

# e-Safety Advice for Parents and Carers

## What is e-Safety?

- E-Safety is concerned with safeguarding young people (and indeed adults!) in the digital world
- It is about learning to understand and use new technologies and Information Communication Technology in a positive way
- E-safety is not about restricting children, but educating them about the risks as well as the benefits so they can feel confident and happy online
- It is about being educated to be able to support and help young people
- Digital Natives vs. Digital immigrants = Digital Divide

## How do we use the internet?

### Benefits

- Access to **Global** information
- **Educational** Resources
- Entertainment, games and **fun!**
- **Communication** with friends/family
- Personal/Social/Health **advice**
- Networking and **friendships**: Sense of **Community**
- Privacy for expression of Identity
- **Accessible**
- Develops Key **skills**: Communication and Collaboration

### Online risks

	Commercial	Aggressive	Sexual	Values
<b>Content</b> Child as recipient	Adverts Spam Personal info	Violent content Hateful Content	Pornographic content Unwelcome sexual comments	Bias Racist Misleading info/advice
<b>Contact</b> Child as participant	Tracking Harvesting personal info	Being bullied, harassed or stalked	Meeting strangers Grooming	Self-harm Unwelcome persuasions
<b>Conduct</b> Child as actor	Illegal downloading Hacking Gambling Scams terrorism	Bullying or harassing others	Creating and uploading inappropriate content	Providing misleading info and advice

## Some Key Areas to consider:

- Chatrooms – Habbo Hotel, Club Penguin
- Instant Messenger – MSN, Yahoo, AIM
- Social Networking sites – Facebook, Bebo, MySpace
- Gaming – Xbox, PS3, Wii, World of Warcraft, Runescape, Second Life
- User Generated Content Sites – Youtube, Flickr
- Mobile Phones – Web access, Cyberbullying, Bluetooth, Cameras
- Online Content – Incitement Sites e.g. Pro-ana/Mia, Pro Self-Harm, pro Suicide, Hate against race/religion, Violence/Aggression, Pornography etc

## Important Organisations and Reporting a Problem

### CEOP

- The Child Exploitation and Online Protection Centre (CEOP) is a Law enforcement agency that aims to tackle online child abuse. It was set up in April 2006 and has received over 7,000 reports of abuse to date.
- A key focus of CEOP is the Think U Know website and education strategy to teach young people, teachers and parents/carers about e-Safety and a “Report Abuse” button to report online abuse which can be used by adults and young people.
  - [www.ceop.gov.uk](http://www.ceop.gov.uk)



### Think U Know

- The Think U Know Website [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) is divided into 5 areas:
  - 5-7's Hector's World (KS1 Resources)
  - 8-10 CyberCafe (KS2 Resources)
  - 11-16 TUK (KS3/4 Resources)
  - Parent/Carers (Free resources and monthly emails for Parents/Carers)
  - Teacher/Trainer (Register here for free resources for teaching e-Safety)
- CEOP offers the Thinkuknow education programme for professionals working with young people aged 11-16. Once trained (either by CEOP or a CEOP ambassador), educators are able to deliver the Thinkuknow programme directly to children and has access to additional resources and videos.



### The VGT

- CEOP works as part of the Virtual Global Taskforce (VGT) which made up of law enforcement agencies from around the world such as Australia, Canada, Italy, America, etc. [www.virtualglobaltaskforce.com/](http://www.virtualglobaltaskforce.com/)
- Any reports of abuse made via CEOP's or the VGT 'Report Abuse' button can be answered 24 hours a day, 7 days a week from around the globe.
- The report abuse button can be used to report inappropriate or potentially illegal activity towards a child. It can be found in many websites, chatrooms and instant messaging services.
- If a child is in immediate danger, contact 999 for police assistance.



### The IWF

- The Internet Watch Foundation (IWF) [www.iwf.org.uk](http://www.iwf.org.uk) is the UK hotline for reporting illegal online content – This may be Child abuse images, or material considered to be criminally obscene or inciting hatred. A link for reporting illegal content appears on the IWF homepage.



# Cyberbullying

## What is Cyberbullying?

"Cyberbullying is the use of Information Communication Technology (ICT) particularly mobile phones and the internet, to deliberately upset someone." DCFS 2007

- Cyberbullying can take place 24/7 and is not restricted by location
- Can occur on a vast Scale and can be very hard to control
- Bullies attempt to be anonymous and can feel "distanced" from the incident
- "Bystanders" can easily become perpetrators
- Cyberbullying can occur unintentionally – often due to a lack of awareness/empathy
- Cyberbullying can take place across generations - age/size is not an issue
  - Child to child, Child to adult, Adult to adult, Adult to child
- Cyberbullying incidents can be used as evidence
- Can occur in many forms:
  - Mobile Phones (Texting/Videos/Photos), Social Networking sites, Websites, Chatrooms, IM etc

## Key Advice to Young People

- Always respect others – think about what you say online and what images you send/post
- Remember that anything you publish online can be made public very quickly and you will never be sure who may have seen it. Once something is posted you lose control
- Treat your password like a toothbrush – never share it with anyone and only give your personal information like mobile phone number or email address to trusted friends
- Learn how to block or report online Bullies or anyone behaving badly!
- Don't retaliate or reply!
- Save the evidence – text messages, online conversation, pictures etc
- Always make sure you tell:
  - an adult you trust or contact someone like Childline
  - The service provider e.g website, mobile phone company etc
  - The school or the police
- If you see Cyberbullying going on the support the victim and REPORT the bullying

## Key Advice for Parents/Carers

- Your child is just as likely to be a bully as to be a target. Be alert to your child being upset after using the internet/phones – they may be secretive, change relationships with friends
- Talk to your child and understand how they are using the internet and their phone
- Use safety tools and parental controls – if your not sure how contact your service provider. Please note tools are not always 100% effective
- Remind your child not to retaliate
- Work with the school to resolve the issue if other pupils are involved
- Keep any evidence of Cyberbullying – emails, Online Conversations, texts, screen prints of sites/chat messages – try and include time/date etc
- Report the Cyberbullying:
  - Contact the school so they could take action if it involves another pupils
  - Contact the service provider to report the user and remove content
  - If the cyberbullying is serious and a potential criminal offence has been committed then consider contacting the police.

## Advice and Guidance for Parents/Carers

### Parents/Carers: Follow the Golden Rules

#### Ground Rules

- Establish how the internet will be used in your house
- Discuss what will be kept private online (information, credit card details, photos etc) and decide rules for meeting online friends
- Know what your child is doing online much like you would offline
- Use a child friendly search engine

#### Online Safety

- Install antivirus software, filtering, firewalls and secure your internet connections
- Remember that tools are not always 100% effective and sometimes things can get past them!
- Use Parental Control functions for computers, mobile phones and games consoles – if you're not sure how then contact the manufacturer or service provider.

#### Location

- Ideally locate the computer/laptop in a Family room and don't allow webcams to be used unless with your consent and always in a family room under supervision
- Consider other devices in your home that allow internet access such as Mobile Phones and Games Consoles

#### Dialogue

- Talk to your child - Share the experience with them and ask them to show you how they use technology
- Be open and encourage them to talk to you
- If your child reports a problem make sure you support them, report it or seek advice

### Advice for Young People: Be SMART!

- **SAFE** - Staying safe means being careful and not giving out your name, address, photos, mobile phone no., school name or password to people online. Use a nickname, set social networking sites to private and never post your own or your friends/families information without their permission.
- **MEETING** – Meeting up with someone you have contacted online can be dangerous as you never know if they are who they say they are. Only do so with your parent's/carer's permission, and when they can be present and always meet in a public place.
- **ACCEPTING** e-mails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages. The best thing to do is ignore them or show them to an adult you trust.
- **RELIABLE** – Some people online maybe lying about who they really are, and some information you find on the Internet may not always be reliable and true.
- **TELL** an adult you trust if someone or something you see online makes you feel uncomfortable or worried. You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- **Don't do anything online you wouldn't do in real-life!** If you wouldn't be happy with your parents/teacher/Local Police seeing it then don't post it online!
- **It's never too late to tell someone if something or someone makes you feel uncomfortable – if it feels wrong it most probably is! Learn how to block someone online and report a problem**

## e-Safety – The Laws

- **Sexual Offences Act (2003)** includes offences such as:
  - Grooming
  - Import or transport obscenity using telecommunications public networks
  - Create an abuse image of a child under 18 (Includes self-generated images)
  - Knowingly receive and distribute Child Abuse images
  - Depict minors engaged in sexually explicit conduct (even in pseudo-form)

Also:

- **Malicious Communications Act** (1988)
- **Communications Act** (2003)
- **Computer Misuse Act** (1990)
- **Obscene Publications Act** (1959)

## Children and inappropriate content online

- 90% of UK children have accidentally viewed online pornography
- The average age for first exposure to pornography is 11
- Two thirds of UK Teens have viewed Pornography and 1/3 say they learn about sex from pornography
- The average teen watches 90 minutes of pornography per week

## Protect your children - 8 Stage Action Plan

- 1) Prepare your child for accidental exposure to pornography and inappropriate content. Explain that some adults view pornography as 'fantasy' rather than reality and that porn does not reflect real life, real bodies, or real sex – it distorts them. Encourage your child not to hesitate about coming to you about anything they see online which upsets or disturbs them.
- 2) Make an effort to get computer literate if you want to support and understand your children, you need to have a reasonable understanding of their world
- 3) Demand information from retailers on adult-content filters whenever you buy a new computer for family use.
- 4) Ask your internet service provider (ie. BT, Virgin, Tiscali etc) how to switch on the adult-content filters that they already provide.
- 5) Use family search engines or apply safe-search filtering to search engines that your family regularly use.
- 6) Set up different user accounts on home PCs/laptops for every member of the family and activate parental controls on the child's accounts.
- 7) Shop around for software and content that provides extra adult-content filtering.
- 8) Keep an eye on your child's browsing history – not to censor or spy on them, but to keep them safe online.

## Tips for Parents/Carers

- **Know how to remove a programme:**
  - Start>control panel>add or remove programmes> Select the programme to remove
- **Ensure Windows automatic updates are turned on and a firewall is in place**
- **Learn how to check your internet history on your browser**
- [www.microsoft.com/protect/default.mspx](http://www.microsoft.com/protect/default.mspx) = Guidance from Microsoft on Home security and safety
- **Ensure you use anti-virus and spyware removal software:** Update and run regularly (whenever you use the internet if possible) – Windows Defender, MacAfee, Norton etc  
*(Please note we do not endorse any specific products, these are provided as suggestions only - alternatives are available)*
  - [www.mcafee-online.com/uk](http://www.mcafee-online.com/uk)
  - [www.norton-online.com/uk](http://www.norton-online.com/uk)
- **Secure your Wireless connection**  
Check your router manufacturer and/or ISP provider if you are not sure how to do this.
- **Use parental controls/filtering** (either pre-installed, free or purchased) where possible e.g.
  - Windows Vista: [www.microsoft.com/windows/windows-vista/features/parental-controls.aspx](http://www.microsoft.com/windows/windows-vista/features/parental-controls.aspx)
  - Windows XP: Windows Live Family Package  
<https://fss.live.com/Default.aspx>
  - Mac: [www.apple.com/macosx/features/parentalcontrols.html](http://www.apple.com/macosx/features/parentalcontrols.html)
  - [www.netnanny.com](http://www.netnanny.com)
  - [www.opendns.com](http://www.opendns.com)
  - [www1.k9webprotection.com](http://www1.k9webprotection.com)
- **Try using different browsers** (Mozilla, Chrome, Opera, Internet Explorer 7 or 8) some have built in security features.  
<http://www.glubble.com/> & [www.kidzui.com](http://www.kidzui.com) - Plug in's for Firefox Browser
- **Hector Protector:**  
[www.thinkuknow.co.uk/5\\_7/hectorsworld/safetybutton.aspx](http://www.thinkuknow.co.uk/5_7/hectorsworld/safetybutton.aspx)

### **Safer Searching:**

Try these websites as an alternative search engine

- [www.askkids.com](http://www.askkids.com)
- <http://kids.yahoo.com>
- [www.bbc.co.uk/cbbc/find](http://www.bbc.co.uk/cbbc/find) - excellent child friendly search engine
- [www.totlol.com](http://www.totlol.com) – Youtube for younger children!

### **Mobile Phones:**

- Know how your child's phone works (e.g. Bluetooth, Internet access)
- Agree the type of content that you would be happy for them to download, knowingly receive or send on to others
- Save any abusive messages or inappropriate images for evidence purposes
- Decide together what are acceptable bills
- Encourage balanced use – switching off at mealtimes, bedtime.
- Be aware of how to report nuisance calls or texts
- Contact the Mobile Phone service provider to ask them to block adult content

## Websites for Further Advice and Guidance

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - Register in the Parent/carer area for free advice and monthly emails  
[www.ceop.gov.uk](http://www.ceop.gov.uk)  
[www.virtualglobaltaskforce.com](http://www.virtualglobaltaskforce.com)  
[www.iwf.org.uk](http://www.iwf.org.uk) - Report illegal content

### **Kent Resources:**

[www.kent.police.uk/internetsafety](http://www.kent.police.uk/internetsafety) - Kent Police Information  
[www.kent.gov.uk/esafety](http://www.kent.gov.uk/esafety) - Advice for Parents  
<http://kenttrustweb.org.uk/CS/community/esafety> - e-Safety Officer's Blog  
[www.kscb.org.uk](http://www.kscb.org.uk) – Kent Safeguarding Children Board

### **Links for Parents/Carers and Young People:**

[www.getsafeonline.org](http://www.getsafeonline.org) – Security advice  
[www.myguide.gov.uk](http://www.myguide.gov.uk) – Free online Computer Courses  
<http://computer.howstuffworks.com>  
[www.parentscentre.gov.uk/worriedabout/internetsafety/](http://www.parentscentre.gov.uk/worriedabout/internetsafety/)  
[www.parentscentre.gov.uk/usingcomputersandtheinternet](http://www.parentscentre.gov.uk/usingcomputersandtheinternet)  
[www.becta.org.uk/nextgenerationlearning](http://www.becta.org.uk/nextgenerationlearning)  
[www.crimereduction.homeoffice.gov.uk/yp/ypgcp06.htm](http://www.crimereduction.homeoffice.gov.uk/yp/ypgcp06.htm)  
[www.childnet.com](http://www.childnet.com) – Excellent free resources e.g. Know It All, an online interactive guide  
[www.bbc.co.uk/onlinesafety](http://www.bbc.co.uk/onlinesafety)  
[www.kidsmart.org.uk](http://www.kidsmart.org.uk)  
[www.ikeepsafe.org](http://www.ikeepsafe.org)  
<http://safely.yahoo.com/> Yahoo Safety Tips  
<http://onecare.live.com/> Microsoft OneCare  
[www.microsoft.com/protect/default.aspx](http://www.microsoft.com/protect/default.aspx) Microsoft Safety  
[www.getnetwise.org](http://www.getnetwise.org)  
[www.chatdanger.com](http://www.chatdanger.com)  
[www.crimereduction.homeoffice.gov.uk/yp/ypgcp06.htm](http://www.crimereduction.homeoffice.gov.uk/yp/ypgcp06.htm)  
[www.fosi.org](http://www.fosi.org) - Family Online Safety Institute  
[http://delicious.com/esafetyofficer\\_Kent](http://delicious.com/esafetyofficer_Kent) - The e-Safety Officer's useful links

### **Cyberbullying:**

[www.digizen.org/cyberbullying](http://www.digizen.org/cyberbullying)  
[www.stoptextbully.com](http://www.stoptextbully.com)  
[www.cybermentors.org.uk](http://www.cybermentors.org.uk) – Online advice and support from other young people  
[www.bullying.co.uk](http://www.bullying.co.uk)  
[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)  
[www.stopcyberbullying.org](http://www.stopcyberbullying.org)  
<http://yp.direct.gov.uk/cyberbullying/>  
[www.cyberbullying.org/](http://www.cyberbullying.org/)