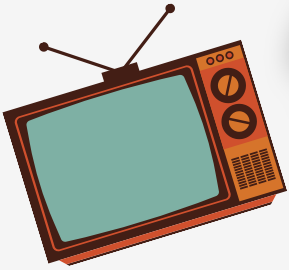


Keeping our children safe!

There has been a lot of media coverage regarding online dangers and the digital world our children live in. There is no way of avoiding it, it is our role as parents to ensure our children are protected around the dangers.



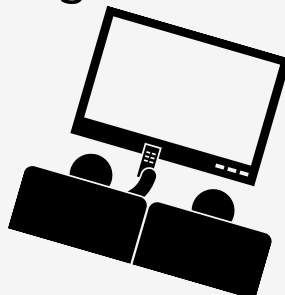
Recommended watching for parents



Neflix Series focused on a families world changing when 13 year old Jamie is arrested for murdering a schoolmate.



A grieving mothers tale on losing her daughter when she was horrifically murdered at the age of 16. Showing on ITVX.



Safeguarding Team



Mrs Molloy



Mrs Worsfold



Mrs Ryan





Spotlight on: 'Digital childhood'

Online Grooming:

Groomers come in all shapes, sizes, ages, genders, professions, be known to the child or unknown. Groomers can hide behind a fake profile or be there in plain sight!

Gaming:

Gaming can presents with dangers such as: cyberbullying, online predator, addictions, exposure to inappropriate content

Social Media:

Certain apps have been linked to suicide and self-harm, some have specifically been linked to extremist content and radicalisation, child abuse and grooming. Some of the apps also allow users to map and track other's locations.!

Sexting:

The act of sending or receiving sexually explicit images, videos, or text messages, typically via mobile phones or other digital devices

Pornography:

Reported by NSPCC:

Risks of children watching online porn
Children and young people watch porn or sexually explicit content are at greater risk of developing:

- unrealistic attitudes about sex and consent
- more negative attitudes about roles and identities in relationships
- unrealistic expectations of body image and performance.

1/3 OF CHILDREN AGED 8-17 HAVE SEEN SOMETHING WORRYING OR NASTY ONLINE.

1 IN 3 CHILDREN AGED 5-7 USE SOCIAL MEDIA INDEPENDANTLY

19% OF CHILDREN AGED 10-15 MESSAGED A STRANGER ONLINE

1 IN 20 CHILDREN ADMITTED TO ARRANGING A SECRET MEETING WITH SOMEONE THEY MET ONLINE

82% OF CYBER STALKERS USE SOCIAL MEDIA TO FIND OUT INFORMATION ABOUT THEIR VICTIMS

2X AS LIKELY: GIRLS ARE TWICE AS LIKELY TO EXPERIENCE CYBER BULLYING

THE YOUTH ENDOWMENT FUND FOUND

THAT... 55% OF CHILDREN SAID THEY'D SEEN VIOLENCE ON SOCIAL MEDIA. 65% OF CHILDREN HAD CHANGED THEIR BEHAVIOUR DUE TO FEARS ABOUT VIOLENCE. ITTED TO ARRANGING A SECRET MEETING WITH SOMEONE THEY MET ONLINE

World of Emojis's

Drug emoji: Do you know what they mean?

Cannabis: Strawberry, dog, cherries, cake, ice cream or leaves

Cocaine: Nose, blowfish, petrol pump, snowman or snowflake

NOS (canister gas): Balloon

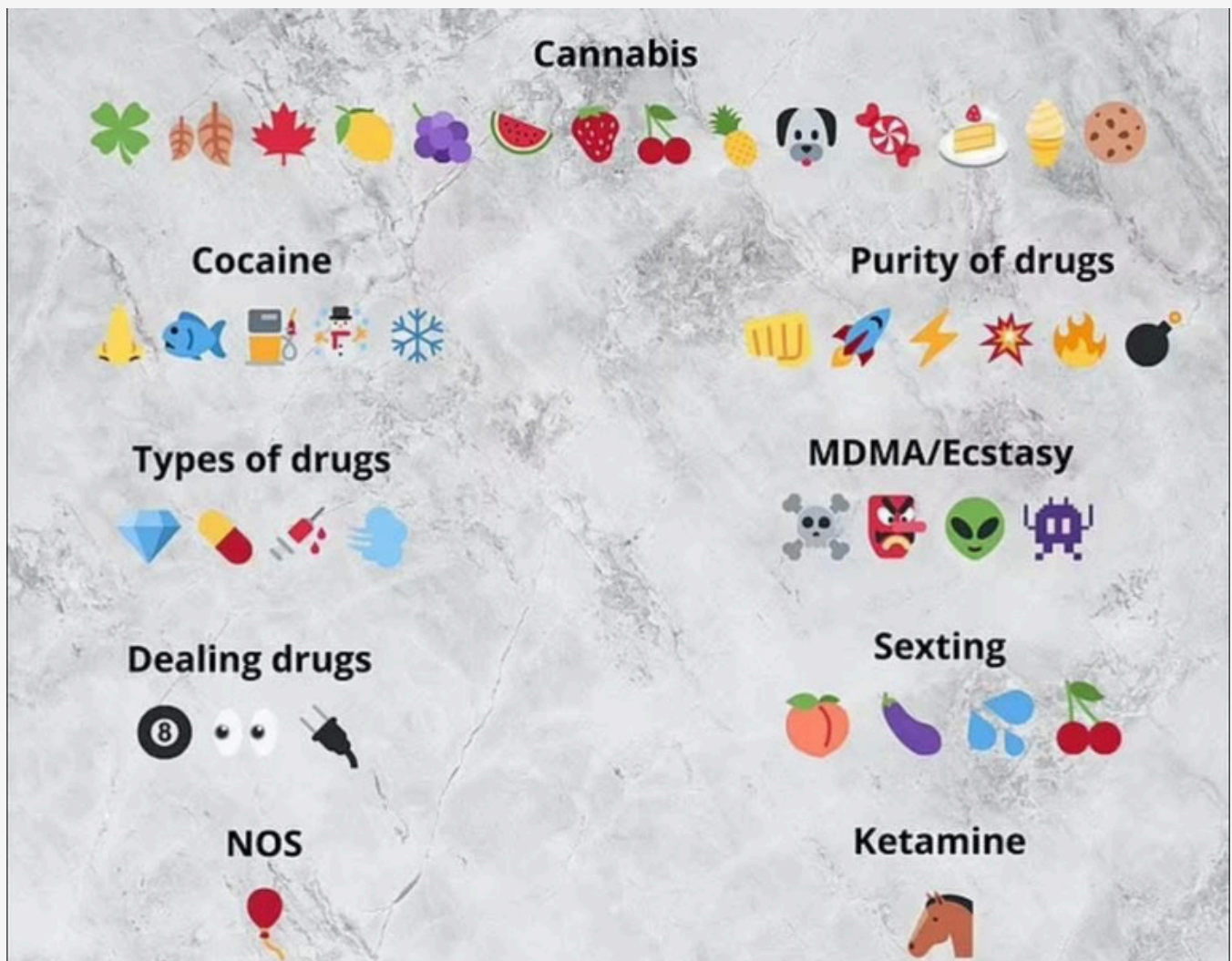
Ketamine: Horse

Types of drugs: Crystal, pill, syringe and cloud

Dealing drugs: Number Eight pool ball, eyes and plug

What the emoji in Netflix's Adolescence mean

- Red pill - **incel**
- Dynamite - **incel**
- 100 - **incel**
- Kidney beans - **incel**
- Red heart - **love**
- Purple heart - **horny**
- Yellow heart - **I'm interested**
- Pink heart - **I'm interested, but not in sex**
- Orange heart - **you're going to be fine**



10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alpr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



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What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

SNAP STREAK

97

DAYS

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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USEFUL WEBSITES AND LINKS

This is a useful website regarding social media, age restrictions and children's maturity levels: [Thinkuknow](#)

[Parent safe](#)

[NSPCC](#)

[Your Internet Matters](#)



HELP, ADVICE AND RESOURCES FOR PARENTS AND CARERS

[Get Safe Online](#)



[Child Net](#)

[CEOP](#)

[Think you know](#)





What do I do if.....

We are often asked what to do if someone suspects a child is at risk of harm.

If the child attends our setting then please come and speak with one of the safeguarding team where we can advise and signpost you accordingly.

If the child is not in our setting or speaking to us is not an option EG. School closed/ danger is imminent then follow the following pathways.

If a child is in imminent danger call 999

If the child is at risk of significant danger you can call
(dependant on the Childs address):

Central Beds Integrated Front Door 0300 300 8585

Luton Mash 01582 547653

Bedford Borough Integrated Front Door 01234 718700

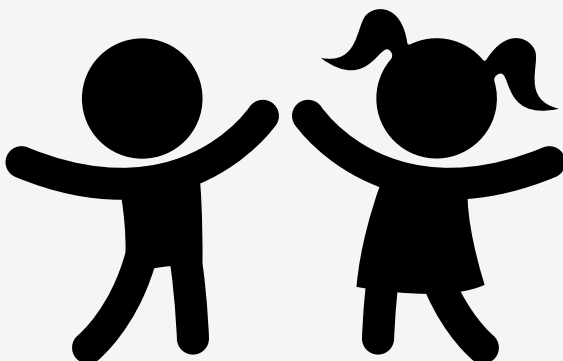
Emergency Duty Team 000 300 8123

Or follow the link below where you can report through the NSPCC

Report child abuse

Our voice Helpline is currently available 10am–4pm Monday to Friday. You can still email help@NSPCC.org.uk or complete our report abuse online form at any time for free. You don't have to say who you are.

Contact us



*Together we can
keep children safe*

Contact:
01582 865047
safeguarding@Tithefarmprimary.co.uk