Tithe Farm Primary

Online Safety

for Families
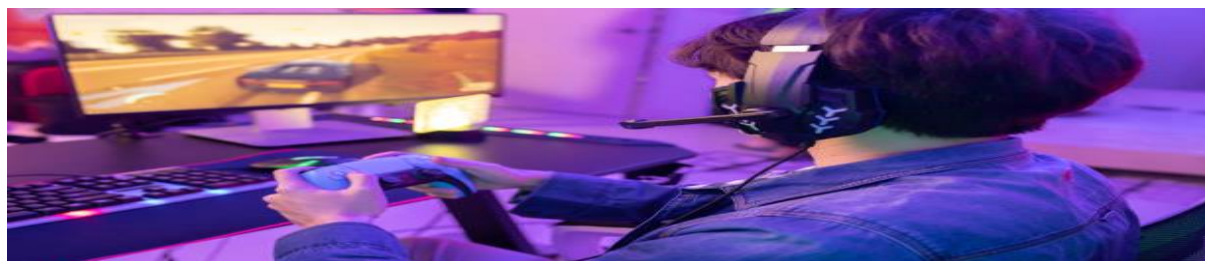
WhatsApp safety guide for parents

internet matters.org

16+ WhatsApp's minimum age in the UK

58% Kids aged 3-17 who use WhatsApp

37% Kids under 13 who use WhatsApp

5 tips to keep kids safe on WhatsApp

1 **Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.

2 **Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.

3 **Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.

4 **Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.

5 **Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

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There is no escaping it... Technology is not going anywhere and changing at a rapid speed where it is difficult to keep up with. To be a parent/carer in the world at this time is not easy. Here is some useful information and helpful guides.

Most social media apps have a minimum age rating of 13.

If a social network has set an age limit it means that some of the content may not be suitable for a younger child.

Social media tips

Social networks are a great place for young people to stay in touch with friends and demonstrate their creativity. As a parent, there are simple things you can do to ensure your children's experience is both safe and fun.

1. Are they sharing inappropriate selfies?

Discuss the reasons why they feel the need to share such images and the potential long-term impact this could have on them if the pictures are used without their consent.

2. Do you feel they're spending too much time on social?

Talk together so they understand your concerns. Agree house rules on when and how long they can go online and which sites they should visit.

3. Are they sharing their location through apps?

Make sure geo-location is disabled to keep their whereabouts private. Explain why it's important that they never share personal information with people they don't know online.

4. Have they posted too much personal information?

Talk to them about who they've shared the information with and assess the risk it poses to your child. You can also ask your child to remove the information from their account and help them understand how to share safely.

5. Are they chatting to strangers online?

Make sure your child understands that people may hide behind fake profiles for dishonest reasons and the person they've been chatting to could easily be someone with bad intentions.

6. Are they gaming with strangers online?

Playing games can be fun and positive but ensure your child understands people may hide behind fake profiles for dishonest reasons and learn how to block and report anything offensive.

7. Do they have hundreds of followers?

Explain that some people may not be who they say they are and tell your child how privacy settings can put them in control of who they talk to.

8. Have they shared embarrassing images?

Remind your child that these images are their personal digital footprint for years to come and advise them to use settings that only let them share with friends they know. If they're not comfortable wearing it on their T-shirt, they shouldn't put it online.

9. Are they at risk of being cyberbullied?

Stay calm, listen without judging and reassure your child that you can help. Discuss any action you may take together. Encourage them not to retaliate and to save any evidence.

10. Do they know what they share online can hurt others?

Talk together about peer pressure and how screens and anonymity can lead to behaviour that is hurtful. Remind them there's a fine line between sharing content because it's funny or might get lots of 'likes' versus the potential to cause offence or hurt.

11. Have they been affected by content shared online?

Encourage them to think about why friends may share certain posts. Show them how to gently challenge their friends if they find their content offensive. Remind them they can always talk to you about things happening online.

12. Are they ready to share on social?

Most social media apps have a minimum age rating of 13. If a social network has set an age limit it means that some of the content may not be suitable for a younger child.

Sharp
Think Before You Share

Alert
Check it's For Real

Secure
Protect Your Stuff

Kind
Respect Each Other

Brave
When in Doubt, Discuss

Be Internet Legends.

Google

BE SMART ONLINE

S — SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M — MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A — ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R — RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T — TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

♥ — BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

10 tips to get in control with your child's screen time

1. Set a good example with your own device use

2. Have discussions about the risks that they may face based on their online activities

3. Put in place a family agreement and agree an appropriate length of time they can use their device

4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing

5. Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes

6. Use tech tools and parental control to manage the time they spend online and the apps they use

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

8. Together find apps, site and games that will help children explore their passions and make screen time active

9. For younger children find ways to combine touch screen use with creative and active play

10. Encourage children to self-regulate the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing

Helpful Hints and Tips

1. Check that your internet service provider provides **parental controls** so you can add a layer of security for your children and filter out inappropriate content. The website links below also contain advice about this. If your child has a mobile phone check the settings on this too
2. **Talk** to your child about online safety and take an interest in their activity. Especially encourage them to talk to you about anything which is worrying them online
3. Keep **online passwords** safe and secure and change them often. Don't let any of your networks be open or discoverable
4. Agree ground rules for safe use of the internet at home. For example, limit the amount of time children can spend online in any one go and restrict access at bedtime
5. Be **App aware.** Many devices require downloading an app. You should check the privacy settings and permissions of any apps you download, as well as the product itself.
6. Be **device aware**. Make sure your security settings include all internet enabled devices including smart TV's and game consoles

Helpful Websites and links

https://parentsafe.lgfl.net/

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

This is a useful website regarding social media, age restrictions and children's maturity levels.

https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/#:~:text=Most%20of%20the%20popular%20social,because%20of%20data%20protection%20laws.

Help, advice and resources for parents and carers

Get Safe online

Child net

CEOP

NSPCC

Think U Know

NSPCC