Online Safety News

Parents' and Carers' Guide:
Let's talk about life online

As a parent or carer, the best tool to support your child in leading a happy and safe life online is to have regular and open conversations. The Parents' Guide, created by Childnet International, gives practical advice on how to begin such conversations, how to work together as a family to support your child online, and how to handle difficult discussions or situations. Each section has examples of questions to use to start a discussion around safe and positive internet use, and key messages to share with your child.

Childnet International | Let's talk about life online (pdf)

Report Remove

Childline has launched 'Report Remove', a service that allows children and young people under 18 to report and get removed from the internet, a nude image or video of themselves that might have been shared online. The webpage also includes links to services and information offering emotional and safeguarding support.

Childline | Report Remove: Remove a nude image shared online

REPORT REMOVE

Nude image of you online?
We can help take it down.

Herts
for Learning

01438 544464
hertsforlearning.co.uk

Parent Zone: Parent Resources

Parent Zone offers advice and support to parents and carers to help children be safer online, develop resilience to cope with online challenges and help educate them for their digital futures.

There is a specific parent area of the website where tips and information from experts about parenting in the digital world can be found. The top articles include:

- The six apps and services that every parent should know about. A guide for parents to some of the most popular apps children use online.
- Screen time: everything you need to know
- Low mood - or something else

Parent Zone | Top articles about digital parenting

There is also a comprehensive parental guide section which gives information and safety advice on many popular games and apps including; Fortnite, Disney+, Clash of Clans and Roblox.

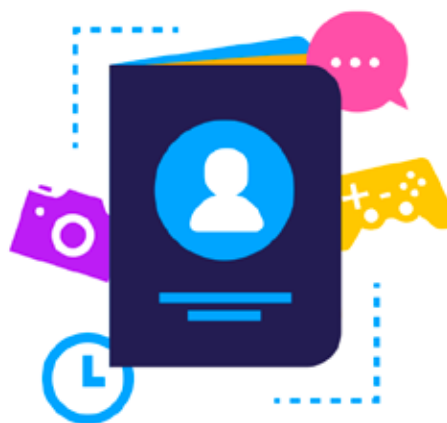**Parent Zone | Parent Guides**

UKCIS: Digital Passport

A resource for care experienced children and young people, and their carers.

The **UKCIS Digital Passport** was created by the UKCIS Vulnerable Users Group. This new resource is for care experienced children and young people and their carers.

It is a communication tool to help young people talk with their carers about their online lives. It gives structure and resources to support these conversations, for both the child and the carer. It includes a section for children to express their feelings, hopes and interests, and a section for foster carers and other professionals on how to talk about the digital world and why it is so important to do so regularly.

'Talking regularly about their digital life with a trusted adult is a key way to help keep children and young people safe online. This is particularly important for children who have had adverse childhood experiences.' Source: Internetmatters.org

Internet Matters | UKCIS Digital Passport

Cyber security: a guide for parents and carers

Thinkuknow and the National Cyber Security Centre have worked together to give advice about how families can make small changes to the security of online accounts and devices to better protect them from online scams.

'Cyber security is the way we reduce the risk of becoming a victim of cyber crime. Cyber crime is criminal activity that either targets or uses digital technology, like a computer, a computer network or a mobile device, in order to steal money or information to sell on.

For example:
- *Phishing, where bogus emails asking for security information and personal details*
- *Malicious software, through which criminals hijack files and hold them to ransom*
- *Hacking to get information, including social media and email password*

Cyber security is about protecting the devices we use and the services we access online. It's also about preventing unauthorised access to the personal information we store on these devices, and online.'

Check out their six Cyber Aware Tips:

Thinkuknow | Cyber Security: a guide for parents and carers

What to do if your child sees something inappropriate online

It is not always possible to prevent children seeing something inappropriate online. Sometimes innocent searches can result in children viewing inappropriate content.

O2 and NSPCC have put together a series of suggestions for parents to follow if their child has seen something that upsets or confuses them.

NetAware | What to do if your child sees something inappropriate online

Social media and mental health

How we experience social media can affect our mood. YoungMinds together with O2, have gathered tips and advice on how to enjoy a more positive time online.

Young Minds | Looking after yourself: Social media and mental health

There are tips for talking to your child about their use of social media and the internet including:

• Have conversations from a young age
• Lead by example
• Talk about personal information
• Act on warning signs

Details can be found at:
Young Minds | Parents Guide To Support - Social Media and the Internet

What to do if you are worried about something that has happened to your child online

The internet is a great place to keep in touch with friends and make new ones. Some people online will be genuine and supportive, but others may use the internet to look for sex and target young people. They may want to trick, pressure or force young people into sexual activity, this may including getting photographs of videos from them. Young people are never to blame in such instances, they are victims of manipulation and coercion.

If you have any concerns about who your child is in contact with online, grooming or sexual exploitation, you should report your concerns directly to:

CEOP, (Child Exploitation and Online Protection command, part of the National Crime Agency).

Read guidance on what to report, how your report will managed and how to access support.

Thinkuknow | Get Help

Thinkuknow has published guidance to help develop a better understanding of online abuse:
- What sexual grooming is, how it happens, and what to look out for
- How children and young people can be tricked and groomed into sending videos and images
- Why disclosing abuse can be difficult for children and young people

Remind your child to talk to you about anything that is worrying them about what has happened online.

The information in the newsletter is given to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the Herts for Learning Wellbeing team as part of their online safety support for schools and settings in Hertfordshire.

Herts for Learning (HfL) is a provider of products and services to schools and educational settings. We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live or their circumstances.