Internet & Mobile Safety

The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help.

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Talking to your child – openly, and regularly – is the best way to help keep them safe online.

Online safety tips

- Use anti-virus software and make sure that you keep it updated.
- Check a website is secure before entering private information such as passwords or payment details - a padlock symbol or https should appear in front or after the web address in your browser.
- If you receive an email from a stranger, think before clicking on a link or an attachment - it could contain a virus.
- Unplug your webcam, cover the lens or point it at a blank wall when not in use.
- Use privacy settings to control who sees your information.
- Don't meet up with people you've met online - not everyone is who they say they are.
- Don't post anything cruel, nasty or offensive, even if you're angry. You never know how it'll affect someone and you can't take it back.

What is online grooming?

Grooming is when someone builds an online relationship with a young person and tricks them or forces them to do something sexual. It might include trying to meet up with the young person. People who do this often lie about who they really are.

What is sexting?

When people talk about sexting, they usually refer to sending and receiving:

- naked pictures or 'nudes'
- 'underwear shots'
- sexual or 'dirty pics'
- Rude text messages or videos.

They can be sent from a friend, boyfriend, girlfriend or someone you've met online. You might have also sent a sexual photo, video or text to someone else.

We understand how easily sexting can happen and how things can go wrong – even when you didn't mean for them to.

Cyber bullying

Sometimes it can seem like cyber bullying will never end, but there are some things you can do to make it stop.

Nobody has to go through online bullying alone. Often the first step in stopping it is telling someone about it.

Someone you trust could help you report the cyber bullying and give you more confidence to deal with the situation.

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What is a digital footprint?

A digital footprint is everything people can find out about you from the websites you visit.

When you share something publicly online or leave comments on things others have posted, you are adding to a trail.

A lot of this trail can be seen by anyone. People who search for your name using search engines like Google could see it.

Mobile phone safety

Mobile phones are a great way to keep in touch with your friends. If someone you don't know gets in touch with you on your mobile, or if you are being bullied through your phone, you should tell someone who can help you.

Internet matters.org

Internet Matters is a not-for-profit organisation working with online safety experts to bring you all the information you need to keep your children safe online.

We aim to bring you:-

Advice on important e-safety issues

Guidance on setting parental controls and filters

Reviews on the latest technology and apps

http://www.internetmatters.org/?gclid=COeB65Pf0L4CFWKr2wodS1oABA

Parent Controls on Home Broadband and other mobile devices
http://www.internetmatters.org/controls/interactive-guide/

NSPCC

Children and young people spend a lot of time online – it can be a great way for them to socialise, explore and have fun. But children do also face risks like cyberbullying or seeing content that's inappropriate.
It may feel daunting, but you don't need to be an expert on the internet. Understanding what children do online and the risks they face will help you keep your child safe online.

http://www.nspcc.org.uk/help-and-advice/for-parents/online-safety/online-safety_wdh99554.html

And if you're ever worried about something, you can always call our online safety helpline on 0808 8005002. Sometimes it's easier to talk things through. There are also risks, but by understanding and talking about the dangers you can help keep your child safe online.

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Net Aware

Our Net Aware guide to the social networks your kids use has links to information that will help you and your child, including how to:

- remove content on different apps and sites
- block people
- report abuse

http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/

What to do if you're worried about your child online

There may be times when you're worried about your child's online safety. If you're unsure what to do, help is at hand.

We've put together some of the things that might be worrying you, and what you can do to help your child.

I'm worried my child is...

Taking and sharing inappropriate pictures:

Talk to them about what they're sharing and if they know who has seen the pictures. Ask them if they'd be happy for someone – like a grandparent – to see the picture? Or if they think someone they admire, maybe their favorite celebrity, would share an image like that?

Explain that they should always think carefully about what they share. Once it's been sent, they can't control what happens to it. Discuss what sort of pictures are appropriate for them to share and not to share, and make sure they understand why.

Recognize that sometimes children share pictures for a dare, or as part of a joke. Remind them that once something's shared online, they can't manage who sees it or what happens next – even if it began as a joke.

Agree a safe way forward, such as checking what they're sharing for a while. Or ask an older sibling to check the photos before they're shared.

Sharing personal information

Talk to your child about the things that they can safely share, like their interests and hobbies. And explain what counts as personal information, for example:

- their full name
- address
- mobile number
- email address
- Passwords.

Remind them they wouldn't share this information with people they didn't know in the real world.

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They might be happy to share thoughts and feelings online with friends, but explain that they should be wary of doing this with strangers. Not everyone is who they say they are online, and sometimes things like your hopes and fears can be used against you by people you don't know.

If your child is worried they've shared too much, make sure you're able to help them if needed.

Looking at porn online

Ask open questions about what they have been looking at. But be prepared for the fact that they may not want to talk about it and might feel embarrassed.

If you're really worried about what they've been viewing, tell them why and make it clear that you don't want them to view it again.

You can also block the content by using parental controls and explain why you've done this. Suggest other age-appropriate sites where they can find out about sex and relationship. If you're less worried and think they may be 'experimenting', talk to them about the differences between online porn and real sex, love and relationships.

Being bullied online

Recognize that online bullying might be just one part of bullying that's happening in their day-to-day lives, and there might be a lot of underlying issues.

- Reassure them that you can help to remove the content that's upsetting them and block the person who made the comments.
- Look at the negative comments with them and contact the provider to get them removed.
- Save the evidence by taking screen shots.
- Contact their school to let them know about the incident, if you think it's appropriate.

Bullying others online

If your child has been bullying others online, find out whether other children were involved and what part your child played.

They may not have realised that what happened was bullying. Tell them explicitly that this behavior isn't acceptable and the fact it's online doesn't mean it's not upsetting.

Help them understand how what they've done feels. You could ask them how they think the other child felt, or how they feel when someone says unkind things to them.

Explain that leaving someone out of an online discussion or group can be just as bad as attacking them directly. Encourage them to apologise to the person involved and help them to remove the content.

Spending too much time online

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Agree what times your child can go online. For example, not going online just before bed time or in the morning before school.

Explain that you think it's important they do a variety of activities. You recognize that they enjoy being online, but you think it's important they do other things as well.

Discuss your family agreement and remind them why it's important. Use technical tools to help you reinforce online times. Many sites have timers that you can set, or you can set it up on the computer, mobile or tablet.

Make sure that you stick to what you've agreed and that you manage your own time online.

Childnet International

Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children.

We work directly with children and young people from the ages of 3 to 18 on a weekly basis, as well as parents, carers, teachers and professionals, finding out about their real experiences online, and the positive things they are doing as well as sharing safety advice.

http://www.childnet.com/

Resource Leaflet for young people:
http://www.childnet.com/ufiles/Young-people-and-social-networking-A.pdf

Resource Leaflet for parents supporting young people (Additional languages formats available)
http://www.childnet.com/ufiles/Supporting-young-people-online.pdf
http://www.childnet.com/resources/supporting-young-people-online

Thinkuknow

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

Find out what's good, what's not and what you can do about it. If you look after young people there's an area for you too – with resources you can use in the classroom or at home.
http://www.thinkuknow.co.uk/

Keeping safe Interactive web pages for children.

Age 5-7
http://www.thinkuknow.co.uk/5_7/

Age 8-10
http://www.thinkuknow.co.uk/8_10/

Age 11-13
http://www.thinkuknow.co.uk/11_13/

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Age 14+
http://www.thinkuknow.co.uk/14_plus/

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

Childline

Top internet safety tips from young people

Be careful what you share online.

When you choose a profile picture for a social networking website like Facebook or Twitter, avoid photos that could give strangers clues about where you live. Check your privacy settings regularly. Think about what should be shared in public and what shouldn't. Learn about how you can take care of your digital footprints.

Think before you post

Don't upload or share anything you wouldn't want your parents, teachers or friends seeing. Once you press send, it is no longer private.

Never share or reveal your passwords

Use strong passwords that are hard for others to guess, using a mix of letters and numbers. Keep passwords to yourself and change them regularly.

Be careful who you chat to

If somebody you don't know adds you as a friend, ignore them and delete their request. Don't share personal information like your address or phone number with somebody you don't know.

CEOP (Child Exploitation On-line Protection)

The NCA's CEOP Command (formerly the Child Exploitation and Online Protection Centre) works with child protection partners across the UK and overseas to identify the main threats to children and coordinates activity against these threats to bring offenders to account. We protect children from harm online and offline, directly through NCA led operations and in partnership with local and international agencies.

http://www.ceop.police.uk/safety-centre/

Need immediate help?

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Do you need immediate help or have a real emergency? If so call 999 or contact your local police.

When should I report to CEOP?

We help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it to us below.

Remember if you need immediate help call 999

Make a CEOP report

Other people who can help

For advice and to seek help on a range of issues, from hacking to cyberbullying, click here.

Advice and support for children:
Age 5/7 year old
http://www.ceop.police.uk/safety-centre/5-7/

Age 8/10 year old
http://www.ceop.police.uk/safety-centre/8-10/

Age 11/16
http://www.ceop.police.uk/safety-centre/11-16/

Barnardo's

The internet has the potential to offer children and young people a wide range of opportunities – to learn, to develop new skills, to keep in touch with friends and make new ones and to have fun. However there are concerns about both inequalities of access to the technology and the possible threats to children's safety that can exist online.

http://www.barnardos.org.uk/what_we_do/barnardos_today/resources_internet_safety.htm

UK Safer Internet Centre

UK Safer Internet Centre, where you can find e-safety tips, advice and resources to help children and young people stay safe on the internet.

Contact: 0844381477
Email: helpline@safernet.org.uk

http://www.saferinternet.org.uk/

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Resources for young people: Stay safe on the internet Children Age 3-11
http://www.saferinternet.org.uk/advice-and-resources/young-people

Resources for young people: Stay safe on the internet Children Age 11-19
http://www.saferinternet.org.uk/advice-and-resources/young-people/11-19s

Parentport

ParentPort is run by the UK's media regulators. We set and enforce standards across the media to protect children from inappropriate material.

Seen or heard something unsuitable for children? Maybe it was a programme on TV or online, a film, an advert, a video game or something in a magazine. At ParentPort you can find out about the standards we expect from the media, make a complaint and share your views with us.

http://www.parentport.org.uk/

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