

# Stanhope Primary



## An understanding of Internet Safety



Please visit our website: [www.stanhopeprimary.com](http://www.stanhopeprimary.com) to view further information, support and advice on Computing and E-Safety.

Stanhope Primary School are educating and celebrating the positive use of the Internet whilst remaining safe.

Parents and Guardians play an essential role in supporting children in learning about how to stay safe online.

Online social media is becoming more popular than ever, therefore an even bigger reason as to why you should monitor your child's online activity.

The following are a number of links to provide you with the relevant guidance to help support your child.

<https://www.saferinternet.org.uk/safer-internet-day/2020>

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

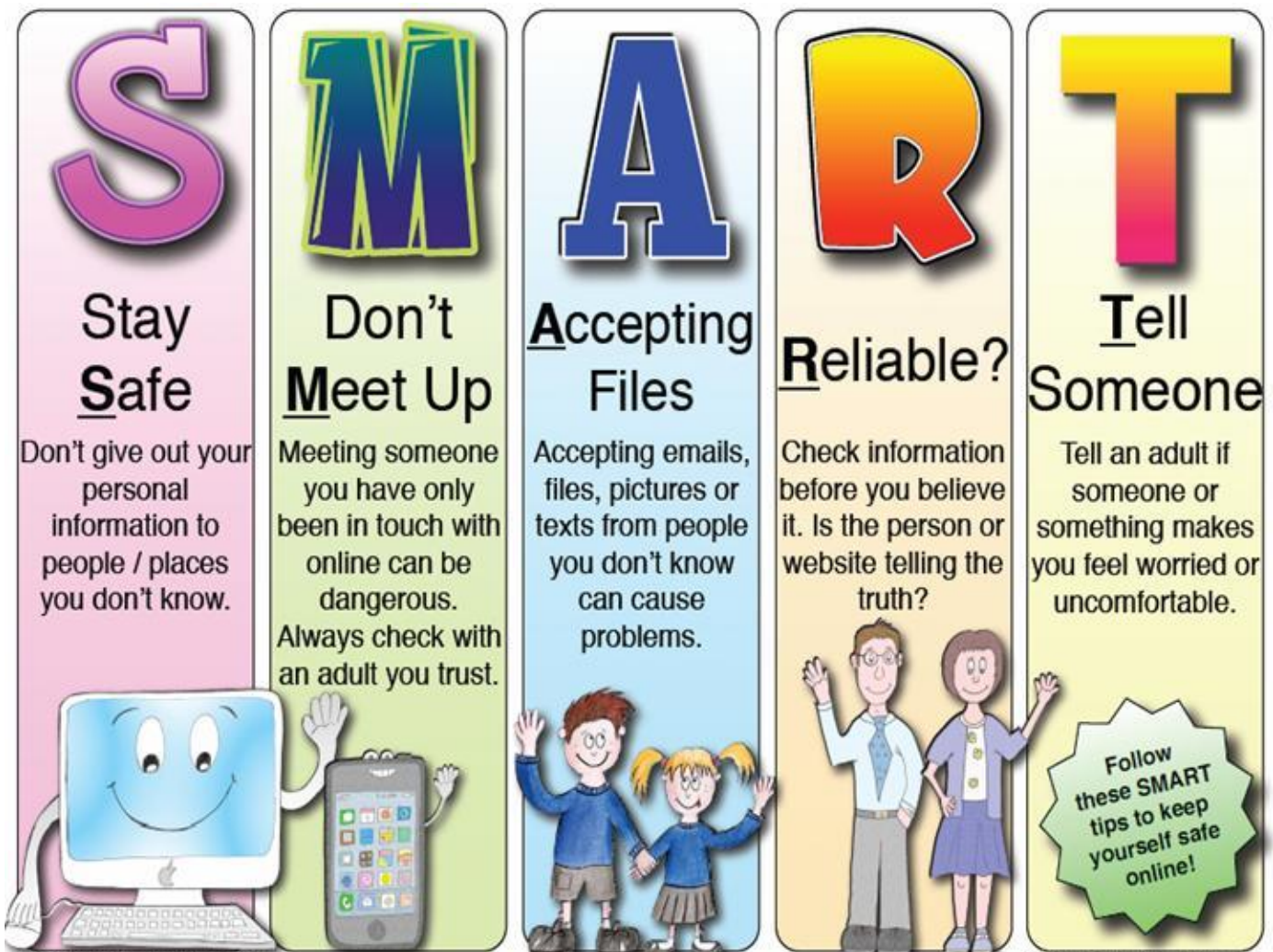
[www.inctinschools.org](http://www.inctinschools.org)

Videos, games and activities for children

<https://www.netsmartzkids.org>

The children have been learning about the SMART rules in school.

Ask them if they can remember ...



Your child/children will see these posters around school as a reminder to keep safe, not just once or twice a week but EVERY time they use the Internet.

The following pages are to inform parents of some of the most 'popular' sites amongst children. Please take note of the registration ages as well as being aware of the dangers of using these sites. As a primary school we do not advise or promote any of the following apps/sites to be used by the children due to the increasing mental health impact linked for inappropriate use.

# Snapchat



Age: 13

SNAPCHAT IS NOT INTENDED FOR CHILDREN UNDER THE AGE OF 13

What is Snapchat?

Snapchat is an online photo-messaging app with a twist. Users can take photos, videos and message other users.

How to delete a Snapchat account:

[https://accounts.snapchat.com/accounts/delete\\_account](https://accounts.snapchat.com/accounts/delete_account)

Enter your child's username and password and the account will be closed.

The dangers of Snapchat:

1. Due to a new feature on the app, you can now see where your friends/other users are by zooming out on the map. This allows users to view exactly where you are including street names and road maps.
2. As you are able to chat to other users, once the messages have been opened and the chat is closed, the conversations can no longer be retrieved. This is an opportunity for children to hide who they are chatting with and also what they are saying.

Although Snapchat does have privacy filters this does NOT always mean your child is safe.

# Facebook



Age: 13

FACEBOOK IS NOT INTENDED FOR CHILDREN UNDER THE AGE OF 13

## What is Facebook?

Facebook is an online social media app where users can upload text, photos, and videos, join groups and message other users.

## Using a Facebook account:

Facebook will ask you to enter your date of birth when creating an account. It is very important that you enter your correct date of birth. If you are between 13 -18 the settings will automatically only share your posts with your Facebook friends. However, you can make your account public, which means anyone can see your posts, and are able to comment on them and share them with their friends.

## The dangers of Facebook:

1. Although most people using Facebook are genuine, there is no proof that people are who they say they are. This is why it is so important NOT to meet up with ANYONE from Facebook – even if you believe they're a friend.
2. Be very careful not to upload too much personal information such as your address, phone number, school or collage
3. Loss of copyright over your photos.

*Although Facebook does have privacy filters this does NOT always mean your child is safe.*

# Instagram



Age: 13

INSTAGRAM IS NOT INTENDED FOR CHILDREN UNDER THE AGE OF 13

## What is Instagram?

Instagram is an online photo app. Users can upload photos, videos and message other users.

## Who can see your Instagram account?

Instagram does have privacy features, however when setting up the account it will be public (everyone can see the posts). It must be changed in the profile settings to private. If friends wish to see the account they must request you as a friend first. Once you have accepted, they will be able to see your posts. Do not accept anyone that you do not know!

## The dangers of Instagram:

1. Having your account showing publicly means anyone and everyone is able to see your photos and videos.
2. You are able to receive messages from strangers.
3. There is a section to write a bio about yourself – this is NOT for personal information such as your address, telephone number etc.
4. Loss of copyright over your photos.

*Although Instagram does have privacy filters this does NOT always mean your child is safe.*

# YouTube



Age: 18 to have an account however, an account can be set up at the age of 13 with parental consent

YOUTUBE IS NOT INTENDED FOR CHILDREN UNDER THE AGE OF 13. PARENTAL SUPERVISION IS ESSENTIAL.

## What is YouTube?

YouTube is an online video app. Users can watch and upload videos as well as follow vloggers (video blogger).

## Who can see your Youtube account?

Everyone is able to see your YouTube account! There are no controls in place to stop strangers viewing your channel. There is the option to turn the comments off, meaning no one can comment on your uploaded videos.

## How to turn on parental controls:

Turning on parental controls is very simple. Please go to:

[www.safesearchkids.com/youtube](http://www.safesearchkids.com/youtube)

and follow the step by step instructions. This is strongly advised for anyone under the age of 18.

## The dangers of Youtube:

1. If the account does not have the parental controls turned on, your child may view a number of inappropriate materials such as explicit videos, violence and much more.
2. Anyone is able to view the channel. Do not give out personal information on a video such a address and phone number etc.
3. Youtube encourages viewers to express their opinion on materials.

Although YouTube has some parental controls this does NOT always mean your child is safe.

# Twitter



Age: 13

TWITTER IS NOT INTENDED FOR CHILDREN UNDER THE AGE OF 13

## What is Twitter?

Twitter is an online social media app. Users can upload photos, videos and 'Tweet' on their own profile or on other users' profiles.

## Who can see your Twitter account?

Twitter does have privacy features, however when setting up the account it will be public (everyone can see the posts). It must be changed in the profile settings to private. If friends wish to see the account they must request to follow you. Once you have accepted, they will be able to see your posts. Do not accept anyone that you do not know!

## The dangers of Twitter:

1. Having your account as public means anyone and everyone is able to see your photos, videos and 'Tweets'
2. You are able to receive messages from strangers if your account is public.
3. There is a section to write a bio about yourself – this is NOT for personal information such as your address, telephone number etc.

*Although Twitter does have privacy filters this does NOT always mean your child is safe.*



# TIKTOK



Age: 13, however, anyone under the age of 18 MUST have parental consent/approval

TIKTOK IS NOT INTENDED FOR CHILDREN UNDER THE AGE OF 13

## What is TikTok?

TikTok is a social networking app that gives users the ability to watch and create short clips of up to 60 seconds with friends, family or the entire world.

## How does TikTok work?

When you download the app, you can instantly see the videos that others have posted on the channel. You are not allowed to share a post until an account has been set up. Once registered, anyone can share a video about anything! Content is often cross-posted to other platforms.

## Who can see your TikTok account?

Once the app has been downloaded, all content can be seen. You must change the settings to 'restricted mode' to filter out some of the inappropriate content. An account can be set to 'private', so that all videos can only be seen by the creator and no one else on the platform. With a private account, you can approve or deny users and limit incoming messages to followers only.

## Dangers of using TikTok:

- Inappropriate language around some of the videos
- Contact from strangers- predators seeking to connect with children is a risk
- Once the app has been downloaded, you are able to see everything- turn on the restricted mode.
- All accounts are PUBLIC by DEFAULT
- Users can like or react to a video, follow an account or send messages to each other. There is a risk of strangers being able to directly contact children.

## How do I delete the app?

To delete an account, you have to request a code from the app using a phone number.

*Although TikTok does have privacy filters this does NOT always mean your child is safe.*

# Online Gaming



Age: Ranging from 3 years up to 18+

PLEASE CHOOSE THE CORRECT AGE FOR YOUR CHILD. AGE RESTRICTIONS ARE IN PLACE FOR A REASON.

## Gaming:

Gaming is a way for people to relax, socialize with friends and to have fun. Children may be given the option to play as a team, one against the other, encourages developing their own gaming skills. Gaming was designed to be entertaining and can be engaging for pupils.

## What should I look out for?

Most games have an age rating based on their themes. Games with violent and sexual content will have a higher rating. The age rating system is provided by PEGI and gives an overview of individual games, which can help you decide if it's appropriate.

All major games consoles have settings that prevent children from finding inappropriate games. You can set limits for playing time, and speaking to unknown players.

## What are the risks?

- Being bullied
- Trolling, griefing and scams
- In-game purchases
- Talking to people they don't know
- Being exposed to inappropriate language/themes including violence/sexual content
- Privacy and security settings can be difficult to manage with games. Some allow communications features to be turned off or placed on mute.

*Although GAMES do have privacy filters this does NOT always mean your child is safe.*

# Cyber Bulling



Age: THIS CAN HAPPEN TO ANY AGE GROUP

## What is Cyber Bulling?

Cyber Bulling is when someone is bullied via a device such as a computer, tablet or mobile phone. This could be in the form of a text message, email or any kind of contact on social media.

## How to seek help when Cyber Bulling occurs?

Discuss this with your child/children. Should your child/ children encounter any form of cyber bullying, encourage them to REACH OUT! This could be to parents/guardians, a teacher or another trusted adult.

Do you retaliate?

No, this could cause an escalation, causing further problems and distress.

## Identifying signs from your child that there MAY be a cyber bullying issue:

- Unexpectedly stops using their device(s)
- Appears uneasy about going to school
- Shows an increase/decrease in eating
- Becomes secretive about their online activities

## The dangers of Cyber Bulling:

- Sadness
- Anxiety
- Depression or other more serious mental health problems
- Anger
- Shame
- Fear
- Low self esteem
- Inability to trust in others
- Withdrawal, seclusion, avoidance of social relationships
- Poor academic performance
- Bullying others – to feel in control
- In extreme cases – Suicide.

**For further information visit:** [www.connectsafely.org/cyberbullying](http://www.connectsafely.org/cyberbullying)

# Online Grooming



What is Online Grooming?

Online grooming is when children are convinced that the person they are talking to is a friend/ a trustworthy person, and they are persuaded into getting involved in illegal/sexual and religious activities.

Is grooming illegal?

**YES**

Can grooming only take place online?

**NO** – children can be groomed online and also in person! It can also happen to BOYS as well as girls.

Is your child at risk?

Do they:

- Have older friends
- Tell lies and keep secrets
- Have an older boyfriend/girlfriend or friends
- Hang out with older people
- Not tell you where they are
- Skip school

These are only examples. This does not necessarily mean your child is

Useful websites:

- [www.nspcc.org.uk/grooming](http://www.nspcc.org.uk/grooming)
- [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)
- [www.parentsprotect.co.uk/online\\_grooming](http://www.parentsprotect.co.uk/online_grooming)

**Childline: 0800 1111**

# Sexting

## What is Online Sexting?

Sexting is a term, which describes the sharing of intimate images of yourself with others. This includes text message, email and/or social networking sites such as Facebook, Twitter, Instagram, Snapchat and YouTube.

## Is Sexting illegal?

**YES**

## Reasons why minors may begin Sexting:

- Sending by accident
- Being brave about a naughty photograph
- Feeling sexually confident
- Feeling less inhibited and less aware of risks and consequences
- Doing it as a dare
- Thinking that it is a good laugh and there is no harm in it

If your child finds themselves in this situation, there are several steps to follow:

- If your child has posted it on their own social media – get them to remove it.
- If they have sent it to someone else, contact them and ask them to delete it.
- If the image has been shared on other users social media accounts, follow the procedures to report it.

Useful websites:

- [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting)
- [www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting](http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting)

**If you require further information on any of the topics in this booklet please visit the following websites:**

- [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/)

<https://www.nidirect.gov.uk/articles/social-networking-sites-online-gaming-and-keeping-children-safe-online>

- [www.internetmatters.org](http://www.internetmatters.org)
- <http://www.childnet.com/parents-and-carers/hot-topics/keeping-young-children-safe-online>
- [www.bbc.co.uk/cbeebies/grownups/article-internet-use-and-safety](http://www.bbc.co.uk/cbeebies/grownups/article-internet-use-and-safety)
- [www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media](http://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media)

Why do social media apps/websites have an age restriction?

Many sites ask for personal data such as names, date of births, or even place of residency. However, some companies collect and market user data. The Children's Online Privacy Protection Act (COPPA) exempts children from data collection, hence the restrictions.