmatters.org/advice/online-gaming/

Andy's Prehistoric Park

Andy's Prehistoric Adventures

♡ 1155

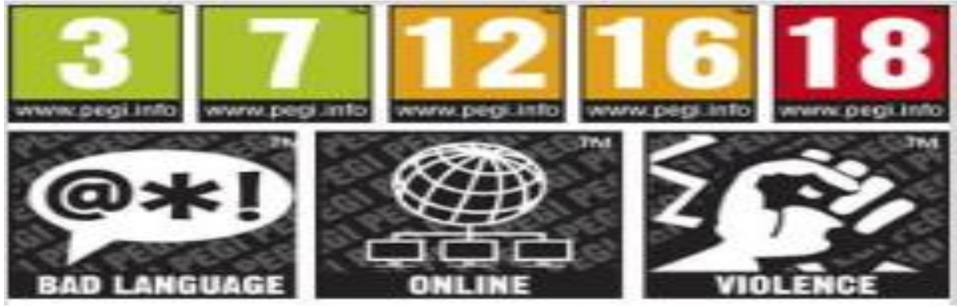
Danger Mouse: Danger Dash

Danger Mouse

♡ 1312

Gaming

The PEGI (Pan European Gaming Information) labels appear on a game’s packaging indicating one of the following age levels: 3, 7, 12, 16 and 18. They provide a reliable indication of the suitability of the game content for different ages. Descriptors will indicate the main reasons why a game has received a particular age rating. There are eight such descriptors: bad language, discrimination, drugs, fear, gambling, sex, violence and online gameplay with other people.



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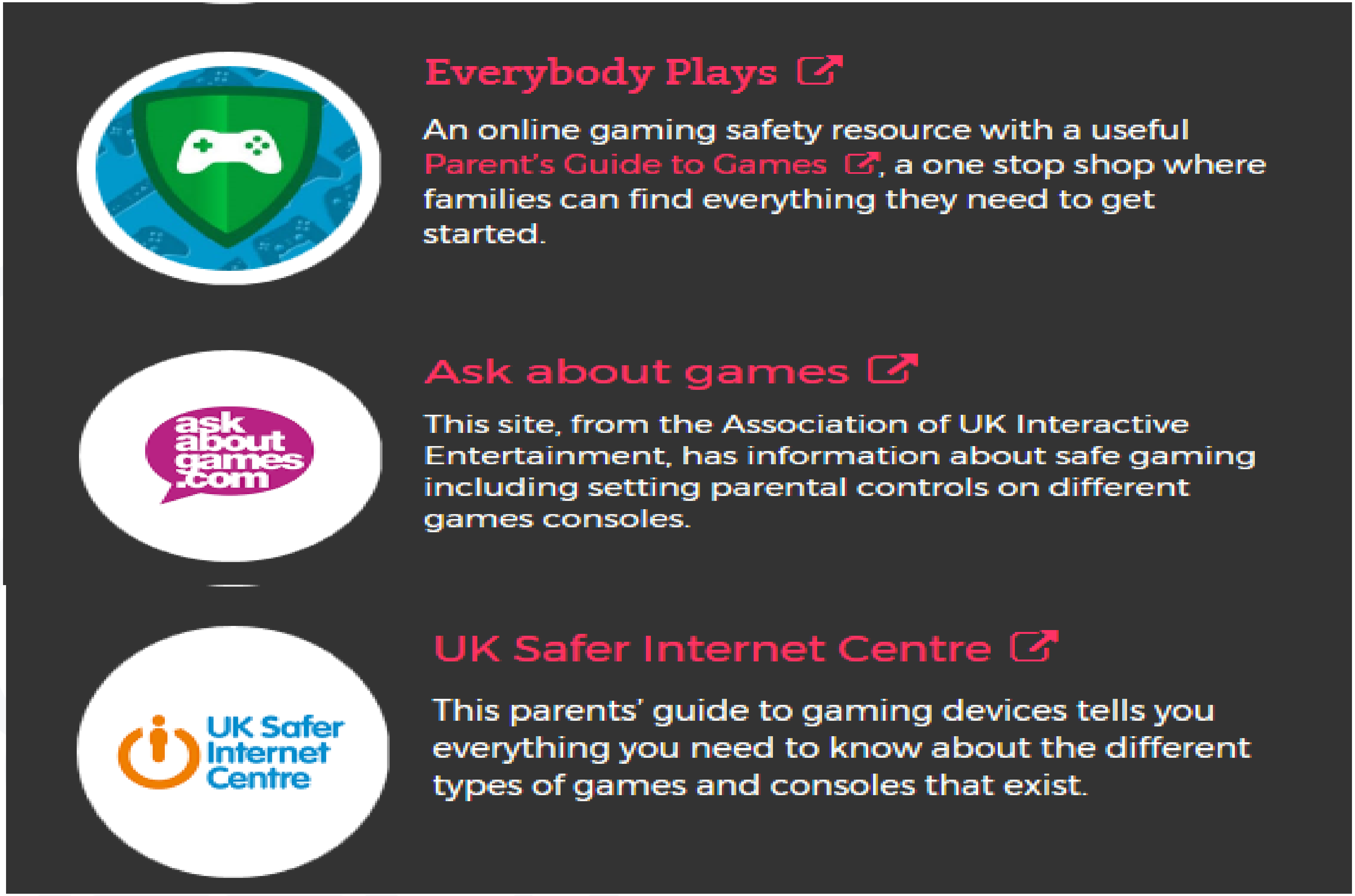
Gaming



Everybody Plays

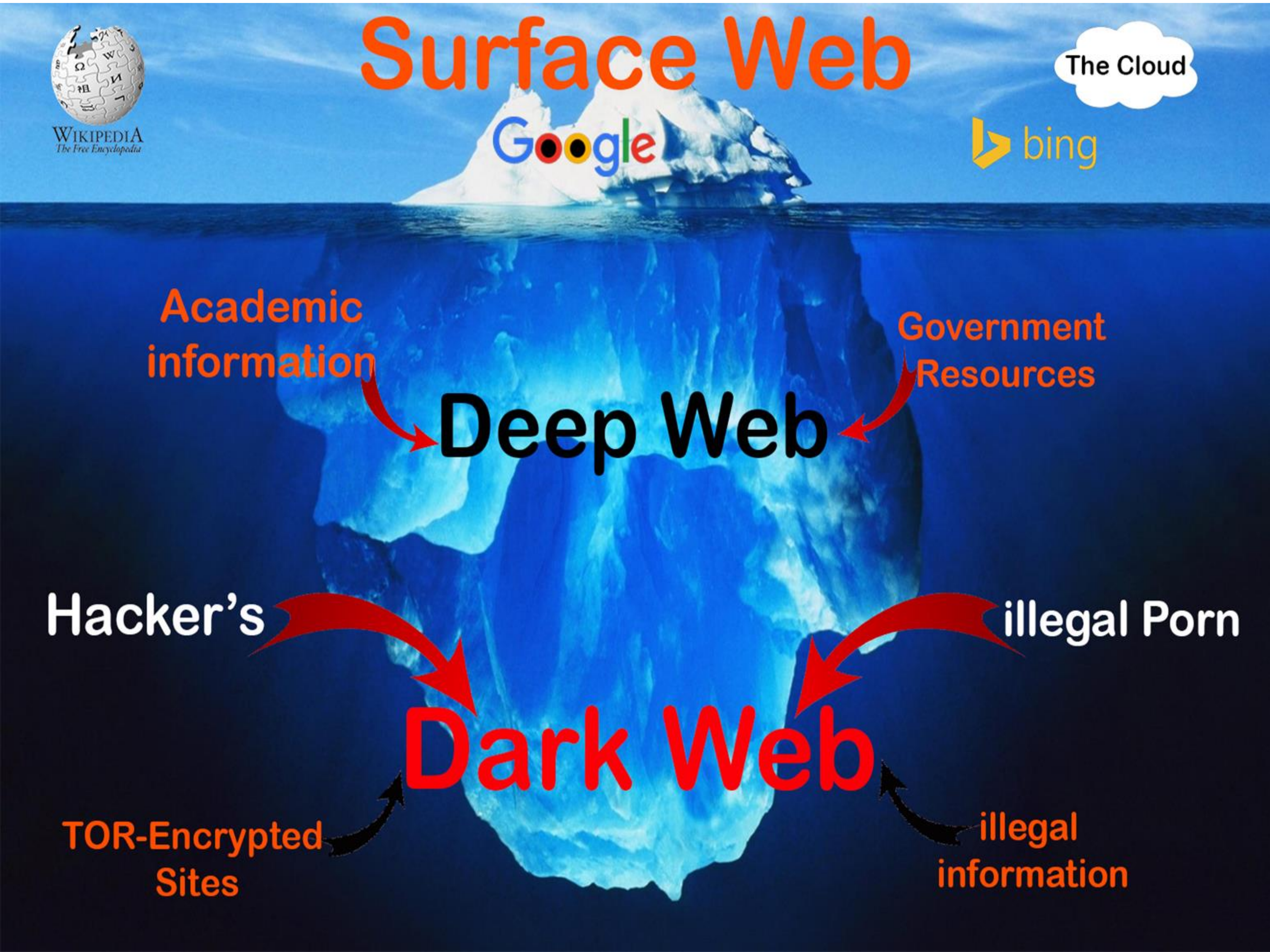
An online gaming safety resource with a useful Parent's Guide to Games, a one stop shop where families can find everything they need to get started.

Ask about games

This site, from the Association of UK Interactive Entertainment, has information about safe gaming including setting parental controls on different games consoles.

UK Safer Internet Centre

This parents' guide to gaming devices tells you everything you need to know about the different types of games and consoles that exist.



Surface Web

The Cloud

Academic information

Government Resources

Deep Web

Hacker's

illegal Porn

Dark Web

TOR-Encrypted Sites

illegal information

The Dark/Deep Web

The Dark Web is a term that refers specifically to a collection of websites that are publicly visible, but hide the IP addresses of the servers that run them. Thus they can be visited by any web user, but it is very difficult to work out who is behind the sites. And you cannot find these sites using search engines.

Almost all sites on the so-called Dark Web hide their identity using the Tor encryption tool. You may know Tor for its end-user-hiding properties. You can use Tor to hide your identity, and spoof your location. When a website is run through Tor it has much the same effect.

Accessing the Dark web

Install and use Tor. Go to www.torproject.org and download the Tor Browser Bundle, which contains all the required tools.

What will you find?

Location-based services

Location-based services (LBS) make use of the inbuilt facilities of mobile phones to provide content and services based on geographical location. Recently launched services such as Facebook Places, Foursquare and Google Latitude allow people to broadcast their locations to friends, often with a gaming element to encourage people to ‘check in' or upload location-tagged photos. Concerns therefore relate to privacy and contact, especially with the ability to pinpoint the exact location of a participating young person at any given time.

Snapchat introduced a new feature, the ‘Snap Map’

This location based map allows users to see where in the country their Snapchat contacts are, as well as seeing location based photos and videos. The Snap Map shows a user’s Bitmoji, their cartoon avatar within Snapchat, pinpointed on a world map. Users can then zoom into the map to see the exact location of their friends.

Ghost Mode means that you are the only person who can see your location on the map. Within Ghost Mode you can still see the locations of your friends but they will be unable to see you. This setting will ensure that you have complete control over who knows your location.

My Friends means that all of your contacts on Snapchat can see your location. If turning on this setting then it would be important for users to review their Snapchat contacts and also make sure that they never add someone they don’t know in person onto Snapchat.

Select Friends. This setting allows users to look through their friend list and then decide which of their friends they want to be able to view their location. This setting gives users the opportunity to control who can view their location.

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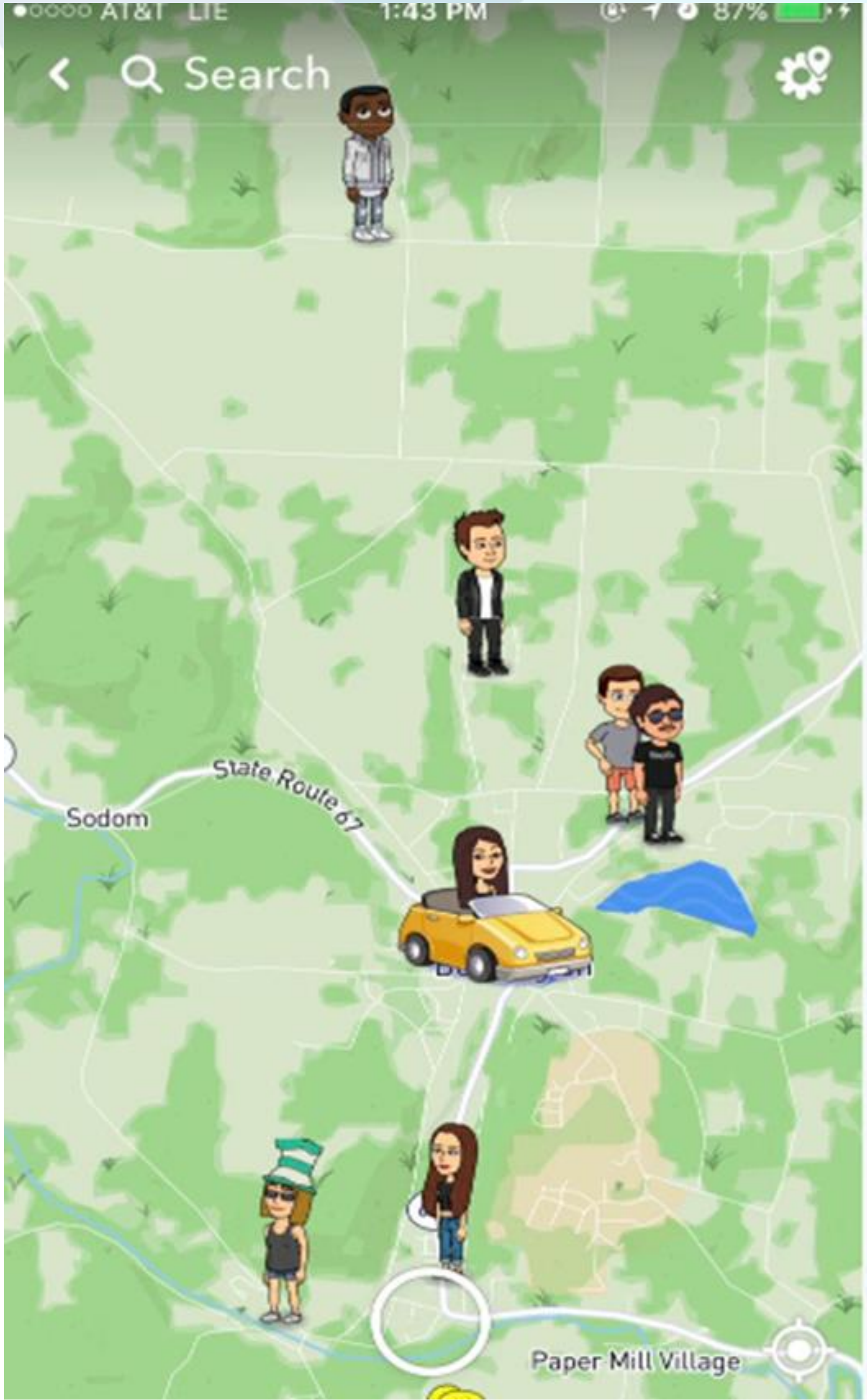
http://www.childnet.com/blog/introducing-snap-maps-the-new-location-sharing-feature-in-snapchat

Snap Map

Actionmojis that represent your snapchat account to friends will change to show you walking, listening to music etc as every time the snapchat application is opened it will update according to the different factors that are detected on the phone



Top tips for children for location sharing are:

Only share your location with people you know in person. Never share your location with strangers.

Don’t add contacts to Snapchat if you don’t know them in person.

Regularly review your settings and take an active decision about whether you want people to know your location. Remember you can switch this off at any time. Think about where you’re sharing your location. Location services such as Snap Maps can lead people to your house. Think about what times you’re on the app and whether these are locations you want to share – if not, then turn this off within your settings.

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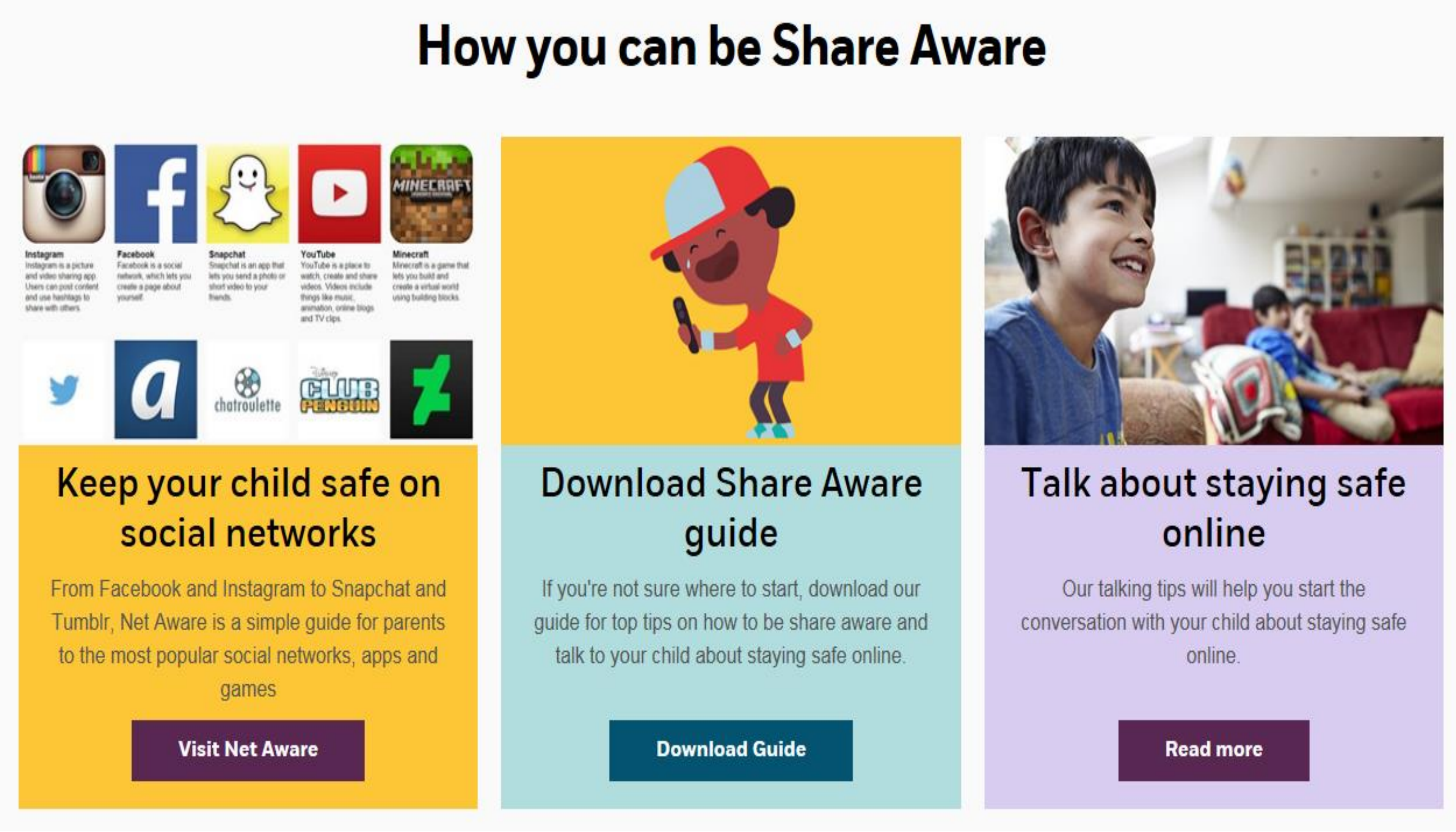
Share Aware
http://www.nspcc.org.uk/shareaware



How you can be Share Aware

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

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

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

YouTube
YouTube is a place to watch, create and share videos. Videos include things like music, animation, online blogs and TV clips.

Minecraft
Minecraft is a game that lets you build and create a virtual world using building blocks.

Keep your child safe on social networks

From Facebook and Instagram to Snapchat and Tumblr, Net Aware is a simple guide for parents to the most popular social networks, apps and games

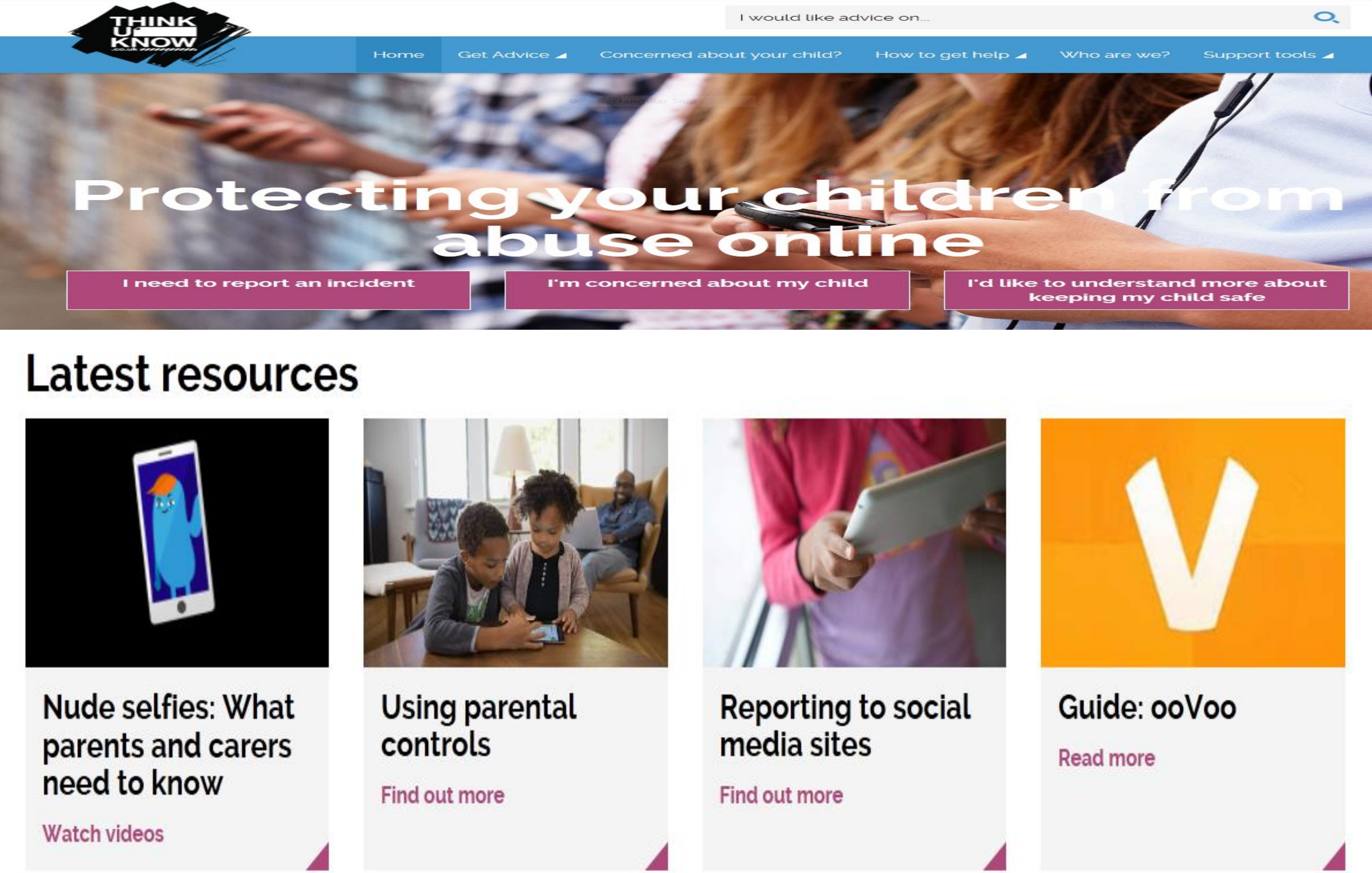
Download Share Aware guide

If you're not sure where to start, download our guide for top tips on how to be share aware and talk to your child about staying safe online.

Talk about staying safe online

Our talking tips will help you start the conversation with your child about staying safe online.

https://www.thinkuknow.co.uk/parents/



I would like advice on...

Home | Get Advice | Concerned about your child? | How to get help | Who are we? | Support tools

Protecting your children from abuse online

I need to report an incident | I'm concerned about my child | I'd like to understand more about keeping my child safe

Latest resources

Nude selfies: What parents and carers need to know

Watch videos

Using parental controls

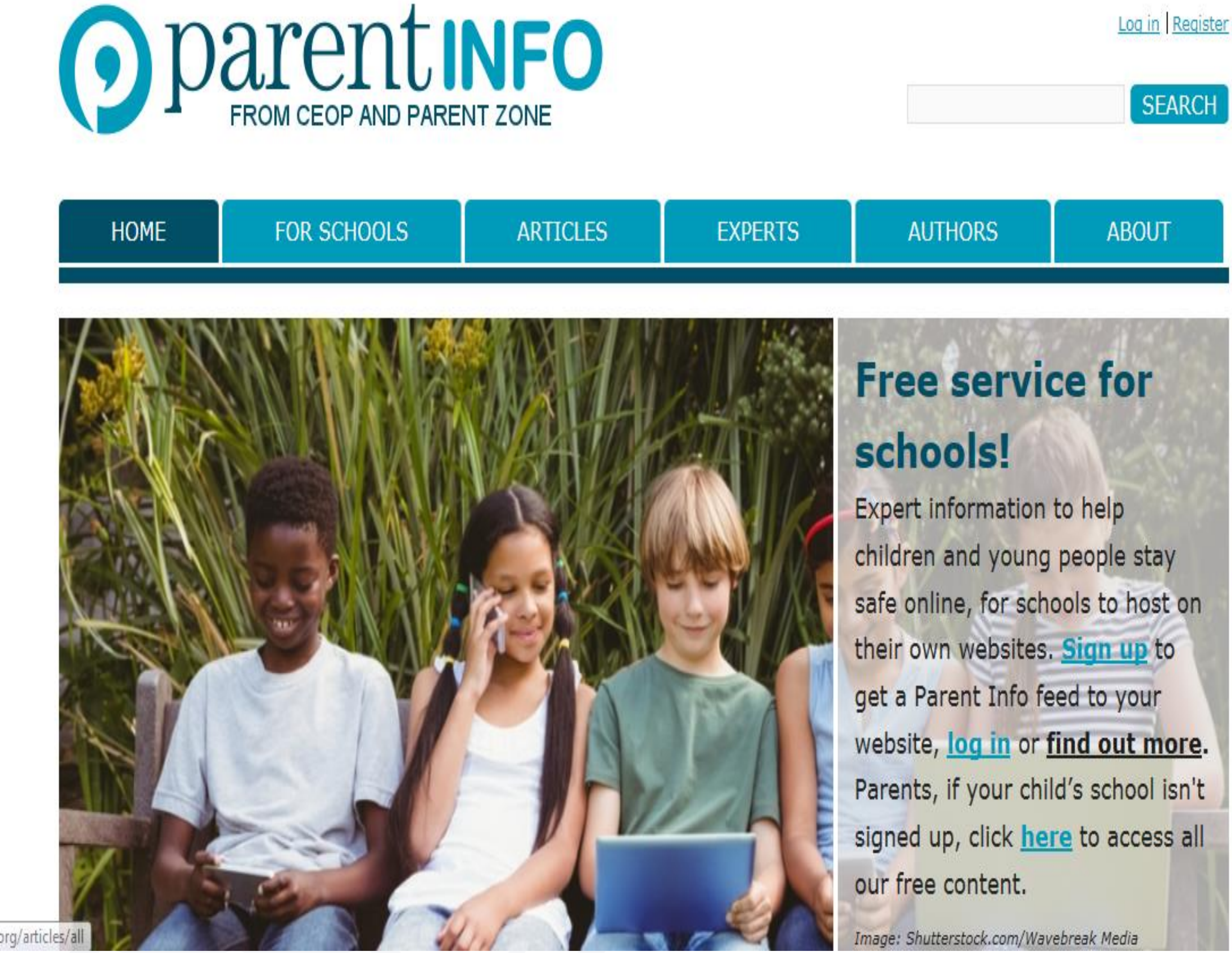
Find out more

Reporting to social media sites

Find out more

Guide: ooVoo

Read more



Free service for schools!

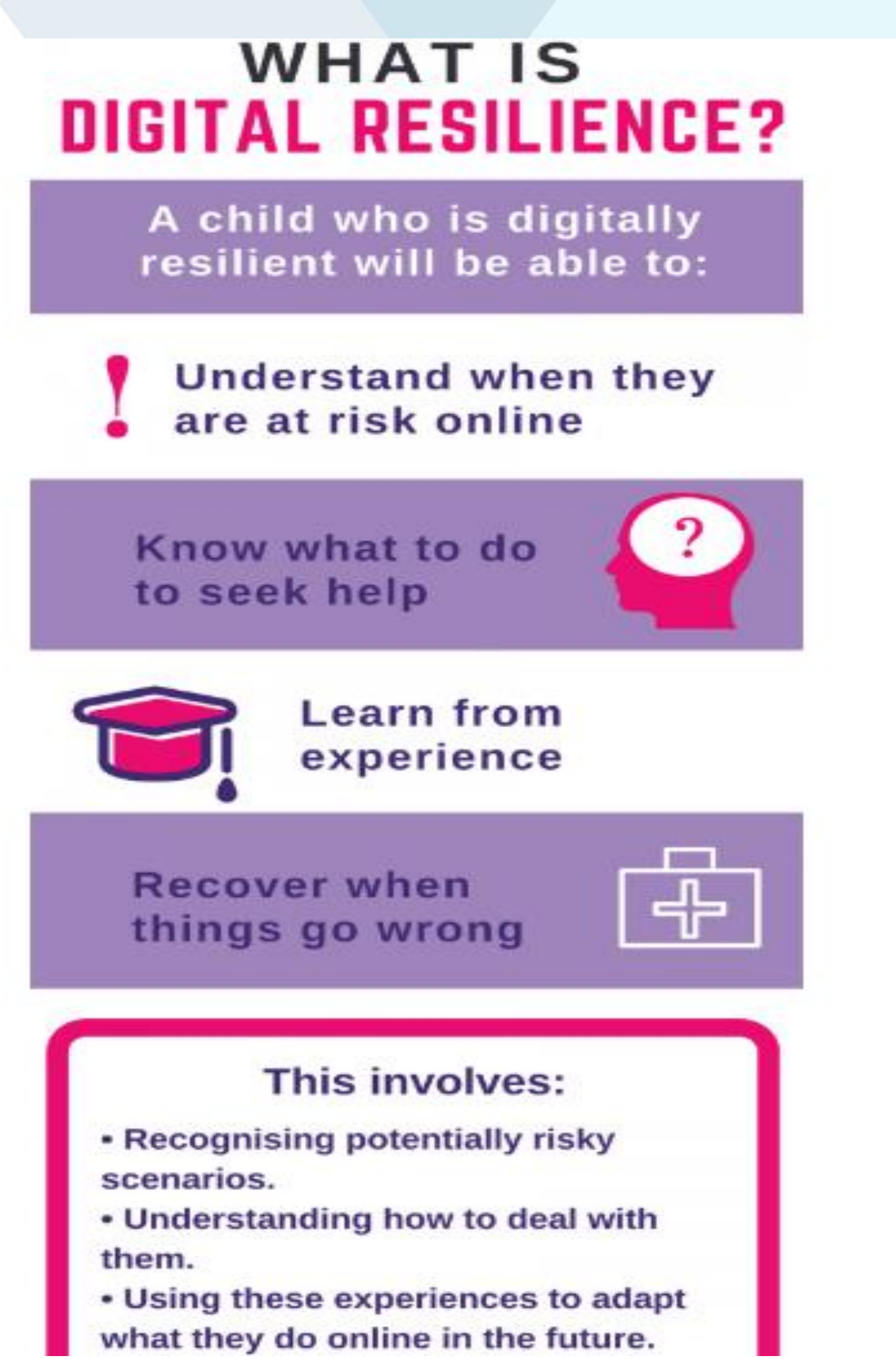
Expert information to help children and young people stay safe online, for schools to host on their own websites. Sign up to get a Parent Info feed to your website, log in or find out more. Parents, if your child's school isn't signed up, click here to access all our free content.

Image: Shutterstock.com/Wavebreak Media

Digital Resilience

Digital resilience involves having the ability to

- understand when you are at risk online
- knowing what to do if anything goes wrong,
- learning from your experiences of being online
- being able to recover from any difficulties or upsets



WHAT IS DIGITAL RESILIENCE?

A child who is digitally resilient will be able to:

! Understand when they are at risk online

Know what to do to seek help

Learn from experience

Recover when things go wrong

This involves:

- Recognising potentially risky scenarios.
- Understanding how to deal with them.
- Using these experiences to adapt what they do online in the future.

Digital resilience grows through online use and learned experience and can’t be developed through the avoidance of the digital world. In other words, you don’t help your children to become digitally resilient by keeping them away from the internet.

Employ the same parenting skills you use offline to keep them safe, such as negotiating boundaries, talking about the difficult subjects, helping your child to recognise what’s good and bad behaviour.

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1.Set fair and consistent rules in relation to your child's internet use at home.

As they get older, try to agree the rules with them so that they have some control over their digital world.

2.Teach your child to think critically about what they read, see or hear online. For young children, that might mean encouraging them to ask 'what would Mum or Dad say about that?' As they get older they need to be able to assess for themselves whether they are in a risky online place and whether the information they are receiving is reliable and helpful to them.

3.It's much harder for people to empathise with each other when their communications are digital. Helping your child to understand that and to pause and think about the impact of things that are posted online, will help them cope with some of the difficult behaviour they will come across and Avoid getting caught up in it.

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4.Maintain a positive outlook on your child’s use of the internet. Whatever you think to the stuff they watch or the hours they spend on Musical.ly or the PS4, if you constantly criticise the apps and games they love, they’re not going to want to talk to you about their online life.

5.Children who can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps (that means trying to keep calm even if you’re at your wits’ end!), making sure they know where to go for help if they need it, and recognising if they’re not recovering well so you can step in and get help for them.

6.Allow your child to explore and take charge of their online life. Having some control over any given situation is an important part of resilience – and it’s a really important part of digital resilience. It’s essential in helping them understand and develop their own sense of what’s right and wrong online.

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“We're not all trolls and bullies, we know if a stranger is talking to us inappropriately and we're not all taking selfies to boost our self esteem. A minority are yes, but the majority aren't. Guide us to recognize when something is going to go wrong in a way which is informative, don't concentrate on the extremes but be realistic, and if it does go wrong support us in a non-judgmental way. If I've had to come to you, it means I need help.”

Remember this about people not just technology