# Internet Safety

## Baltasound Junior High School

# The Internet

- The internet is an amazing resource which enables children and young people to connect, communicate and be creative.

- However, it is always changing and keeping up can be a real challenge.

- Parents and teachers need to be aware of the issues this presents and how to deal with them.

# Hot Topics

- The main areas to consider include:
  - Cyberbullying
  - Inappropriate Content
  - Sexting
  - Social Networking
  - Online Grooming
  - Gaming

# Cyberbullying

- Cyberbullying is using technology to bully others. This could be:
  - Unwanted or nasty text messages or private messages.
  - Being excluded from apps or groups.
  - Hacking into someone else's account.
  - Pretending to be someone.
  - Tagging people into statuses.
  - Sharing embarrassing photos of someone.

# Cyberbullying

- What should you do?
  - Discuss it with your child. Sometimes young people confuse bullying with banter. Discuss what bullying is and how it makes people feel.
  - Explore the safety tools available – to report or block the offender.
  - Save the evidence. Encourage your child to save any messages they receive. Take a screenshot on the device. This could be used by the school or police.
  - Encourage your child not to react or engage with the bully.

# Cyberbullying

- Video Clip
  - http://digizen.org/resources/cyberbullying/films/uk/lfit-film.aspx

# Inappropriate Content

- Inappropriate Content
  - Young children encounter sexual images online and offline.
  - This can influence how children think, feel and act.
  - It can make them confused, embarrassed, worried or maybe even behave inappropriately.
  - Children are only ever a few clicks away from an image or video that is not appropriate for them.

# Inappropriate Content

- What can you do?
  - Have an age-appropriate conversation with your child. Give children strategies for dealing with inappropriate content.
  - Make sure your children know they can turn to you.
  - Activate the parental controls.
    - For example, YouTube has a restricted mode, as do iPlayer and other on-demand apps. YouTube also has a History.
  - Make online a family activity. Ensure they access content in the sitting room, where you can monitor them. Comparison to a day out in Lerwick?

# Sexting

- Sexting is sending sexually explicit content.
- This often happens when someone's personal judgement has been clouded through alcohol, drugs or peer pressure.
- Once images are shared online, it is almost impossible to take it back.
  - Someone else may have a copy of it and use it any way they choose. Perhaps even years later.

# Sexting

- What can you do?
  - THINK BEFORE YOU POST! Make sure your child knows that once shared it is out of their control.
  - Ensure your child knows the law. Sending, receiving and sharing is against the law.
  - Discuss peer pressure and self esteem with your child.
  - Communicate with your child and have a healthy dialogue about their life online, whilst still offering a level of privacy. Let them know they can speak to you about anything.

# Social Networking

- Social Networking includes sites/apps like Facebook, Instagram, Twitter and Snapchat.

- Most sites have a minimum age of 13.

- Issues around Social Networking include:
  - Privacy Settings
  - Online Friendships
  - Geotagging / Geolocation
  - Inappropriate Posts / Uploads
  - Cyberbullying
  - Mental Health

# Social Networking

- Mental Health & Wellbeing
  - Children are now growing up with Facebook and Instagram. How does it affect them?
  - Impact on sleep
    - Children require between 9 and 11 hours sleep each day.
  - Used to compare your life to that of others
    - Viewing other people having a fantastic time somewhere in the world or looking amazing (with the help of an Instagram filter!) can affect their wellbeing. It's not real!
  - Chasing likes to improve self-esteem
    - Photos with faces are 38% more likely to get likes.
    - No likes = No friends?

# Social Networking

- What can you do?
  - Are they old enough to use it? Are they using a fake date of birth to access it?
  - Ensure your child's privacy settings are set to prevent others viewing/messaging them.
  - Learn how these sites/apps work – get your own account. Understand what they talking about.
  - THINK BEFORE YOUR POST!
  - Make sure your child has strategies they can use if they feel uncomfortable and have regular discussions.

SEE HANDOUT

# Social Networking

- Social Networking Experiment

- Videos
  - 11 to 16 year olds:
    - https://www.thinkuknow.co.uk/11_13/Need-advice/Digital-footprint/

# Online Grooming

- Friends made online may not be who they say they are.

  - In Shetland/Unst, we think of ourselves of as out of the way from this type of thing but the Child Protection statistics would disagree.

- People can use fake accounts/photos to trick young people into becoming their friend or to share private information (address, photos, videos etc).

  - This could then be used to share, bully or blackmail.

# Online Grooming

- What can you do?
  - Make sure your child knows how to tell the difference between a friend and a stranger. Discuss how you trust someone and how easy it is to disguise your identity.
  - Watch out for a change in their behaviour – perhaps being more secretive or talking about someone you've not heard of before.
  - Remind them never to share any private information. And never to arrange to meet anyone they've only spoken with online.

# Online Grooming

- What can you do?
  - Understand the terminology they are using. From:
    - LOL  - Laughing Out Loud

    and

    - OMG – Oh My God

    to

    - PIR  - Parent In Room

    and

    - ASL – Age/Sex/Location
  - If you don't know what they saying to each other – find out! Google it or ask someone!

# Online Grooming

- Videos
  - 15+
    - https://leics.police.uk/categories/kayleighs-love-story-film

# Gaming

- Children can access games on consoles, tablets, laptops, smartphones or desktop computers. Is it appropriate?
    - Modern games have graphics that make it difficult to tell between computer generated and real life.
    - Games like Grand Theft Auto have images/sequences of prostitution, extreme violence and drug dealing. The language used is also extreme.
    - Games also allow chatting/messaging others around the world in real time. What type of conversation is your child having? How would you know?

# Gaming

- What can you do?
  - Games have ratings, similar to films, for a good reason.



  - Know what the game is. Be familiar with its contents. Is it appropriate for my child?
  - Gaming needs to be a family activity – not confined to a dark bedroom, late at night.
    - Know what they are doing and who they are speaking with.
    - Ensure your child knows that they can speak with you if they feel uncomfortable about anything.

# Parental Controls

- What can you do?
  - BT Homehub has Parental Controls.
    - To filter inappropriate content.
    - To restrict/block websites.
    - Set filter times – this prevents access to certain sites at certain times. This could be after 9pm or at set homework times.
  - Other Internet Service Providers will be similar.
  - Facebook, Twitter, YouTube, Instagram etc all have privacy settings. Become familiar with them and activate them.

# Parental Controls

- The most useful parental control you have is the ability to speak with your child.
  - Talk about being online.
  - Know what they are doing online.
  - Keep it a social activity you can all be part of.
  - Be there for them when they need you.
  - Ask someone (a friend, the school, the police) if you need advice.

# Finding Out More

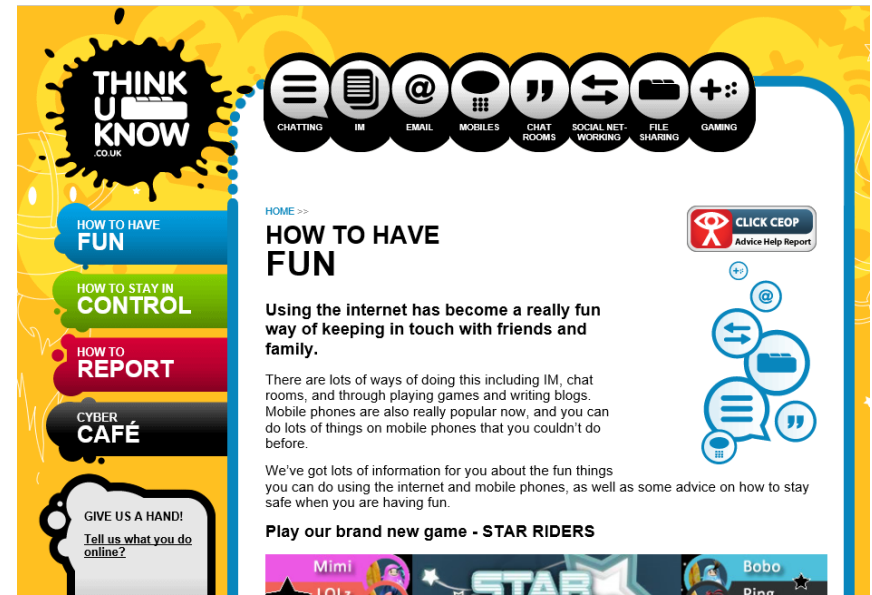- There are lots of websites for more information on Internet Safety. Look at:
  - https://www.thinkuknow.co.uk/

# Internet Safety

- Material for this presentation was adapted from www.childnet.com and www.thinkyouknow.co.uk.