



Please join with cameras and microphones off

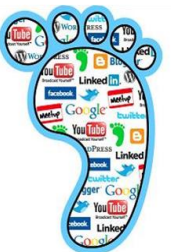
Thank you!

Online Safety Evening

— Wednesday 27th January 2021 —
4.30pm



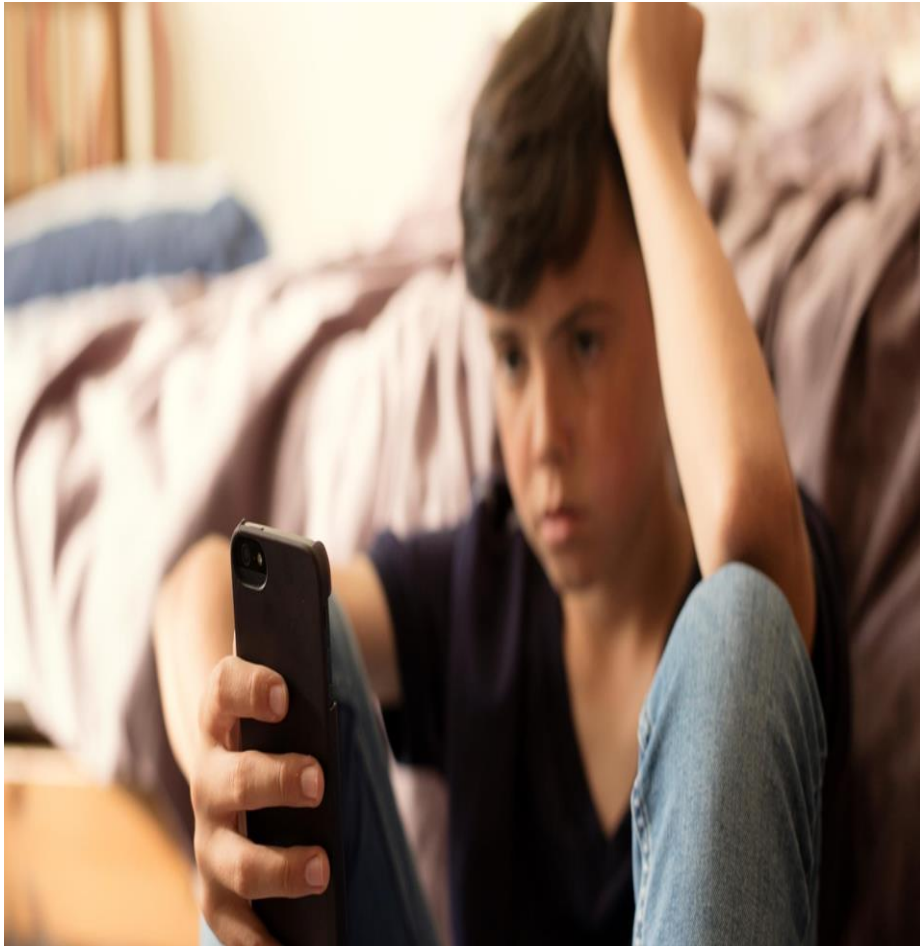
thatcherd@piggottschool.org



Parenting in the digital age



What we aim to cover



- **Issues facing young people online**
- **Your concerns**
- **Q&A**

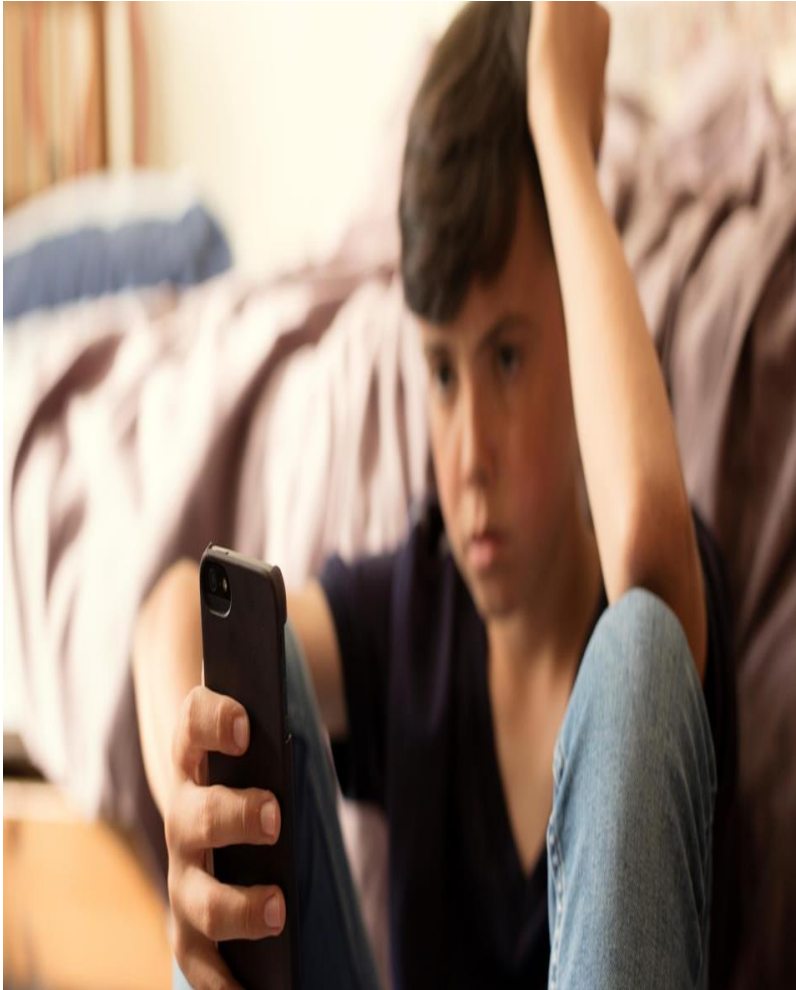
Mr David Thatcher Assistant Headteacher (i/c Online Safety)

Mrs Joanne Colby (Safeguarding Officer)

**internet
matters.org**

<https://www.internetmatters.org/issues/screen-time/protect-your-child/>

Main issues facing young people online



- Screen time
- Inappropriate content
- Online reputation
- Privacy & identify theft
- Self harm
- Cyberbullying
- Online grooming
- Sexting
- Self Harm
- Radicalisation

Aim:

- **Share knowledge**
- **Offer advice**
- **Reassure you**
- **Encourage positive choices**
- **Support**
- **Working together**

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THE DIGITAL WORLD

A young man with dark hair, wearing a dark blue t-shirt and blue jeans, is sitting and looking down at a black smartphone held in both hands. The background is blurred, showing another person in a light-colored shirt. The overall tone is warm and focused on digital technology.

Online pressures in the first year of Secondary School

Parental concerns

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Use of social media



68%

Of parents of Year 7 pupils are concerned their children are under pressure to have multiple social media apps



71%

Are worried they will be pushed into sharing images or videos

Managing digital relationships



73%

Said they were anxious about their child's ability to manage online relationships

Pressure to take part in dangerous challenges



3/4

Fear they would be pressured into taking part in harmful online challenges and crazes

Exposure to cyberbullying



8/10

Parents of Year 7 pupils said they were concerned about cyberbullying

Having the right phone



68%

Worried their kids felt the strain of having the latest device

Smartphone use in schools



59%

Of UK parents agreed that phones shouldn't be allowed inside school



49%

Believed children should be allowed to carry them on the way to and from school

Online activities

- **Checking-in with friends** and the world on a range of social apps - **Snapchat** being the number one destination followed by **Instagram**
- Watching TV online through **YouTube**
- Building their **digital footprint** by sharing details about their day to day life with friends and family or people they've met online
- **Gaming online** with friends regularly
- Doing homework through **video chats** with friends
- Taking part in **online challenges** with friends
- **Developing online relationships** some of which are purely digital
- **Raising awareness** of a cause they are passionate about to effect positive change
- **Joining online forums** to meet others with the same interests.



Online education

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Screen Time

What are the benefits?



- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

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Screen Time

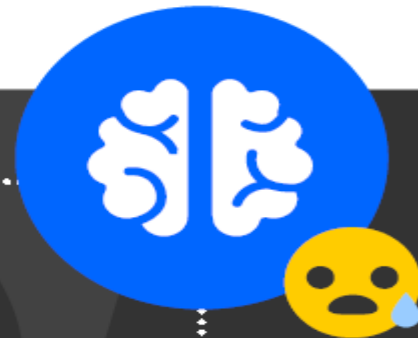
Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep



Effect on the brain

Screens can have a drug-like effect on the children's brains which can make them more anxious

It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

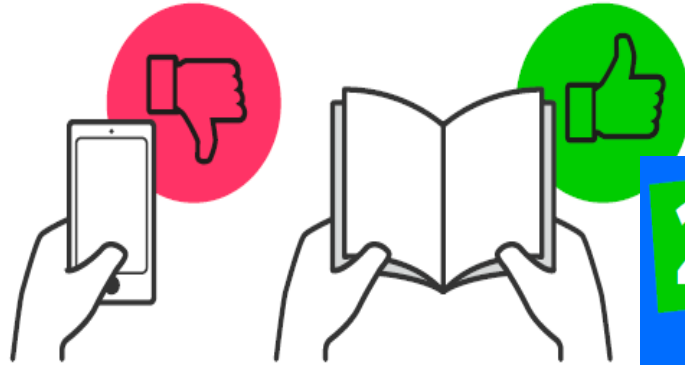
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Five top tips to manage children's screen time

Help your child make the most of their time on and offline

1 Set a good example with your own device use

Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.



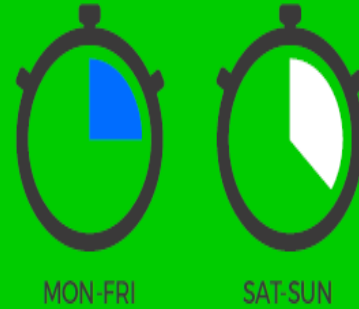
2 Talk together about the time they spend online

Understand what they're doing, and explain your concerns.

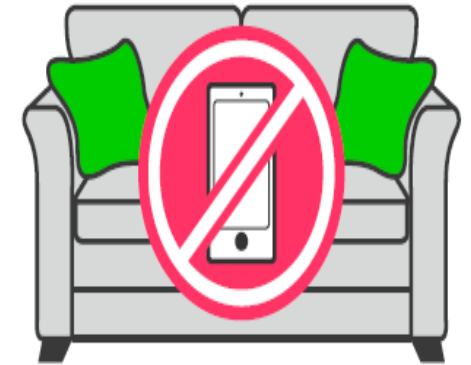


3 Agree an appropriate length of time that they can use their device

Put in place a family agreement to set some boundaries and don't break them.



4 Get the whole family to unplug and create 'screen free' zones at home

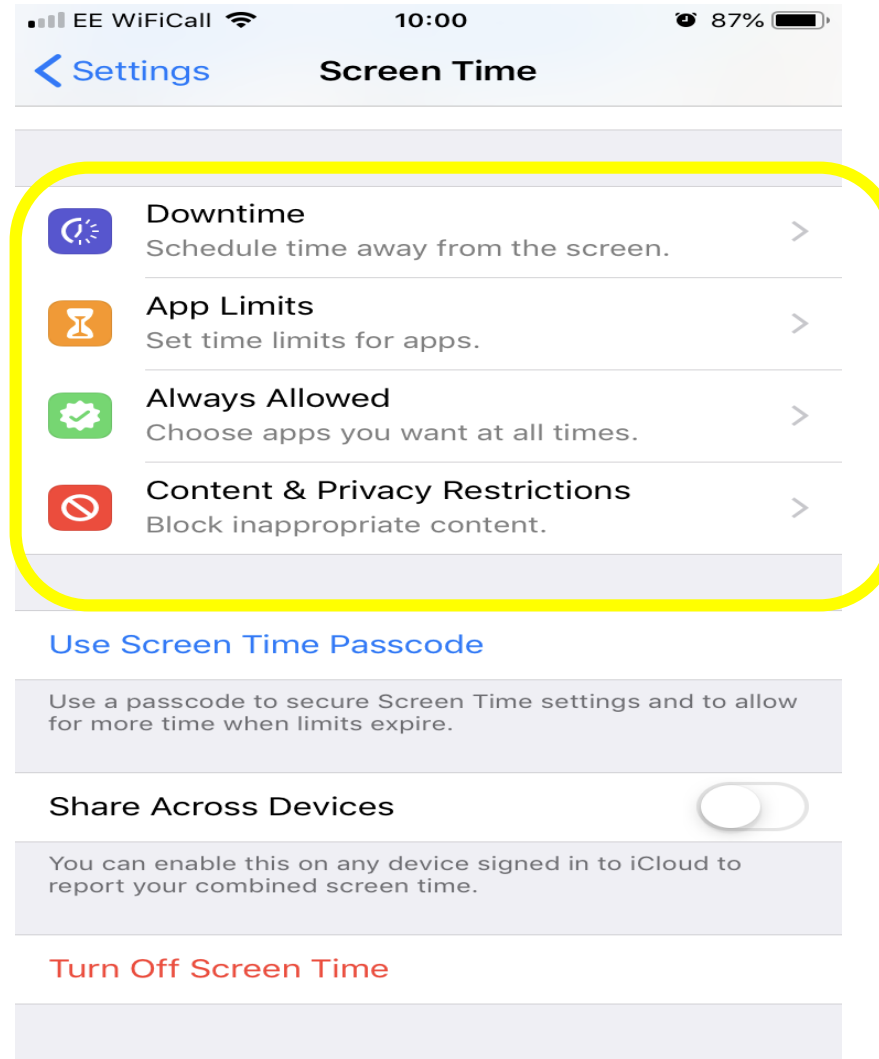
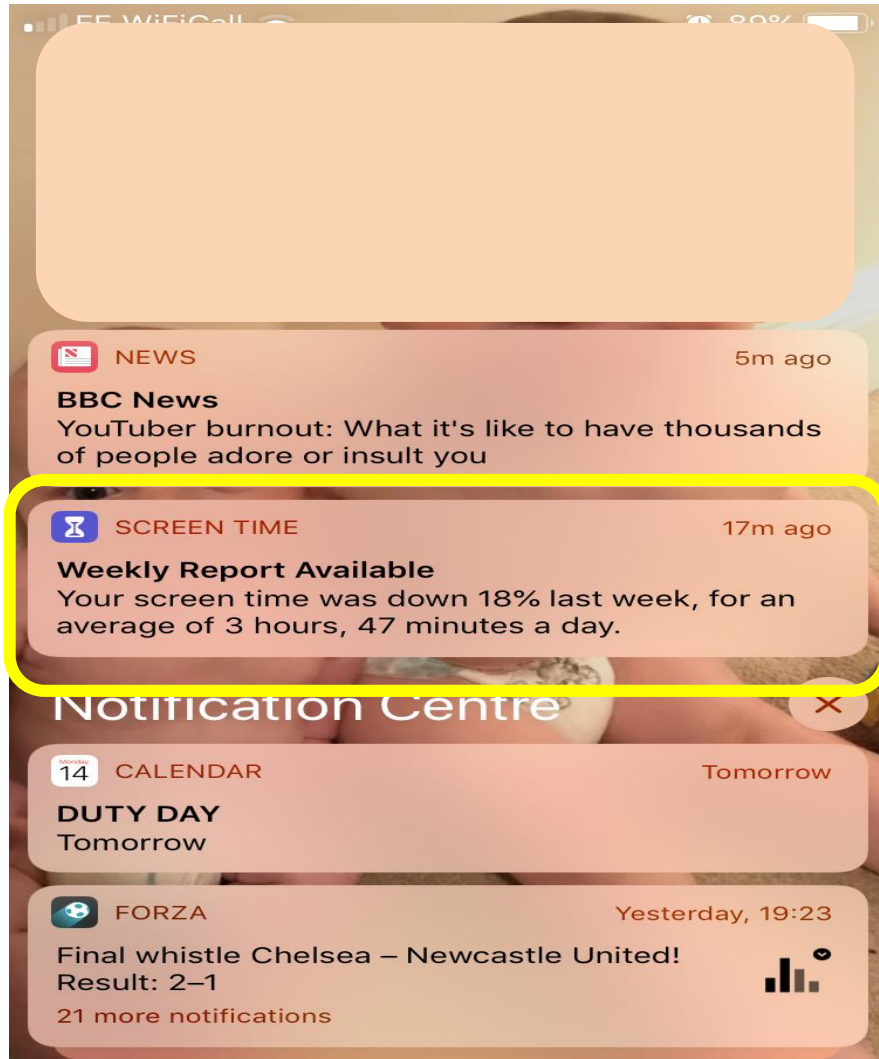


5 Use technology and apps to help manage screen time

For example, the **Forest** app enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The iPad's '**Guided Access**' limits the time you can access any given app, which can be great for younger children.



Screen Time





#STATUSOFMIND

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Mobile Apps



Do you know your child's favourite apps and sites?

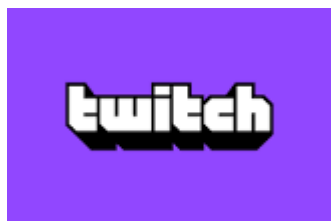
Are the apps age appropriate?



FORTNITE



You Tube



Age Restrictions

13 year olds and upwards



AskFm



BBM



Bebo



Facebook



Flickr



Foursquare



Google+



Habbo



Instagram



KiK



LinkedIn



TikTok



Reddit



Snapchat



Tumblr



Twitter



Vimeo



YouNow



YouTube



Yubo



Houseparty



Monkey



Whisper

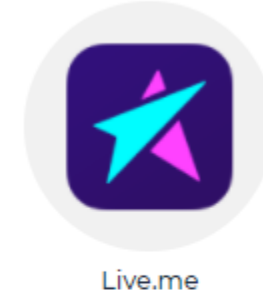
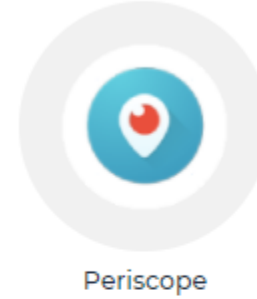


Age Restrictions

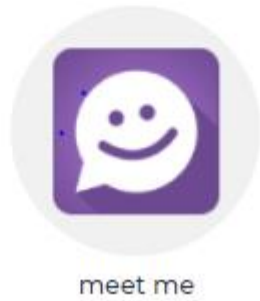
14 year olds and upwards



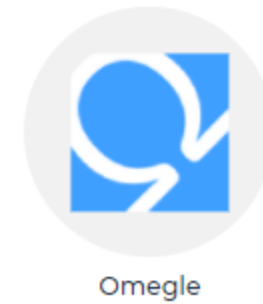
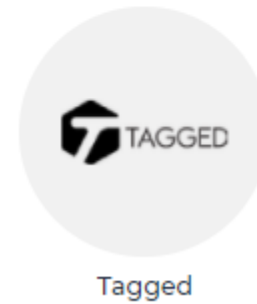
Only suitable for 17 year olds and upwards



16 year olds and upwards



Not suitable for under 18 year olds



What are the risks of an underage social networking account?

- Many sites include an instant message function which allows private conversations
- Most social networking sites have an app version available, meaning your child will have access to the social network from their smartphone or tablet.
- Some app versions of social networks use the location of the phone.
- Information shared between friends can be easily copied and may spread

What are the risks of an underage social networking account?

- It isn't easy to take back information that has been posted
- Not everyone your child meets online will be who they say they are. Chatrooms and forums can connect people who are complete strangers and can be unmoderated
- Chatrooms and forums are one of the places online groomers go to connect with children. They can also be places where people use a lot of sexual language and engage in online flirting. This is sometimes done through video chat programs.



Help Centre — Privacy and Safety Center

Community Guidelines

Controlling Your Visibility

Learn How to Address Abuse

Blocking People

Safety Tips

Tips for Parents

Information for Law Enforcement

Report Something



Sharing Photos Safely

About Eating Disorders

Data Policy

Tips for Parents

Basic Info

- ✓ [What is Instagram?](#)
- ✓ [Can I have access to my teen's Instagram account?](#)
- ✓ [Download "A Parent's Guide to Instagram"](#)
- ✓ [How do I change how ads on Instagram are targeted to my child?](#)

Privacy and Safety

- ✓ [How do I manage my privacy on Instagram?](#)
- ✓ [Who can see my teen's photos on Instagram?](#)
- ✓ [How can I get an image of my child removed from Instagram?](#)
- ✓ [Why was an image that I posted on Instagram of my child removed?](#)

Learn more about our [Community Guidelines](#).

Reporting

- ✓ [How can I or my teen report abusive behavior or inappropriate/offensive material on Instagram?](#)

Chatting apps popular with children

Where available, you'll also find links to the relevant privacy pages or FAQs for these apps.



BBM

The BlackBerry Messenger (BBM) app allows you to share messages and images. It also allows you to make free calls anywhere around the world.



Chat and Play

The app offers a virtual world that might be appealing to children due to its cartoon-like customisation. You can create your own avatar as well as customising your own chatroom.



WeChat

WeChat is a voice and text messaging app with location and Bluetooth functionalities. WeChat allows you to contact other people randomly if they're in a similar location or using certain functions of the app at the same time.



Telegram [↗](#)

Telegram is an app available on both mobile and desktops, allowing free and safe messages for the sender. The app encrypts messages and gives you the ability to destroy them if unwanted.



TeamSpeak [↗](#)

This is a voice-over-Internet Protocol (VoIP) app that is used primarily in the world of online gaming between gamers playing multi-player games. There are no restrictions about who can chat to who.



Facebook Messenger [↗](#)

The Facebook Messenger app is a messenger app that connects with the Inbox in Facebook.



Skype [↗](#)

Skype allows you to make voice calls over an internet connection. It also has a chat function and allows the transmission of files from one person to another.



Whatsapp

Free-of-charge, real-time messaging. You can share images and videos, take part in 'group chats' and share locations. You can only message someone if you already know their telephone number.



Viber

You can make free calls, share images and texts free-of-charge anywhere. It's based on knowing the other person's phone number, so you can only message another person if you already know their telephone number.



ooVoo [↗](#)

The minimum age to sign-up for an account is 13. It allow you to send free text, video and photos to friends. See our "how to" guide to learn more about the app and privacy settings.

Social networking apps popular with children

Where available, you'll also find links to relevancy privacy pages, parent guides or safety tips for these apps.



TikTok (formerly Musical.ly)

TikTok is a popular social networking app that allows users to create, musical clips and short clips up to 60 seconds and add special affects to them. **Cost:** Free | **Minimum age:** 13 | **Available on:** iOS and Android



Facebook

The Facebook app allows you to share personal information, status updates, pictures, videos and chat with a network. The GPS feature is worth understanding – 'Nearby Friends' allows you to see your friends' current locations on a map. **Cost:** Free | **Minimum age:** 13 | **Available on:** iOS & Google Play



Emojicate

An emoji only social network. You can chat 1-on-1 or post public status messages using the apps custom emoji keyboard. **Cost:** Free | **Minimum age:** unrated | **Available on:** iOS & Google Play



Instagram

A photo-sharing app which allows you to edit photos and videos, upload them and share them to other social networking sites. Photos and videos can be sent directly to friends. See our "how to" guide to learn more about the app and how to set privacy controls. **Cost:** Free | **Minimum age:** 13 | **Available on:** iOS & Google Play



Keek

A 'Keek' is a short video accompanied by a small amount of text. You can respond to keeks with another keek – known as a 'Keekback'. The interactions can occur in a public or private view. **Cost:** Free | **Minimum age:** 18 (13 – with parental permission) | **Available on:** iOS & Google Play



Kik

Kik is a messenger app with a built-in browser. It allows users to talk, browse and share any website with friends without leaving the app. Unlike some messaging apps, Kik doesn't use telephone numbers, only user names. **Cost:** Free | **Minimum age:** 18 (13 – with parental permission) | **Available on:** iOS & Google Play



Kudos

The Photo sharing social media app gives children the opportunity to explore the world of social networking in a safe environment. **Cost:** Free | **Minimum age:** 9+ | **Available on:** iOS



Periscope

This is a live video streaming app that lets you watch or broadcast live video through a open social network to anywhere in the world. Watchers can comment on videos as they are broadcast. **Cost:** Free | **Minimum age:** 17+ | **Available on:** iOS & Google Play



Pinterest

Pinterest is a app you can use to collate visual ideas, great for educational and creative projects. **Cost:** Free | **Minimum age:** 13 | **Available on:** iOS & Google Play



PopJam

This app aims to build a digital community where children can share art, stories, games, photos and contests that they've created with other like-minded children. Children can follow friends, other PopJam accounts, and their favourite band, artist or authors. **Cost:** Free | **Minimum age:** 13 | **Available on:** iOS & Google Play



Timehop

Timehop is an app that allows you to see the events on social media from a specified point in the past. **Cost:** Free | **Minimum age:** 18 | **Available on:** iOS & Google Play



Twitter

The Twitter app works in a similar way to the desktop version of Twitter, except that when you tweet you can also post the location of where you're tweeting from. The Safety Centre for parents can help with any questions or concerns. **Cost:** Free | **Minimum age:** 13 | **Available on:** iOS & Google Play



Google+

Google+ is a social networking site that lets you exchange files and information, chat and webcam with friends. **Cost:** Free | **Minimum age:** 13 | **Available on:** iOS & Google Play



Lego Life

An app created for children under 13 where kids are able to post and share images of their lego creations with friends in a safe environment. **Cost:** Free | **Minimum age:** 4+ | **Available on:** iOS & Android

Anonymous Apps

- Anonymous apps allow users to share and interact with each other without revealing who they are
- Anonymous apps can expose children to a range of online risks, including inappropriate content, cyberbullying and sexting
- Under the cover of anonymity, people may feel less accountable for what they say and may share things that they would not on open social platforms

Sarahah

Sarahah is an established free social media app that allows you to receive comments from friends and strangers anonymously. The name means 'honesty' in Arabic and was initially designed for employees to share feedback with each other anonymously. Now that it is linked to Snapchat, many teens have taken to it and it now has millions of users.



Cost: Free | Minimum age: 17

Risks: Cyberbullying, violence

- [Common Sense Media Sarahah App review](#)
- [Sarahah how-to privacy guide](#)

SayAt.Me App

SayAt.Me is an Android only app that allows you to ask questions to others and get 'honest feedback'. Like similar apps, it can expose children to cyberbullying as young people may use anonymity to harass others. Also, getting honest feedback can impact young people self-esteem if comments made are hurtful and cruel.

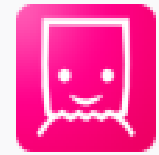


Cost: Free | Minimum age: 18 (with parental consent)

Risks: Cyberbullying

- [Smart Social SayAt.Me parents' app guide](#)

Like many anonymous apps, Tellonym allows you to ask and answer questions about users on the platform anonymously. The app can be linked to other social media accounts (Instagram, Twitter or Snapchat) to allow user to get incoming messages from friends and people they don't know. Connecting Tellonym to other platform increases the risk that strangers could target children across platforms.



Safety on the Tellonym

- Language filters to remove offensive language, spam or sexual harassment
- Custom word filters to exclude specific topics
- Adjust privacy settings
- Report and block users

Cost: Free | Minimum age: 17

Risks: Inappropriate content, cyberbullying

- [Tellonym parents guide](#)
- [Smart Social Tellonym App guide](#)
- [Tellonym privacy options](#)

Past! Anonymous

Like many anonymous apps, Past! Anonymous allows you to share secrets, daily experiences without sharing your identity. You can vote, comment and private message others on the platform. This can exposed young people to incidents of cyberbullying as some use the anonymity to target others and say things they wouldn't say in real life.



Also, like Snapchat, once a message has been opened it is deleted within 50 seconds however, you cannot screenshot conversation for later viewing which means if you are receiving inappropriate content, you are not able to collect evidence.

Cost: Free | Minimum age: 17

Risks: Inappropriate content, cyberbullying

- [Past! Anonymous Terms of Use](#)
- [Parent guide to Past! Anonymous](#)

Decoy Apps

Secret Calculator app

Appearing as a calculator icon, the only giveaway that this may actually be a decoy app is if you see more than one calculator icon on your child's device. Private information, videos and photographs can be hidden in this app.



Cost: Freemium with in-app purchases | **Minimum age:** No minimum age

Risk: Sharing or receiving inappropriate content

- [Secret Calculator App parents' guide](#) 

Stashword – Private Fingerprint Messenger

The Stashword app cannot be seen as it is an extension to messages only. It requires a PIN or fingerprint scan in order to open private messages. You can erase conversation easily and it can also be used to save and manage passwords.



Cost: 99p **Minimum age:** No minimum age

Risks: Sending or receiving inappropriate content

Photo Album Vault

The Photo Album Vault appears as a typical lock screen and allows you to store photos in the cloud with unlimited storage. You can also take and store videos and photos in the app.



Cost: Free with in-app purchases |

Minimum age: no minimum age

Risks: Sharing or receiving inappropriate content

KeepSafe Photo Vault

The Keepsafe app allows you to store photos and videos behind a PIN, fingerprint touch ID and military-grade encryption. There is a free and paid version of the app based on extended features like advanced security features, such as fake login PINs, break-in alerts and the ability to disguise the app as something else.



Cost: Free with in-app purchases | **Minimum age:** no minimum age

Risks: Sharing or receiving inappropriate images

Other things to be aware of:

- **Fake profiles**
- **Dual profiles**
- **New apps being created**

Help guides for each app!

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By Age

[Preschoolers \(2-4\)](#)[Little Kids \(5-7\)](#)[Big Kids \(8-9\)](#)[Tweens \(10-12\)](#)[Teens \(13+\)](#)

By Topic

[Cellphones](#)[Screen Time](#)[Social Media](#)[Privacy and Online Safety](#)[Learning with Technology](#)[Violence in the Media](#)[More ...](#)

Parents' Ultimate Guide to ...

[Minecraft](#)[Google Classroom](#)[Fortnite](#)[YouTube](#)[Snapchat](#)[TikTok](#)[Roblox](#)[YouTube Kids](#)[Zoom](#)[Messenger Kids](#)[Parental Controls](#)[More ...](#)

What's New

[Talking to Kids About the Violence at the U.S. Capitol](#)[All Articles](#)[Family Media Agreement](#)[Parent Trapped Podcast](#)[Free Weekly Webinars](#)

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Guide to Apps

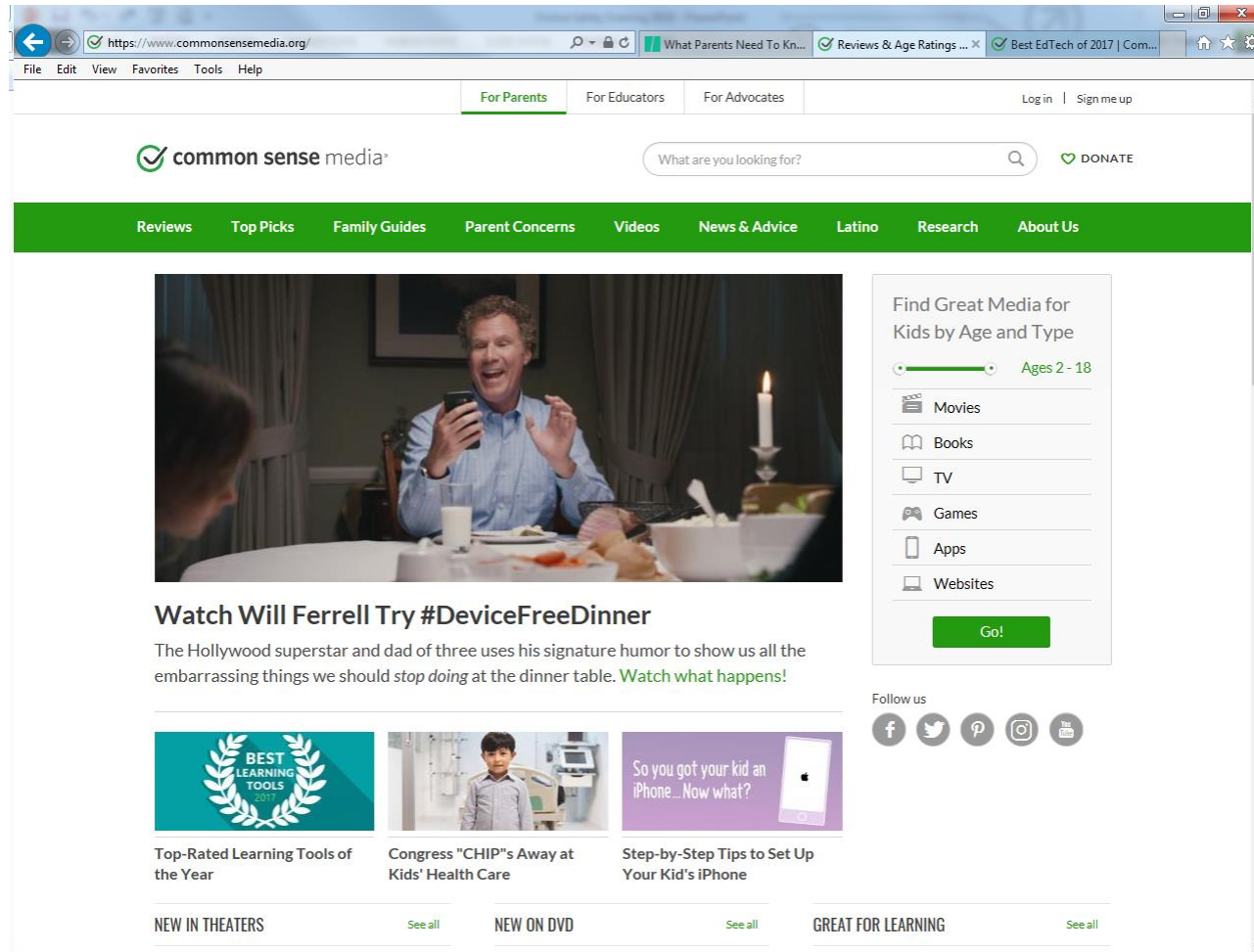
Get expert tips to support children

SEE APP MINIMUM AGE GUIDE

Getting to grips with apps children
use



Commonsensemedia.org



NSPCC
Net Aware)))



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Privacy and Identity

- Just like adults, children may be at risk of having their online identity stolen and misused.
- It can be difficult to maintain a child's privacy as they may not understand what information is safe to share online, or what default privacy settings are on the sites and devices they're using.





Dealing with Cyberbullying



GAMER888 wants to chat

Play (k)



0:01 / 0:30



1

IT'S GROWING

One in five 13-18 year-olds claim to have experienced cyberbullying



2

THE INTERNET NEVER SLEEPS

Cyberbullying can reach children anytime and anywhere



3

IT'S EASY TO DO

Even children who've never been involved in bullying can post or share something without thinking

4

IT CAN BE ANONYMOUS

Although it's easy to keep the evidence, it's harder to know who's behind it

5

TALK ABOUT IT

If your child uses social media don't wait until it happens to discuss it with them



6

BEWARE WHEN THEY SHARE

Discuss what children should share online and how this could invite bullies

7

CONTROLS CAN HELP

Set parental controls on their devices and ensure privacy settings are at the highest level on social media



8

EXPLORE FOR YOURSELF

Learn about the apps, social networks and online games your child uses and what they could be exposed to

9

TAKE IT SERIOUSLY

Check in with your child and be mindful of signs that they may be getting bullied

10

BLOCK AND REPORT

Teach your child what to do if they want to prevent or report abusive messages



Why is cyberbullying different?

Protect your child from cyberbullying

Bullying has changed and can now happen anywhere, anytime. Help protect your child from the lasting effects of cyberbullying by learning how to help them deal with it.

Top tips to deal with cyberbullying

1. Talk about it

Find the right time to approach your child if you think they're being bullied



2. Show your support

Be calm and considered and tell them how you'll help them get through it



3. Don't stop them going online

Taking away their devices or restricting usage might make things worse



4. Help them to deal with it themselves

If it's among school friends, advise them to tell the person how it made them feel



5. Don't retaliate

Advise your child not to respond to abusive messages and leave conversations if they're uncomfortable



6. Block the bullies

If the messages are repeated block and report the sender to the social network or gaming platform



7. Keep the evidence

Take screenshots in case you need them later as proof of what's happened



8. Don't deal with it alone

Talk to friends for support and if necessary contact your child's school



To find out more visit: internetmatters.org/cyberbullying



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Guide your child to be safe online

Think before
you post

Be share aware

Be a good
role model

Time
online

Get involved



Top tip – have a
family agreement
Like this example
by Childnet

A worksheet titled 'Family agreement' with a pink border. It includes an introduction paragraph, four 'Top tips' numbered 1 to 4, and a 'Starting questions' section with three prompts: 'Who is this agreement for?', 'What do we use the internet for?' (with sub-sections for 'Adult's use' and 'Young people's use'), and 'Why are we creating this family agreement?'. Each prompt has a grey box for writing. At the bottom, there is a 'Childnet International' logo and the website 'www.childnet.com/have-a-conversation'.

Online reputation

Encourage them to keep it positive online

Actions online can have a real world consequences - **share real stories** to help them understand the power of being positive online.



Make sure they know how to report abuse

Together get familiar with the **reporting and blocking settings** available on the platforms they use to screen out any abuse that breaks a platform's community guidelines.



Empower them to be themselves online

Encourage children **not to hide behind anonymity** online and be tempted to say or do things they shouldn't. Use examples to highlight the power of being real online and developing their passions to create a positive digital footprint.

Encourage them to do a search on their name

Make sure they are aware of the information that future employers and teachers may see and take a call to remove anything that is unpleasant or incorrect.



Make them aware that they can recover from mistakes made online

Let them know that if they make a mistake by posting something they shouldn't **there is always a way to deal with it** and give them support to make smarter choices in the future.

Highlight the importance of choosing respect

Talk to them about **respecting other people's privacy and viewpoints** even if you don't agree with them.



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Be the example they can follow

Let your child see how you interact online to **learn how to be kind and make safer choices online**.



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Sexting

Play (k)

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Sexting

The term 'sexting' is used to describe the sending and receiving of sexually explicit photos, messages and video clips, by text, email or posting them on social networking sites.

It's increasingly done by young people who send images and messages to their friends, partners, or even strangers they meet online.



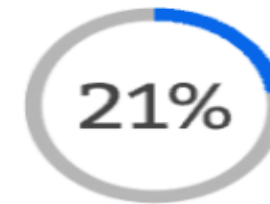
Habits

of children aged 12 to 15 own a smartphone ¹



Communication

children have received an unwanted image on the subject of sex ²



Frequency

of reports to CEOP in 2012 were about the sharing of self-created indecent images ³

Sexting

How common is it?

It is most prevalent among those aged 15 and over, 17% of whom said they had shared a nude or sexual photo of themselves. This accelerates quickly in the mid-teens, from 4% at age 13, to 7% at age 14. The rate then more than doubles between ages 14 and the 15 and over age group, when around 1 in 6 have sent an image of themselves to someone else.

**2020 Cybersurvey*

What apps are they using to sext?

WhatsApp and Snapchat are the most commonly used apps to engage in sexting by teens according to a recent study.

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Sexting

Sexting is illegal (for under 18s)

- When children engage in sexting they're creating an indecent image of a person under the age of 18 which, even if they take it themselves, is against the law.
- Distributing an indecent image of a child – e.g. sending it via text – is also illegal.
- It's very unlikely that a child would be prosecuted for a first offence, but the police might want to investigate.

Dealing with 'SEXTING'

What should I do if sexting affects my child?

Explore the facts

Find out who the content was shared with initially, who it was passed on to, whether it was done maliciously or was a joke gone wrong.

Call the school

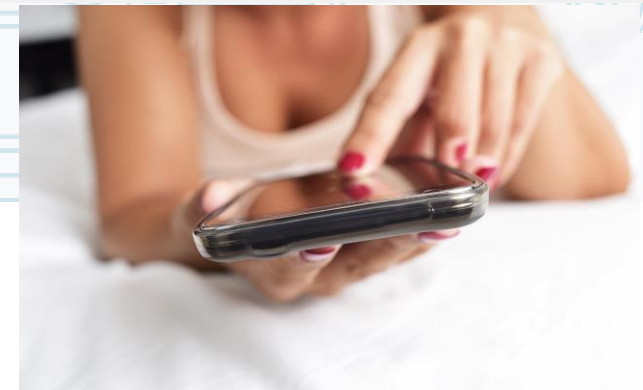
Your child's school will be able to help you deal with the repercussions and support your child at school.

Report it

If you suspect the image has been shared with an adult, contact the Child Exploitation and Online Protection Centre ([CEOP](#)), who are the national policing lead for online child sexual exploitation.

Contact the website or provider

Social networking sites should remove an image if asked. If the image has been shared via a mobile phone, contact the provider who should be able to provide you with a new number.



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Online Grooming

Grooming is when someone seeks to build an **emotional connection** with a **child** to **gain their trust** for **sexual purposes**. It happens both online and face to face



Grooming

What is 'online grooming'?

- There's a chance that your child may meet people online that aren't who they say they are.
- Grooming is a word used to describe people befriending children in order to take advantage of them for sexual purposes.
- Many parents worry about online grooming so it's important to talk to your children about how to stay safe.



Grooming

Online groomers may use a fake profile

Groomers may go to a social network used by young people and pretend to be one of them. They might attempt to gain trust by using fake profile pictures, pretending to have similar interests, offering gifts and saying nice things to the child.



Groomers build trust between themselves and the child'

Once they have the child's trust the groomer often steers the conversation towards their sexual experiences, even asking them to send sexual photographs or videos of themselves. Some may try to set up a meeting or even blackmail children by threatening to share the pictures or videos with the child's family and friends.

Grooming

Existing relationships may be exploited by a groomer

Online groomers are not always strangers. In many situations, they may already have met them through their family or social activities, and use the internet to build rapport with them. Sometimes children don't realise they've been groomed, and think that the person is their boyfriend or girlfriend.



Grooming

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Mother of murdered schoolboy, Breck Bednar, taunted by menacing blogs killer posted from prison



Breck Bednar, 14, was murdered by Lewis Daynes who groomed him over the internet CREDIT: ESSEX

By **Telegraph Reporters**

23 JANUARY 2018 • 12:49AM

The mother of a murdered schoolboy has told an inquiry how she feared his killer had escaped from jail when he posted menacing blogs from behind bars.

Breck Bednar was 14 when he fell into the thrall of computer engineer Lewis Daynes, an 18-year-old stranger who groomed him over the course of many months.

He was lured to a flat in Grays, Essex, in February 2014 by the predator, who slit his throat during an attack believed to be sexually motivated.

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Kayleigh Haywood: How murdered schoolgirl was groomed online

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FAMILY HANDOUT

Kayleigh Haywood first met Luke Harlow after he contacted her through Facebook

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Kayleigh Haywood – the case behind the film

- Kayleigh Haywood began speaking to Luke Harlow, a man she had never met, on 31 October 2015.
- Over the course of two weeks they exchanged 2643 messages. Harlow told the 15-year-old all the things many teenage girls want to hear. He told her she was beautiful, how much he cared for her and that she was special.
- Harlow was grooming Kayleigh, along with two other young girls he had also been speaking to. It was Kayleigh that finally agreed to his request to spend the night with him on Friday 13 November 2015.
- The following day she was introduced to Harlow's neighbour, Stephen Beadman. In the early hours of Sunday 15 November, having been held against her will by the pair, Kayleigh was raped and murdered by Beadman.
- Beadman was sentenced in July 2016 to a minimum of 35 years in prison for Kayleigh's murder.
- Harlow was given 12 years for grooming and false imprisonment.

Spotting the signs

Recognising the signs of online grooming can be hard because it can happen at home and groomers often tell children not to talk to anyone about it. There are a number of signs to be aware of (although a lot of them are quite common among teens), but look out for increased instances of:

- wanting to spend more and more time on the internet
- being secretive about who they are talking to online and what sites they visit
- switching screens when you come near the computer
- possessing items – electronic devices or phones – you haven't given them
- using sexual language you wouldn't expect them to know
- becoming emotionally volatile



Risks children face online: Online grooming

What is online grooming?

Grooming is a process used to prepare a child for sexual abuse. An offender's aim when grooming will be to gain access to a child and build a relationship with that child. Grooming can take many different forms, from one off contact which may include sexual advances, to a series of events over time. It may start with an adult scanning websites to identify a vulnerable child or befriending a child, perhaps by pretending to have common hobbies or interests or using flattery to trick a child into trusting them.

Online it is easier for an offender to lie and gain one to one contact with a child, for example through a social networking or gaming site. They can share images or videos relating to their claimed common interests and build a 'relationship' away from any adult supervision.

Once a relationship is established an offender may then introduce sexual themes to the conversation, for example, asking the child about their sexual experiences, sharing pornography with them or asking them for sexual pictures of themselves. Different offenders will have different approaches so whereas this process may be very quick it can also take days, weeks or even months. Often an offender will attempt to get a child to meet them in the real world in order to abuse them. Increasingly some offenders are also persuading children to perform sexual acts on webcam.

Signs of grooming

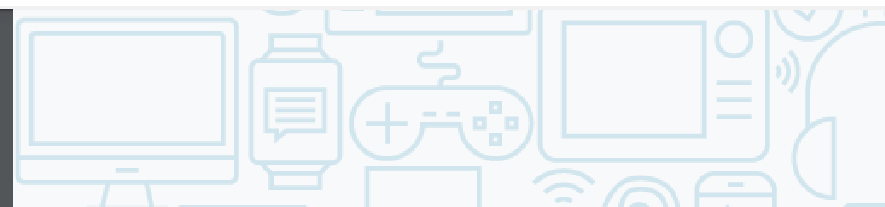
Look out for an unhealthy or heightened level of internet usage. Has your child become more secretive about who they are talking to and where they conduct their online conversations?

To your knowledge has your child engaged in any sexual behaviour online or via text, chat or webcam? Have they got any new electronic devices or gifts that they may not have been able to obtain for themselves?

Talk to your child about meeting their online friend's offline. If they intend to meet any of these online friends you need to set clear boundaries, tell them why you are concerned for their safety and that they must take you or a trusted adult with them to the meeting.

What can parents and carers do to protect their child online?

Parents and carers need to be mindful that part of the fun of being online is communicating and often sites are designed



[CEOP Resource
https://www.internetmatters.org/wp-content/uploads/2018/09/CEOP-grooming-factsheet.pdf](https://www.internetmatters.org/wp-content/uploads/2018/09/CEOP-grooming-factsheet.pdf)

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Steps that you can take to help them:

Reassure your child

Talk to your child – Let them know that they are in no way to blame for what has happened and that you are there to help protect them.



Report it

Report it to the authorities – If you think your child – or another child – could be in immediate danger tell your local police at once.

You can report any concerns about online grooming to the National Crime Agency's CEOP Command.

Report any child abuse images you find hosted by websites to the Internet Watch Foundation.

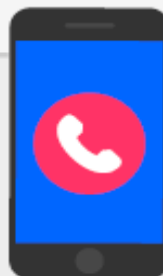


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Get help

Childline

If your child wants to talk to someone in confidence they can call Childline on **0800 1111** or **Get Connected** on **0808 808 4994** (text 80849).



NSPCC

You can call the NSPCC's free 24/7 adult helpline on **0808 800 5000**, email **help@nspcc.org.uk** or text **88858**.

Stop it Now!

You can also contact the Stop it Now! helpline (**0808 1000 900**) where you can seek advice anonymously.



Tools to keep them safe

Encourage them to **make use of privacy settings on the social networks and platforms** they use so they stay in control of who can see their content.

For younger children **use our parental control how-to-guides** to set the right controls across devices, platforms and internet connections.



Other useful support services

- **Child Exploitation & Online Protection Centre**

- For concerns about online sexual abuse or the way someone has been communicating online ceop.police.uk/CEOP-Reporting/



- **NSPCC Net Aware**

- A guide to social networks that children use net-aware.org.uk/#



- **Childline 0800 1111**

- 24 hour free helpline service for children and young people



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Helping parents keep their children safe online

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What we do in school!

Curriculum Computing:

In Year 7 - Digital Literacy including: digital footprints, safe searching on the internet and staying SMART on the Internet

In Year 8 - Cyberbullying, Copyright laws and Identity fraud, and Sexting

- PSHE lessons
- Assemblies
- Pastoral Support
- Tutor time
- Online Safety Week
- Online Safety Evening
- Website

Online Safety Evening



Any questions?

