KEEP YOUR CHILD SAFE IN CYBERSPACE

Talk to your child about staying safe online...

Make it part of your daily conversation so your child feels relaxed and are more likely to come to you with any worries.

REASSURE THEM – you're interested in their life, recognise they'll be using the internet for many different things.

ASK WHO THEY ARE TALKING TO – remind them that not everyone online is who they say they are.

REMIND THEM ABOUT STRANGERS – not to share names, locations, schools, etc.

SOCIAL MEDIA RISKS

Facebook, Instagram, Snapchat, Tiktok, Twitter, Wink

OVERSHARING – being pressured into sharing personal information or photos/videos of themselves.

SHARING THEIR LOCATION – via apps, games, tagging photos, checking into venues, etc.

TALKING TO PEOPLE THEY DON'T KNOW – via apps, games, chat rooms, etc.

SENDING OR RECEIVING INAPPROPRIATE CONTENT– sharing memes/images of others without their consent or that is harmful to themselves.

UNREALISTIC SENSE OF BODY IMAGE OR REALITY – feeling under pressure to conform to the ideal body or lifestyle.

OBSESSIVE FOCUS ON LIKES & COMMENT – focusing on likes & comments can leave them feeling they aren't good enough or popular.

HEALTHY LIFESTYLE – being on devices for long periods of time, late at night impacts on sleep and causes lack of attention in school.

STAYING SAFE ON SOCIAL MEDIA

REVIEW LOCATION SETTINGS ON THEIR DEVICES – locations shared publicly can be seen by anyone which increases the risk of cyberbullying, stalking or unwanted contact.

GET TO KNOW THE SAFETY & PRIVACY SETTINGS – for each app they use consider setting accounts to private.

AGE RATINGS & FEATURES – check minimum age on apps they use, consider what is suitable for your child.

CHAT APPS

WhatsApp, Omegle, Telegram, Viber, Signal, Facebook messenger, Discord, Snapchat, Kik

Chat apps allow users to send messages, photos and videos to individuals or large group chats. Check privacy/safety settings to restrict who can contact them. Speak to your child about what they are sharing with others and that if someone screen shots their conversations/pictures they can still be shared even if your child deletes them.

IF SOMETHING GOES WRONG

You may have found out your child has been viewing inappropriate images/websites, sharing explicit images or being bullied online. Conversations about these can be difficult but it's important to be open, honest, calm and non- judgmental. Your child's school can be a great source of information in these instances, speak to the class teacher, tutor or Designated Safeguarding Lead for help.

A useful website is www.ceop.police.uk where parents/carers and children can report their concerns online.