
Parent eSafety Booklet



eSafety Booklet

Do you need to keep up with how children use technology?

Do you want to know how to help protect children's online use at home?

Do you want resources that you can use to help support parents?

This booklet covers:

Safer Searching – Information on how you can help prevent your child viewing inappropriate material How to report issues to Facebook and Twitter – Information on how to report issues to these social networks

Playing Games - How to support your children playing video games

Parental controls - how to set controls on the technology used in the family

Privacy Settings in Facebook and Twitter – How to make these two social networks safer to use

How to report issues to Facebook and Twitter

What comes after Facebook? – Looking at other websites and apps that children use

What are children doing - Research into the media activities of children

Safer Searching



How parents can protect children from finding things that you might not want them to find when searching in the web.

Safer Searching

When children search the Internet they have access to a wonderful kaleidoscope of information and data. Search engines such as Google makes this easier by ranking sites to indicate those that they think match the search criteria.

Unfortunately, there are many inappropriate web sites and pages that have information that might be inappropriate for children.

This guide suggests some ways in which you can educate and protect your child while they search the Internet.

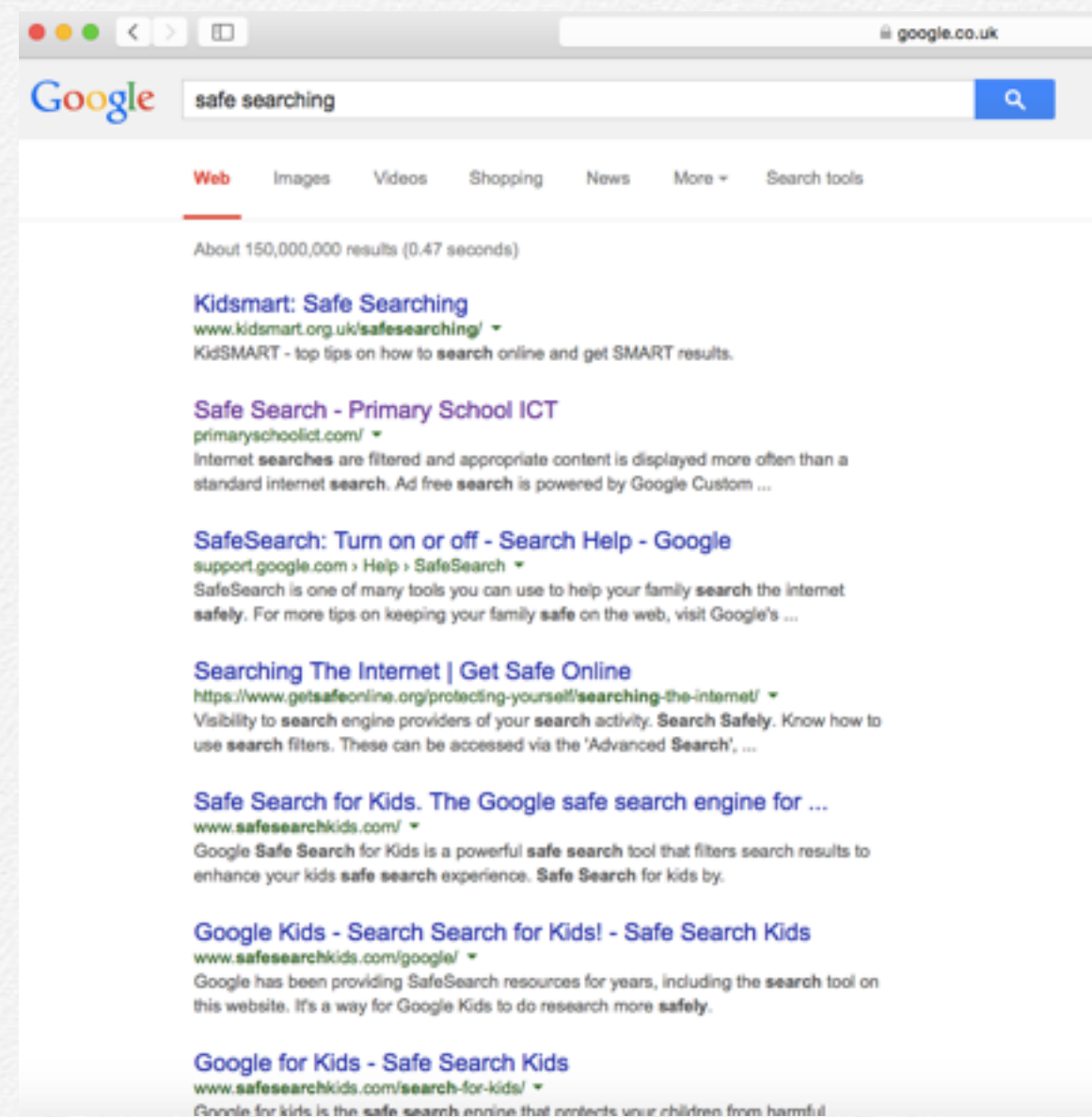
Technical Answers

Internet Provider

You can prevent age inappropriate materials being received through your internet connection, including any wireless access. Companies provide extra software supported with excellent video guides which can be found on the UK Safer Internet Site at:

<http://bit.ly/13tkep0>

You can normally set the age limit of what can be seen, time limits of when they can access the internet and see a history of where they have been.



Controls on computers

Many providers provide controls that can be placed on individual machines.

Microsoft have various Parental controls according to the version of the software that you have: Windows Version is here: <http://bit.ly/19zwRwz>

With a general site being here: <http://bit.ly/17VWuv8> with a link into their Windows Live Family Software.

Search engine controls

Microsoft have integrated controls into the Windows environment through their Windows Live Family Software available from: <http://bit.ly/17VWuv8>.

Google call theirs SafeSearch and it can be found here: <http://bit.ly/1aabbbe>

In Firefox you have to download an Add-on. There is a list of the 'Parental control' ones here: <http://mzl.la/19zy>

Other ways

There are search engines that you could immediately adopt without the need to change any settings.

BBC Find <http://www.bbc.co.uk/cbbc/find> (KS1)

Swiggle <http://www.swiggle.org.uk>


Primary Safe Search <http://primaryschoolict.com>

SearchBox <http://www.searchbox.co.uk/kids.htm>

In *Internet Explorer* you can set these search engines as the home page, so that they appear when the browser is first loaded by:

- clicking on the cog symbol (top right hand corner)
- then Internet options
- then typing this address into the box
- and finally clicking OK

In *Chrome*

- click on  (top right hand corner)
- Then settings
- Within the On Start up area click on Set pages and enter the addresses of those that you want to appear.

In *Firefox*

- Click on  (top left)
- Then Options and Options again
- In the General tab enter the web address as the Home page.

Playing Games



**Advice for parents about
the safe playing of games**

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Playing Games

Video games are fun and engaging. They can encourage children to meet challenges, develop concentration and to solve problems by themselves or through working with others. However there are concerns that parents need to be aware of:

<p>Content</p> <p>Can contain violent, sexually- explicit or racial hatred themes Can appear very realistic</p> <p>Many devices used for gaming allow users to browse the internet, watch films and TV. Some of this content may not be appropriate</p> <p>Games may not be suitable for the age of the child</p>	<p>Contact</p> <p>Many games include text, voice or video chat</p> <p>Other players may use offensive or aggressive language</p> <p>Bullying can occur (known as 'griefing' when players single out others)</p> <p>Potential for children to make themselves vulnerable through contact by those with a sexual interest</p>
<p>Content</p> <p>Excessive time spent on games can harm other aspects of their lives</p> <p>Gamers can become addicted</p> <p>Gamers can forget they are talking to people with feelings</p> <p>Activities in online games can cause damage to offline friendships</p>	<p>Commercialisation</p> <p>The buying of 'extras' within games can become expensive</p> <p>There can be hidden advertising of real-life products</p> <p>Some games encourage gambling</p> <p>Danger of downloading viruses from 'unsafe' servers</p>

Based on :

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology/gaming-devices>

The very best gaming is safe and responsible gaming. The ideal way to ensure your children are playing the right games, and playing sensibly, is to take an active interest in what they are doing. Here are a few tips:

ENGAGE - Find out what your children are playing and take an interest. Better still, join in the fun and play along yourself!

TAKE BREAKS - Some games can be especially intense, so regular breaks are vital for healthy gameplay. Encourage your children to take breaks at least every 45 minutes.

BE AWARE - Explain to your children how the online world differs from home or the school playground. Online your children will meet total strangers – who may not be who they say they are. Often the chat will be uncensored, so they should be cautious about what they say. Your children should be careful not to give out private details such as their name (always use a nickname), address, email address, passwords, telephone numbers or the name of their school.

REPORT - Make sure that your child recognises which behaviours can be ignored, what should be reported and how this can be done.

CONSIDER CONSEQUENCES - Be ready to spot when your child has become too involved, angry or upset by the interaction in games. Avoid it spilling over into school, other socialising or affecting personal care.

TAKE CONTROL - Take advantage of the Parental Control settings available (see 'How to protect your children at home?' booklet) . You can decide which games are played using the age rating and PEGI descriptors (see next page); or whether interaction with other games players is permitted at all.

ALTERNATIVES - Most games are reviewed on www.askaboutgames.com and <http://www.common sense media.org/game>.





These suggests other games that you might find more suitable, and ways families can enjoy gaming together. Don't forget there are plenty of active games that can get your child up from the sofa!

CREATE A FAMILY CHARTER - discuss and agree together a set of rules around the playing games.

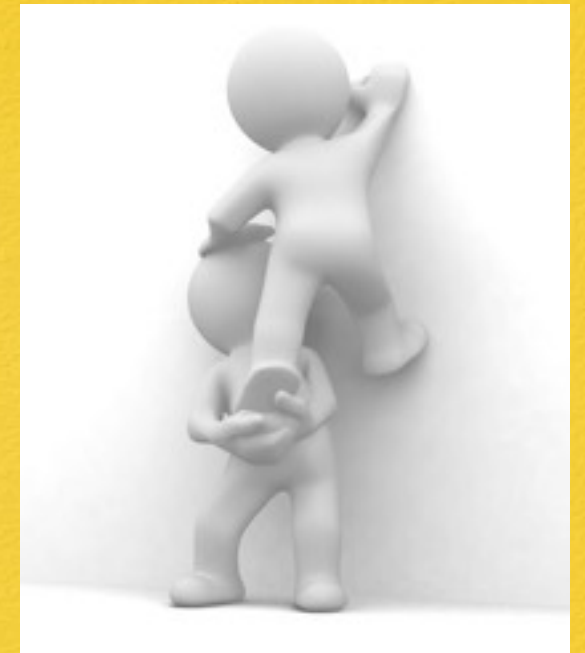


Pegi Ratings

Video games are given PEGI ratings by experts according to eight categories

Pegi Rating	Comment
	Some violence in a comical context Characters are not real , they should be fantasy Will not contain any sounds or pictures that are likely to scare or frighten young children No bad language should be heard
	May contain some possibly frightening scenes or sounds
	Violence of a slightly more graphic nature towards fantasy character Non graphic violence towards human-looking characters or recognisable animals Some nudity Bad language is mild and falls short of sexual expletives
	Real life' violence (or sexual activity) More extreme bad language Concept of the use of tobacco, drugs and the depiction of criminal activities
	Gross violence Depictions of specific types of violence that cause revulsion

Parental Controls



Games machines, mobile phones and other technology have settings that controls the way in which they can be used

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Parental Controls

In today's fast moving technological world parents can easily feel out-paced by their children's knowledge and use of technology.

All the technology devices in the home have settings that can help in protecting children from accessing content that might be inappropriate.

Internet Provider

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Companies provide extra software supported with excellent video guides which can be found on the UK Safer Internet Site at:

<http://bit.ly/13tkep0>

You can normally set the age limit of what can be seen, time limits and see a history of what people have been trying to see.

As well as protecting your children with controls it can be positive if you involve them in a discussion.

A family agreement like this one (which can be found at the Digizen site at: <http://bit.ly/17w517L>) could be used.

Whatever method you use it is good to create an atmosphere where the children can feel that they can share the things they find on the internet,

Mobile Phones

Mobile phone companies support the use of parental controls on their phones. Their advice can be found by visiting these websites.

Tesco Mobile <http://bit.ly/17w6VVY>

O2 <http://bit.ly/174CgvC>

ee <http://bit.ly/1fLgZ3u>

Vodafone <http://bit.ly/1fLhkDn>

Virgin <http://bit.ly/GAKFAW>

Mumsnet have a page full of advice about Internet safety on mobile phones at <http://bit.ly/15KsOm3> which includes this checklist.

Does the phone have internet access?

Is Bluetooth enabled?

Is the phone registered for a child or adult user?

Can the phone access chat rooms or games where users chat to each other?

Is location services switched on?

Does the child know that they should never give their number to strangers?

Apps

Smart phones are able to download Apps—small computer programs.

Sometimes these programmes are provided free, although in a lot of cases they cost money and extras can be purchased.

Never allow your children to have unfettered access to your credit card details or download Apps without your permission as there have been many instances where they have been 'over enthusiastic' with their purchases. Guidelines from Ofcom will come into operation soon but until then you will need to keep a close eye on your child's use of Smart phones and tablets.

Games Devices

Children and young people are always playing games.

The place to start is when buying the games device in the first place. The UK Safer Internet Centre have provided a list of questions you might like to ask in the shop.

This can be found at: <http://bit.ly/1fLksyS>

The main advice from this centre is at: [http:// bit.ly/1aO2SEI](http://bit.ly/1aO2SEI)

They also provide information on how pa- rental settings can be set for:

Nintendo: <http://bit.ly/GAMsGd>

PlayStation: <http://bit.ly/16kabUp>

Xbox: <http://bit.ly/19jRbYI>



Privacy Settings



There are many settings on computers and software that allow the user to control what can be seen

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Privacy Settings

Facebook

Friends

Facebook uses the idea of 'Friends' to control who can see the information you post.

Only ever accept 'Friend' requests from people you know and trust.

These 'Friend's can be placed into different groups with postings only going to the groups you select.

From the home page, scroll down to the 'Friend's section and select More.

- Then select Create List
- Write in the lists name
- Click on Create
- Then click on the Add friends link.

You should now be able to select the group who you wish to post to.

Posting

When you post you have to be mindful that even though you might control who you send the post to, they might send it on to other people.

You should only let your 'Friends' see what you post:

- Click the cog (top right) and then on Privacy Settings.
- Then click on Who can see my stuff
- Select Friends from the drop down list
- Stop Google etc from looking you up
- Click the cog (top right) and then on Privacy Settings
- Do you want other search engines to link to your Timeline? And take the tick out of the box

Control the Applications

- Click the cog (top right) and then on Account Settings
- In the left hand pane click on Apps
- Remove the apps you don't need.

Timeline

Your timeline lists all your activities and you can delete and edit these activities.

Scroll over the activity until the pencil symbol appears in the top right. Click on this pencil and then you will be able to edit or delete.

If you want to see what your Timeline looks like to others then:

- Click on the padlock tool
- Click on Who can see my stuff?
- Click on What do other people see on my Timeline? View As
- Click on View as specific Person will enable you to enter a name, or View as Public

Graph Search

Graph Search is a new feature that will allow people to search for photos of you.

Changing your privacy settings to 'Friends Only' will not be enough.

You should:

- Keep your Timeline private
- Look for photos of you that others might see
- Click on the padlock tool

- Select Who Can see my Stuff? Followed by Use Activity Log
- On the left menu select Photos
- On the top See All select Public
- If you find a photo you do not want to be available detag it (select and then Report/Remove Tag.
- Repeat the above activity for Hidden photos as well.

Twitter

Twitter works by connecting you to people. Only ever accept requests from people you know and trust.

Twitter has two settings: Public and Private

Public Tweets (the default setting) are visible to anyone, whether or not they have a Twitter account.

Protected Tweets may only be visible to your approved Twitter followers.

After clicking on the symbol select the Security and privacy option.

In the Privacy area place a tick in the Protect my Tweets

Now your Tweets will only be seen by those you have approved.

How to report issues to Facebook and Twitter



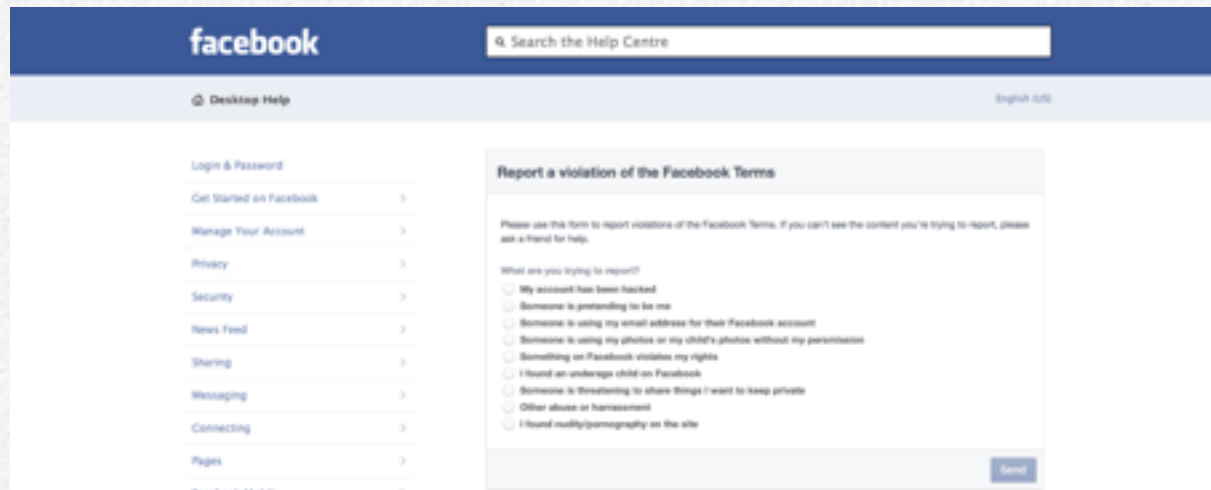
Reporting issues to
Facebook and Twitter

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How to report to Facebook

If you do not have a Facebook Account

Use the link: www.facebook.com/help/contact/?id=274459462613911



There are several other links and pages from each option so you have to be patient.

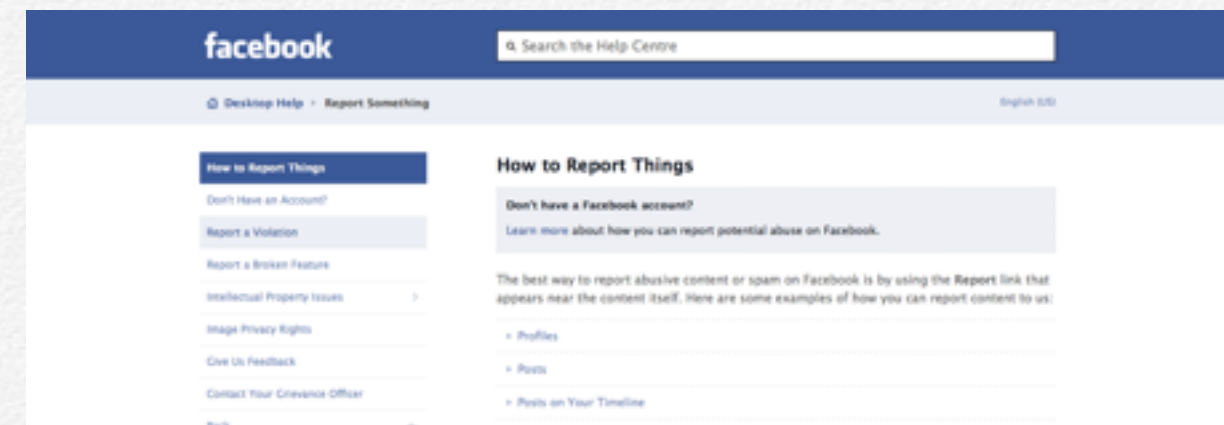
If you have the web address (url) of the offending site it makes the process easier.

If you have a Facebook Account

If you want just to report certain items then you can use the report button.



More information on this is given at: www.facebook.com/help/reportlinks



Report(s) of the decisions are sent to your email address and if you have an account your support dashboard.

Twitter

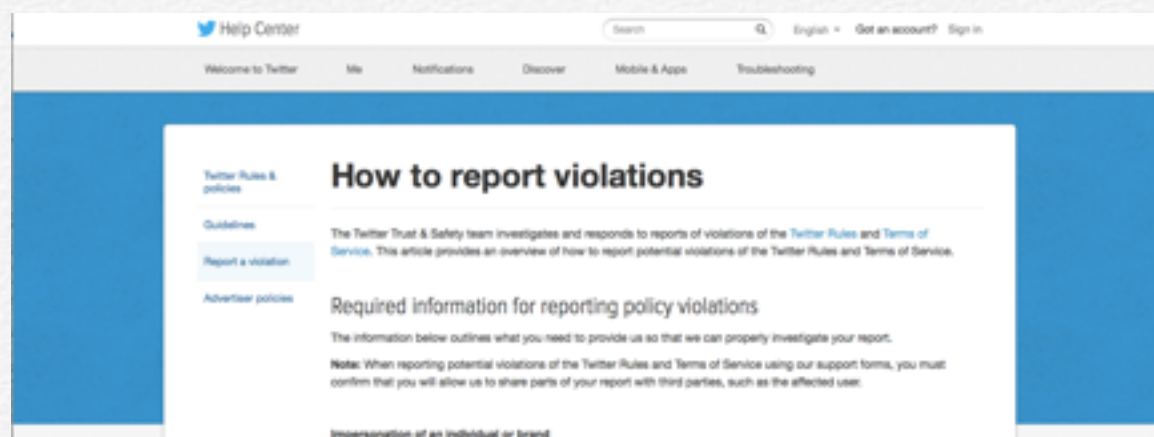
The rules for using Twitter are at

<https://support.twitter.com/articles/18311#>



With how to report on this page.

<https://support.twitter.com/articles/15789#>



You should provide the Twitter name of the person you are reporting and the web address (url) of the post.



What comes after Facebook?



Explores some of the other places children visit.

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What comes after Facebook?

Although still the most popular social network site in the world (and the second most popular app in the world) Facebook is not the only place that young people use to communicate. This document explores other popular websites and apps, some of the reasons why they are popular and, concerns you may want to consider.

Much of the information in this booklet comes from Common Sense media at: <http://bit.ly/1bJ9CEv>



Facebook	Users create a personal profile, add other users as friends, exchange messages, and receive automatic notifications when others update their profile. Additionally, users may join common-interest user groups, such as those centred around hobbies	<p>Children like to be connected</p> <p>You can only chat with approved friends (when security settings are in place)</p> <p>It can be distracting</p> <p>Children still prefer in person communication</p>
Ask.fm	is a social site that lets children ask questions and answer those posted by others - sometimes anonymously. Although there are some friendly interactions on Ask.fm - Q and As about favourite foods or crushes, for example - there are lots of mean comments and some creepy sexual posts. This iffy content is part of the appeal for children	<p>Bullying is a major concern</p> <p>Anonymous answers are optional</p> <p>Q&As can appear on Facebook</p>
Instagram	is a platform that lets users snap, edit, and share photos and 15-second videos - either publicly or with a network of followers. It unites the most popular features of social media sites: sharing, seeing, and commenting on photos.	<p>Children are on the lookout for "Likes."</p> <p>Public photos are the default</p> <p>Mature content can slip in</p>

MyLol	Is an international social networking site. MyLol bills itself as "the #1 teen dating site". Users can post photos and videos, chat, and rank each other's "hotness." Visitors don't have to log in to search public profiles.	<p>There are posts of a sexually explicit nature</p> <p>There are many 'adult' users</p> <p>The site has one purpose, the encouragement of relationships</p>
Skype, Facetime and Oovoo	are free video, voice, and messaging apps. With Oovoo users can have group chats with up to 12 people for free. Children mostly use these to hang out with friends. Many log on after school and keep it on while doing homework.	<p>You can only chat with approved friends</p> <p>Some history of children connecting with 'unknowns'</p> <p>It can be distracting</p> <p>Children still prefer in-person communication</p>
Snapchat	is a messaging app that lets user put a time limit on the pictures and videos they send before they disappear. Children use it for: sending goofy or embarrassing photos to one another. Snapchats also seem to send and load much "faster" than email or text.	<p>Many schools have yet to block it</p> <p>It's a myth that Snapchats go away forever</p> <p>It can make sexting seem OK</p> <p>Screen dumps can be used to capture Snapchats</p>

Instant Messaging

There are many other Apps and Websites. Many of them allow Instant Messaging and other connections. Instant Messaging is online chat which offers real-time text transmission over the Internet. There are many versions, with some like Chat Roulette, allowing random connections to anyone in the world. Users may not know who they are really talking to and this type of application has been used as a starting place for grooming activities.

Tumblr	is a cross between a blog and Twitter: It's a streaming scrapbook of text, photos, and/or videos and audio clips. Many children have tumblrs for personal use - sharing photos, videos, musings, and things they find funny with their friends.	<p>Porn is easy to find</p> <p>Privacy can be guarded, but only through an awkward workaround</p> <p>Posts are often copied and shared</p>
Twitter	is a micro— blogging site that allows users to post 140 character messages. You can follow other users. Children like using it to share quick news about their lives with friends. It's also great for keeping up with what's going on in the world - breaking news, celebrity gossip, etc	<p>Public tweets are the norm</p> <p>Bullying (trolling) does happen</p> <p>Updates appear immediately</p> <p>It's a promotional tool for celebs</p>
Vine	is a social media app that lets users post and watch looping six-second video clips. Videos run the gamut from stop-motion clips of puzzles doing and undoing themselves to six-second skits showing how a child wakes up on a school day vs. a day during summer	<p>It's full of inappropriate videos</p> <p>There are significant privacy concerns</p> <p>Parents can be star performers (without knowing)</p>
WhatsApp	WhatsApp is a free cross-platform instant messaging service . As with all text messaging services children send short messages to other users	<p>There have been problems with Spam</p> <p>It can extract the users phone list</p> <p>User have to be careful who is contacting them</p>

What children are doing



A look at the research
about the habits of children

What Children are doing

A summary of the current research:

EU Kids Online—Young Children and their internet use

(http://eprints.lse.ac.uk/52630/1/Zero_to_eight.pdf)

Ofcom Children and Parents: Media Use and Attitudes Report 2013

(<http://stakeholders.ofcom.org.uk/binaries/research/media-literacy/october-2013/research07Oct2013.pdf>)

The current research into children's use of technology indicates some interesting facts and trends.

You might like to ask yourself these questions:

- Does what they found coincide with your thoughts about technology use in your family or with children you know?
- Are there any contradictions in these statements?
- What can be done to keep children e-safe?

Smartphones

There has been a decline in the number of 5–15s owning a mobile phone.....(43% vs. 49% in 2012).

....but smartphone ownership has stayed the same. 8-11s (18%) and 12-15s (62%). (43% vs. 49% in 2012).

Older children's use of smartphones tends to focus around peer communication.

Smartphone users send an estimated 184 instant messages (IM) in a typical week and smartphones are the most popular device for accessing social networking sites among 12-15 year olds.

Tablets

There is a sharp increase in the use of tablet computers at home, which has tripled among 5-15s since 2012.

Children use the multi-functionality of tablets especially when watching audio-visual content and playing games.

Social Networking

There has been a decrease in the number of children with social networking profiles.

There has been an increase in the number of children who can potentially be contacted by people unknown to them via their social networking profiles.

TV

TV content continues to be both popular and valued by children.

Children are accessing TV content in more ways now, including via tablets, mobile phones, YouTube and broadcasters' websites.

Cyberbullying

Girls are more likely than boys to feel under pressure to appear popular or attractive online.

Girls aged 12-15 are more likely than boys to say they have experienced Cyberbullying through a mobile phone and online.

Ninety-five per cent of parents of 12-15 year old girls have talked to them about staying safe online.

Confidence of young people

The vast majority of young people state that they are confident internet users and know how to stay safe online.

There has been an increase in children with a social networking site profile that may be visible to people not known to them.

Confidence of parents

The majority of parents use a combination of strategies to help keep their children safe online.

Over four in ten parents have parental controls installed and nine in ten feel that their children are safer as a result.

Most parents of 5-15s say that they know enough to keep their child safe online, but around half of parents continue to feel that their child knows more about the internet than they do, as do 14% of parents of children aged 3-4.

Parental awareness of the minimum age requirement for Facebook has increased among parents whose child has a profile on this site.

Parents of 8-11s are less concerned about TV content.

Some Statistics

A third of 3 to 4 year olds go online.

87% of 5-7 year olds are known to use the internet.

26% of 12-16 years olds have a tablet computer.

28% of 3-4 years olds use a tablet computer at home.

62% of 12-15 year olds have a smartphone and mainly use the device for school- work/homework, social networking and watching audio visual content.

17% of 8-11s now say they use the internet mainly from their bedroom.

68% of 12-15s have a Social Networking site with 22% of 8-12s saying they have one.

45% of 5-15s are watching TV on tablets with 29% using on demand services.

15% of 8-11s say that they have seen things that are too old for them, or things that make them feel sad, frightened or embarrassed.

53% of children know how to block messages from someone they do not want to hear from.

eSafety education

It is important to remember that it is education that prevents many issues. The banning of children from using Facebook and Twitter may appear attractive and is in some cases necessary. However a discussion and agreement about their use may be a more sustainable way forward with many children.

Look at our web site: <http://bit.ly/somersetesafefamily>

for more ideas

