



E-Safety Guidance for Parents

Using the internet, mobile phones and gaming are now an every-day part of young people's lives. However, there are risks for children. Please consider the following advice when you find out more information on how to protect children.

Essential advice and guidance for Parents:

1. Have anti-virus protection.
2. If your children use social media, like Facebook, insist they add you as a friend.
3. Talk with your child about their online habits.
4. Setup parental controls on your Internet Service Provider.
5. Please read the Internet safety advice from Child Exploitation and Online Protection Command branch of the Police.

Internet safety advice from Child Exploitation and Online Protection Command.



Key points:

1. Be involved in your child's online life.
2. Talk to them about what they're doing.
3. Keep up-to-date with your child's development online.
4. Know what connects to the internet and how.
5. Find out how they are accessing the internet - is it your connection or a neighbour's Wi-Fi? This will affect whether your safety settings are being applied.
6. Emphasise that not everyone is who they say they are. Make sure your child knows never to meet up with someone they only know online.
7. Know what to do if something goes wrong.

What do parental controls do?

Set boundaries in the online world just as you would in the real world. Think about what they might see, what they share, who they talk to and how long they spend online. It is important to continue to discuss boundaries so that they evolve as your child's use of technology does.

Consider the use of parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones. Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but they are a good start and are not as difficult to install as you might think. Service providers are working hard to make them simple, effective and user friendly. Find your service provider and learn how to set your controls.

These controls are designed to help parents and carers manage their child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet.

What can controls be used for?

Controls can either be for a device like a games console, or for a network such as your home broadband.

The way to access device controls can vary according to the manufacturer. They can offer varying types of protection, from filtering out adult content from search results to preventing your child from buying things when playing games. You can usually find instructions on how to set these controls up on the manufacturer's website or use the Internet Matters app for help.

These settings will apply whether the device is being used in your home outside - but it's easy for them to be switched off, so talk to your child about trust and responsibility, making sure they understand the importance of why you have put the settings in place.

Most games consoles come with settings, which can be put in place for either the device itself or the games platform. It's easy to forget that games consoles allow players to connect to the internet and talk to people all over the world so setting controls on devices and the platform itself (such as Xbox) is important.

Broadband and network filters generally come free with your service. These can be used to prevent material coming into your home. For example, you could restrict anything with a horror or sexual content being accessible via your home broadband. Instructions for accessing these filters can be found on the service provider's websites - look at the bottom of the page to find the "help" or "security" page.

Online controls

Search engines such as Google, Yahoo and Bing allow users to filter out certain types of search results. This means you can reduce the risk of your child seeing adult content like pornography, or set limits on the time they spend online. Look for the cogwheel "settings" symbol where you will find the options for each provider. You can also encourage your child to use safer search facilities, such as SafeSearch Kids from Google.

Social media and other websites

As with search engines, social media and sites like YouTube have privacy and security settings. These can prevent your child from being contacted by strangers or from seeing inappropriate material. It is important to remember that content filters can't prevent other people from sending offensive or inappropriate messages or comments to your child's account, so controlling who can contact your child is a key step.

Buying controls

It is also possible to buy filter programmes. These can be either solely for filtering purposes, but some virus protection software also offers filtering options.

Here are seven simple things you can do to use them effectively:

1. Set up home broadband parental controls and make use of controls on your home broadband.
2. Set controls on your search engine; encourage your child to always use child-friendly search engines, and activate and lock the safe search settings on the browsers and platforms they use.
3. Make sure every device is protected. Controls should be installed on every device your child uses, such as their mobile phone, tablet and games consoles (both home and handheld).

4. Use privacy settings. Activate the safety measures offered by different sites; social networking sites like Facebook have privacy settings that will help prevent your child seeing unsuitable advertising or sharing too much with other people.

5. Block pop-ups. If you're worried about your children accessing inappropriate content though accidentally clicking on adverts in pop-ups, follow the advice from Tech Advisor on how to stop these.

6. Find good sites and agree on them as a family. By talking to your child about their interests you can help them find suitable sites to visit and apps to use. Review these sites as they get older.

7. Manage their use and access. Children may be very worried that your response to a problem will be to take away their internet access. Whilst this may be an appropriate response in some cases, the threat may be a barrier for a child who needs help. Be aware of this when talking to them about their internet use, and reassure them that they can talk to you or a trusted adult whenever they need to

Gaming:

The popularity of gaming

Gaming is a popular pastime for both young people and adults across the world. Many games have adopted an interactive online element- whether it's playing against other users, chatting or making purchases.

For most children and young people, gaming is a fun way to spend time with friends and create opportunities to develop teamwork, concentration skills and problem-solving.

Chatting within gaming

Gaming is a type of social network. Many games have functions allowing users to chat with one another.

Gamers will usually communicate within the game to coordinate game tactics, although it can just be to chat as they play. Depending on the game and its chat functions, they may be able to type messages or talk to one another through a headset. Some consoles also allow them to leave voice messages and chat when a game is not in play.

Depending on their privacy settings, gamers can be contacted by people they may or may not know, or play against 'bots' (a computer-controlled character that may send messages to gamers).

Bots can be hard to spot as their messages can seem very realistic. These messages often contain links to external websites which are inappropriate for young people; showing violent or sexual content.

If your child receives a message from an unknown user, ask them to not respond or click on any links contained within the message. Report these users directly to the site.

The risks of chatting

Offenders may also try to encourage a child to move from a game to a private messenger platform to have one-to-one conversations with them. These platforms help offenders to build a relationship with a young person quickly, and are often harder to moderate than group chat within games.

Help you to support your child to stay safe when chatting

- ✓ Chat functions in games do differ however there are ways that you can support your child to stay safe if they chat whilst gaming
- ✓ Have ongoing conversations with your child about who they are talking to online. Discuss whether they know them in real life and what they share with them.
- ✓ Take time to explore games with your children.
- ✓ Be aware of the chat platforms your child is using. Ask your child about what they would do if someone within a game asked to talk to them in private whether that's on another platform or within the game.

Gifts within gaming

Some games and apps allow users to make purchases. Gamers can buy tools that can be used in the game to give them an advantage such as weapons, coins or cheats.

Many children do not have access to money to make purchases in games, so it can be tempting to accept 'in game currency' to help them progress.

Offenders use gifts in gaming to encourage children to trust them. They may offer gifts asking for nothing in return, this can be part of the grooming process and can help to build a close relationship with a young person. Others may try to use gifts as 'leverage' to persuade young people to do something such as moving to a different online platform, going on webcam or taking a photo of themselves.

Speak with your child about bribery and 'too-good to be true' offers. Encourage them to question anything they are offered online from someone they do not know offline, and remind them that it's always better to check in with a parent or carer if they are unsure what to do if offered a reward or gift.

Here are seven simple things you can do to use them effectively:

1. Explore parental controls on games consoles. Most games consoles enable parents to apply settings that can help to manage a child's online activities. For more information on enabling parental controls visit Internet Matters.
2. Get to grips with the blocking and reporting functions on the games your child plays, and ensure they know how to use these.
3. Continue to have conversations with your child about gaming and their online activity. Reassure your child that they can always talk to you about anything that makes them feel uncomfortable.
4. Learn more about gaming and the PEGI age ratings.
5. Bullying is never okay. If your child is experiencing name calling or harassment while gaming, visit Childline for helpful advice on getting help and support.

Recommended websites for more information

- Think U Know
- Childnet
- Digizen
- Kidsmart
- Vodaphone
- Get Safe Online
- Childline
- NSPCC
- Stop Cyber Bullying
- YHGFL
- Computer Security
- Parent Info from CEOP

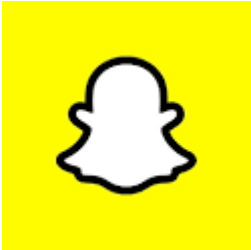
Facebook advice



Just like adults, children use Facebook to connect with friends – through chat, personal messages and sharing photos, videos, links and other kinds of information. They use Facebook to announce achievements, wish each other a happy birthday and plan social events – like going to the cinema or to a friend's house.

Help your child stay safe on Facebook by visiting the Family Safety Centre at <http://www.facebook.com/safety/?ref=6pack#!/safety/groups/parents/>

Snapchat advice



Key things to share with your children to stay safe using snapchat:

1. Don't add people you don't know to your friends list.
2. Block strangers who try to contact you.
3. Don't send inappropriate snaps.
4. Keep your location private.
5. Don't give out personal information over Snapchat.
6. Be honest about your age.