



Thornton Primary School Internet Safety Parent Guide 2019



**National
Online
Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061



The Internet can be wonderful for children. They can use it to research school reports, communicate with teachers and other children, and play interactive games.

But online access also comes with risks, like inappropriate content, cyberbullying, and online predators. Using apps and websites where children interact, predators may pose as a child or teen looking to make a new friend. They might prod the child to exchange personal information, such as address and phone number, or encourage kids to call them, seeing their phone number via caller ID.

Parents should be aware of what their children see and hear on the Internet, who they meet, and what they share about themselves. Talk with your kids, use tools to protect them, and keep an eye on their activities.

Below there are two links that you can use to support you and your child to keep safe on the internet. Remember if you have any questions we have an 'open door' policy and we are here to help.

[Internet matters](#)

[National on-line Safety](#)



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Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang', 'Hyperlapse' and 'Layout', which can be used to enhance their feed. Users can choose to add filters and make adjustments to their photos, such as brightness/contrast. To make their content more searchable, users can include hashtags in their uploads to make them easier to find.

PHOTO / VIDEO SHARING
Posting photos and videos is Instagram's biggest selling point, so with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location making it easy to locate them, if their account is not set to private, anyone can access their account and see their images.

HIJACKED HASHTAGS
Like Twitter, hashtags are also an extremely prominent tool on Instagram and with that, comes potential risks for your child. One person may use a seemingly innocent hashtag with one thing in mind and before you know it, hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

LOCATION TAGGING
Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose your child's location; this is particularly more of a risk if it is on their story, as it is in real-time.

LIVE STREAMING TO STRANGERS
The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can use their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story, so suggest that your child goes through their followers list and blocks people they do not know. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and further shared around the internet.

*****NEW FOR MAY 2018*****
IN-APP PAYMENTS
Instagram is selling out in-app payments for products and services directly through the app. It will operate under the same rules as Facebook Payments, which state if you are under the age of 18 you can only use Facebook Payments with the involvement of a parent or guardian.

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH
When influencers, celebrities or peers use filters on their photos or videos on Instagram, it can set unrealistic expectations of their own appearance and create feelings of inadequacy and low self-esteem. Children may try to strive for a comparable number of likes on their own photo to an image or video that has been edited heavily.

What parents need to know about INSTAGRAM

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Top Tips for Parents



REMOVE PAYMENT METHODS
If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorized purchases. This can be added in the payment settings tab.

*****NEW FOR MAY 2018*****
FILTER INAPPROPRIATE COMMENTS
Instagram announced on 1st May that they now have an 'anti-bullying' filter on the app. The new filter hides comments containing attacks on a person's appearance or character, as well as threats to a person's well-being or health. The filter will also alert Instagram to repeated problems so they can take action on the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the app's settings.

TURN OFF SHARING
Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

RESTRICT MESSAGES
If your child's account is not private, anybody can message them and reply to their stories. If they do wish to keep their account public, we strongly recommend changing the message reply settings to restrict who can message them.

USE A PRIVATE ACCOUNT
By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.



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Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images for a limited number of seconds, chat with users before messages disappear, and share images with their friends list through a 'story'.



What parents need to know about SNAPCHAT

SNAP MAP

In 2017, Snapchat introduced a new feature called 'Snap Map', which allows users to see the EXACT location of the people on their friends list in real-time and watch stories from around the world. Users can view a map called a 'Snap Map'. This feature completely exposes your child's location and users can potentially follow your child from their home to their school.

'SNAP STREAKS'

'Streaks' tell users how many days in a row they have spoken or sent 'snaps' to one another. What's dangerous about this? It forces young people into putting a false sense of importance on a superficial number to the extent that it becomes something that can make or break a friendship. For example, if a person forgets to message or send a picture to their friend, breaking their 200-day streak, this could cause a confrontation between the friends. This can put an incredible amount of pressure on children to keep streaks.



SCREENSHOTS

While Snapchat's gimmick is that all photos, videos and text disappear after a maximum of 10 seconds, users can still screenshot or save them. Users may sometimes forget that screenshotting is a possibility in the app and send an image to someone they trust.



SEXTING

Due to 'Snaps' disappearing soon after they're received, (users can even send a one second photo or video), Snapchat has become the chosen platform for sending sexually explicit images or 'sexts' to someone. The short amount of time gives children the confidence to send the pictures.

Once a photo/video has been screenshotted, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves.

However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but that taking formal action isn't in the public interest.



Top Tips for Parents



THINK BEFORE YOU SNAP

Ensure that your child knows that 'Snaps' can be screenshotted and teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences, as if the message lasted forever.

EDUCATE ABOUT RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but it helps them protect themselves, then it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks prior to using Snapchat.

RESTRICT WHO CAN VIEW THEIR STORY

Your child can add videos and images to their 'Story' throughout the day which last for 24 hours. By default, anyone in their friends list can see their story. We recommend that children only have their close friends and family on the app.

ENTER 'GHOST' MODE ON SNAP MAPS

We highly recommend enabling Ghost Mode on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change your settings to 'Ghost Mode'.

DISAPPEARING ILLEGAL CONTENT

Snapchat 'deletes by default' which means every opened snap image or video is automatically deleted. If your child has seen criminal activity on Snapchat, you should report it immediately. See 'Reporting Inappropriate Content' above.

TURN OFF 'QUICK ADD'

'Quick add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature.

REPORTING INAPPROPRIATE CONTENT

If your child is receiving inappropriate content, it's important that you report it. First block the sender to prevent any further messages. You can then report this by sending an email to safetysnapsnatchat.com. If the problem persists, contact CEOP at ceop.gov/report.

THINK BEFORE YOU SNAP

Ensure that your child knows that 'Snaps' can be screenshotted and teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences, as if the message lasted forever.

HOW TO DEACTIVATE SNAPCHAT

If your child wanted to delete their Snapchat account, simply deleting the app from their phone is not enough. To deactivate the account, users will have to log in to their account on desktop or on their mobile device (not through the app). Here, you:

- 1) Go to support.snapchat.com/delete-account
- 2) Here, click on 'Delete my account'
- 3) You will then be asked to enter your username and password again

Sources: <http://home.bt.com/tech-gadgets/internet/social-media/what-is-snapchat-a-safe-ly-guide-for-parents-113440274233?http://www.independent.co.uk/ife-style/gadgets-and-protect-private-children-from-snapchat-internet-social-media/parents-need-to-know-when-to-retreat-ly-ns/snapchat-parent-review-https://support.snapchat.com/en-US>

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YouTube is a video sharing site/application that enables you to upload, view, rate, share and comment on a wide variety of videos. Consisting of a huge resource of information, advice and entertainment, YouTube now has 1.6 billion logged-in monthly users who watch a billion hours of video daily. Most of the content on Google-owned YouTube is uploaded by individuals, but organisations and media companies also offer some of their content via this platform.

AGE RESTRICTION
13+



What parents need to know about YouTube

SPENDING A PREMIUM

YouTube Premium (formerly YouTube Red) is a new paid streaming subscription service in the UK, offering a three-month free trial to tempt viewers into a £12-per-month plan. This includes the ability to download videos, stream videos with the app in the background, gives exclusive access to original content and a separate music streaming service and gaming app.

DANGEROUS 'CHALLENGE' & VIRAL VIDEOS

On YouTube, 'challenge videos' are shared quickly and can be very dangerous. One person may post a video of themselves doing something unusual like eating a hot chili or jumping in a river and before you know it, the video goes viral and everyone wants to join in and share their videos. The speed in which challenge videos spread across the internet makes it difficult to keep up with the latest ones.

SHARING VIDEOS

As well as watching videos, many children are keen to share their own video online, emulating their YouTube heroes, such as Stampy or DanTDM. However, if they post something on YouTube, they may later regret it or feel embarrassed about what they have shared. There is also a risk that they will receive hurtful or negative comments regarding not only their content, but also their appearance. YouTube's comment section is infamous for being one of the most opinionated on the internet.

IN-APP MESSAGING

When your child is logged into their Google account and browsing the YouTube website, they can share and talk about videos with their friends using the chat bubble. This can be found at the top right of the desktop site or through in-app messaging on their mobile or tablet. When they tap on the 'Friends' icon, they have a list of suggested people from their contacts who can be any contact they've had on Google or somebody who has sent them an invite link.

AGE-INAPPROPRIATE VIDEOS

As YouTube is the biggest video sharing website in the world, there is content available for all ages, meaning that some content will not be suitable for your child. If you think that content is unsuitable, there is a flagging feature to submit it for review by YouTube staff, but you will need to be aware that just because video is not appropriate for a younger audience, it may not violate YouTube's policies. YouTube has mechanisms in place to automatically remove explicit and harmful content, yet offensive content may still slip through.



Top Tips for Parents

TURN ON 'RESTRICTED' MODE

'Restricted Mode' is an optional setting you can use to help screen out potentially mature content, you may prefer your child not to see. Restricted Mode works on the browser or device level, so must be turned on for each browser or device your child uses. To do this, follow these steps:

- Desktop:**
 - Go to the bottom of any YouTube page and switch 'Restricted Mode' to 'ON'.
 - To make it more difficult for your child to turn it off, you will be given the option to lock restricted mode onto your browser.
- Mobile:**
 - Tap the three vertical dots at the top-right of the screen and press, 'Settings'.
 - Click on 'Restricted mode filtering'.
 - Press 'Restrict'.

Please note that you can't 'lock' restricted mode on a phone in the same way that you can on a desktop. You will need to turn this on each time your child uses it.

CREATE A FAMILY GOOGLE ACCOUNT

By having a shared family Google account, checking the history will enable you to see exactly what your child is watching and sharing on YouTube. To see the history on a computer, on the right hand menu under the library section, click 'History'. On mobiles, the viewing history can be found by clicking on the 'Library' tab.

BLOCKING ACCOUNTS

When using YouTube, there may be instances where your child receives negative comments. If somebody's giving your child a difficult time, here's how to block them and prevent future comments and replies.

- Go to their channel/account by clicking on their name.
- Click on 'About'.
- Tap the dropdown box with an image of a flag on it.
- Tap 'Block user'.
- Tap 'Submit'.

MONITOR WHAT YOUR CHILD IS WATCHING/POSTING

The only way you can really monitor what your child is watching is to regularly monitor them. You can do this by checking their viewing history. YouTube videos can also be easily downloaded, so it is important that your child understands the associated dangers of content they are uploading and that it could harm their online reputation in the future. Show them how to set their videos to private or choose a small network of YouTubeers to share with. To get started, your child can use YouTube Studio which offers learning modules on creating a YouTube channel, however, you should encourage them not to use the real name.

'NEW FEATURES'

DIGITAL WELLBEING

YouTube has launched a tool called 'Time Wellbeing' that allows you to see some things that have been spent on the app. You have discovered how much time has been spent on the app, there is also the option to set a time limit. Once the limit is reached, a reminder will pop up on the screen. You can also disable sounds and vibrations to help reduce the urge to check for notifications.

OPT FOR A FAMILY PREMIUM PLAN

A YouTube family Premium plan may be a cost-effective option if you have more than one child. For £12.99 a month, it allows you to share a YouTube paid membership with up to five other family members - aged 13 and older - living in the same household. As the account holder, or family manager, you must create a Google family account.

MANAGING IN-APP MESSAGES

If your child is accessing YouTube via your account, bear in mind that they may be contacted by Google contacts who are complete strangers to them. You can remove someone from the suggested contacts list by pressing and holding the person's name and tapping on the 'x'.

POPULAR YOUTUBE GAMERS

There are hundreds of YouTube accounts which show other people playing and commenting on games. These are called 'Let's Play' videos. While YouTube can be a great resource for hints, tips and news for games, it is a good idea for parents to keep a close eye on what YouTube's are posting. Often, the games they are playing will contain strong language and violence. A few examples of popular YouTube gamers for you to have a look at are:

- Stampy
- Yogicant Lewis & Simon
- PewDiePie
- EthanGamer
- Markiplier
- PopularMMOs
- CaptainSparklez
- Jacksepticeye
- LiCorbis
- Dan TDM



SOURCES: <https://www.thesun.co.uk/tech/2017/09/27/youtube-porn-videos-roblox-see-games-watch-online/>; <https://www.youtube.com/watch?v=4t0gP96M>; <http://www.dailymail.co.uk/news/article-3126631/Item-right-child-watches-YouTube.html>; <https://www.bustle.com/parenting/family/1427-youtube-4-challenges-kids-see-daily>; <https://www.youtube.com/watch?v=yk4b0z0u8g>; <https://www.about.com/creative/youtube/>; <http://familytech.com.au/2017/09/27/youtube-porn-videos-roblox-see-games-watch-online/>; <https://www.commonssensemedia.org/blog/popular-youtube-gamers-kids-cant-get-enough-ofStamp>

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This is not a definitive guide. Please always check with the app's support information to see if the security and privacy controls are working.

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During the parent's workshop we watched this video and asked parents what dangers they could see!

Activity Two

Write down any dangers you see during the video.

Video link - [Caught in the Web](#)



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