Need advice or help?

All social media platforms have their own ways of reporting inappropriate content or users. In addition, the following organisations can help you:

NSPCC:

If you are worried about a child then the NSPCC can offer advice and support and inform you of the necessary steps to take:
https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/

Childline

Children can contact Childline to chat to somebody about their worries:
https://www.childline.org.uk/get-support/

UK Safer Internet Centre

Report Harmful Content is a national reporting centre that has been designed to assist anyone in reporting harmful content online:
https://www.saferinternet.org.uk/helpline/report-harmful-content

CEOP

If you are worried about online sexual abuse or the way someone has been communicating with your child online then CEOP can help:
https://www.ceop.police.uk/Safety-Centre/

Video calling family

There are lots of different apps available to video chat with others – something a lot of us may be doing more of at the moment. This helpful article from Internet Matters outlines how to use some of the more popular platforms as well as some tips on how to use them safely including setting boundaries on when and where children can use these apps to chat with others.

The full article is available here:
https://www.internetmatters.org/blog/2020/04/09/how-to-use-video-chat-platforms-to-group-chat-with-family-and-friends/

NETFLIX

Netflix have enhanced their parental controls, for example you can set a maturity level for each profile or restrict titles for each profile. Learn how to set up the parental controls here: https://help.netflix.com/en/node/264

Live streaming

What is live streaming?

Live streaming is when somebody broadcasts live (real time) video through an app or website. For example, users can live stream on Instagram, Twitch or Facebook. Children also post prerecorded videos and share them through apps such as YouTube or share them with friends via apps such as WhatsApp. Whilst live streaming, other users can comment, react and chat. Most of these apps are for those aged over 13+.

Risks

- If your child has a public profile then potentially people they don't know will be watching their videos, commenting and chatting with them.
- Whilst using these apps/sites, your child could view inappropriate content.
- Your child may share personal information.
- Videos can be recorded or screenshots taken so even if you subsequently delete the video then somebody may still have a copy of it to share.
- You child could be subjected to cyberbullying.
- Your child may participate in online challenges which can sometimes be risky.

How can I help keep my child safe?

Use apps/websites together so you can work out how the privacy settings work and how to report or block other users when necessary. Ensure your child understands that they should talk to you or another trusted adult if they see anything upsetting online. Talk to your child about how to deal with peer pressure and how they shouldn't share or participate in anything that makes them feel uncomfortable.

Further links

The following three articles will provide you with further information and guidance on how to keep your child safe:
- https://www.internetmatters.org/resources/parents-guide-to-live-streaming-and-vlogging/
- https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/
- https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/

Set up appropriate privacy settings

Don't share personal info

Have regular chats with your child

Learn how to use the reporting functions

New online safety guidance published by the Government

The government has published new advice to help people, particularly children, stay safe online during the coronavirus outbreak including making use of parental controls and the tools available to help manage screen time. Full guidance available here:

https://www.gov.uk/guidance/covid-19-staying-safe-online

What is cyberbullying?

Cyberbullying is when any form of bullying takes place online via any device be it a mobile phone, tablet, console or computer. Some examples could include sending nasty messages or leaving nasty comments, sharing embarrassing photographs or excluding others when playing online games.

What is your child saying online?

Children can communicate online through lots of different apps, social media and games (WhatsApp, Instagram, FIFA, Fortnite to name a few) so it's important to talk to your child about how they behave and communicate online. It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other. Talk to your child about how they are speaking to others online and encourage them to talk to people online with respect, like they would if they were face-to-face. This is a useful article including tips on how to help your child be kind to others online:

https://parentinfo.org/article/safer-internet-day-2019-how-to-help-your-child-be-kind-to-others-online

How can I help?

- Set up appropriate controls on any devices/apps that your child uses.
- Set up appropriate privacy settings on any apps/games/websites that your child uses.
- Ensure your child knows how to use any reporting tools and is able to block people online.
- Talk to your child about not accepting friend requests from strangers.
- Ensure your child understands that they should not share any personal information online.
- Talk to your child about what they do share online and that they must think before they do share.

What should you do?

We always recommend regularly talking to your child about what they are doing online so they understand that they should talk to you about any concerns if they arise. Ensure that your child understands that if they are bullied online then they should not engage with the person, they should instead tell an adult that they trust. Talk to your child about following these steps:

1 Block them/Report it	**2** Don't reply or engage	**3** Tell a trusted adult

If your child tells you that they are being bullied, stay calm and make sure your child knows that they did the right thing in telling you as bullying is not acceptable. Support them in reporting any bullying and blocking that person if able to do so. Keep evidence. Further steps may include involving your child's school or contacting an appropriate organisation such as the following:

Childline
You can contact Childline about anything.
https://www.childline.org.uk/get-support/

Bullying UK
If you are concerned about cyber bullying, you can contact Bullying UK through on 0808 800 2222

NSPCC
If you're worried about a child, contact NSPCC on 0808 800 5000 or email help@nspcc.org.uk.

CEOP
Worried about online sexual abuse/ the way someone has been communicating online contact CEOP:
https://www.ceop.police.uk/safety-centre

Finally, talk to your child about not being a bystander in bullying, encourage them to report bullying of their friends/ peers who themselves may not know what to do.

Further advice and information

- https://www.internetmatters.org/issues/cyberbullying/
- https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/

Do you have questions about Home Learning?

StarLine is a national home learning parent helpline established in response to the coronavirus outbreak. It offers expert information and advice to parents and carers. Starline can be contacted for support on 0330 313 9162 (open six days a week). More information and resources can also be found on their website: https://www.starline.org.uk/

TikTok

TikTok

TikTok has now been downloaded over 2 billion times on the Google Play Store and the App Store (source: techcrunch.com (03.05.20)) and we seem to be seeing lots more TikTok videos during lockdown from doctors and nurses to Dame Judi Dench! It can be a fun app to use but it is important that appropriate privacy settings are used and you are aware of what TikTok is.

What is TikTok?
You must be over 13 years of age to use TikTok.

Users can watch musical clips, record 60 second clips (it include lots of lip synching and dancing), edit them and add special effects.

Why should I be concerned?
You need to be aware that some of the songs used in this app may contain explicit language and sexual imagery, which may not be suitable for your child to view.

Privacy settings
If your child is using TikTok then we recommend setting the account as private. Even with a private account, your child's profile information such as their photo and bio is still visible so ensure your child understands the importance of not adding personal information (e.g. address, age and phone numbers) to this area.

Family safety mode
TikTok have created Family Pairing to help you keep your child safe whilst using TikTok. Family Pairing allows parents to link their own TikTok account to their child's account. This will allow you to control:

- **Screen Time Management:** Control how long they can spend on TikTok each day.
- **Restricted Mode:** Limit the appearance of inappropriate content.
- **Direct Messages:** Restrict who can send messages to them (e.g. only approved followers) or turn off direct messaging completely. TikTok now automatically disables Direct Messages for registered accounts under the age of 16.

Challenges and Trends
You can find challenges which trend on TikTok (along with other apps), lots of them are fun and not harmful but sometimes they can be risky. Talk to your child about challenges as a whole that may appear on the internet and making sure they know that they can talk to you about what they see online. Talk to them about the potential risks that may arise from participating in certain challenges.

Blocking and Reporting
As with similar apps, there is the ability to report (https://support.tiktok.com/en/privacy-safety/report-inappropriate-content-en) and block other users (https://support.tiktok.com/en/privacy-safety/block-accounts-default) so ensure your child knows how to use the reporting features within this app and is able to block other users if necessary.

TikTok have produced a number of "You're in Control" videos to show users how to use TikTok more safely. These are available here: https://newsroom.tiktok.com/en-us/youre-in-control-video-series-stars-tiktok-creators-to-educate-users-about-safety-features

Talk to your child
Why does your child use it? What do they like about it? Do they know their followers? What do they like watching on it? Have they ever seen anything that has worried them? Talk to your child about what they share on TikTok, they must understand the importance of not sharing personal information and to think carefully about what they do share online.

Further information
- https://parentzone.org.uk/article/tiktok-everything-you-need-know-about-video-production-app
- https://www.net-aware.org.uk/networks/tiktok/
- https://www.saferinternet.org.uk/advice-centre/social-media-guides/tiktok

TikTok Update

TikTok have announced that over the next few weeks they will be rolling out an update which will allow parents to link their own TikTok account to their child's account through Family Pairing. This will allow you to set controls such as:

- Screen Time Management: Control how long they can spend on TikTok each day.
- Restricted Mode: Limit the appearance of inappropriate content.
- Direct Messages: Restrict who can send messages to them (e.g. only approved followers) or turn off direct messaging completely.

Also from April 30th 2020, TikTok will automatically be disabling Direct Messages for registered accounts under the age of 16.

The full article is available here: https://newsroom.tiktok.com/en-us/tiktok-introduces-family-pairing

TikTok FAMILY SAFETY MODE

TikTok support for parents: http://support.tiktok.com/?ht_kb=for-parents