A Guide to Technology for Parents

Social Media

Keep your child safe on the internet!

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Social Media: The Basics!

The internet is a rapidly expanding tool, but while it offers many benefits, there are also some negative implications. This guide is a simple way of explaining different forms of social media, in order to keep your child safe and happy on the internet!

55% of 9-12 year old smartphone users do not know how to change privacy settings on social media.

Over the course of childhood, a child spends longer watching TV than they do in school.

76% of 12 to 15 year olds have social media profiles.
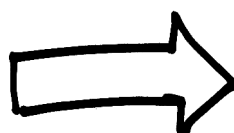
1 in 3 children have been a victim of cyberbullying.

90% of children aged between 5-15 have at least one form of social media.

SKYPE

Skype is a service which allows smartphone, PC and tablet users from across the world the ability to communicate via video or microphone.

Skype also allows individuals to communicate via group chats, where groups of people can talk in one conversation.

Skype can be found on most forms of technology, through downloading the app or by searching for it on the internet.

WHAT RISKS ARE THERE?

There are no moderators in the chatrooms, and not many reminders for safe use while on the app.

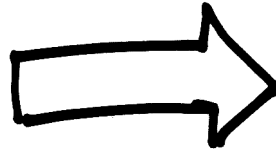*"It has lots of adverts and random people ask to be my friend"*

ONLY 22% OF CHILDREN THINK THAT THERE ARE RISKS WITH SKYPE.

Strangers can easily search and find anyone on Skype, and talk/video them at any time.

What can you do?

SKYPE

SAFETY

'Safe Eyes' can protect your family on the internet! It can let you know if your child is sharing personal or inappropriate information through activity reports.
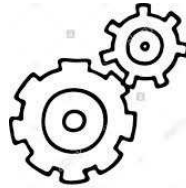
Tell them to reject strangers: a small percentage of the population may be using Skype for the wrong reasons, leading them to want to speak to children like yours. Children may not be aware that this is wrong. Strangers may also give a false impression so that children think it is a user their age.

Tip!

Turn your wifi off at a certain time everyday- this way your children will be prevented from talking to people later than their bed time. It will also set boundaries which can be repeated and implemented on a daily basis.

Worried about conversations that your child is having on Skype?

You can view the history of any conversation:
1) log onto their Skype account and select the relevant contact from their contact list.
2) However, your child's privacy settings may be set to 'clear history' upon logging out, which prevents you from seeing any history at all.
3) This can be changed by going to Tools> Options> Privacy> Under the "Keep History For" section.

SKYPITO

Skypito Kid Guard is a protection software which prevents your child from communicating with people not approved by parents!

A software which stops children from talking to strangers or unauthorised individuals.

Offers children a large collection of games to play with friends and family.
Also has little animated characters which can be sent/received in a fun and safe way!
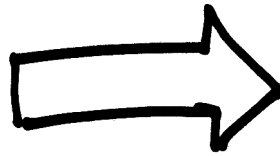

For more information visit..

http:// www.skypito.com/ parents.asp

"People can add you and then send you inappropriate things"

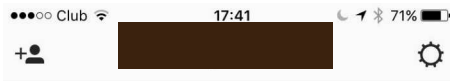'Kids can finally safely chat on the internet. Strangers and bad guys cannot reach them anymore.'
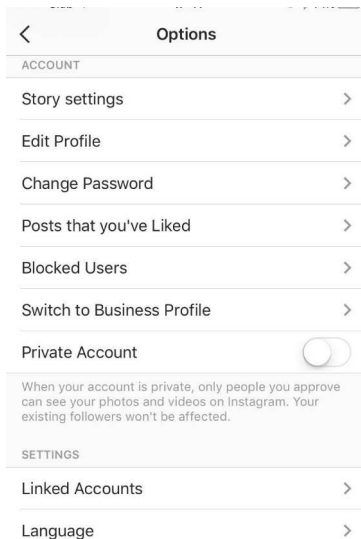
Instagram

Instagram allows users to upload photos/ videos which are then displayed onto their profile.

Privacy settings:

1. Press the settings icon in the top right corner of the homepage.

2. This will lead you onto 'options' which will enable you to change privacy settings.

By clicking 'private account' the colour will turn green. This will let you know that your account is now private - allowing only accepted followers to see your pictures and videos.
By pressing 'report a problem', you can inform Instagram of any spam or abuse that you may come across.

DEFAULT KEYWORDS

Hide Inappropriate Comments

Hide comments that contain words or phrases often
reported as offensive.

CUSTOM KEYWORDS

Add keywords separated by commas

Comments that contain any of the words or phrases above
will be hidden.

By clicking on 'comments' you will be directed to a different page. This page will then allow you to activate 'hide inappropriate comments' which will hide comments that contain words or phrases often reported as offensive. This will then prevent any rude comments becoming visible to your child. This will help with cyberbullying- any hurtful commentary can be automatically deleted.

On Instagram, photos and videos are automatically public and may contain location data. This is why it is vital that kids use privacy settings to reduce their audience.

Ensure that photo sharing is set to private, which will prevent any photos or videos from going public.
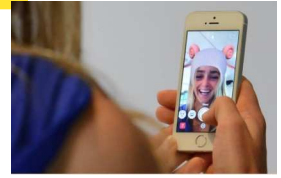You can set the privacy setting through the instagram interface by going to settings and turning on "photos are private" or "photo privacy". By turning Instagram on private, only accepted followers get to see your photos.

99
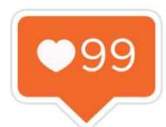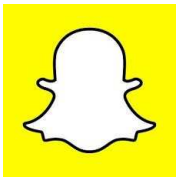
Snapchat

Snapchat allows users to send and receive "self- destructing" photos and videos! Once the photo and video has been sent, the receiver only has a certain amount of time before it is deleted.

Unwanted users?

What should you do about harassment and unwanted snaps?
Block the user:
1. Tap the menu button, then 'my friends'.
2. Once you find the person's name in your friends list, swipe right across their name, press 'edit' and then press 'block'.

Keeping safe!
How to block users/ manage friends.

However, the image can be saved if screenshotted from the receiving user. If the image is screenshotted, then it will be placed in the receiving user's camera roll on their device.
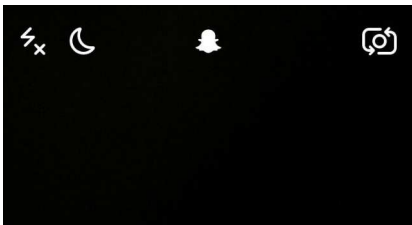
1. Press the ghost icon which appears when you activate the app.
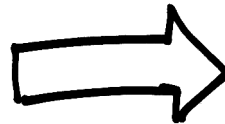
2. 'Added me' will divert you to friends which have recently added you through your username.
- 'Add friends' allows you to add different people through their usernames.
- 'My friends' will divert you to the list of current friends on Snapchat. By clicking on this, you will be able to see what friends your child has on Snapchat, and whether or not these are strangers or actual friends.
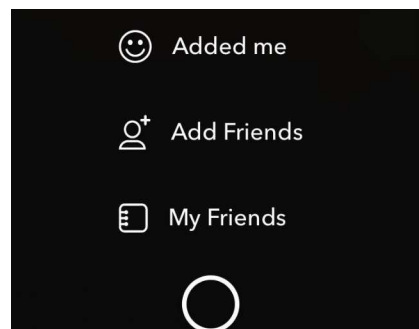
3. By pressing on the settings icon in the corner, you will be diverted to privacy settings.
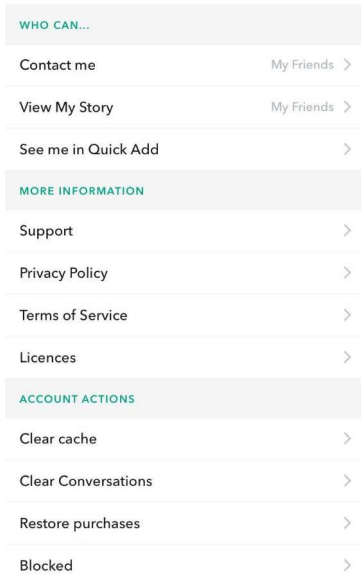
4. From here you can change:
-who can contact the user (everyone or just friends).
-Who can view the user's story (everyone or just friends).
This will prevent any strangers from viewing your child's snapchat story or from getting access to their account.

SnapKidz!

SnapKidz is a child friendly version of the app Snapchat! Before downloading the app, the user has to enter their DOB which will then either allow them to download the app, or will direct them to Snapkidz. Snapkidz is an incredibly limited version, which only shows a camera and a canvas for drawing on. The photos cannot be sent out but can be stored on your device.

A very useful app for younger users!
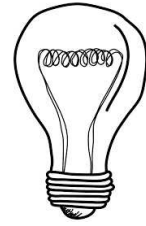
facebook

A popular social networking website which allows users to create profiles, upload videos and photos, send messages and keep in touch with family and friends.

Age requirement for Facebook is

13.

However, despite this age limit, there are still around 5 million users who are under the age of 10.

52% of 8-16 year-olds ignored Facebook's age limit (2014).

safeeyes

Can help you monitor your child's facebook.

88% of teens report seeing something mean on a social networking site.
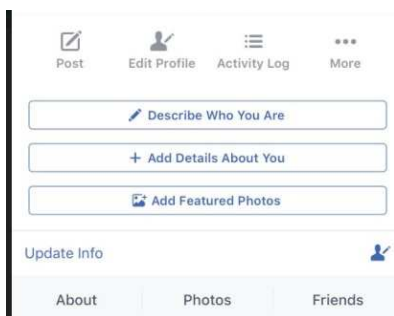
1. Firstly, click on the 'more' button, which is on your profile.
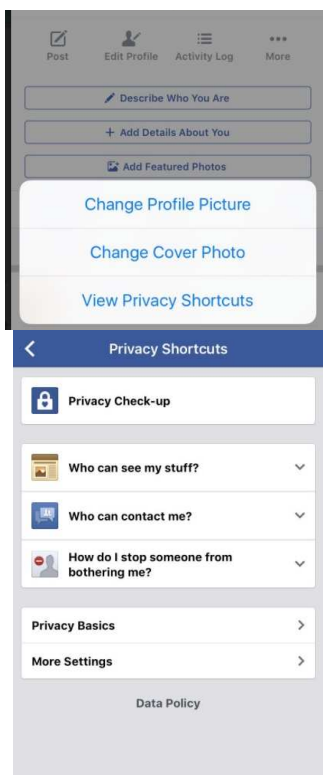
2. Now click onto 'view privacy shortcuts'.

3. Next click on the following:
'who can see my stuff?'
'who can contact me?'
or 'how do I stop someone from bothering me?'- these will help to keep your child safe on the internet.

By clicking on 'privacy basics', further privacy information can be found.

YouTube

There are three different types of videos on YouTube:

1. PUBLIC- can be seen by anyone.

UNLISTED- won't show up on YouTube, but anyone with the
link can see them.

PRIVATE- these can only be seen by you and anyone else who you choose to want to see the video.

How to make videos private:

1 Go to your video manager.

2. Find the video that you want to change and click 'edit'.

3. In the "privacy settings", choose the setting: public, unlisted, private.

4. Save changes.

How to turn restricted mode on for YouTube videos?

1. Scroll down to the bottom of any YouTube page.

2. Press 'On' under 'Restricted Mode'.

3. Once this is activated, any inappropriate or mature content will be barred from access.

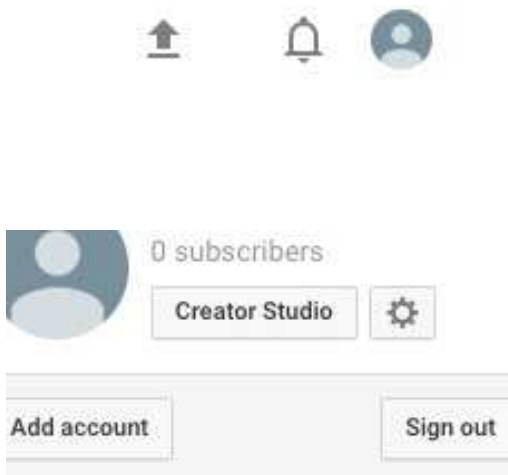NOTE- restricted mode may need to be activated on every browser tab.

Allows you to schedule your child's internet access with an easy-to-use scheduling app.

Has a software which monitors how much time your child spends on the internet per day.

HOW TO DELETE A VIDEO:

1. Search for :'Youtube' in the internet engine, and click on the first option. Then click on the profile icon (top right of the screen).

2. Next click 'creator studio', which will direct you to your videos.

3. Then, click on 'video manager'.

4. Click 'edit' on your chosen video- 'delete'.

YouTube kids!

Designed for children aged 12 and under.
Child-friendly content- you can't make comments or upload your own videos.
Parents can also turn off search features and set a time limit for how long their children can browse!

Twitter

An app which allows users to write 'tweets' which are then shared to people who follow their account.

HOW DO I ALTER PRIVACY SETTINGS?

Compose new Tweet ✕

1. 1. Firstly, press the settings icon (left hand side).

140 Tweet

⚙ 👥 Edit profile

Compose new Tweet ✕

2.

Settings

Turn off night mode

QR code

Lists

Drafts

Moments

Help

What's happening?
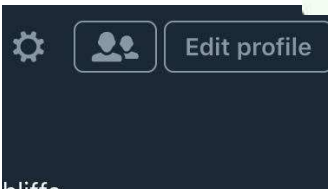
2. Press the first option (settings).

140 Tweet

Account >
Timeline >
Notifications >
Privacy and safety >
Orders and payments >

GENERAL

Display and sound
Data
About Twitter

3.

Compose new Tweet ✕
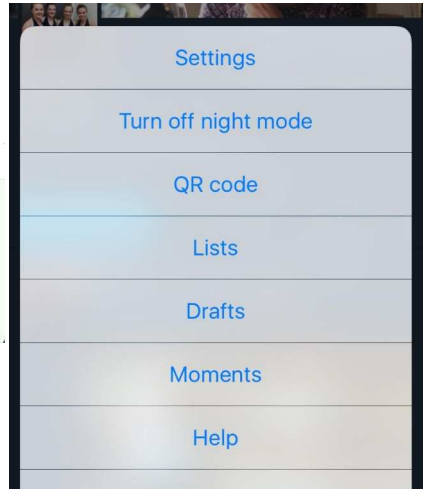
3. This now allows you to alter the privacy on your twitter account.

140 Tweet
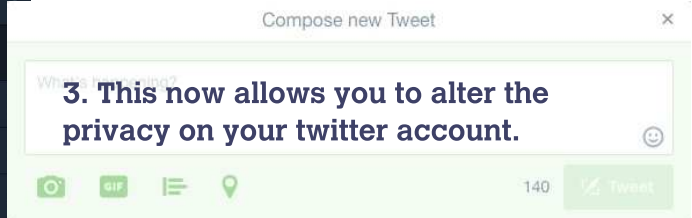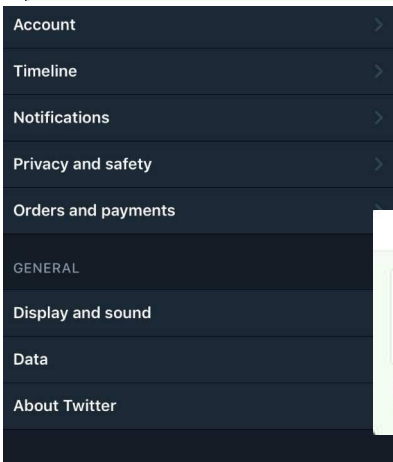
4.

4. The first two options allow you to protect your Twitter account. By enabling 'protect my tweets' only accepted users will be able to see your tweets. The second option refers to the ability for anyone to send a user a message; regardless of whether they follow them or not. Disabling this option prevents this from occuring.

5.
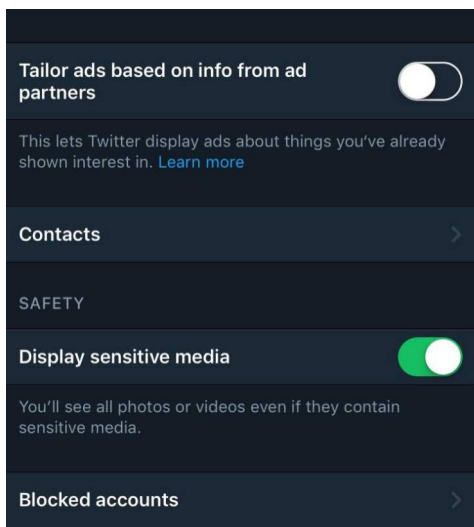
5. The 'display sensitive media' option further down on the screen refers to being able to see photos or videos even if they contain sensitive media. When this is disabled, users are not able to see sensitive media on their twitter feed. This is therefore useful for children; preventing them from seeing any inappropriate media sources.

Tips on keeping your child safe

Educate early and often. If you have young children, then educate them from a young age so that they are aware of the dangers of the internet. Be approachable and understanding when speaking about your child's internet use.

Store devices away when not in use.

Reducing your child's internet usage:
It is important for children to have 'device breaks' so that they can engage in conversation and play. Try to encourage your children to play more board games, or to go to the park instead of spending time on technology.

Set a limited time each day to be spent on devices.

Most importantly: lead by example! Your child will only copy your actions and behaviours. Therefore if you go out and do something different rather than go on the internet, then they are more likely to watch and copy.

Talk to them! By asking your child what their favourite thing is to do on the internet, you are engaging and gaining knowledge about their internet use.

Radicalisation

What is it?

The risk that your child will meet someone online that could lead them to adopt extreme views. Your child may be befriended and encouraged to adopt certain beliefs.

32% of parents are worried about radicalisation.

1 in 10 children know a gang member.

How could my child become radicalised?

There is no single cause, however the internet creates more opportunities to become radicalised.

Social media sites can be used by extremists to identify, contact and target young people. It is easier for people to pretend to be someone else, allowing children to have conversations with people who do not show their real identities.
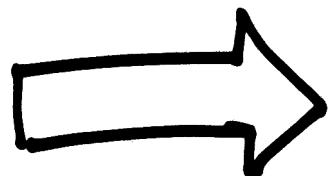
Signs to look out for:

- Unusual use of websites, in relation to terrorism and radicalisation.
- Angry outbursts of behaviour.
- Sense of isolation. Do they withdraw themselves from family and friends?
- Where children begin to talk about terrorism in a robotic way, as if it's a script; they've been told what to say.
- Being secretive with who they have been speaking to online and what websites they visit.


What can parents do?

- Have a conversation about online radicalisation and extremism early and often.
- Explore online websites together.
- Check they know how to keep information private.
- Be a friend and follower on your child's social media.
- Make yourself aware of who your child is talking to online.
- Set rules and agree boundaries.

General internet help:

Use strong and different passwords. If a password is stolen and you use the same password for other accounts, then those accounts will also be in danger.

Frequently update apps, computers and phones. Updates will include security patches; without these it is easy for someone to hack onto your software and access personal information.

Download anti-virus software protection on your laptop/computer. Frequently updating these will protect your personal information.
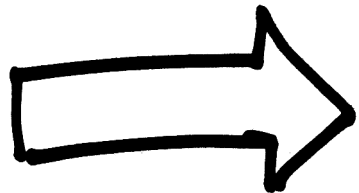
What should you consider when buying a device?

What phone should you get?
If your child just needs a phone for emergencies, then a basic phone will be most appropriate.

Choosing a network?
Some networks offer additional safety features.
For example, Vodafone's Guardian App and TalkTalk's Moblie safe App!

Major threats on the internet

Grooming

Online grooming may occur if people try and form relationships with children by pretending to be their friend. They try and find out information to achieve control.

Groomers generally use chatrooms which are focused around young people's interests, while pretending to be younger and they may even change their gender. They give a false description of themselves which may not resemble their real appearance.

Sexting

When someone shares sexual, naked or semi-naked videos or images of themselves or other people, or sends sexually explicit messages.

DANGER:

A young person is breaking the law if they send an explicit photo or video, share an explicit image or video of a child or download/store an explicit image or video of a child.

Around 1 in 7 young people have sent either a semi-explicit or explicit image or video to someone else, half of which have then be forwarded on to someone else.
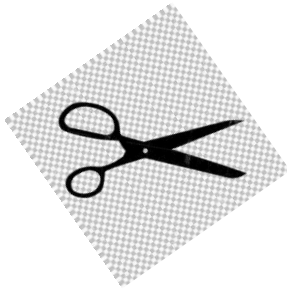
Quick guide for children!

Think before you post!

Don't put anything online that you wouldn't want your parents to see!

Vary your passwords! Mix lower and upper case letters and use a variety of different symbols and punctuation.
This will make sure that your social media accounts are kept secure and safe!
For example, Cats&Dogs13!2

SAFE! Don't give out any personal information online!

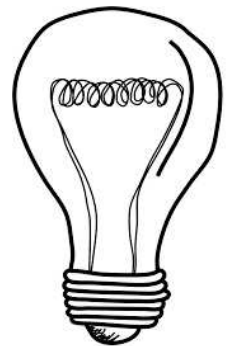**M**EETING! Meeting someone online can be very dangerous- ask your parents first!

ACCEPTING! messages from people you do not know or trust can be dangerous-ask your parents first!

RELIABLE! someone may be lying to you or the information on the internet may not be correct.

TELL YOU PARENTS/GUARDIAN- if someone is making you feel uncomfortable.

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YouTube

Top tips for YouTube!

1. Don't put anything online that you would not want your family to see!

2. Don't post anything online just because someone else told you to.

3. Remember that lots of people will see the videos you put online!

4.Once it is online, you will not know who can see it- it could be copied and kept by other people.
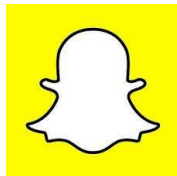
Snapchat

If you think someone on Snapchat is underage, flag them! You can also report the person by sending an email: support@snapchat.com

Snapchat can be fun when used sensibly! However, it can be dangerous if any inappropriate photos and videos are sent, as they can be screenshot and saved.
Someone forcing you to send snaps, or a stranger adding you? Block them!

Twitter

1. Never give out your real address or personal information!
2. Never give out your password to anyone else!
3. Think before you tweet!
4. Make your profile private so only your friends can see your tweets!

Instagram

People can Google search you if you put your full name as your username. This increases the chances of strangers accessing personal information about you. There is a chance that any pictures you put on Instagram will be uploaded to Google Images, allowing anyone to see them.
Remember to turn off your location so that strangers do not know where you are/where you live.

Skype

If you don't know someone who is trying to contact you, don't answer them!

Don't tell anyone any personal information as this can cause danger.

Don't talk to anyone unless you know them.

Keep your username and password secret!

facebook

Don't speak to strangers!
Only accept people to be your friend if you know who they are!
Don't put your address, telephone number or pictures of your location (school uniform). This is to stop people from knowing where you live.

Been affected by anything in this book?

If you have been affected by anything in this book- there is always somewhere to go to find extra help/ support!

nspcc.org.uk

NSPCC helpline- open 24/7

kidsmart.org.uk

thinkuknow.org.uk

safetynetkids.org.uk

getsafeonline.org.uk