E-Safety Guide for Parents, Guardians & Carers

The Internet and Social Media have become a regular part of everyday communication with others, particularly for our students. There is a multitude of social media mediums that our students use. Below is some useful information for parents/guardians.

Sexting

One in five indecent images of children shared online, were taken by the child themselves.

When people talk about sexting, they usually mean sending and receiving the following:

- naked pictures or 'nudes'
- 'underwear shots'
- sexual or 'dirty pics'
- rude text messages or videos.

They can be sent or received from a friend, boyfriend, girlfriend or someone the child has met online.
Sexting can easily happen. Things can go wrong – even when the student didn't mean for them to.

Sexting is covered in our Lower 6th & Intermediate Tutorial Programmes. However some students are not aware of the dangers of sexting, or the legalities surrounding it.

A young person is breaking the law if they:
- take an explicit photo or video of themselves or a friend
- share an explicit image or video of a child, even if it's shared between children of the same age
- possess, download or store an explicit image or video of a child, even if the child gave their permission for it to be created.

Students must not 'like' or 'share' a picture they receive. This is also a criminal offence.

Useful Information

- "Catfishing" is the name used by offenders to lure young people into harm on social media and on line gaming
- Musical.ly – highly dangerous and greatly accessed by paedophiles in disguise wanting more videos of dancing
- Instagram now rated the worst app causing mental health issues
- SnapChat earns your child 'streaks'. This is a darkly ingenious way to keep your child engaged. They gain points every time they communicate and lose them if they don't reply. SnapChat is highly pervasive into the child's psyche. SnapChat also reveals where your child is located, unless it is switched to "ghost mode".
- 'On line Gaming' is a real and present threat and easily becomes an addiction.

Useful Apps

- Parents can download GALLERY GUARDIAN. If you are contracted to your child's phone it sends an alert of inappropriate images
- Parents can download OUR PACT an app allowing you to switch off the apps on your child's phone, and to a schedule
- Parents access CIRCLE WITH DISNEY – you can manage all devices in your home, setting time limits and turning off individual apps.

- Young people can download FOREST helping them to control their own screen time. They plant a seed and a forest grows in the app, the more time you spend on your phone less trees grow. Proving popular with young people to help focus during exam times.

Phones and Bedtime

- 9 out of 10 young people are exposed to blue light just before bedtime
- 50% of teenagers are not getting enough sleep for good health and study
- Under 25's on average are likely to check their mobile phone 32 times a day
- Young people need a digital blue screen detox 90 mins BEFORE going to sleep
- 48% of youngsters check their phones having gone to bed
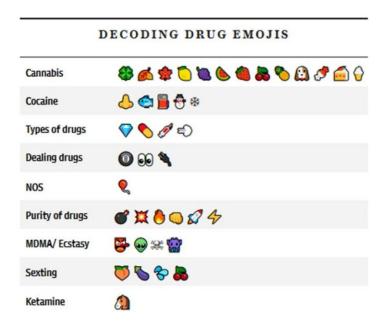- 10% of young people will check their phones 10 times during the night.

Text or Internet Codes:

These codes are used to send messages out quickly, hoping that most of them are not understood by supervising adults:

- **LMIRL**- let's meet in real life
- **IMEZRU** - I am easy, are you?
- **TDTM** - talk dirty to me
- **SORG**- straight or gay
- **NIFOC** - nude in front of computer
- **182 –** I hate you
- **WTTP -** want to trade pictures
- **MIA –** talking about Bulimia
- **KMS –** kill myself
- **420** - marijuana
- **XTC** - ecstasy
- **MOOS** - member of the opposite sex
- **AITR** - Adult in the room
- **MOS** - mom over shoulder
- **POS** - parent over shoulder
- **PIR** - parent in room
- **PAL** - parents are listening
- **PAW** - parents are watching
- **ASLP** - Age, sex, location, picture
- **A3** - Anytime, any place, anywhere
- **COBRAS** - Come on by right after school
- **9** - Parent watching
- **99** - Parent no longer watching
- **NP** - nosy parents or no problem
- **143** - I love you
- **LOL** - Laugh out loud

Emoji's

Emoji's are being used more frequently, with similar reasons to the codes above. Here are some examples:

DECODING DRUG EMOJIS

Cannabis	🍀🥦🌸🍋🍇🍉🍓🐪🍊🐶🚀🎂🧁
Cocaine	🔺👃🐟🔋⛄❄️
Types of drugs	💎💊🖌️🤚
Dealing drugs	🎱👀🔨
NOS	🎈
Purity of drugs	💣💥💧🥛🚀⚡
MDMA/ Ecstasy	👹👽☠️👾
Sexting	🍑🌶️💦🍒
Ketamine	🐴

Tik Tok

TikTok has become one of the most popular social media apps on the planet, with 1 billion monthly active users.

Young People in particular love its short-form video focus, and it is now one of 16-19 age range's favourite tools of expression. Users do not need an account to watch videos on TikTok but if they want to like, comment, customise their feed, or create their own video content, they'll be prompted to sign up for a free account. You can find videos relating to almost all interests on TikTok from DIY tricks and makeup tutorials to gaming and sports. People are allowed to let their imagination run wild on TikTok, as there isn't really a right or wrong type of content. You might use TikTok to pick up new skills, learn how to play an instrument or even connect with people you share interests with. Although most of the content you will find is upbeat, funny and joyful, people also use the platform to respond to political events and movements. In contrast to most of its competitors, TikTok doesn't require the user to add any information to their profile. They are issued with a user number, but whether they add a name, profile picture or any other personal information is their choice.

TikTok requires its users to be at least 13 years old. Users can receive and send private messages to any other user. Children aged 16 to 17 now have their direct messages set to 'no one' by default. This means that they will have to manually switch settings if they wish to send and receive private messages. Once this has been changed, please be aware that the young person can be contacted by a stranger.

The social media platform is famous for spawning viral challenges which are a big draw for many users. However, some of these can be dangerous. Make sure that your child knows not to try risky activities that they see on TikTok. Other

For more information, please see the link below.
https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/child-safe-settings-tiktok/

ChatGPT

The use of AI is increasing rapidly, in particular ChatGPT. Here are some considerations from paretns from Childnet.
https://www.childnet.com/blog/what-do-i-need-to-know-about-chatgpt-a-guide-for-parents-and-carers/

Advice & Guidance for Parents

- Encourage dialogue with your children on Social Media etc. Remind them of the importance of their 'social footprint' i.e. if someone looked them up online, what would that person find out? – Hopefully positive info.

- Discuss some of the dangers of the social media apps they are using, in particularly sharing personal information (including images) with people they do not know.
- Let them teach you about the Internet, get them to show you what's cool. This will encourage them to show you what they use.
- Discuss with them if they know what Sexting is, and the Law related to it.
- If appropriate, use 'settings' for apps, or install parental controls.
- Install a good antivirus, firewall, and anti-spyware and keep all software up to date.
- Secure your wireless connections with passwords and activate network encryption from your router settings.
- Set an example with your own phone/tablet/social media.
- Limit screen time.
- Try to keep screens in a public place – avoid them going into bedrooms.
- If your child is becoming socially withdrawn and showing signs of anxiety - **ACT**!
- Agree no screens at mealtimes; no screens at bedtime.
- Do not link credit/debit cards to your children's app.
- LESS time on screens means less absorption of inappropriate content, advertising messages, inane celebrity gossip; bullying and sexualisation.
- Screen time addiction is a recognised health condition.

Links

-Online Radicalisation – parent/guardian information & support
https://www.safe4me.co.uk/wp-content/uploads/2020/05/Parent-Guardian-Online-Radicalisation-Information-and-Support.pdf

-Thinkyouknow – advice from the National Crime Agency to stay safe online
https://www.thinkuknow.co.uk/

-Intrnet Matters – helping parents and guardians to keep their children safe online
https://www.internetmatters.org/?gclid=EAIaIQobChMIktuA5LWK2wIVRYXVCh2afg2aEAAYASAAEgIJ5vD_BwE

-Parentinfo – Help and advice for families in a digital world
https://parentinfo.org/

-LGfl - Online Safety & Safeguarding
https://www.lgfl.net/online-safety/default.aspx

-What Parents Need to Know about Tinder
https://nationalonlinesafety.com/guides/tinder