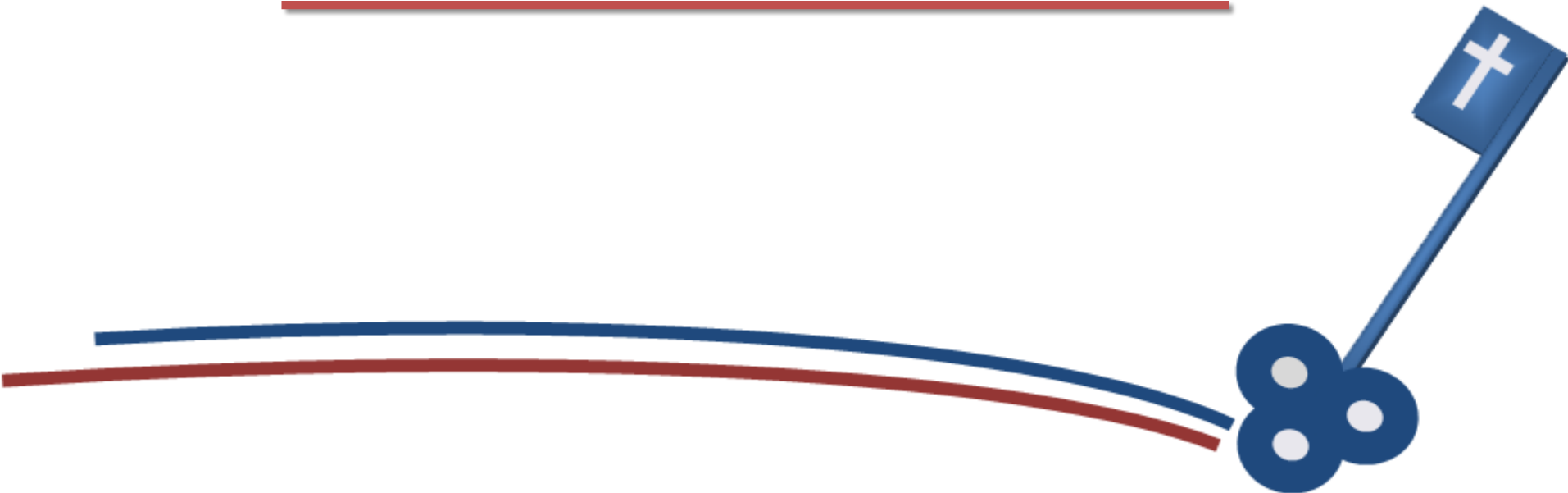# E Safety

Parent Forum

Respect:
Respect for themselves and Respect for others
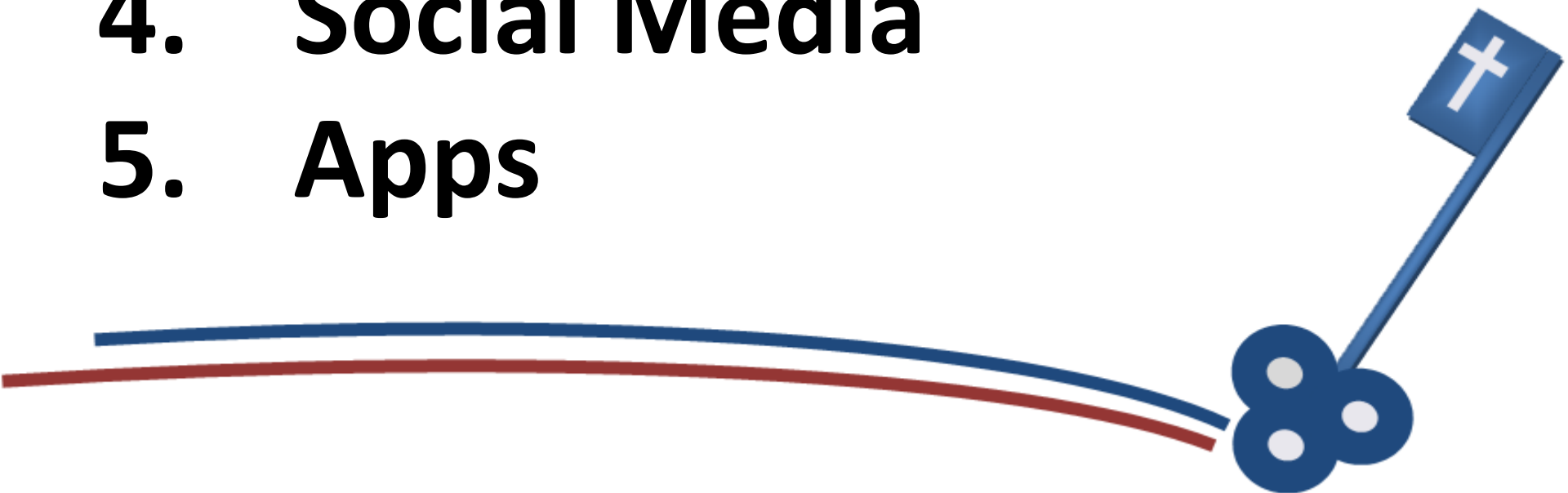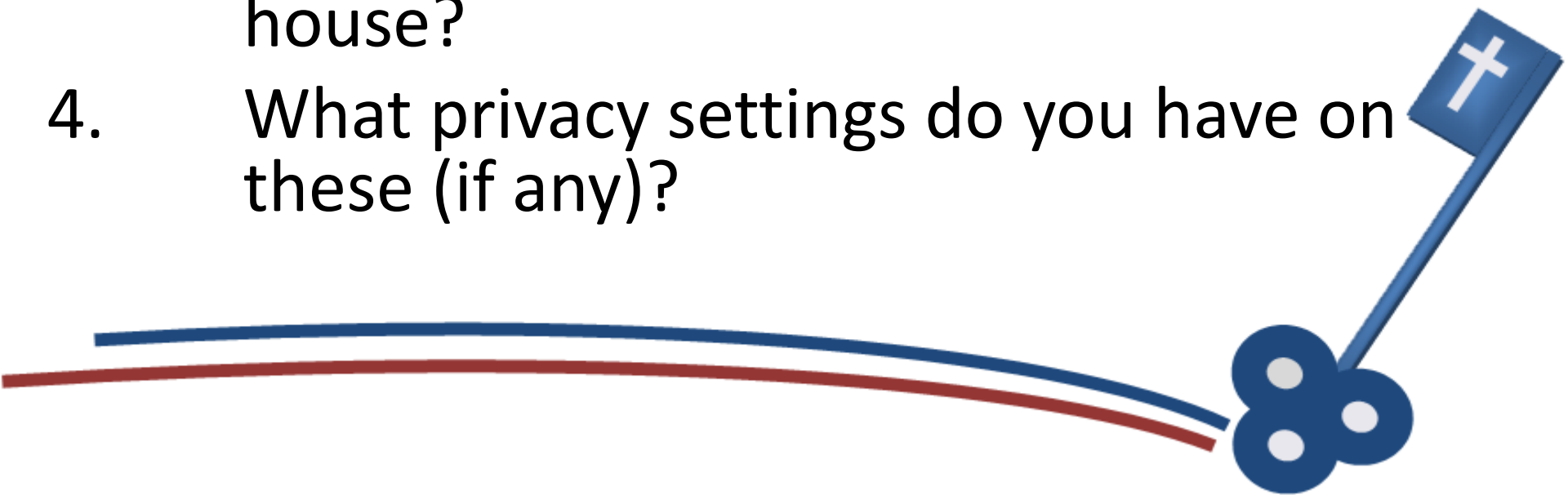*Christis To All*

Romeo & Juliet

E SAFETY OUTLINE

1. **The Law and Rules**
2. **Cyberbullying**
3. **Sexting**
4. **Social Media**
5. **Apps**

E SAFETY

With the people on your table, discuss the following:

1. How many children do you have?
2. How many devices do you have in your household?
3. Where are your devices in your house?
4. What privacy settings do you have on these (if any)?

AREAS OF RISK

- **Content**: exposure to inappropriate content, e.g. porn, age related games, self-harm sites, content validation

- **Contact**: grooming, cyberbullying, fraping

- **Conduct**: sexting, digital footprint, privacy issues
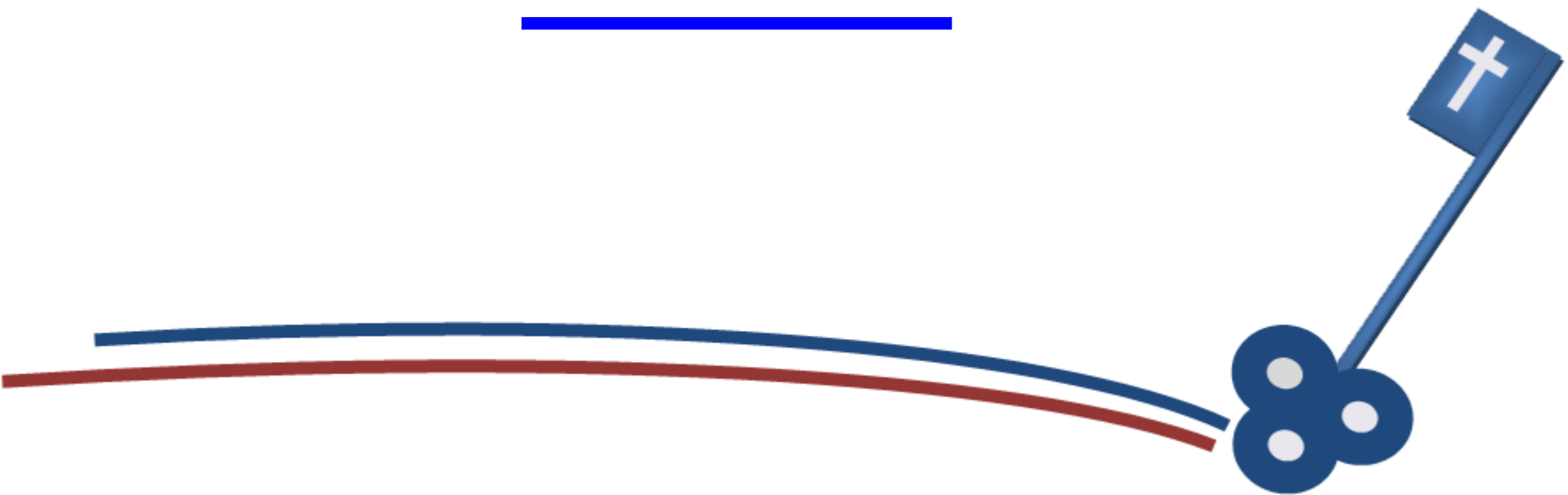
AREAS OF RISK

"We must ensure that children are given the same protection online as they are offline"
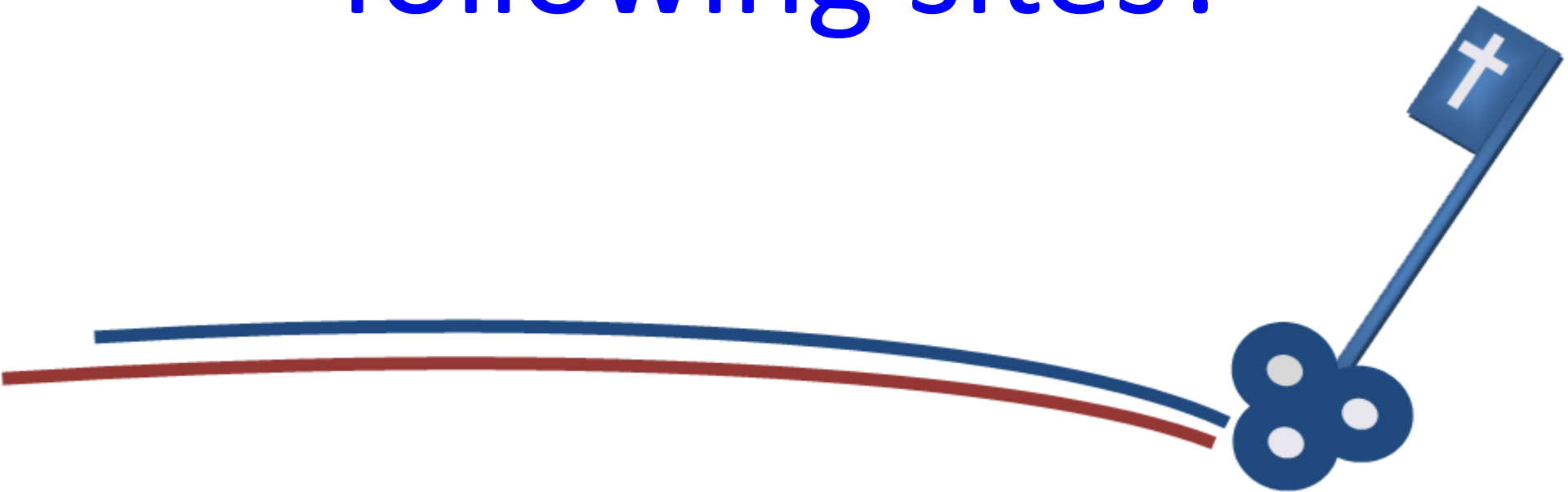
Peter Wanless NSPCC
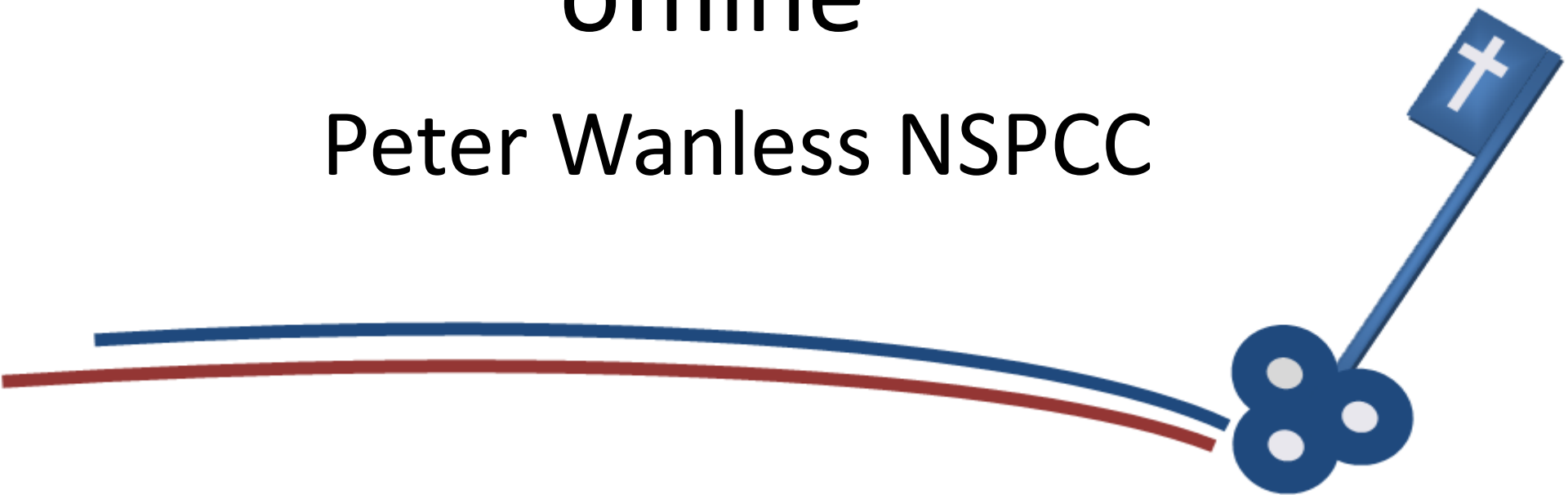
The Law and Rules

THE LAW AND RULES

What are the age restrictions on the following sites?

THE LAW AND RULES

13

Facebook requires everyone to be at least 13 years old before they can create an account . Creating an account with false info is a violation of our terms. This includes accounts registered on the behalf of someone under 13. If an underage child creates an account on Facebook, it can be reported and will be immediately deleted by Facebook.
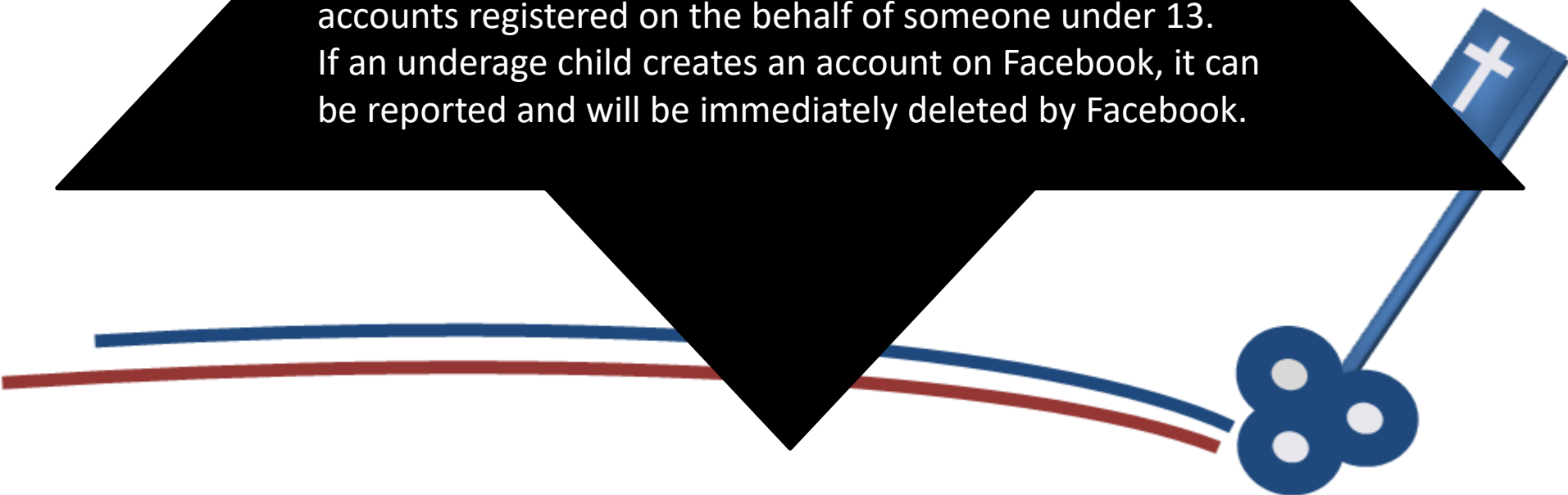
THE LAW AND RULES

WhatsApp

16*

THE LAW AND RULES

Instagram

13
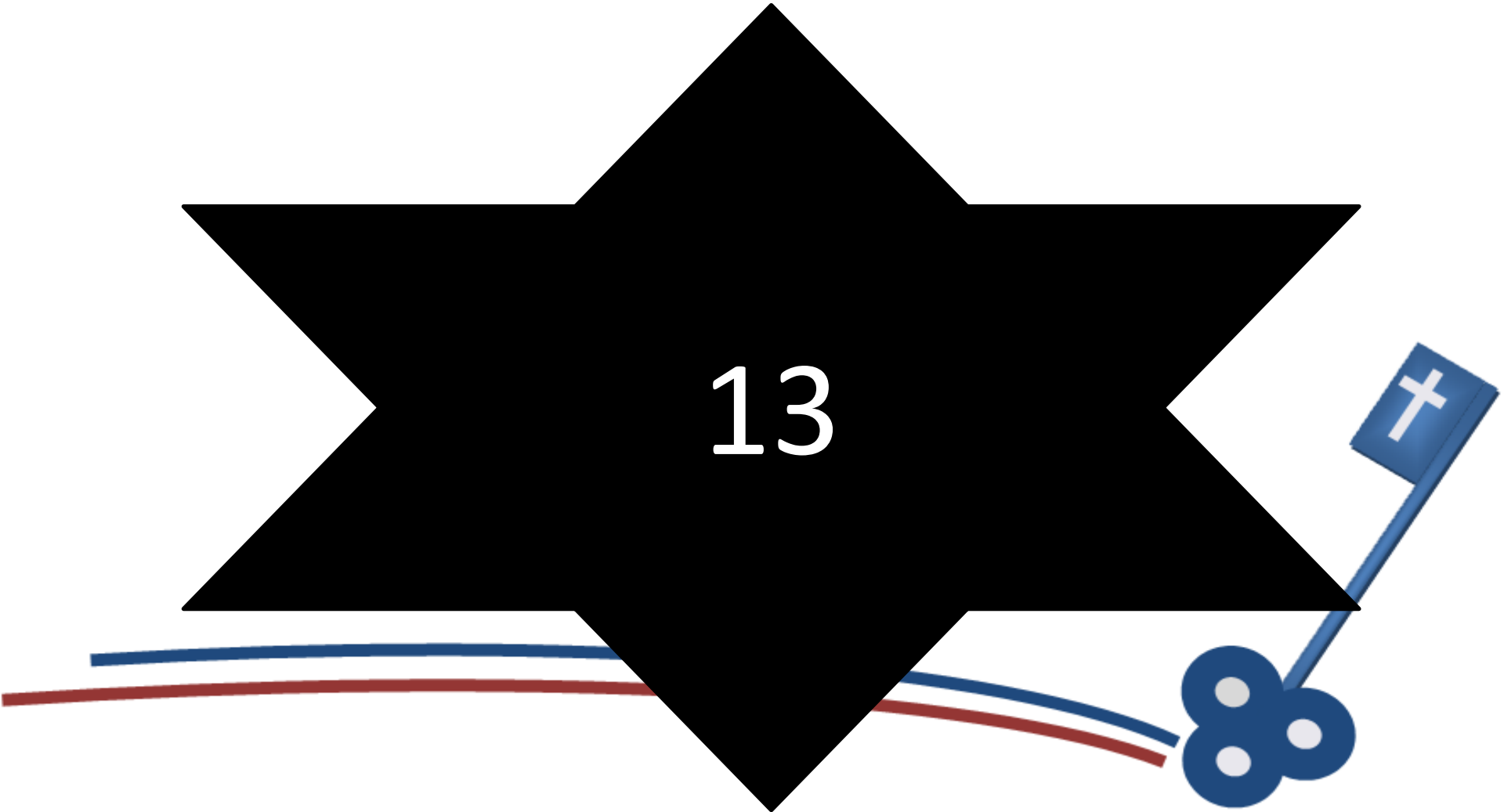
THE LAW AND RULES

Snapchat

13
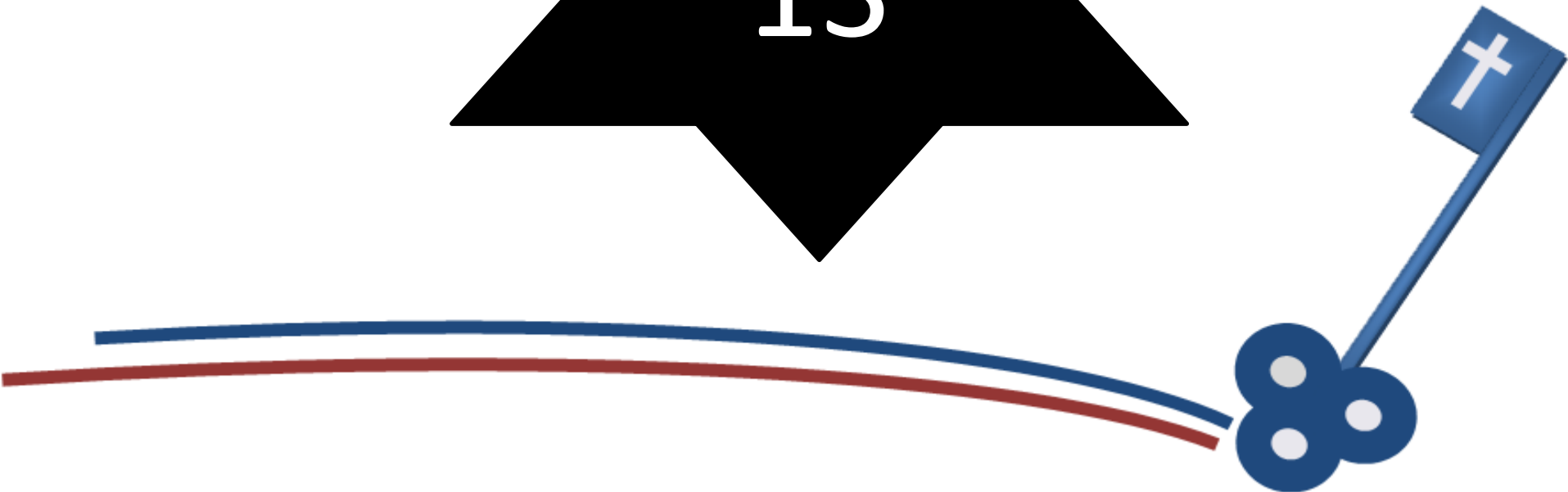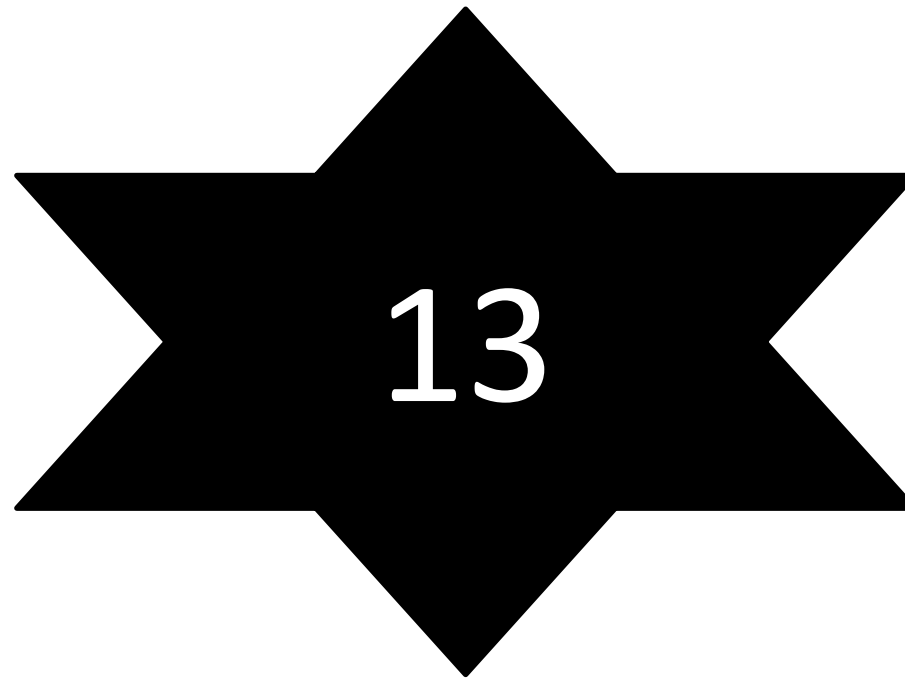
THE LAW AND RULES

Law 1: Human Rights Act

It is against the law to read anyone else's messages or look at their images without their permission. The same is true for their Facebook, Twitter, Instagram, Snapchat or any other Social Media account.

This is both a Civil and a Criminal Offence

THE LAW AND RULES

Law 2: Harassment Act

It is against the law to PUBLISH (this means write in a public place – anything online counts as being "published") anything that could cause alarm or distress to somebody.

This means, that even if you did not mean to alarm or distress them, e.g. it was a "joke", you would still be breaking the law

This is both a Civil and a Criminal Offence
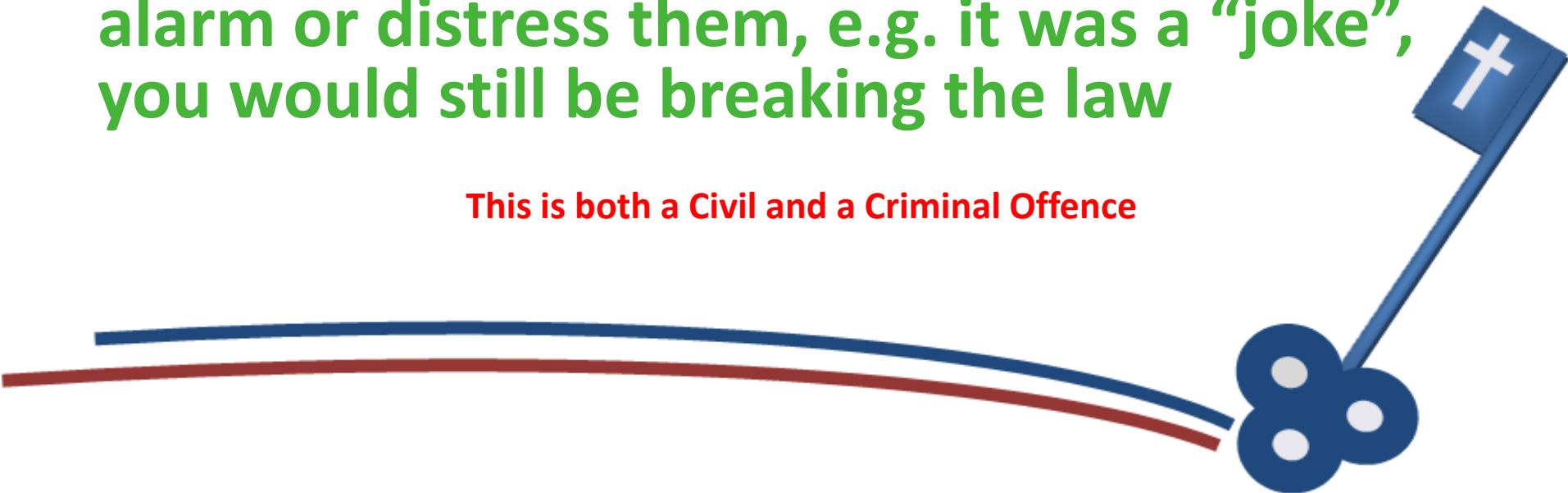
THE LAW AND RULES

The Children's Act 1978 & The Sexual Offences Act 2003

It is against the law to make, possess, share, link to, ask for or distribute explicit or provocative images of under 18s.

This is a Criminal Offence

Max penalty: 10 years in prison

THE LAW AND RULES

Law 4: Defamation Act

It is against the law to DEFAME RETWEETING, LINKING TO OR SHARING DEFAMATORY CONTENT MAKES YOU LIABLE

This is both a Civil and a Criminal Offence

THE LAW AND RULES

Law 5: Contempt of Court

It is against the law to discuss online anything to do with a court case.

Maximum penalty

Life in prison and an unlimited fine which could be VERY expensive if you are found guilty!

Cyberbullying

CYBERBULLYING

1. **38% of young people have been affected by cyber-bullying, 26% have received abusive emails and 24% have received abusive text messages**

2. **Girls are twice as likely to be persistently cyberbullied**

3. **Cyberbullying is normally done by peers in the same class or year**

4. **Young people are aware that cyberbullying is "bad" but are not necessarily able to recognise their own behaviour as cyberbullying**
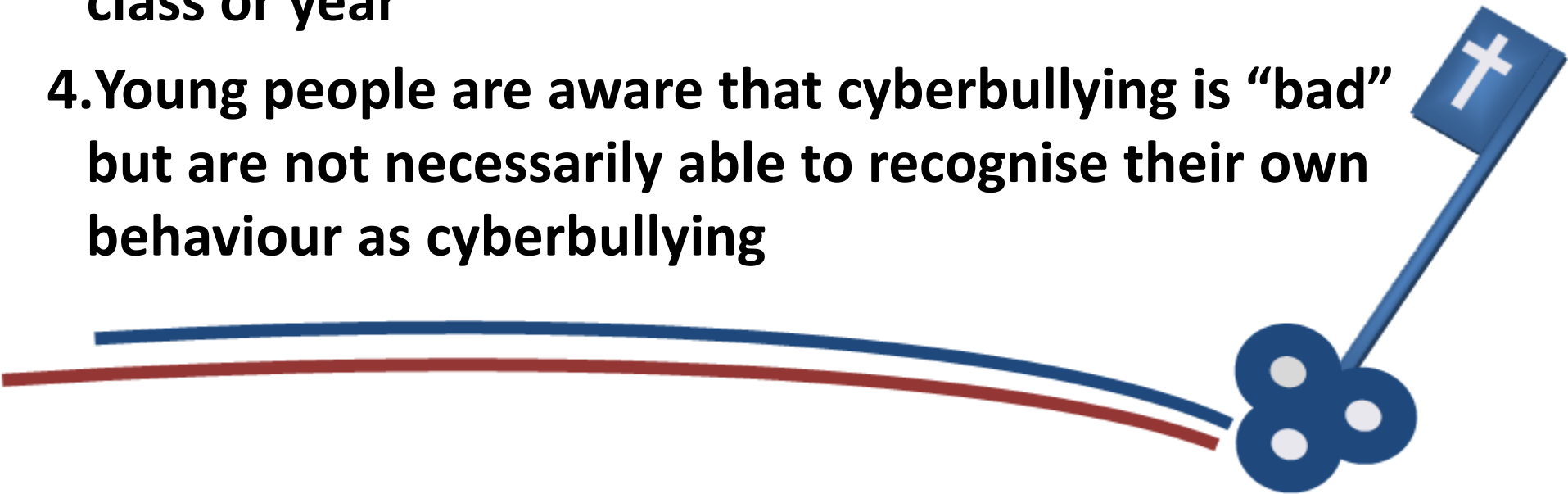
CYBERBULLYING

Cyberbullying includes:

- sending threatening or abusive text messages
- creating and sharing embarrassing images or videos
- 'trolling' - the sending of menacing or upsetting messages on social networks, chat rooms or online games
- excluding children from online games, activities or friendship groups
- setting up hate sites or groups about a particular child
- encouraging young people to self-harm
- voting for or against someone in an abusive poll
- creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- sending explicit messages, also known as sexting
- pressuring children into sending sexual images or engaging in sexual conversations
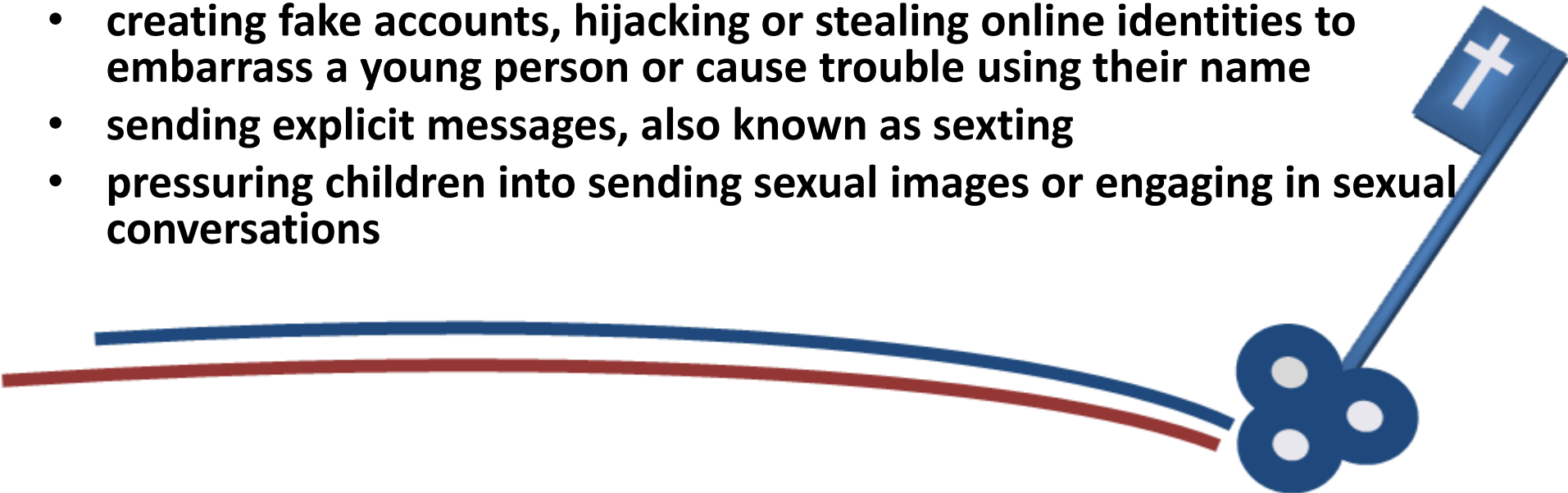
Is this cyberbullying?
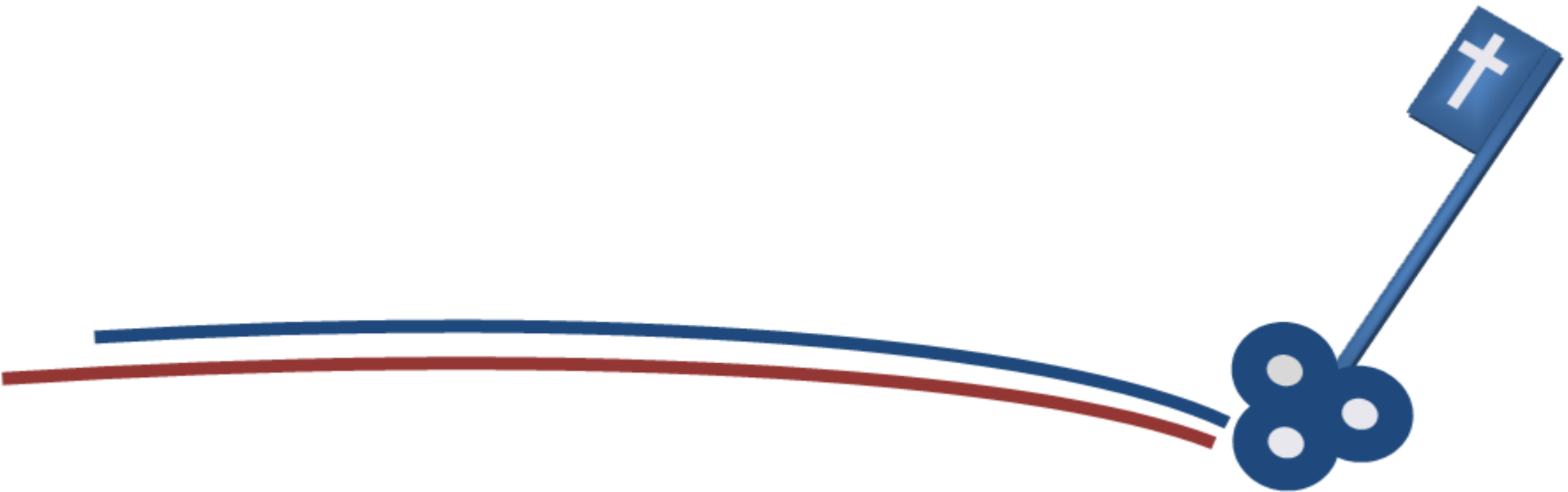
Liking a mean comment on Facebook

Writing a negative comment on a photo in Instagram
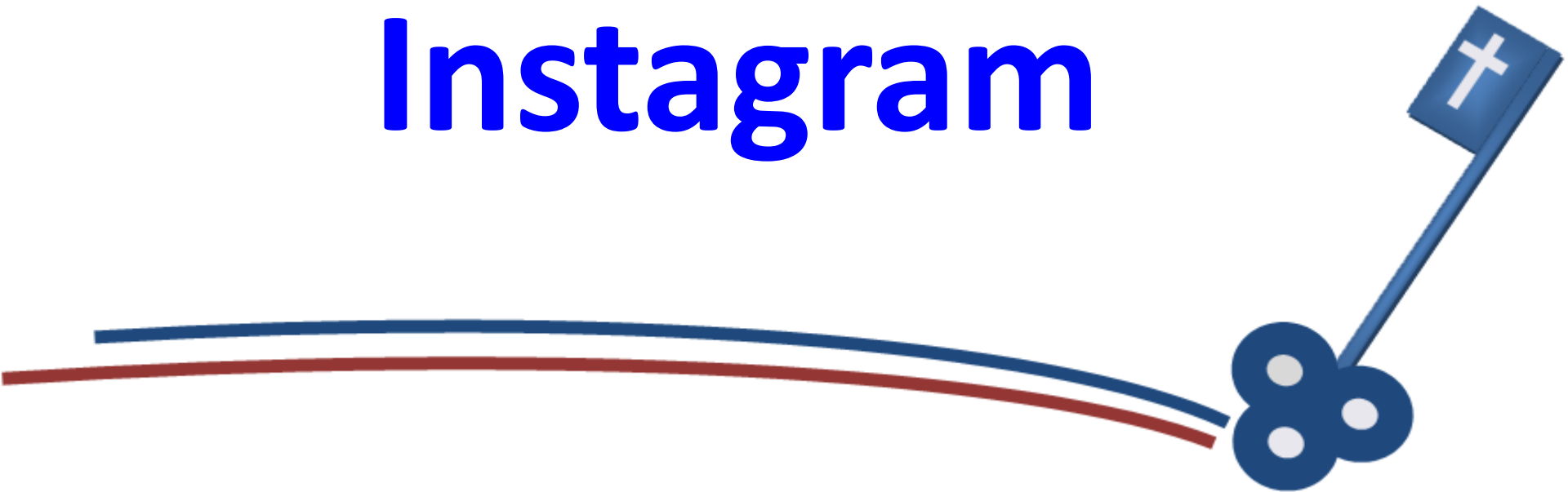
Joining a WhatsApp group in which there are conversations about other students

Snapchatting a picture of someone looking silly

CYBERBULLYING

What should you do if you child is being cyberbullied?

CYBERBULLYING

- Talk about bullying and cyberbullying

- Make sure they know who to ask for help

- Teach them how to stay safe online:
  - Block'em is a free app for Android users that blocks unwanted calls and text messages from specified numbers.
  - Thinkuknow has advice on online safety for young people that is suitable for different age groups. Their website shows children how to contact social media sites if they believe someone has posted something upsetting about them.
  - Make sure they know how to block anyone on any social media apps they use

- Screenshot any comments/pictures etc and keep them safe in case they are needed for evidence

- If needed, contact the websites and the police

CYBERBULLYING

- Make sure your child knows where the CEOP/report buttons are:

© Copyright Policy

✏ Report a Problem

🗑 Clear Cache

CLICK CEOP
Internet Safety

Instagram

Report...

Block

Hide Your Story

Snapchat

Edit Name

Disturb

Remove Friend

Block

Report

CANCEL

I Need Help

What can we help you with?

○ My Snapchat isn't w

○ I have a log in issue

● Report a safety concern

○ I have a Geofilter question

○ I have feedback

○ I have a Group Chat question

○ I have a Spectacles question

What should you do if your child is cyberbullying?

CYBERBULLYING

- Calmly explain that what they're doing is unacceptable
- Help them understand how what they've done feels - you could ask them how they think the other child felt, or ask them how they felt when someone said something unkind to them
- Explain what you will do next, such as telling your child's school, and what you expect them to do
- Ask them whether they have any questions about why their actions need to change.

https://www.bbc.co.uk/news/technology-38529437
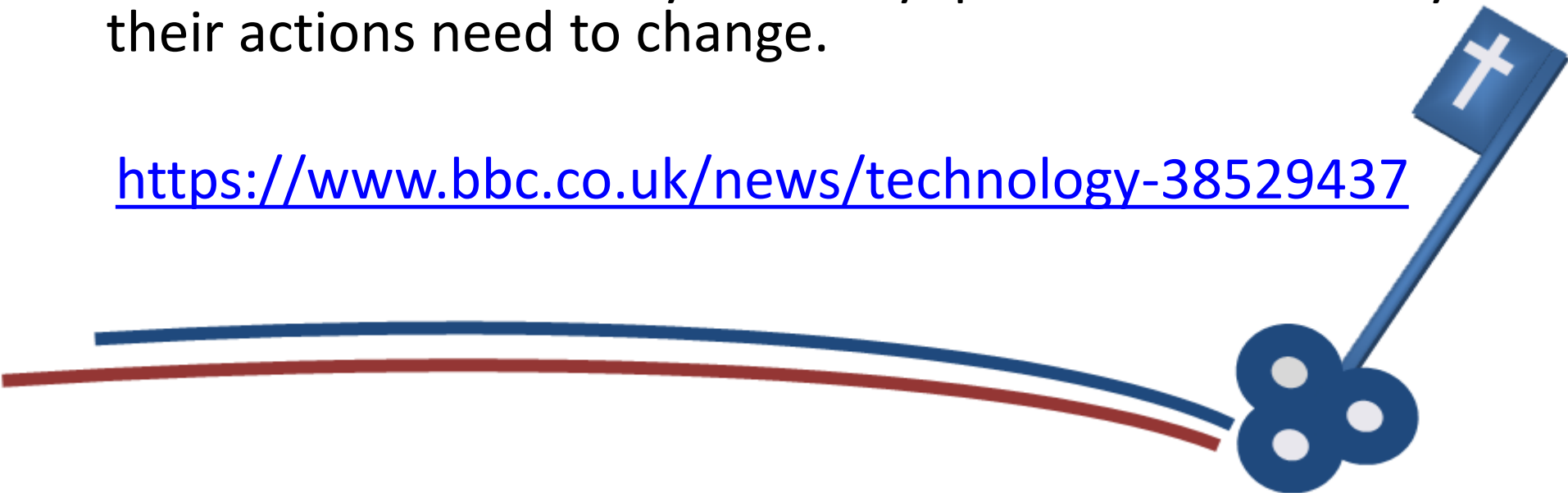
CYBERBULLYING

Overall Advice

1. Speak to your child about what is acceptable behaviour
2. Remind your child that once something is said online, it is there forever
3. Check privacy settings on their online accounts
4. Remind your child to keep personal information private, e.g. address, email address or mobile phone number
5. Encourage them not to respond or retaliate to any bullying
6. Check your child knows how to report cyberbullying
7. Report and block anyone who bullies your child
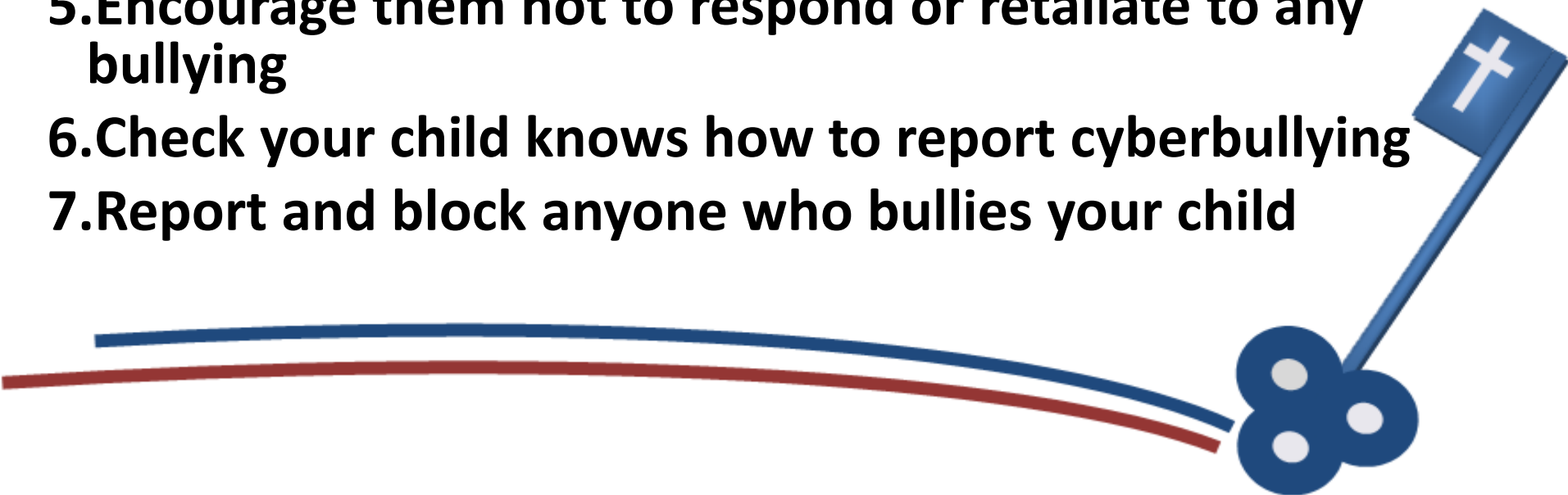
Sexting
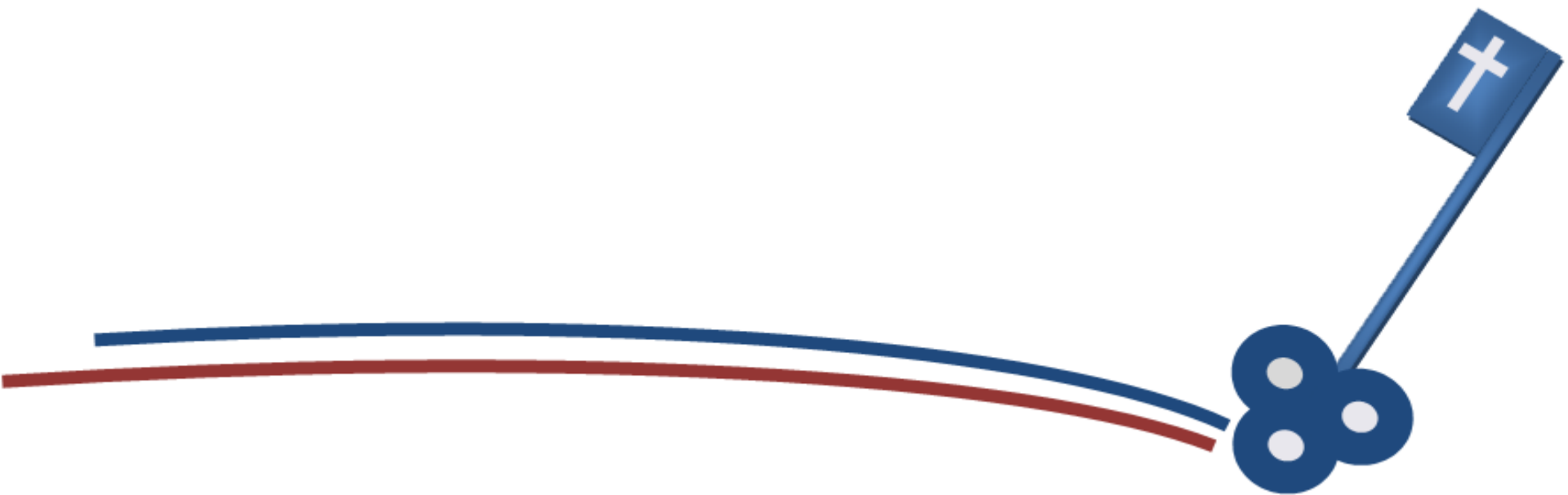
SEXTING

'Youth produced sexual imagery' best describes the practice because:

- 'Youth produced' includes young people sharing images that they, or another young person, have created of themselves.

- 'Sexual' clearly explains it needs to be of a sexual nature.

- 'Imagery' covers both still photos and moving videos (and this is what is meant by reference to imagery throughout the document).
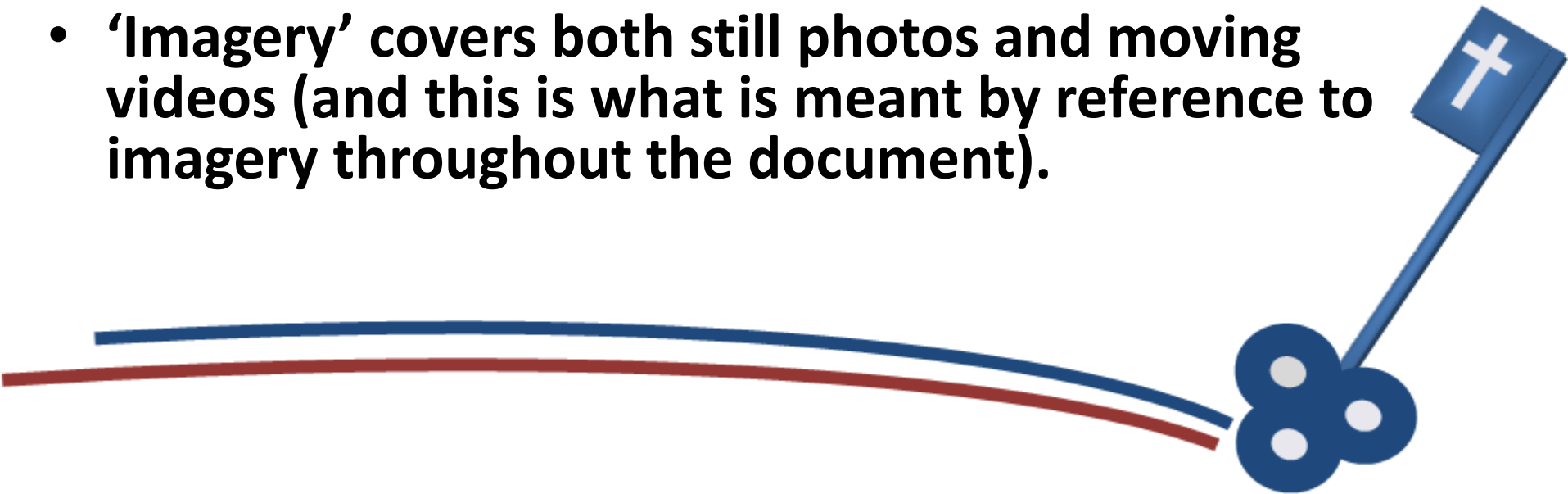
SEXTING

"pics" (the most common term used amongst our students!)

"nudes"
"pictures"
"pic for pic"
"dirties"
"DPs"

Other useful terms:
https://patch.com/us/across-america/teen-sexting-upswing-50-terms-every-parent-should-know
https://urbanthesaurus.org/synonyms/sexting

SEXTING

Figures taken from 2015/6 NSPCC show:

- Three quarters (650) of contacts to the NSPCC helpline about online issues in 2015/16 related to online sexual abuse

- 41% of these contacts were serious enough to result in a referral to an external agency

- There has been a 400% increase in Childline counselling sessions sexting in the last 3 years

- Sexting was the most popular advice page on the Childline website.

- 13% of young people, 11-16 have been involved in sexting

SEXTING

The New York Times
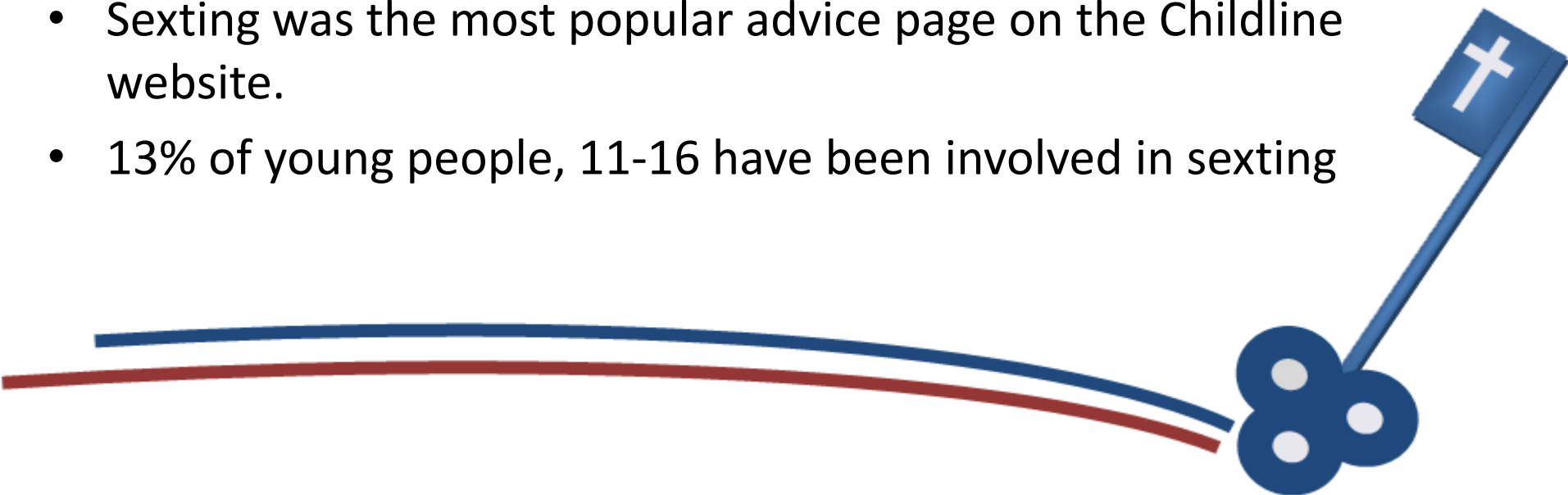
Video Games and Online Chats Are 'Hunting Grounds' for Sexual Predators

Criminals are making virtual connections with children through gaming and social media platforms. One popular site warns visitors, "Please be careful."

By NELLIE BOWLES and MICHAEL H. KELLER   DEC. 7, 2019

You have 5 seconds to take each pic

Reply now

our pj's off. Just pull own

Either you talk to me or you can suffer

you boys did good

im going to kill you

Show your entire stomach. Retake pic.

You're so pretty :) How old are you

I'm about to post your pics If you don't chat me back in 10 minutes.

4
ARTICLES REMAINING

Subscribe to The New York Times.

SEE MY OPTIONS

22 of 24 - Clipboard
Item not Collected: Delete ite
to increase available space

SEXTING

Childline most commonly heard from girls about this issue, there were also counselling sessions with boys who had been targeted by girls. The majority had been sent naked pictures without requesting them, making them feel vulnerable and uncomfortable:

"I have been chatting to a girl from school online. She showed me inappropriate pictures of herself. I felt really uncomfortable with it and I am scared I will get into trouble.

I told her how it made me feel but she didn't listen and kept sending me more. She laughed at me and called me names and now everyone at school thinks there is something wrong with me and say mean things." (Boy, age unknown)
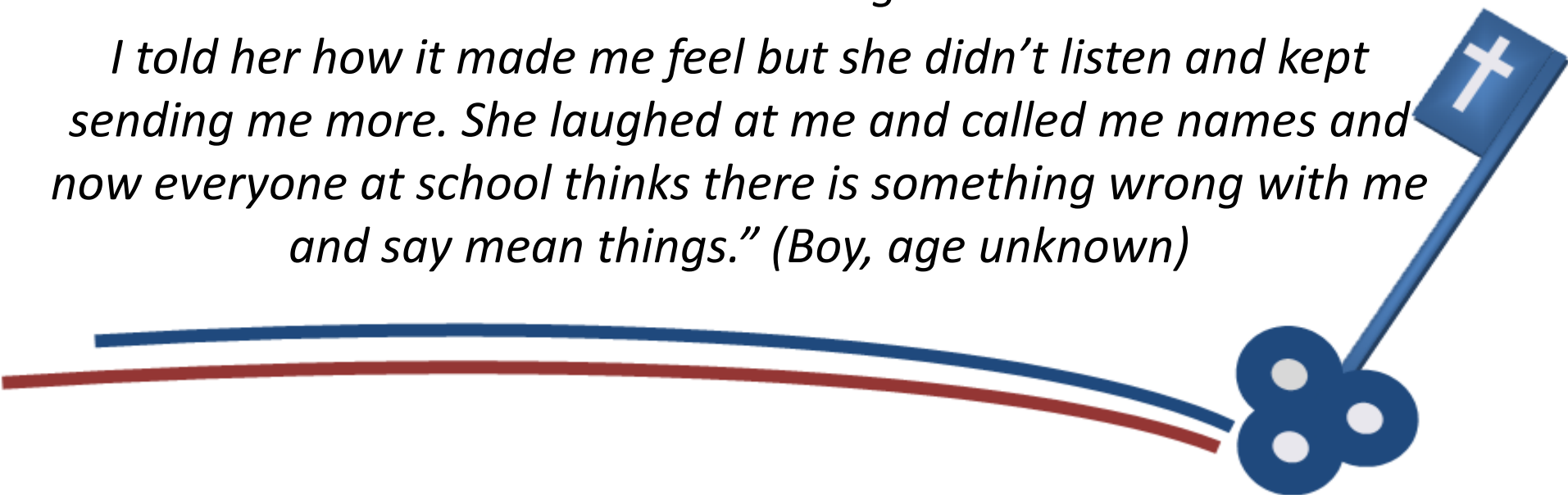
Some statements from young people:
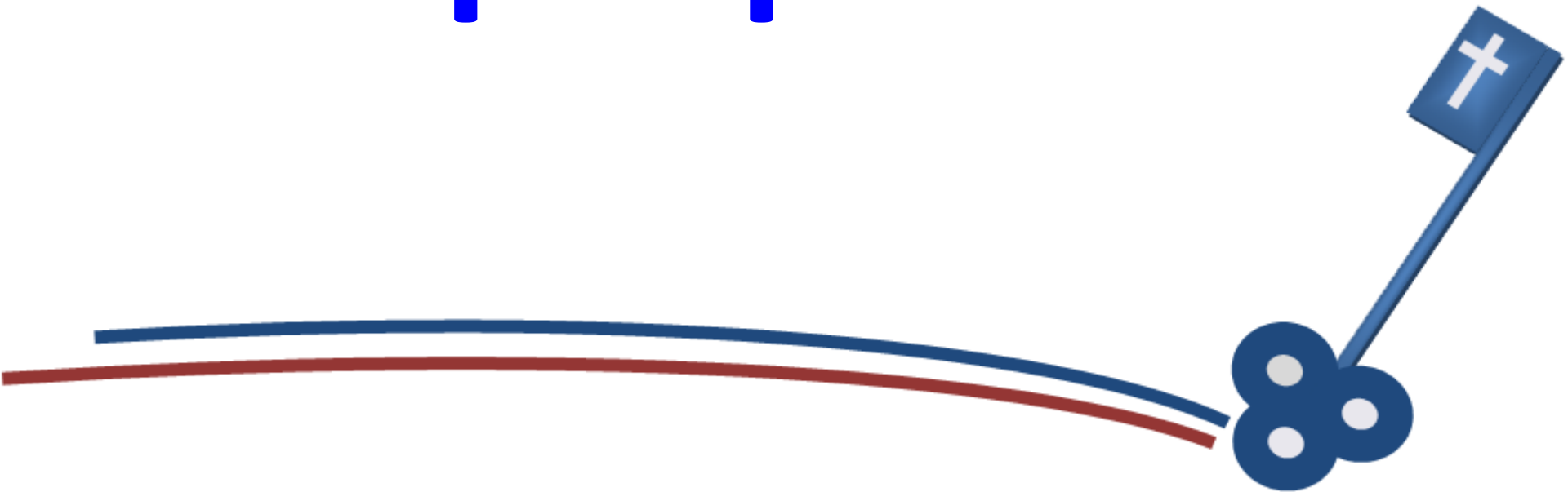
SEXTING

"If they want it [a blow job] they will ask [by text] every single day until you say yes and then film it."

Female student,

Year 9
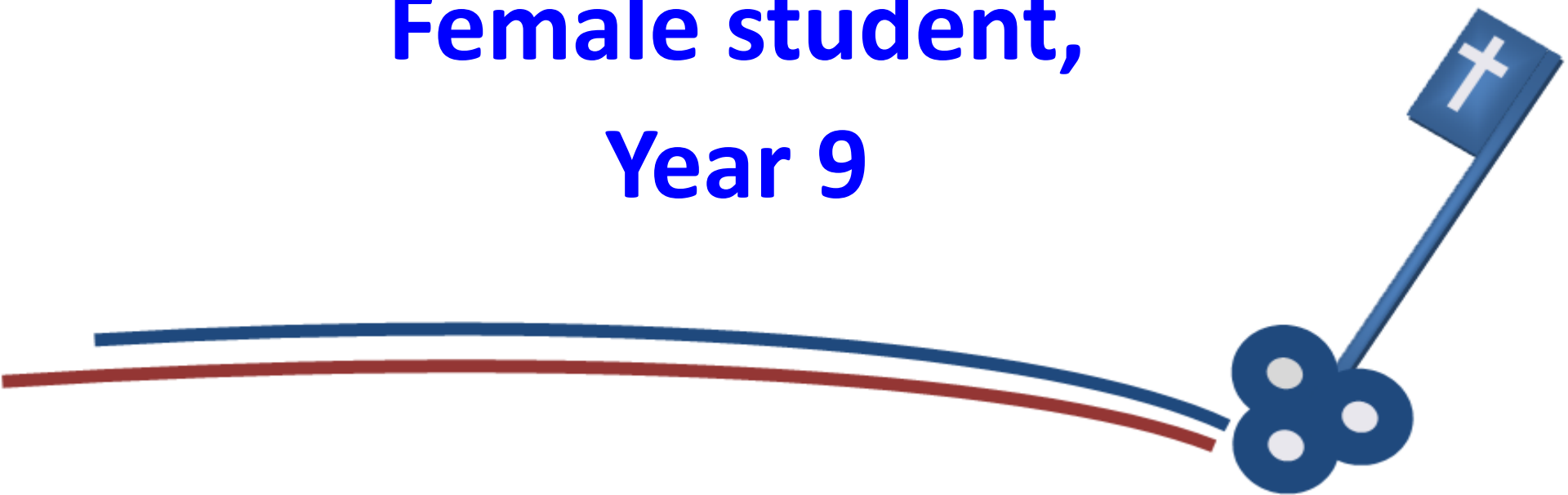
SEXTING

"Well, like, say if I got a girlfriend I would ask her to write my name on her breast and then send it to me and then I would upload it onto Snapchat or Instagram or something like that."

Male student,

Year 8
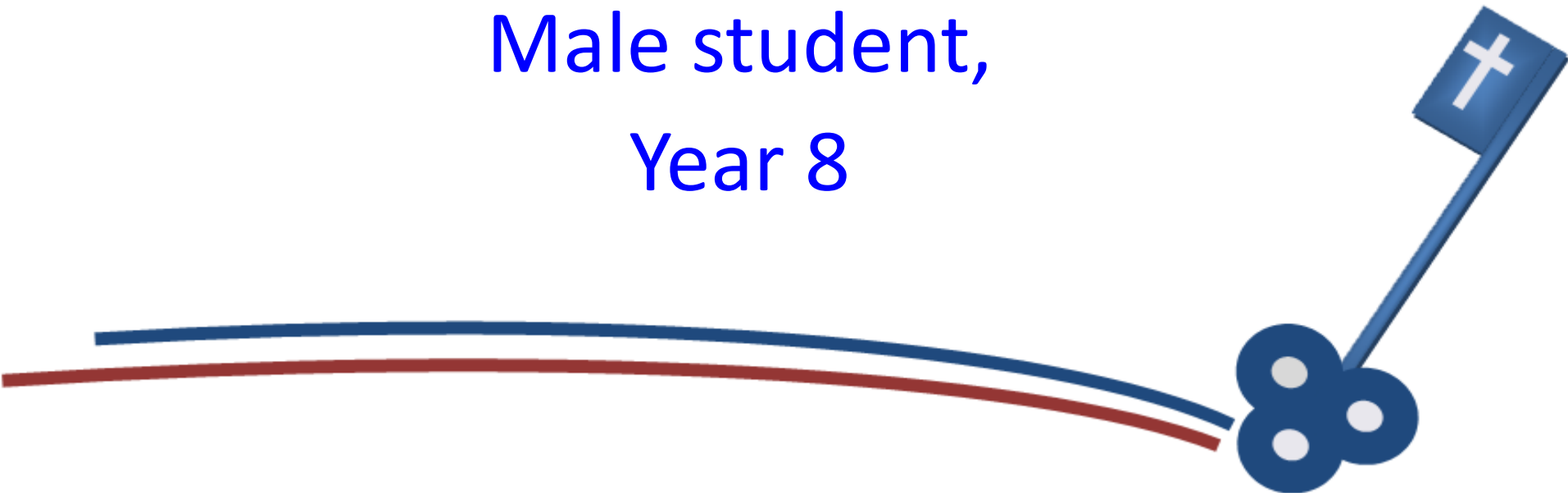
SEXTING

"If they had a picture of a girl naked and you told them, 'That's wrong,' they will think straight away you are gay. "

Male student,

Year 10
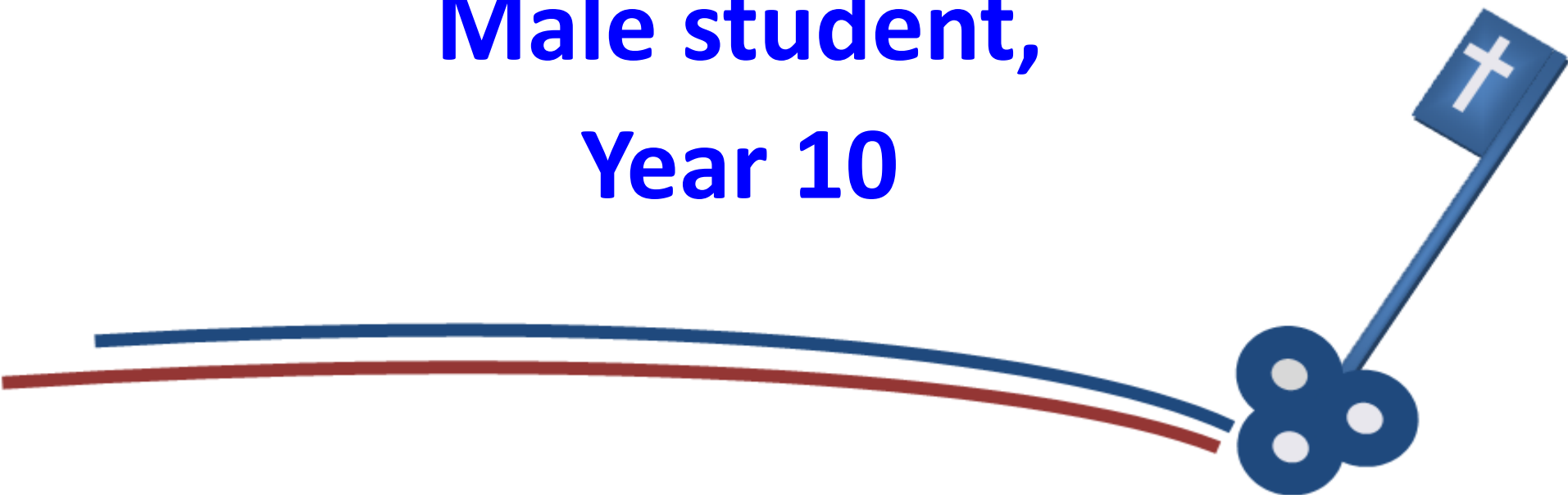
SEXTING

How would you feel if you child was involved in Sexting?

"I'm worried about my son who has been exchanging sexual images with this girl he knows. I caught him a few months ago doing it and I did my upmost to make sure that he understood the consequences of this behaviour but despite this, I think he is still exchanging pictures with this girl. I don't know what to do."
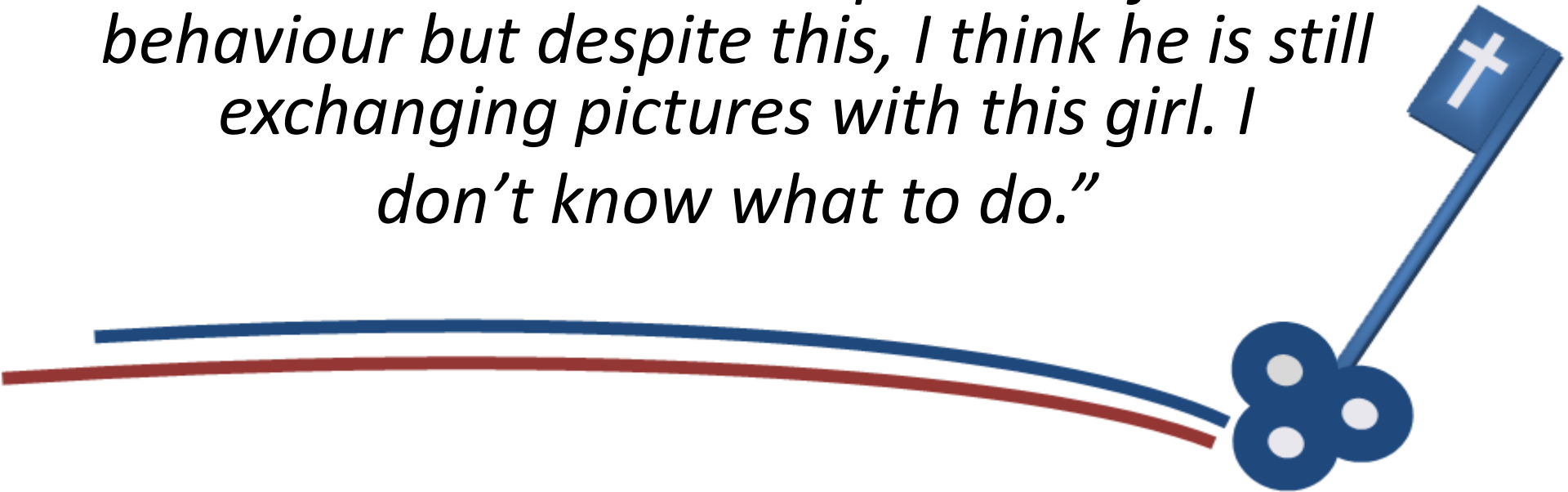
SEXTING

"I am really worried! I sent a rude photo to my friend and he has shared it with other people and now it has gone around the whole school. Lots of people have seen the photo and the school have found out and rung my parents today. I am too scared to go home and face my mum. I am worried that things will get out of hand at home and there will be a violent reaction."

(Girl aged 13)
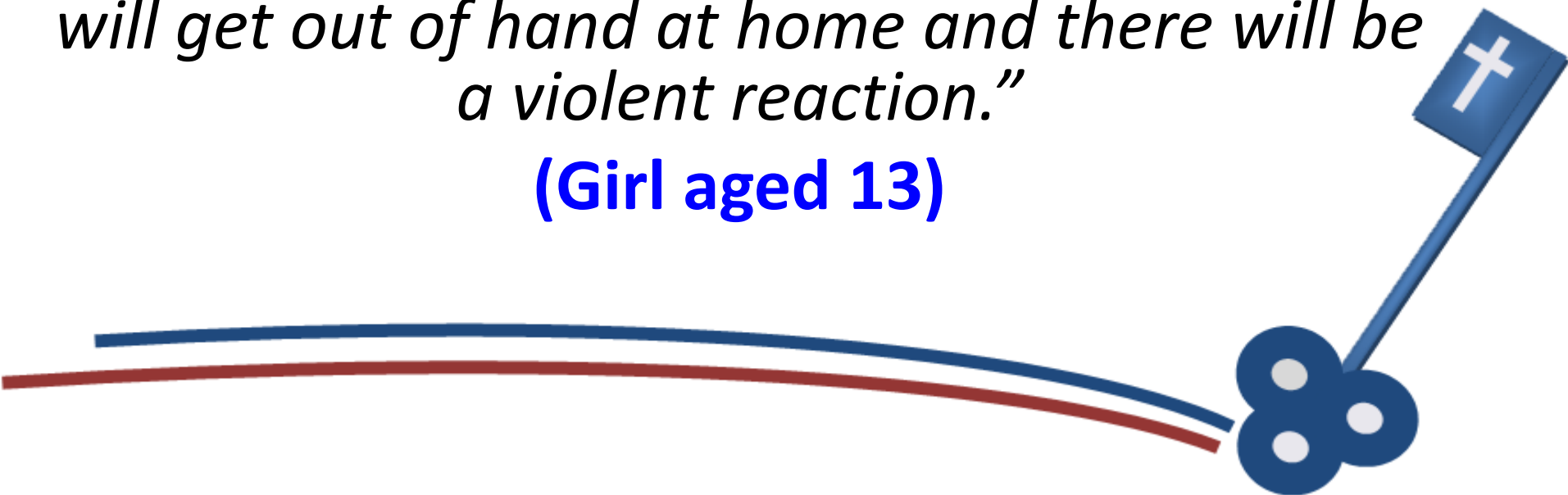
SEXTING

- Threat comes mostly from peers
- Sexting is often coercive
- Girls are most adversely affected
- Sexting reveals wider sexual pressures; technology simply amplifies these
- Ever-younger children are involved (ages 8+)
- 40% of young people, aged 11-16, have been involved in sexting
- 65% of young people in the UK aged 11–16 had viewed online pornography

(NSPCC 2015/6 Research Paper)
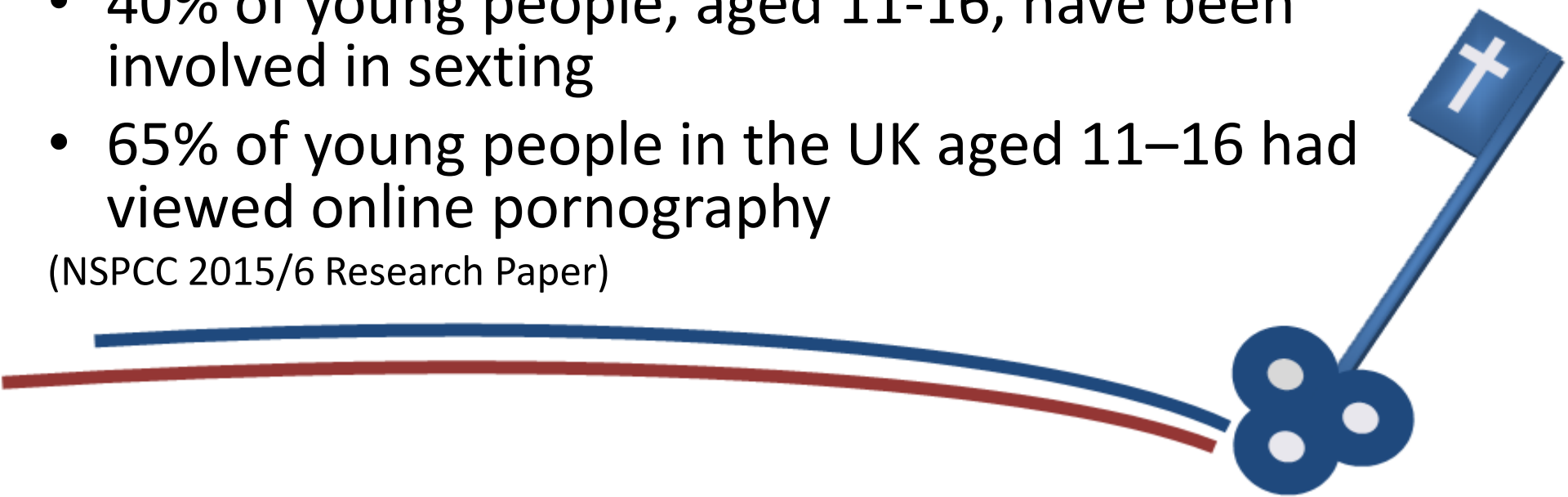
25% of parents did not know it was illegal for a child to send a naked photo of themselves
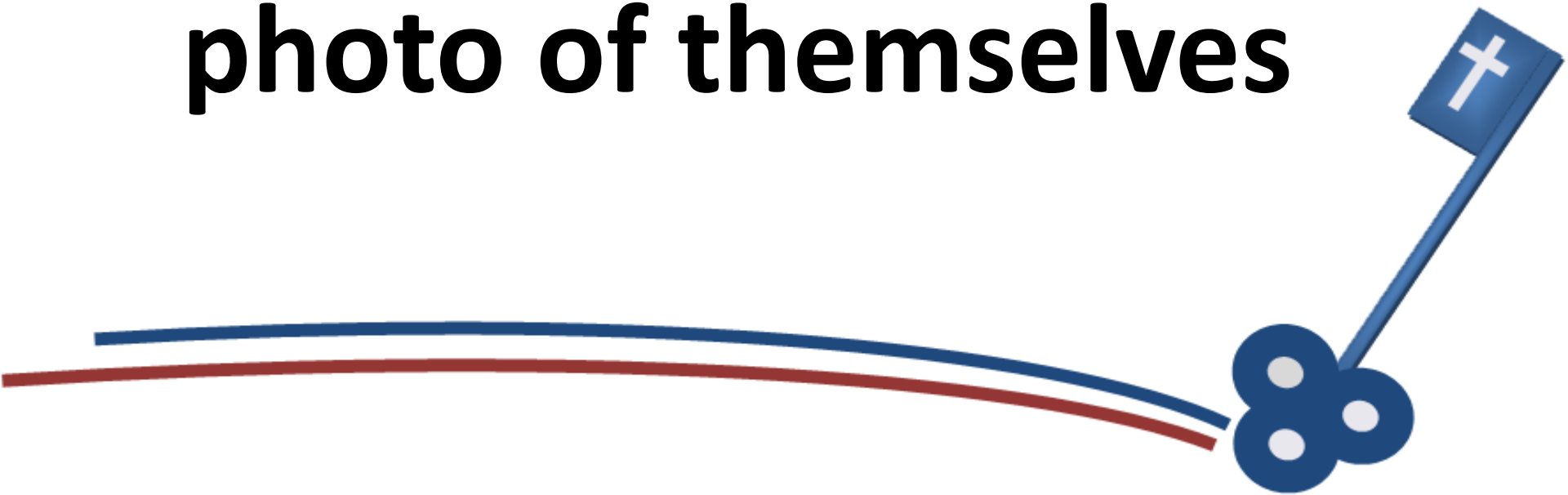
SEXTING

Adults should not view youth produced sexual imagery unless there is good and clear reason to do so.
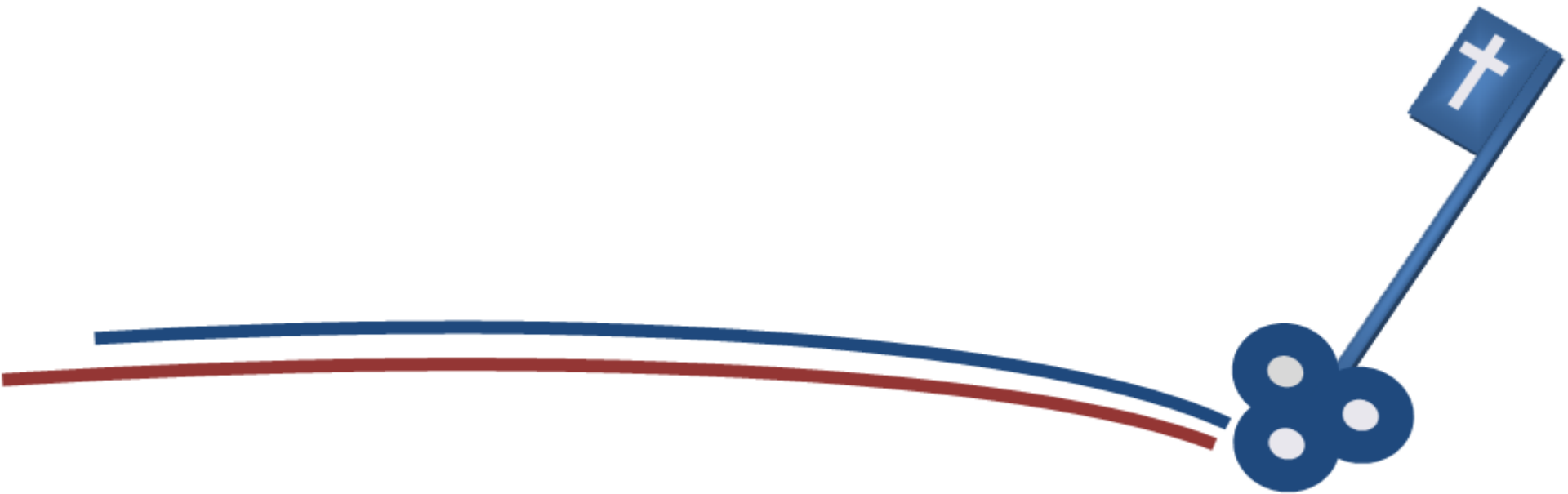
Communication is key!
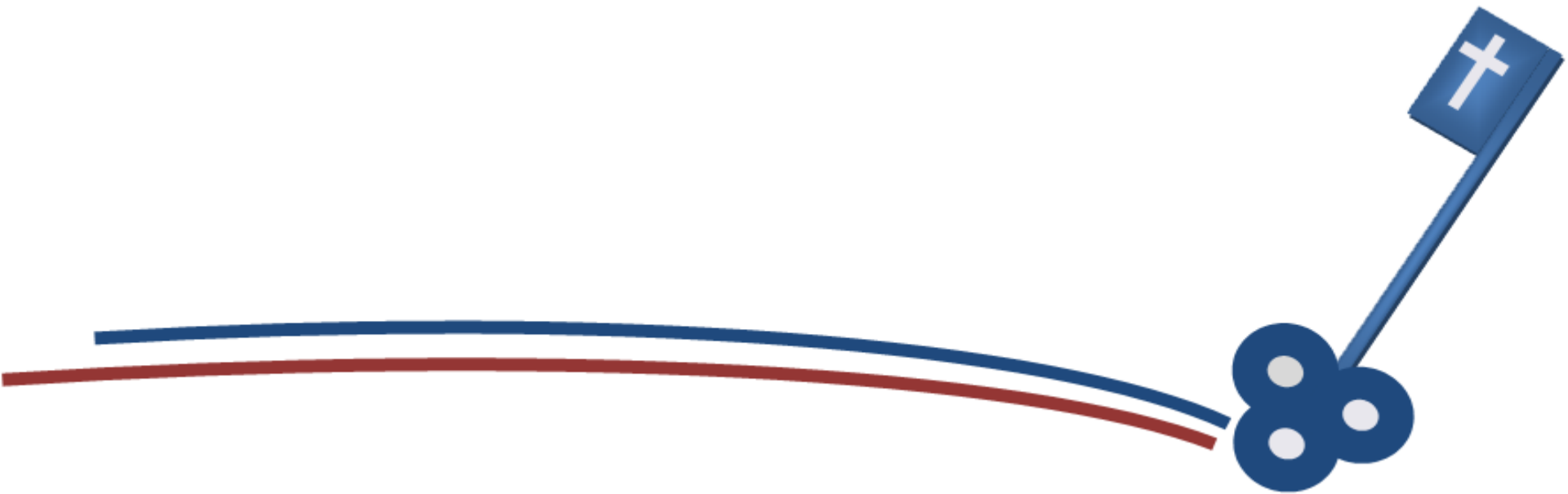
SEXTING

Overall Advice

1. Discuss with your child: what are the pressures, motivations and expectations faced by young people to behave sexually? What makes for a healthy relationship?

2. Consider how you start a conversation about sexting

3. Ensure your child would be happy to talk to you or another trusted adult about sexting

4. Know what to do, just in case!
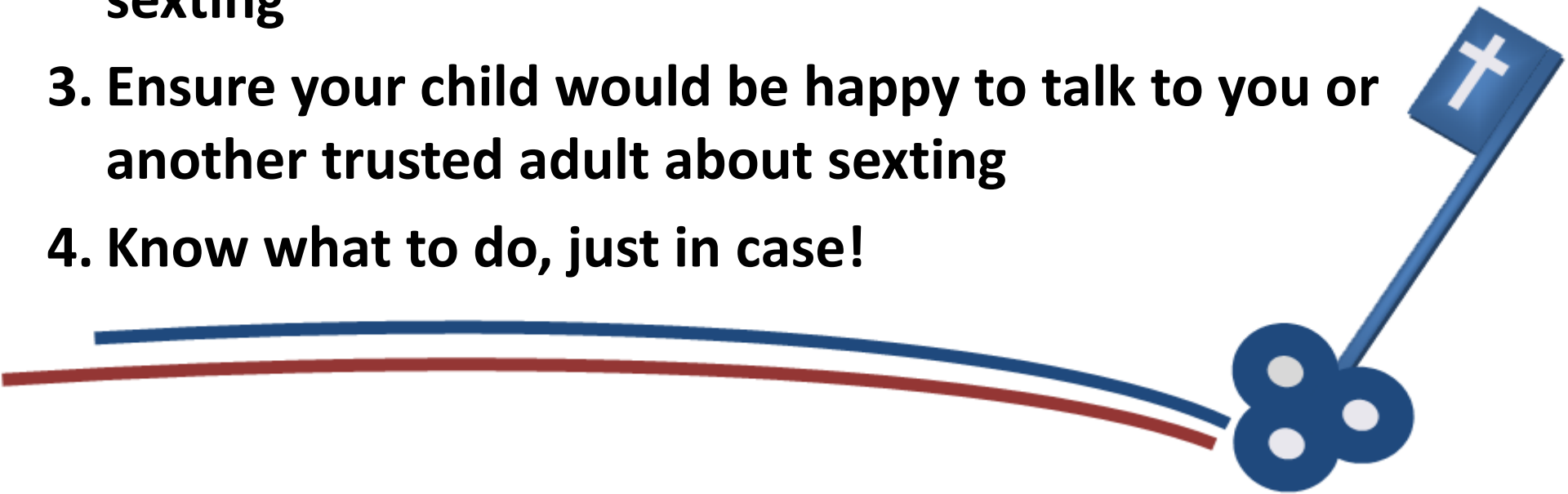
Social Media
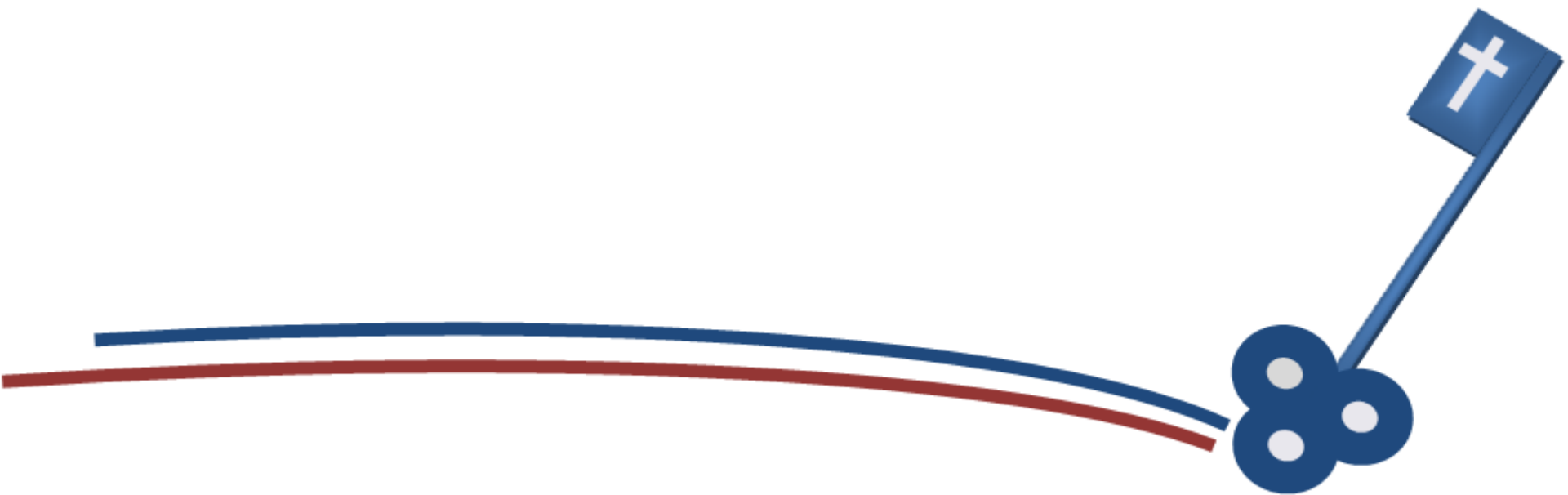
SOCIAL MEDIA

- 50% of 11 and 12 year olds in the UK have an underage profile.

- Many of the most popular sites amongst 11 and 12 year olds have a minimum age of 13.

- 23% of 11 and 12 year olds with a social networking site profile say they have been upset by something on it over the last year.

- 18% of these felt upset or scared for weeks or months after the incident occurred.

- 20% experienced something that upset them every day or almost every day.

- 62% of these experiences were caused by strangers or people they only knew online.
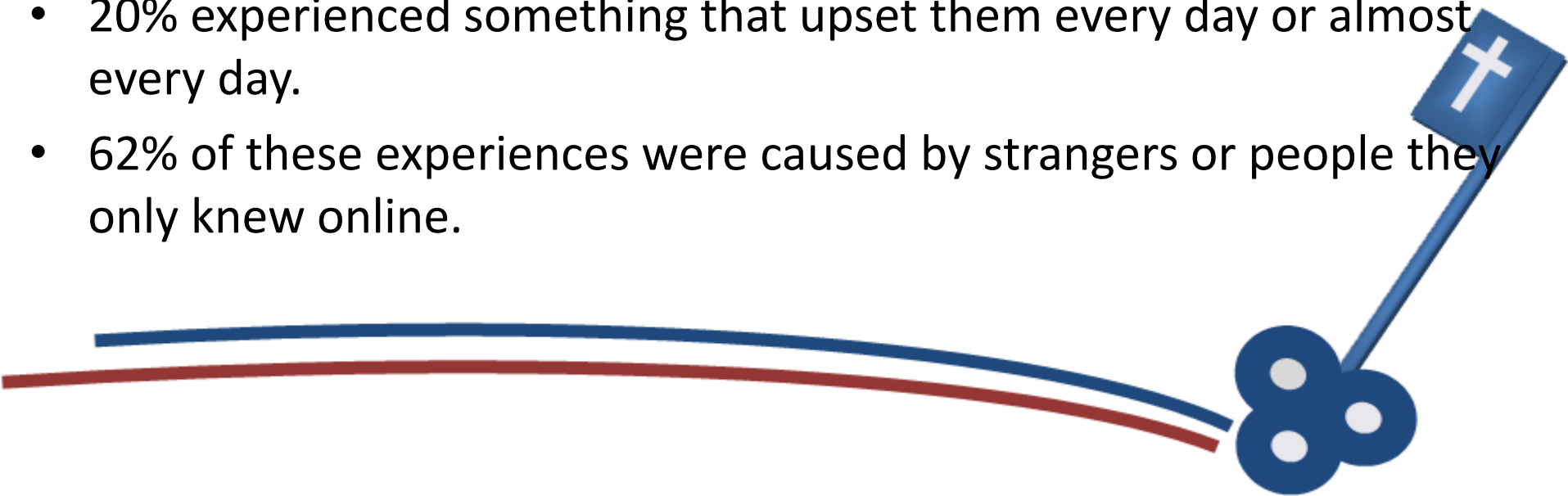
SOCIAL MEDIA

Inappropriate content on social networking sites, apps, and games

The NSPCC asked around 1,700 children aged 11 to 18 to review the top social networking sites, apps and games that young people are using. The top sites are compiled from a range of sources: research with young people, counselling sessions with Childline that mention social networks, and the top apps listed on Google Play and iTunes. Due to changes in popularity, different sites are reviewed each year, meaning that the results are not directly comparable between years. However, they highlight the type of content that children are seeing online.

Each young person reviews up to five social networks and are asked to say whether they have come across inappropriate content on each network. Only sites that receive at least ten reviews from young people are included in the results. The table shows the percentage of reviews where young people said that they had seen each category of inappropriate content across any of the social networks.

Type of content	% of young people's reviews that reported seeing inappropriate content	
	2015/16	2016/17
Violence and hatred	26	30
Sexual content	22	21
Bullying	30	19
Adult or illegal	24	17
Suicide and self-harm	12	12

What are the dangers and risks from Social Media?
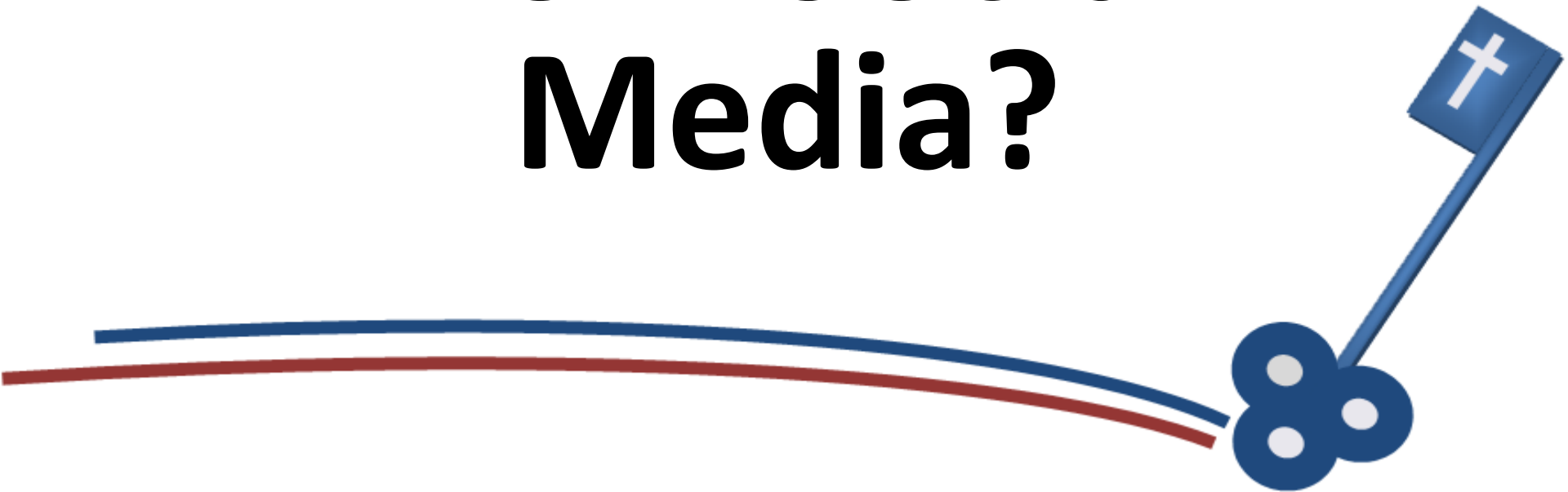
SOCIAL MEDIA
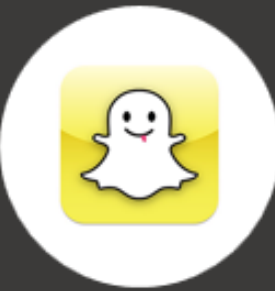
Snapchat ↗

A photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to screenshot messages and use other apps to capture the content. Snapchat could be used for messages of a sexual nature or also mean messages. Learn how to set privacy settings with our "how to"

This app links into SnapChat to save videos and images that are supposedly meant to be temporary. The default setting lets the other use know their image has been saved. But as this is an open-source app, anyone can change this setting with the right know-how.

The app version of Tumblr allows users to post, share, and read other users text and image content. Although Tumblr have blocked blogs related to eating disorders, self-harm and suicide, between 2-4% of Tumblr's content is pornographic.

Secret

As an anonymous app, users are encouraged to share secrets divided into categories. Posts can be liked and commented on, but the user generated comments on posts are unregulated. The anonymity can encourage users to feel unreserved and post harsh comments ↗, and it has been reported ↗ that anti-bullying measures taken by Secret has been ineffective.

SOCIAL MEDIA

1. Check age restrictions on social media. What are the issues if you allow your child to have social media underage?

2. When they start a social media account, check the privacy settings especially location settings. Make sure they check on a regular basis.

3. Discuss with them the rules for who they are allowed to add as friends e.g. who should they block? How many friends is reasonable?

4. Agree your child will 'friend' a trusted adult on their social networks or online games

5. Agree rules – are you allowed to see what they are doing online? How often? How will this happen?

6. Let your child teach you how to use social networks and games!
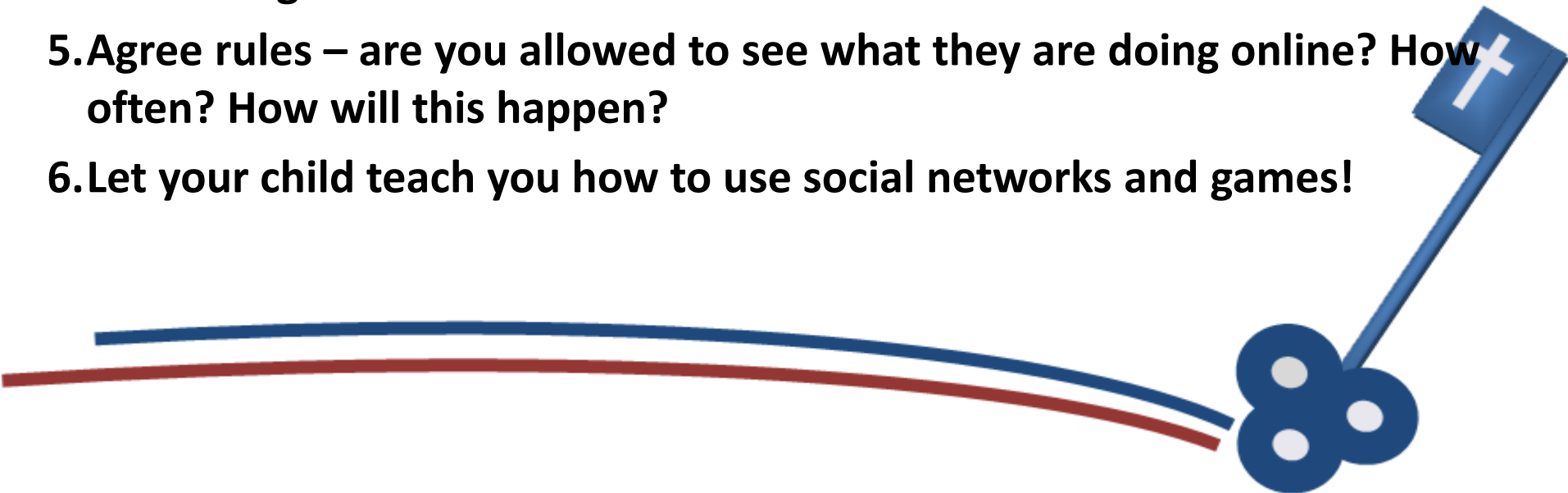
Apps

APPS – (APPLICATIONS!)

59%

Privacy

of apps send information about the device and user habits to a third party [1]

80/100
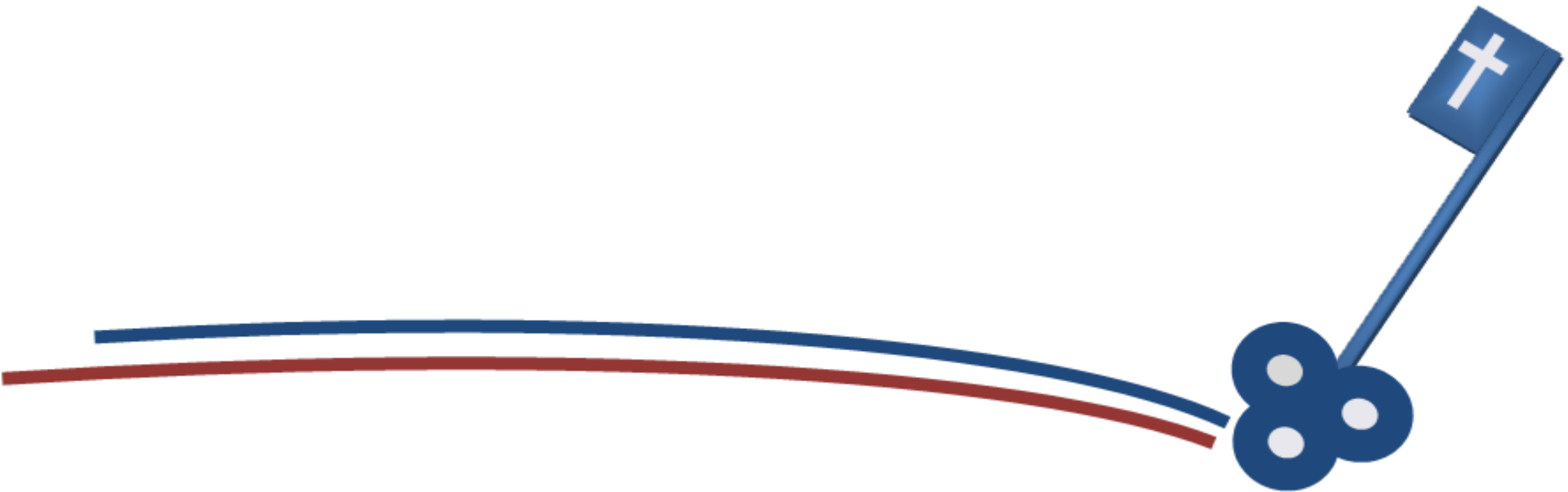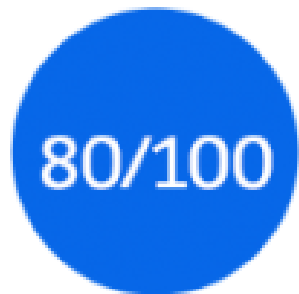
Purchases

of the top apps were 'free' but made all money through in-app purchasing [2]

29%

Permission

of mums and dads let kids download apps without their permission [3]

APPS – (APPLICATIONS!)

Hiding content - Some apps have been created with the specific purpose of allowing the user to hide content within them. These decoy apps can protect personal information from strangers but also allow people to hide content they don't want anyone else to see.
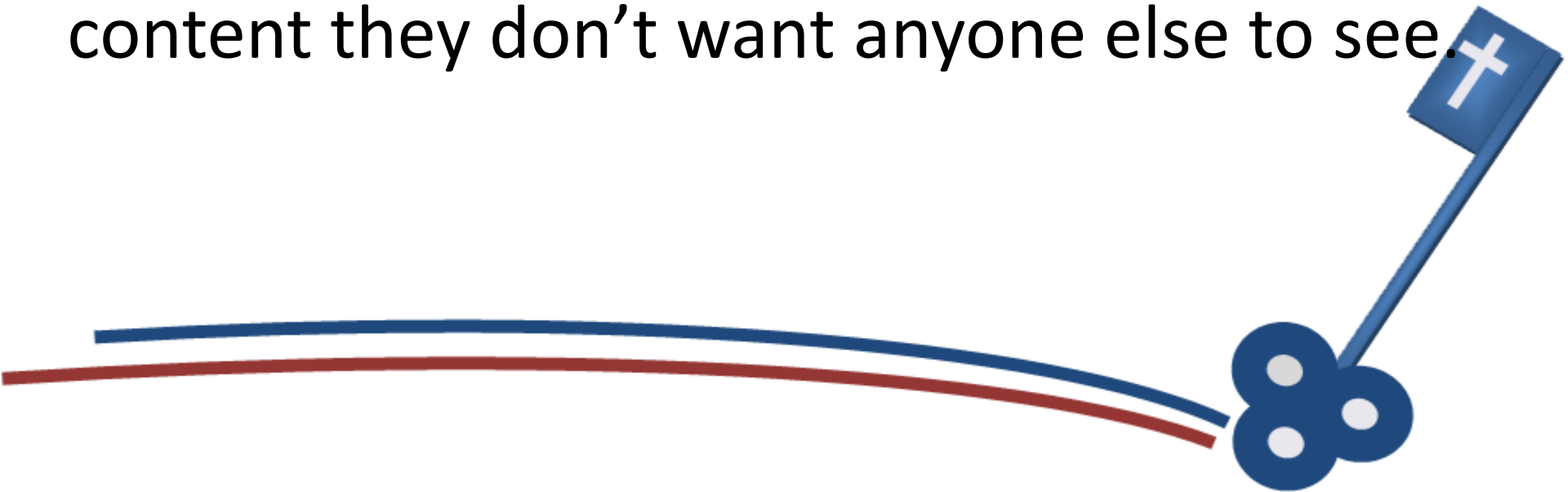
APPS – (APPLICATIONS!)

Poof hides other apps instantaneously. All that's needed is to open the app and to select which apps should be hidden and Poof will make those other apps disappear. Poof is no longer available, but it is still available for those that downloaded it before it was removed from the app store.

Appearing as a calculator icon, the only giveaway that this may actually be a decoy app is if you see more than one calculator icon on your child's device. Private information, videos and photographs can be hidden in this app.

The icon appears as a sunflower sitting within a picture frame and is labelled 'SC'. As a decoy app SC creates a secure, private zone for images and videos that is accessible without a passcode.

APPS – (APPLICATIONS!)

- Some apps that allow children to create and maintain online relationships raise some important safety issues that it's worth knowing about as a parent:

Chatting with strangers - Meeting and chatting with strangers online poses risks to young people who might be vulnerable to grooming and online (and offline) forms of sexual abuse.

Sending inappropriate content - With the physical barrier of a screen, some people feel more empowered to pressurise others into sending messages, often of a sexual or derogatory nature.

Sharing a location -Many apps share the user's location. This can put children at risk from others who actively seek out children with the intention of meeting in the real world. Sharing a location can also raise concerns with identity theft and privacy.

APPS

MyLOL ⧉

MyLOL is a 'teen dating app' aimed at 13-20 year olds. The network is moderated and key word detection is in operation. Following recent criticism, an upper age limit came into effect, however it has been reported that those older members with accounts registered before the change still have active accounts.

MeowChat ⧉

MeowChat's distinctive look includes cartoon cats and allows users to send texts, images or audio clips. It encourages chatting with 'like-minded' strangers based on the user's location at any time. MeowChat's minimum sign up age is 13, yet chatrooms can contain bad language and invitations to private chats with strangers.

Yellow

It is a messaging app that allows its users to send text and photos to others and live stream with friends and 'Anyone' on the app. Users can choose to engage with the feeds of others within a certain radius of themselves. It's been called "Tinder for kids": Users are invited to swipe right on profiles they like and swipe left on profiles they don't. The app is deemed dangerous for teenagers to connect with strangers.

Whisper ⧉

Whisper is an anonymous messaging app where users are encouraged to share stories they wouldn't want to put their name to. Whisper includes a category whereby users can search for 'Meet Up' – in this category there can sexual images and messages. Whisper is rated 17+ in the app store, but many teens could use it regardless.

SOCIAL MEDIA

Behaviour

38% of parents are worried about aspects of their child's game playing [2]

Frequency

nearly 1 third of children play online against people they haven't met in person [3]

TeamSpeak ↗

This is a voice-over-Internet Protocol (VoIP) app that is used primarily in the world of online gaming between gamers playing multi-player games. There are no restrictions about who can chat to who.

Teenager who killed Breck Bednar in 'sadistic' attack jailed for life

Lewis Daynes, 19, who lured 14-year-old he met online before murdering him, to serve minimum 25-year sentence

The prosecutor painted a picture of Daynes as a controlling ringmaster of the gaming group. Photograph: Essex

TikTok

TikTok (formerly called Musical.ly) is a social media platform that lets you create, share and discover 15 second videos. You can use music and effects to enhance your videos and you can also browse other people's videos and interact with them.

13+ Official age rating

At a glance

Kids use this to...

Play

Create

Learn

Connect

Expert view of the risks...

Sexual

Medium Risk

Violence & hatred

Medium Risk

Bullying

Medium Risk

Suicide & self-harm

Medium Risk

Drink, drugs & crime

High Risk

Snapchat

The Snapchat app lets you send photos, short videos or messages to your friends. Pictures and videos, known as Snaps, usually appear temporarily before disappearing, though they can be captured via screenshots. The Stories feature lets you share Snaps in a sequence for up to 24 hours. Using the Discover screen lets you watch Stories from friends, celebrities and brands.

13+ Official age rating

14+ Parent age rating
What do parents say?

12+ Child age rating
What do children say?

At a glance

Kids use this to...

Play

Create

Learn

Connect

Expert view of the risks...

Sexual
Medium Risk

Violence & hatred
Medium Risk

Bullying
High Risk

Suicide & self-harm
Medium Risk

Drink, drugs & crime
Medium Risk

Tellonym

Tellonym is an app that lets you ask and answer questions about each other anonymously. It's easy to come across adult themes including sex, drink, drugs and abusive comments if filters are not switched on.

17+ Official age rating

At a glance

Kids use this to...

Play

Create

Learn

Connect

Expert view of the risks...

Sexual

High Risk

Violence & hatred

Medium Risk

Bullying

High Risk

Suicide & self-harm

High Risk

Drink, drugs & crime

Medium Risk

Instagram

Instagram is a picture and video sharing app. Users can post content on their profile grid or to their stories, which last 24 hours. You can follow your friends, family, celebrities and companies on Instagram. Instagram also has a live streaming feature.

13+ Official age rating

14+ Parent age rating
What do parents say?

12+ Child age rating
What do children say?

At a glance

Kids use this to...

Play

Create

Learn

Connect

Expert view of the risks...

Sexual
High Risk

Violence & hatred
Medium Risk

Bullying
High Risk

Suicide & self-harm
Medium Risk

Drink, drugs & crime
Medium Risk

APPS – (APPLICATIONS!)

Explicit content - Although most apps now go through a process of classification and are rated based the type of content they contain, all apps are available to download by anyone who has a password to the app store. This may expose children to explicit content, sometimes without their parents knowing. Some of this content can be illegal or simply inappropriate for children as it's meant for adults.

Spending money - Apps can cost money to buy from the app store – and some of them can be very expensive. Some of the 'free' apps make their money in different ways, by encouraging you to spend money when using the app. This can mean that bills quickly build up without you even realising it.
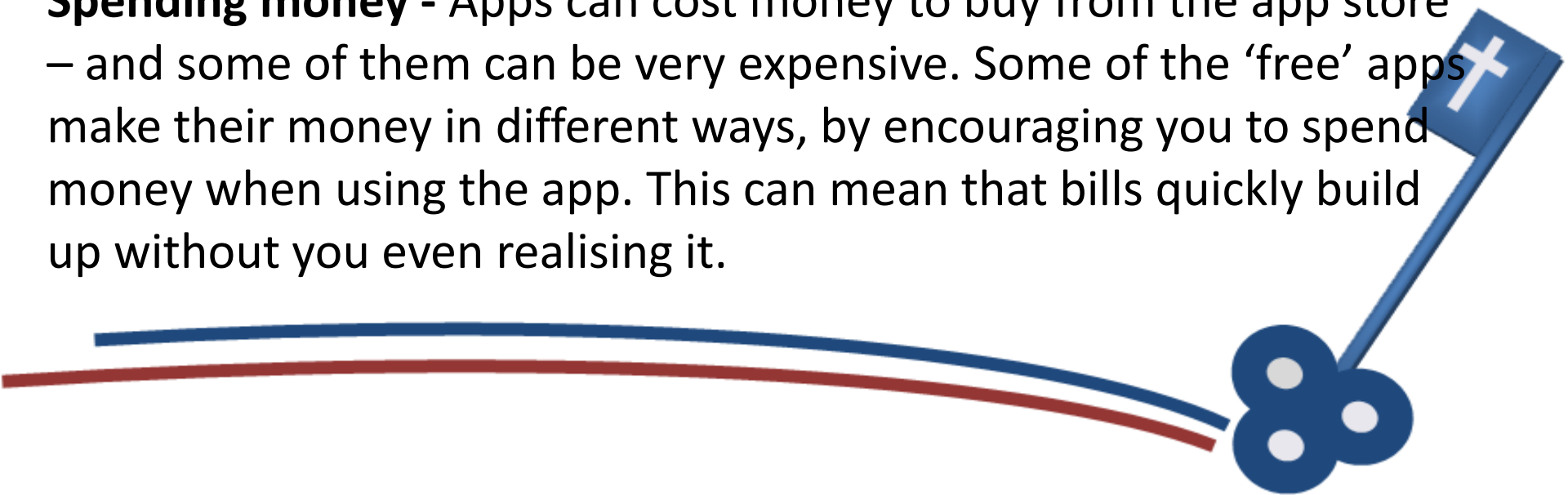
APPS – (APPLICATIONS!)

Overall Advice

1. Check all apps your child has for age restrictions
2. Ask your child what the app does and get them to show you
3. Consider having a joint (or similar) accounts
4. Download apps such as *Zipit*
5. Turn off all location services on devices
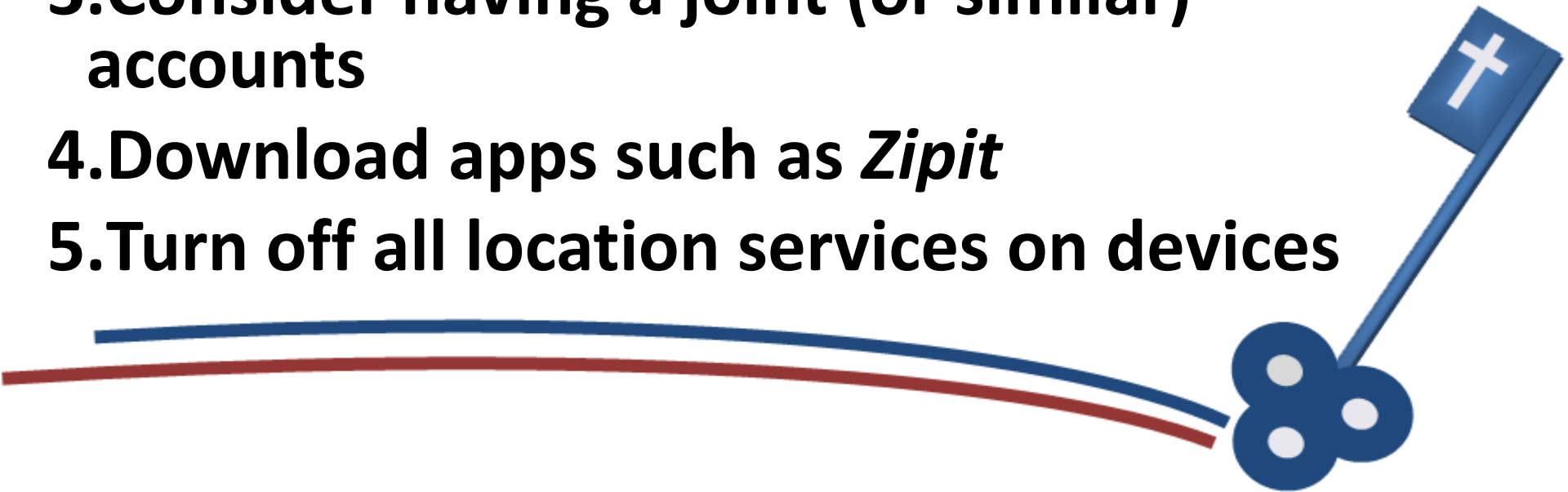
The X Plan

Imagine that a teenager, Danny, gets dropped off at a party. If anything about the situation makes him uncomfortable, all he has to do is text the letter "X" to any member of his family. The one who receives the text has a very basic script to follow. Within a few minutes, they call Danny's phone. When he answers, the conversation goes like this:

"Hello?"

"Danny, something's come up and I have to come get you right now."

"What happened?"

"I'll tell you when I get there. Be ready to leave in five minutes. I'm on my way."

At that point, Danny tells his friends that something's happened at home, someone is coming to get him, and he has to leave.

In short, Danny knows he has a way out; at the same time, there's no pressure on him to open himself to any social ridicule. He has the freedom to protect himself while continuing to grow and learn to navigate his world.

E SAFETY OVERALL ADVICE

1. Have the conversation early and often

2. Ask your child what they do online

3. Have devices in a public place, especially devices with webcams etc

4. Mobile phones to be somewhere else at night!

5. Ask them to give you tips on how they would tell friends or other children to stay safe online

6. Set rules and agree boundaries

7. Agree "check-ins" with them

8. Know the laws and the facts

9. If they want an account, follow them!
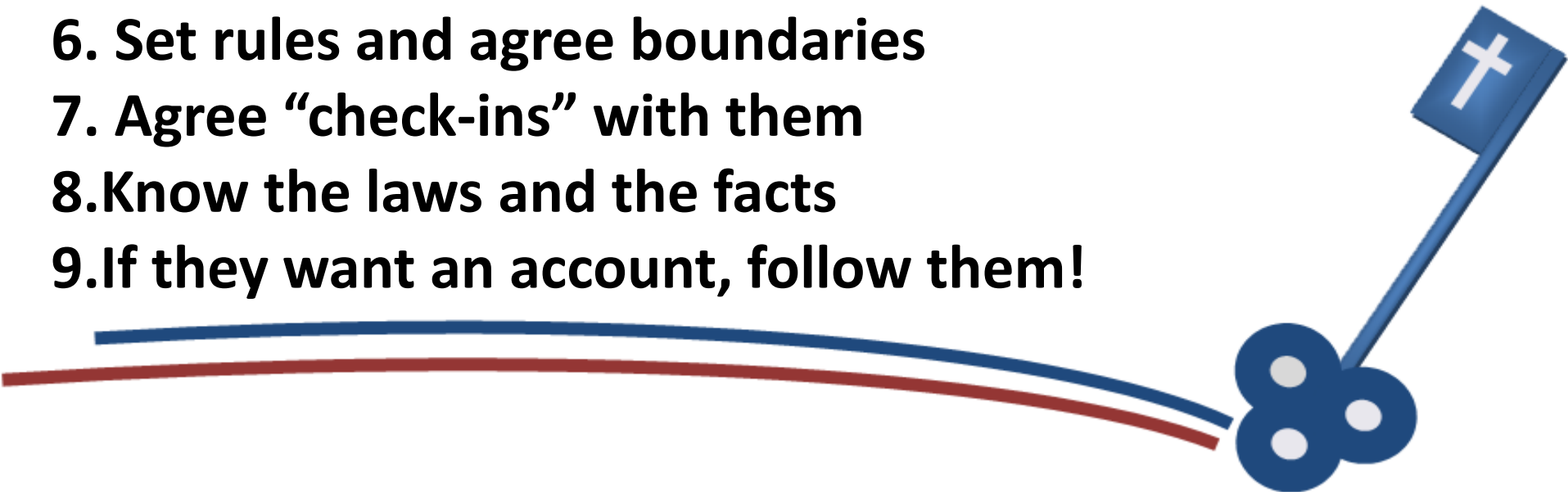
E SAFETY

Useful websites:

- www.thinkuknow.co.uk - CEOP

- www.childnet.com – Childnet

- www.nspcc.org.uk - NSPCC

- www.internetmatters.org

- https://swgfl.org.uk/assets/documents/snapchat-checklist.pdf

- https://www.net-aware.org.uk/networks/whatsapp/

- https://www.net-aware.org.uk/networks/tiktok/

- https://pwxp5srs168nsac2n3fnjyaa-wpengine.netdna-ssl.com/wp-content/uploads/2019/04/Internet-Matters-Guide-Digital-Resilience-14-years-old.pdf

- https://pwxp5srs168nsac2n3fnjyaa-wpengine.netdna-ssl.com/wp-content/uploads/2019/04/Internet-Matters-Guide-Digital-Resilience-11-13-years-old.pdf
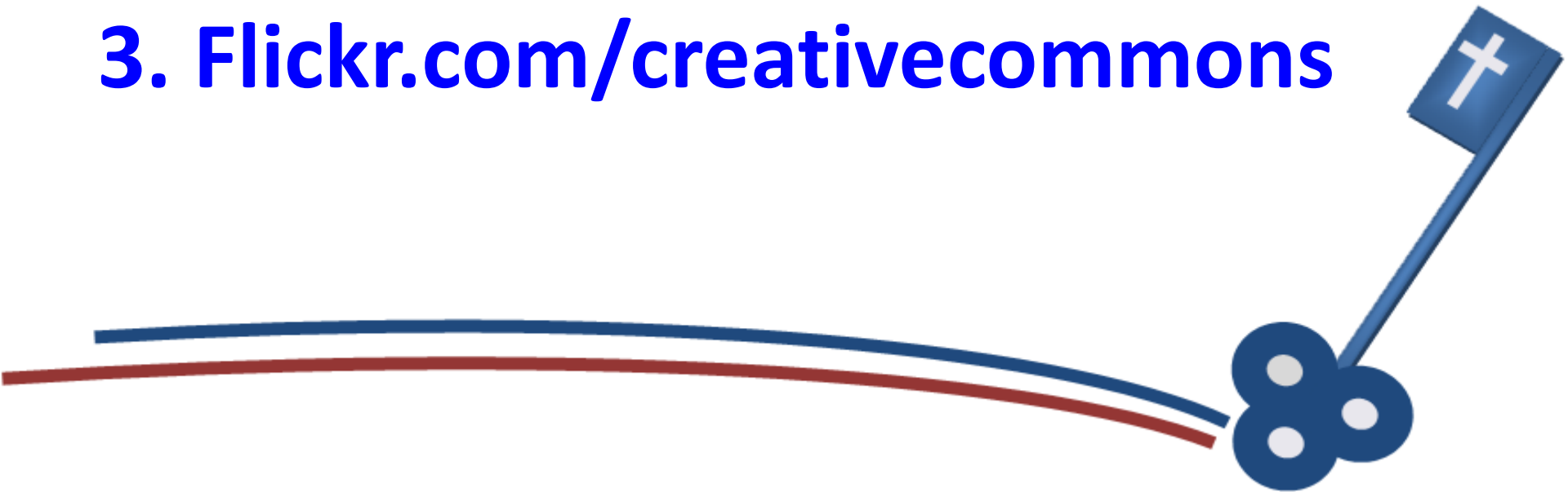
THE LAW AND RULES

Copyright & Images

- **Copyright belongs to the employer if created as part of employment.**

- **It lasts for 70 years after the death of the creator.**

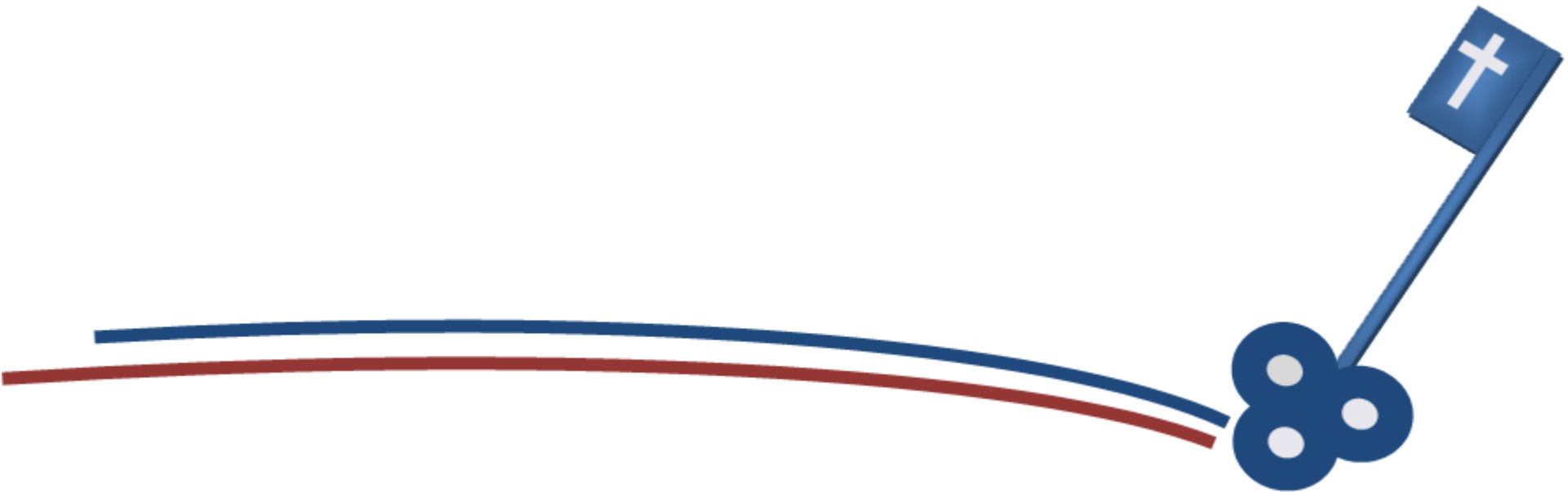- **'Fair Dealing' use for education, reviewing or reporting purposes.**

THE LAW AND RULES

Royalty-Free images

1. Stockphotorights.com

2. Picscout.com/imageexchange

3. Flickr.com/creativecommons

Selfies

SELFIES

- Female students who spent their time posting and commenting on photos on social media sites were more likely to link their self-worth to their looks.

- Selfies provide an illusion of control: if I spend more time and really work at it, I can improve at being beautiful.

- The more time women spent on Facebook, the more they compared their bodies with those of their friends, and the more they felt negative about their appearance.

- In teenage girls, posting selfies was correlated with internalisation of the thin-ideal, self-objectification, and drive for thinness.

- Collecting "likes" and followers provides an immediate marker of achievement and popularity. These feed directly into users' sense of self-worth.
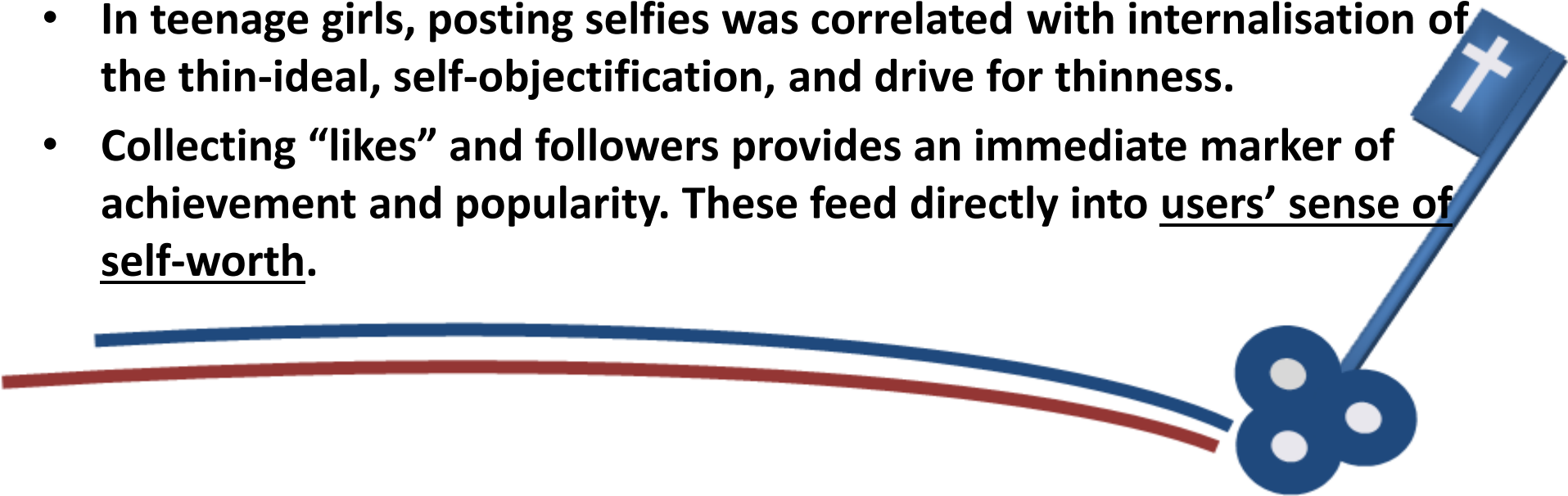
SELFIES

- A <u>recent study</u> found that getting a large number of likes on one's photos activated the same <u>brain circuits</u> that are turned on by pleasurable activities like eating chocolate or winning money. "Social media likes" says Dr. Joudeh. "May lead to depression or anxiety if one is not constantly getting the positive feedback he or she expects."

- A report in 2017 by the all-party parliamentary group on body image found that <u>girls as young as five</u> were worrying about their appearance.

SELFIES

Overall Advice

1. Talk to your child about "constructed media"

2. Find good role models for your children to look up to especially celebrities who are comfortable in their own skin

3. Discuss with your child how it feels when they get "likes" – is it important to them? Do "likes" really matter?

4. Young people with low self esteem are more likely to be affected by selfies

5. Remind your child that their worth is not related to looks

6. Monitor how long they spend on social media and what they do on social media

Can I be your friend?