

Welcome to...

# E-Safety for parents

**Luke Brent-Savage**  
Education Child Protection Ltd.



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“When we change how we **communicate**, we change **society**”  
(Clay Shirky)

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**There are 7.1 billion people on the planet, ...there are 7.4 billion active mobile phones**

1.5 billion profiles worldwide  
300m photos uploaded every day 

770 million users worldwide  
1 billion tweets every two days 

300 hours of video posted every minute  
4 billion videos watched every day 

800 million users worldwide  
34 billion messages sent every day 

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**CEOP**

www.ceop.police.uk    www.thinkuknow.co.uk

Child Exploitation Online Protection Centre

**REPORT ABUSE**

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### When should I report to CEOP...?

- If you are being asked to **do something** that makes you **feel uncomfortable**
- If someone is being **insistent on meeting up**
- Maybe **inappropriate chat** messages you are receiving
- Someone acted **aggressively** or **threatened you** online, or another child you know

**REPORT ABUSE**

CEOP activity led to the arrest **192** suspects last year

**70,000** indecent images were removed last year

CEOP currently receives on average **50** reports a day

**18,887** reports relating to Online CSE

**790** young people were given protection as a result of reporting to CEOP

There are **education programs** for all primary and secondary year groups, including **age-appropriate films** to show the children.

- 'Animal Magic'** 2-8 yr olds
- 'Jigsaw'** 8-11 yr olds
- 'Exposed'** 11-18 yr olds

UK average age - first mobile phone : 9 years  
81% of UK's teenagers own a smartphone

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**THINK UP KNOW**

## Welcome to CEOP's Thinkuknow

Come in to find the latest information on the what you like to do, websites and new technology. Find out what's good, what's not and what you can do about it. If you look after young people there's an area for you too... with resources you can use in the classroom or at home. Read regularly, there's also a place where anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online, or the information here is brought to you by the team at the [www.thinkuknow.com](http://www.thinkuknow.com). We hope you like it!

Are you...

- 5-7?
- 8-10?
- 11-13?
- 14+?
- Parent/Carer?
- Teacher/Trainer?

Even better everything you report find out how to get help when things go wrong. You should report anyone at the internet site!


**REPORT ABUSE**

Watch *Match: Ales Robinson*

**CEOP**

**THINK UP KNOW**

**Parent and Carer**



Welcome to CEOP's Thinkuknow for Parents and Carers!

**CLICK CEOP Internet Safety**

Watch if your children are in **Primary Education**

Watch if your children are in **Secondary Education**

**THE PARENTS' AND CARERS GUIDE TO THE INTERNET**

**Play**



**ONLINE SECURITY**

**EDUCATING CHILDREN**

**CEOP**

Keeping ourselves safe...Rofl says...

**SHARE SAFE**

Keep your personal information personal!

**FRIEND 632**

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Never give out your **Top Secrets**

**Name** **Age**  
**Address** **School**

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Keeping ourselves safe...Iggy says...

**BE NICE**

Be nice to your friends online, just as you are offline.

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Keeping ourselves safe...Splatter says...

**REAL FRIENDS**

It's easy to draw a picture of an offline friend, but you don't always know who an online friend is.

Always talk to your parents about friends you meet online.


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Keeping ourselves safe...Waldo says...

**TELL SOMEONE**

If you get stuck, or anything online upsets you, talk to your Mum, Dad or another adult.

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Keeping ourselves safe...Gaby says...

# ASK FIRST

**Check with your parents before you download anything new.**

Some apps and games may cost money, or may not be good for you, your computer, or your phone.



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## THINK U KNOW

- HOW TO HAVE FUN
- HOW TO STAY IN CONTROL
- HOW TO REPORT
- THE CYBER CAFE

### HELLO

If you're between 8 and 10, you probably know a lot about using the internet.

We've created this area for you to show you what we think is good, look at what's not and show you ways you can get yourself out of bad situations.

If you know something we don't, or you want to get involved in helping to make our website better take a minute to fill in one of our [surveys](#).

Play STAR HEROES

HAVE A LOOK AROUND THE THINKKNOW CYBER CAFE

We have a special [cyber cafe](#) for you to visit where you can help others. Sure, it's not realistic to stop kids using new technology.

PLAY GAMES

GIVE US A HAND! TELL US OUR SURVEYS...

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### How to control your content...

- Limit posts to be seen by **'friends'** and not **'public'**
- 51% of under 18's have **'friends only'**  
Average user has **338** friends - if friends of friends setting is used, up to **114,244** people see every post
- Click **'Protect my Tweets'** so only **approved** users can see them
- In **'Edit your Profile'**, change the **'Posts are Private'** feature to **'On'**
- Make videos **private** by adjusting **'Broadcast and Sharing Options'**



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# CHILDREN'S ONLINE WORLD





**If we look at Moshi Monsters.....**

They don't let children use **real names**, and **parent's email** must be used at all times...

They have no direct chat, but **the forums are very popular**, especially as children get older...

In chats, Moshi filter out **dangerous words** and only allow **'safe' words**...

You can't post that word here. Try again.

You can't post those words here. Try again.

You can't post those words here. Try again.

You can't post those words here. Try again.

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**Chat**

**WhatsApp**  
WhatsApp is an instant messaging app, which lets you send instant messages, images and videos to friends.


**Viber**  
Viber lets you text, call, share photos and send video messages to people worldwide.

**Oovoo**  
Oovoo is a video chat app. It lets you make video calls, voice calls and send text messages. You can webcam up to 12 people at once.


**Tango**  
Tango is an app which allows you to make voice calls and video calls, and have group chats.

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## Chat (2)




**Kik**  
Kik is an instant messaging app which lets you share messages, photos, games and news, or organise events.




**Facebook Messenger**  
Is an app which allows users to communicate with their friends from their Facebook account or phonebook.



**Wiper**  
Wiper is a free messaging service. Texting you can erase from your friends' phones, plus encrypted messages




**Hangouts**  
Google Hangouts is a platform by Google which includes instant messaging, video chat and SMS features.




**IMO**  
Message and video chat with your friends and family for free, no matter what device they are on

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## Video




**Skype**  
Skype is a computer programme and app, which lets you make audio and video calls to friends and family.




**Vine**  
Vine is an app that lets you share 6 second videos that play on a loop. You can repost videos and leave comments.



**Facetime**  
Facetime is video calls over Wi-Fi from your iPhone, iPad, iPod touch or Mac. You can even make FaceTime calls over mobile networks on iPhone or iPad



**Omegle**  
Talk to Strangers! Omegle randomly connects you to another person who's on the site, and lets you talk to them in a one-to-one video chat.




**Chatroulette**  
Chatroulette is a website which lets you talk to another person via a webcam another in the world.

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## Video (Live Streaming)



**Twitch**  
Twitch is a live video game website. You can watch playbacks of games being played by other people. You can also live stream your own games, and chat to other gamers.



**You Now**  
Tap 'Go Live' and you're on! Broadcast to a live audience, expand your social media following, comment on videos and buy virtual gifts




**Meerkat**  
Meerkat is a live-streaming app where streams are pushed to followers in real time via push notifications. Everything is live. Offers a leader-board




**Periscope**  
Owned by Twitter, Periscope is a live video streaming app. Allows you to send direct live video feeds to your Twitter followers

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## Social Networks




**Facebook**  
Facebook is the biggest social network, which lets users create a page about themselves.



**Twitter**  
Twitter is a social network messaging service that lets you send public message called 'tweets'.




**Tumblr**  
Tumblr is a social networking site and blogging site that lets you share text, photos, quotes, audio clips and videos.




**Skout**  
Skout is a simple social networking site an app, which you can use to connect with people worldwide.

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## Social Networks (Pictures)




**Snapchat**  
Snapchat is an app that lets you send a photo or short video to your friends. The 'snap' appears on screen for a matter of seconds before disappearing.



**Instagram**  
Instagram is a picture and video sharing app. Users can post content and use hashtags to share experiences, thoughts or memories with an online community.



**PopJam**  
PopJam is a creative website for children and young people. You can share drawings, photos and audio messages with friends and other people.



**Flickr**  
Flickr is an online photo sharing site. You can share your own pictures and follow other people.

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## Anonymous



**Ask.fm**  
Ask.fm is a social networking site where you can ask other people questions. It's up to you whether you want to ask the question anonymously or not.



**Whisper**  
Whisper is a social network where you can remain anonymous, publish text and receive replies from other people. It also allows you to communicate with others through private messages.



**Secret**  
Secret is a social networking app where you can post content or content anonymously.



**Yik Yak**  
Yik Yak is an online bulletin board. It uses the GPS settings on your mobile phone or tablet to find your location and show you the most recent posts from other people around you.

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## Secret Folders



**Calculator%**  
Calculator% hides private photos and videos behind a calculator. Anyone who starts this application looks as a calculator but if you put in passcode it will open up private area.



**Private Photo Vault**  
Private Photo Vault locks your photos and videos behind a pin. Keeps your photos etc. hidden from others.



**Secret Folder App**  
Secret Folder App helps you to protect your photos and videos in a secure place with a very discreet lock type. No one can enter except those who know the passcode.



**Piano**  
Secret Piano hides photos, videos, passwords, notes, audios, locations and secret messages behind a real piano. The app will capture photo and video of intruders if they attempt to access it.

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# GROOMING



Online grooming: The five stages

**1**

**Friendship**

**Flattering a child**  
into talking in a private chatroom/game where they will be **isolated**  
The child will often be asked for a **non-sexual** picture of themselves

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Online grooming: The five stages

**2**

**Forming a relationship**

**Gaining information**  
asking the child what problems /needs they have to create the illusion of being their **best friend and that they can help**  
They begin to fill **the needs of the child**

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Online grooming: The five stages

**3**

**Risk assessment**

Asking the child about **the location of their computer/tablet and who else has access to it**  
in order to assess the risk of being detected. The desire is to **create situations where they are alone together**  
to help reinforce a **special connection**

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Online grooming: The five stages

**4**

**Exclusivity**

Building up a sense of **mutual love and trust with the child**  
suggesting that they can discuss **"anything"**

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**Online grooming: The five stages**

**5**

### Sex talk

Engaging the child in **explicit conversations** & **requesting sexually explicit pictures from them**

At this stage the predator will usually try to

**arrange a meeting with the child**

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**BBC NEWS ESSEX**

13 January 2013 Last updated at 10:38

### Breck Bednar murder: Lewis Daynes sentenced to life in prison



The BBC's latest four-hour report on how Lewis Daynes used Breck Bednar

A teenager has been sentenced to life in prison for the murder of a 14-year-old boy he met through online gaming

[Related Stories](#)

Breck and his friends played games on **TeamSpeak**. In charge of their server, was **Lewis Daynes**. Breck considered him a **friend of his friends**


Lewis convinced them all he was an **IT expert**, living in New York, working with the **FBI** and had recently flown on **Air Force One**

Lewis couriered a **phone** to Breck when his Mum **stopped him** going on the server any more

He targeted **Breck** in particular, taking him into **private chat rooms**, brainwashing him to **rebel** against his Mum and school. He promised him a job at **Microsoft**

Breck eventually went to **meet Lewis Daynes** in Essex, and was found **murdered** two days later





# SEXTING

**Children who post or send indecent images of themselves online are very easily blackmailed / exploited - as young as eight years old**

**40%**  
13-18 yr olds admitted to **SEXTING**

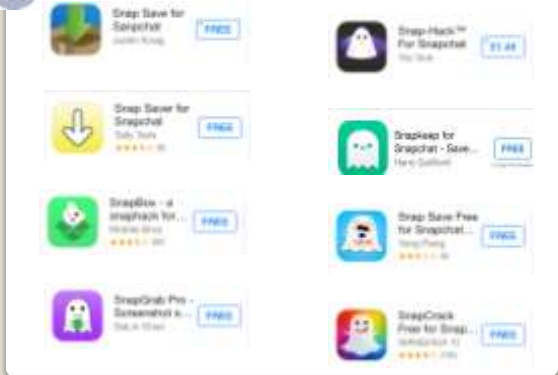


**60%**  
13-18 yr olds admitted to **seeing images of others**


'Kids 'sext' to.....**show off**, to entice someone, to show interest in someone, or to **prove commitment**.'

By creating, sending or possessing indecent pictures of a **person under 18** you are **breaking the law**.  
(Protection of Children Act 1978 / Criminal Justice Act 1988)

**Snapchat Apps...**



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**Police have only recently started filing **crime reports** about sexting...**

**If **school** choose to take an incident **to the police**, then officers must **record the crime**.**



**CYBERBULLYING**

**cyberbullying**

Cyberbullying is when someone bullies others over the internet or on a mobile phone by sending abusive emails or texts directly or by posting nasty comments or humiliating images for others to see. Like any form of bullying, cyberbullying can be terrible for the children involved and hard for them to talk about.

- 24 hours a day, 7 days a week, 365 days a year
- No safe place, hard to escape
- Doesn't empathise with victim
- Bully can be anonymous
- Easily shared with an audience and has the ability to go viral in seconds

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**cyberbullying**

**Tips for Dealing with CYBERBULLYING**

- S-Start
- T-Telling
- O-Other
- P-People
- Report
- Save the evidence
- Try not to respond
- Block the Bully
- Be aware of what you share

**cyberbullying**


What should I do if my child is being bullied online?

- Stay calm
- Listen without judging
- Tell them you can help
- Praise them for talking to you
- Keep the evidence
- Block the bullies
- Ask them not to reply
- Report information to your child's school.



**MAKING THINGS SAFER**

**Language Children Use Online..**



- ASL** 'Age, Sex, Location'
- POS or MOS** 'Parent over Shoulder' or 'Mum over Shoulder'
- IRL or LMIRL** 'In Real Life' or 'Let's Meet in Real Life'

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**Helpful sites for Parents & Carers**

**NSPCC Net Aware** [www.net-aware.org.uk](http://www.net-aware.org.uk)



Allows parents and carers to **search** for apps, games and sites if they have a **concern** or **need more information**

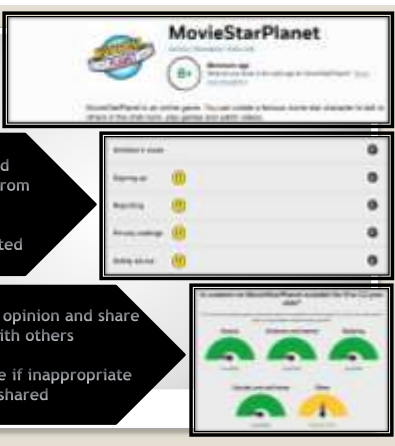
Information on the appropriate age and brief synopsis

Allows you to read reviews/responses from young people

Each platform is rated


You can give your own opinion and share information with others

It will allow you to see if inappropriate content is shared



Allows you to read honest responses from children.

Positive and Negative.





Making things safer....

BT Sky Virgin Media TalkTalk

**Parental Controls**  
Because of INTERNET dangers, parents must take the initiative to protect their children.

XBOX ONE PS4

Making things safer....

Net Nanny McAfee An Intel Company Parental Controls

These will allow you to prevent children from accessing certain sites - but they are not a completely full-proof system

Making things safer....

Mobile Innder Screen Time

TalkTalk MobileSafe™ protects you, your phone and your family for free

MMGuardian curbi

Parental controls for tablets / smartphones are available too - as always, try them and see which works best for you and your family

Making things safer....

Google

Search Settings

Search results SafeSearch filters

Turn on SafeSearch to filter sexually explicit content from your search results.

Filter explicit results. Lock SafeSearch

## Making things safer....



### Step 1 - Go to safety preferences



Simply go to the bottom of any page on YouTube™ and click the grey 'Safety' button to open the preferences setting.

### Step 2 - Turn Safety Mode 'on' or 'off'



Choose to turn Safety Mode 'on' or 'off' and click on 'Save'. If you turn it on and you have a YouTube™ Google account, you can sign in to your account and lock Safety Mode so that no-one else can change the settings whenever YouTube™ is accessed from that browser.

## Making things safer....



### Step 2 - Decide what you want to control



#### Ratings and content

These settings let you restrict games and video content based on the content's rating. You can also set whether or not unrated or explicit content can be played on the console. You can even set up exceptions for individual games that are outside of the rating restrictions you have set.

#### Family Timer

This setting allows you to set the time that your console can be used on a daily or weekly basis.

#### Xbox LIVE access

This setting allows you to decide if your family can connect to Xbox LIVE from this console. Membership of Xbox LIVE enables you to do things like rent films and play games against other people online.

## Making things safer....

### PlayStation



#### Restrict game content

- 1 Go to 'Settings' then scroll to 'Security Settings'.
- 2 The default password is 0000 but you can change this under the 'Change Password' option by following the on-screen instructions.
- 3 Select 'Parental Controls', enter your password.
- 4 You can now choose the game content you're comfortable letting your family access. The lower the number, the stricter the settings:
  - 2 - Early Childhood
  - 3 - Everyone
  - 4 - Everyone 10 and up
  - 5 - Teen
  - 9 - Mature
  - 10 - Adults Only
- 5 From 'Parental Controls' you can also block access to online play by toggling 'Internet Browser Start Control' to 'Off'.



### Simple checklist for parents:

I have visited [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) with my child (I have bookmarked the CEOP website and told my child what is there)

Open and honest dialogue - show an interest and learn about what your child does online

Phone chargers / Wi-Fi - staying in control!

Advertise yourself as one of the people your child can turn to - without being chastised...

Education is better than saying to your child "you are not doing this anymore..."

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