



# Internet Safety

Thank you, parents and carers, for attending

## Special thanks to:



UK Safer Internet Centre



Common sense media



NSPCC



Kidsmart



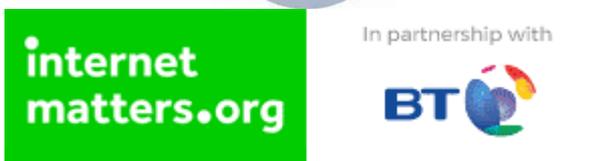
Childnet



Channel 4 News



CEOP



Internet matters



## What are the issues?



- Range of devices, apps, sites
- Internet/technology always changing
- Children developing better technical skills
- Risks – conduct, content, contact, commercialism

## Risks - conduct

- Be aware of impact on themselves and others
- Digital footprint
- Who can view and share?
- Personal information
- Report inappropriate, conversations, messages, images and behaviours



## Risks - content

- Age inappropriate or unreliable content
- Hurtful, upsetting or harmful
- Social networks, online games, blogs and website
- Check reliability of information
- Downloading illegally



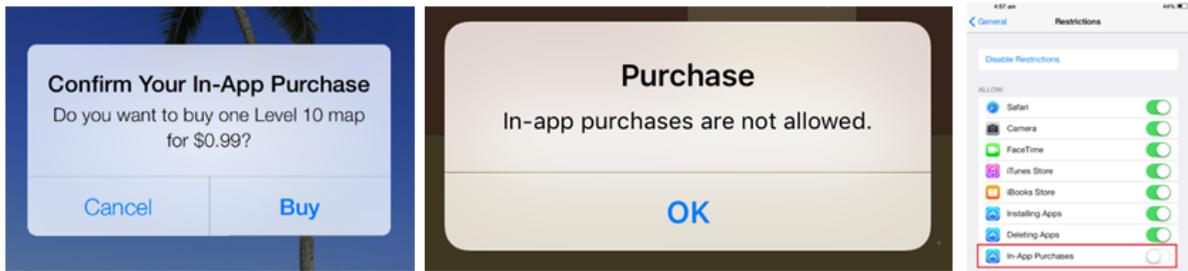
## Risks - contact

- Bullies or people who groom
- People may not be who they say they are
- Review friends lists and remove unwanted contacts
- Privacy settings
- Inappropriate sexual contact – police via CEOP
- Cyberbullying – tell a trusted adult – report to authorities



## Risks - commercialism

- Unaware of hidden costs / inadvertent spending
- Advertising in apps, games and websites
- Block pop-ups and spam emails
- Turn off in-app purchasing
- Use family email address then filling in online forms



## Popular apps and sites



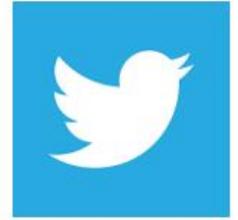
13+



13+



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Tik Tok



12+



13+

### What are the issues?



13+



## Children bombarded with sexually explicit chat on Musical.ly and Live.ly



Fatima Manji  
Reporter



Children as young as nine are being groomed and bombarded with sexually explicit messages on popular social media app Musical.ly and streaming site Lively.

During an eight-day investigation, Channel 4 News viewed 45 hours of live streams which revealed nearly half of the streams viewed contained inappropriate content, directed to girls as young as nine.

On 50 occasions, children were asked to show or remove their clothing, or change into sexy outfits. There were more than 25 sexual references to body parts and almost 30 occasions where children received sexual questions or requests, some of which were extremely explicit.

No live moderation took place and none of the explicit exchanges – some lasting over an hour – were closed down.

The free-to-purchase musical.ly app boasts more than 150 million global so-called “musers”, 2.5 million of them in the UK. In three years the company behind has gone from being a struggling start-up to now being worth more than \$500m.

Last year they launched a linked live streaming site – live.ly. The site is intended for over-13s, but younger children across the UK can be seen broadcasting live from their bedrooms.

Viewers post real-time comments, and can even be “guested” in to live chats.

On one typical occasion the programme witnessed an 11-year-old girl in her bedroom on a Thursday morning, streaming on live.ly. She chats with viewers and asks them to “spam the hearts”.

But, at the same time she is also being bombarded with requests to remove her clothing.

Footage from another girl’s bedroom show young teens are live streaming on a Sunday afternoon. It reveals a young girl belly dancing to a live audience.

Comments they received are extremely explicit – there are references to their pretty faces and what a viewer wishes to do on them. He also asks them to engage in a sexual act.

Our team also witnessed a viewer encouraging an 11-year old girl her to reveal her breasts and inappropriately touch herself. The man then asks to see her knickers.

John Carr, one of the UK’s leading experts on child online safety who viewed the footage told Channel 4 News: “There’s no question an app like this is a magnet for paedophiles.”

A musical.ly spokesperson told us the company “takes the safety of our users very seriously”, adding: “We have implemented a number of measures to protect against misuse, and we are actively working to improve in this area.

“We have a moderation team as well as technology that work to block and remove inappropriate content. We have recently banned a number of emojis that may have a higher likelihood of being used inappropriately.”



## How much screen time is OK for my kid(s)?

[Kids are spending more time with screen media -- and at younger ages -- than ever before.](#) But there really is no magic number that's "just right." What's more important is the quality of kids' media, how it fits into your family's lifestyle, and how you engage your kids with it.

The idea of screen time as a one-dimensional activity is changing -- even the [American Academy of Pediatrics \(AAP\), whose screen time rules had been strictly age-based, is recognizing that not all screen time is created equal.](#) Computers, tablets, and smartphones are multipurpose devices that can be used for lots of purposes. Designating their use simply as "screen time" can miss some important variations. The [Common Sense Census: Media Use by Tweens and Teens](#) identifies four main categories of screen time.

Passive consumption: watching TV, reading, and listening to music

Interactive consumption: playing games and browsing the Internet

Communication: video-chatting and using social media

Content creation: using devices to make digital art or music

Clearly, there's a lot of difference among these activities. But as valuable as many of them can be, it's still important for kids' overall healthy development to balance their lives with enriching experiences found off screens. These tips can help:

**Pay attention to how your kids act during and after watching TV, playing video games, or hanging out online.** If they're using high-quality, age-appropriate media; their behavior is positive; and their screen-time activities are balanced with plenty of healthy screen-free ones, there's no need to worry.

**If you're concerned about heavy media use, consider creating a schedule that works for your family.** This can include weekly screen-time limits, limits on the kinds of screens kids can use, and guidelines on the types of activities they can do or programs they can watch. Make sure to get your kids' input so the plan teaches media literacy and self-regulation, and use this as an opportunity to discover what they like watching, introduce new shows and apps for them to try, or [schedule a family movie night.](#)

The AAP's [new guidelines, released in October 2016](#), allow for some screen time for children younger than 2 and emphasize parental involvement for all kids. In a nutshell:

- Avoid use of screen media other than video-chatting for children younger than 18 months.
- If you choose to introduce media to children 18-24 months, [find high-quality programming](#) and co-view and co-play.
- Limit screen use to 1 hour per day of high-quality programs for children age 2 to 5 years.
- Create a family media plan with consistent rules and enforce them for older kids.

The reality is that most families will go through periods of heavy and light media use, but, so long as there's a balance, kids should be just fine.



# Have a conversation regularly

1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
4. Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
5. Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

**Be smart on the internet**

**Childnet International**  
www.childnet.com

**S SAFE** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

**M MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

**A ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

**R RELIABLE** Information you find on the internet may not be true, or someone online may be lying about who they are.

**t TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.  
You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**THINK UK KNOW**

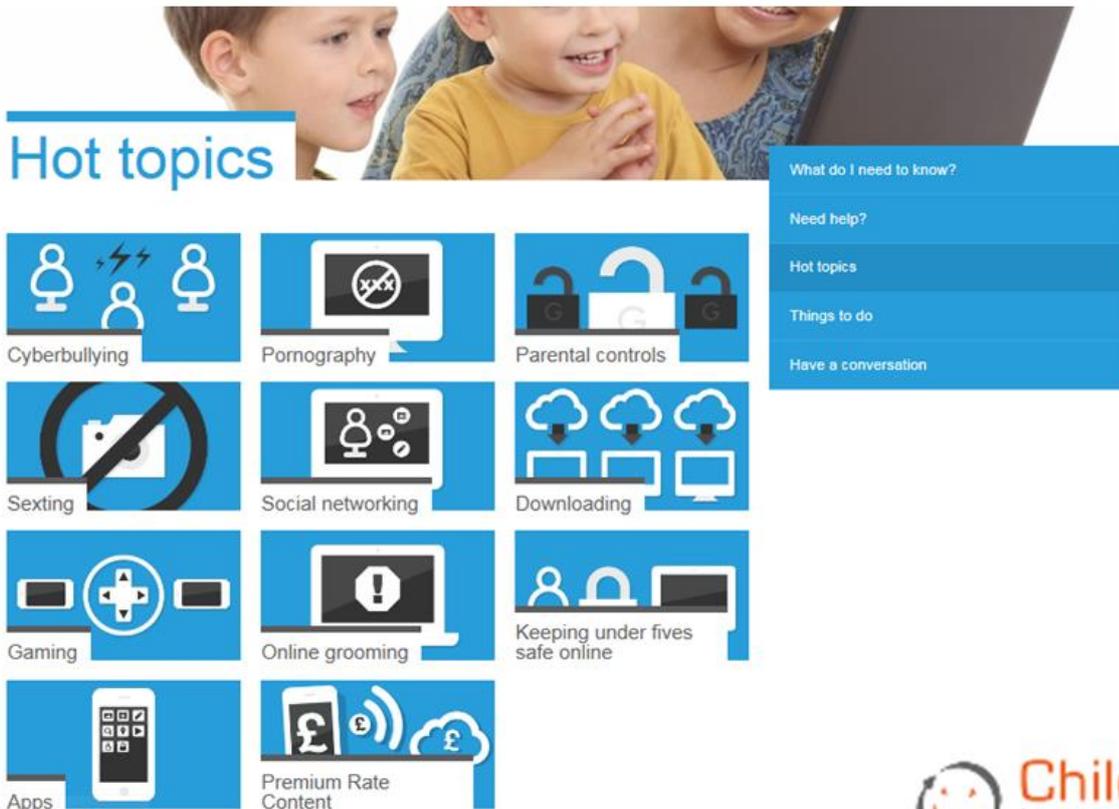
**www.kidsmart.org.uk**

**KidSMART** Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.



# Safety settings

- Manage access to age-appropriate content
- Report concerns
- Protect privacy
- Check websites and apps
- Internet provider filters – BT, SKY, TalkTalk, Virgin Media
- Search help areas or make contact



The screenshot shows the 'Hot topics' section of the Childnet International website. It features a grid of 12 topic cards, each with an icon and a title: Cyberbullying, Pornography, Parental controls, Sexting, Social networking, Downloading, Gaming, Online grooming, Keeping under fives safe online, Apps, and Premium Rate Content. To the right of the grid is a blue sidebar menu with the following options: 'What do I need to know?', 'Need help?', 'Hot topics', 'Things to do', and 'Have a conversation'. The background of the page shows a family of three children looking at a laptop.





# Identifying grooming

- can be difficult to know
- watch out for a change in their behaviour such as becoming more secretive, especially in what they do online
- unexplained gifts such as a new mobile phone
- meeting friends in unusual places.



O<sub>2</sub> 😊 NSPCC NetAware )))



< View all networks



# Instagram

[Photo / image sharing](#) | [Content sharing](#) | [Messaging](#) | [Video chat](#) | [Live streaming](#)

**13+**

### Minimum age according to Instagram

This is Instagram's minimum age. What do you think is the right age for this site? [Share your thoughts](#) v

Instagram is a picture and video sharing app. Users can post content and use hashtags to share experiences, thoughts or memories with an online community. You can follow your friends, family, celebrities and even companies on Instagram. Instagram allows live streaming.

## What do I need to know about Instagram?

We've spoken to parents to find out what they think about Instagram. We've also asked children and young people what they think. Here's what they said:

### Children's views

#### What do children and young people say to look out for:

34% of the children and young people who reviewed Instagram thought that it can be risky. The top risks were:

- Strangers following or talking to them, particularly adults
- Bullying, especially people posting mean posts or pictures
- Hacking and fake accounts
- People screenshotting and sharing their pictures and videos without permission

#### Why young people like it:

The main things that young people told us they liked about this site were:

- Seeing what your friends are doing and commenting on their pictures
- Following your favourite celebrities
- Seeing and sharing funny pictures and videos

## What's the right age for Instagram?

**13+**

**Instagram says**  
This is taken from Instagram's own guidelines and is accurate as of March 2017.

**13+**

**Our panel of parents say**  
Based on our independent panel of nearly 700 parents, surveyed through YouGov in January 2017.

**12+**

**Children say**  
Based on 1,696 responses from children and young people in December 2016 and January 2017.

**11+**

**Net Aware visitors say**  
Based on 2322 votes from visitors to the Net Aware site – you can vote too.

### What do you think?

Adjust the slider and tell us what you think is the right age to join Instagram:



Submit my vote

## Is content on Instagram suitable for children and young people?

We asked young people and parents to tell us about the content they came across on Instagram. Here are the types of inappropriate content that they reported.



## Apps or sites Y5 pupils are using

<u>Imesaage</u>	Cartoon network	Trove
<u>X Box live</u>	Exploding kittens	<u>Twitter</u>
<u>Instagram</u>	<u>You tube</u>	Clash of clans
Roblox	<u>Google hangouts</u>	C.A.T.S
<u>Snapchat</u>	Coymaster	Mario Cart 7
<u>Musical.ly</u>	Photoshop	Mario Run
<u>Whatsapp</u>	Kids tube	Fruit ninja
Pokemon 2	Spotify	Boom beach
Adventure time and wars	Diesel	Pokemon Go
<u>Minecraft</u>	Pic collage	Pinterest
Clash royale	<u>Skyc</u>	Wish bone
<u>Facebook</u>	Animal jam	Photo lab
Subway surf	Tap dash	Sims
Tap titans two	<u>Facetime</u>	Toka Town
Stardo valley	<u>Rocket league</u>	<u>discord</u>
Fifa	Temple run	<u>Communicate with other people</u>
Real racing three	WWE	
	<u>Live.ly</u>	



## My top tips for staying safe online:

- Do your research into devices, apps and sites – suitable for their age?
- Talk openly and regularly about the internet, their use and online friends
- Restrict screen time
- Set rules and boundaries
- Make the tough decisions and be the baddie by saying 'no' if necessary, but engage in their use otherwise
- Report any concerns
- Don't suffer in silence – talk to someone
- Don't allow devices in bedrooms – encourage being open
- Keep an eye on changes of behaviour
- Check your internet provider settings ask questions of providers
- Enjoy all the positive things the internet can offer, but be aware of the latest issues, apps/tech and revisit the internet safety sites frequently

Location – be visible

Talk regularly

Engage and enjoy

Set rules together

Report ANY concerns