

A Parents' Guide to online safety



Activities to help parents
protect children online.

Introduction

Welcome to your guide on how to talk to children and young people about the sometimes tricky topic of online safety.

The guide is a collection of ideas for activities to make it that bit easier to talk. We suggest dipping into the guide and picking out activities that appeal to you and your family - there's no need to complete them all.

We created this guide and accompanying materials in response to concerns raised by parents and community representatives. We believe the strongest influence in a child's life is within the family and by extension, the wider community: we all have a responsibility to help keep each other safe both online and in the real world.



Note for parents

It may not be easy to talk to children and young people about technology and the internet - especially if you are not confident with these yourself.

One area that adults will be much better at than children and young people is being able to identify and manage risk. No matter how confident with technology a young person is, they still need help managing risk and developing social skills for a digital age.

How old do my children need to be?

We have not included age based suggestions, it's up to you and your family to choose the activities that appeal to you the most.

Ideally you want to start having conversations with children and young people before they start using the internet, the earlier the conversations start, the more natural and easier they will become.

Tips for parents if things go wrong

The most important thing is **not to panic** and to follow these simple tips:

Take it seriously. Whether it is something your child has done or something that has happened to them, the consequences could be serious and you need to act in a way that protects them and others. For advice you can:

- Ring the NSPCC (National Society for the Prevention of Cruelty to Children) 08088 005 002,
- Or visit the CEOP (Child Exploitation and Online Protection) website (<https://ceop.police.uk/safety-centre>).
CEOP are part of the National Crime Agency and specialist police investigators in online crime.
- If you are worried about something that your child has posted online, such as an image, you can either contact the provider (such as Instagram, or visit the Internet Watch Foundation for help- <https://www.iwf.org.uk/>).










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Don't blame your child. The internet is a complicated place and often sites and apps that children use are targeted by abusers, who know exactly what they are doing. Children and young people also copy what their friends are doing online without thinking about the consequences.

If there is something on your child's device that could be used by the police as evidence (such as a photo or message from an adult), **do not delete this and do not contact the person who sent it.** You may need to show this to be police and confronting the person who has contacted your child may mean they destroy valuable evidence that the police could otherwise use in their investigation. You can seek advice from CEOP.

The important thing to do is to take action – whether this is seeking advice, support or reporting an issue to CEOP.

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Found the activities helpful?

Have ideas of your own that you'd like to share?

Then get in touch with us on the Berneslai Homes
@DeviceDoctorsBarnsley Facebook page.

Idea 1

What's your favourite app?

(to be led by child/young person)

Tell your parent what you love about the internet and going online.

- What is your favourite app?
- Can you show them an app on your phone and talk them through what it is about and what you like about it?
- Tell your parent about what you do to keep safe on the app.
- Do you know anyone who has done something silly or naughty on the app - can you tell your parent what they did that was silly or naughty?



Parents – Ask questions to find out more about the app and about any concerns you may have about it.

This idea can be adapted to talk about internet use in general.

Idea 2

TV chat

TV and films can be a great source of content to start a conversation about the real risks posed by the internet and a way in to having a calm conversation with your child. We've listed a few resources for you below, let us know of others you have found helpful.

Do check out the links before watching them with your child, as they focus on grooming and sexual violence.

Compilation of key scenes from the Coronation Street Bethany and Nathan grooming story. Though not online, the methods Nathan used are very similar to those of online predators.

[Click here for a compilation of the Nathan and Bethany grooming story.](#)

Kayleigh's Love Story is a true story of online grooming that ended in tragedy.

[Click here for Kayleigh's Love Story'.](#)

These resources from BBC 3's Murder Games focus on the online grooming of Breck Bednar. Brecks mother now heads the www.BreckFoundation.org and the website has great resources for parents and children.

[Click here for the Breck Bednar Story.](#)

The Child Exploitation and Online Protection Centre (CEOP) have created short films like Jigsaw and Exposed and are also the place to go to if you have concerns about online sexual exploitation or wish to make a report.

[Click here for the Jigsaw film](#)

[Click here for the Exposed film](#)



Questions to start a conversation after viewing the chosen resources.

- What did your child think about the resource?
- What did you think about the resource?
- What were the gaps in your understanding?
- Can you identify things in the film that enabled the adult to approach and start a relationship with the young person?
Together make a list of these.

Write your answers here

- How could your child protect themselves against something like this?
- Ask your child how you can make sure they can approach you if something like what is in the films happens to them or someone they know?

Write your answers here

Idea 3

Quiz time



Together Take an Online Safety Quiz



Here are some for young people:

[Click here](#) for SafeKids.com quiz.

[Click here](#) for ChildNet.com quiz.

There are further resources for Primary and Secondary school children and also parents and carers.

For parents:

[Click here](#) for SafeSurfingKids.com quiz.

[Click here](#) for a BT.com quiz.

And ones you can do together:

[Click here](#) for a selection of quiz's from ChildNet.com.

There are a few quizzes on different topics and online themes.

Check out the Device Doctors' Facebook page for a pinned quiz.

What didn't you know? What do you need to think about following the quiz? Discuss your results together and note down anything you agree on or need to find out more about.

Write your answers here

Idea 4

Do you see what I see?

Have a look at the list of internet activities below and rate them from 1-5, where 5 is really risky and 1 is perfectly safe.

There are no right or wrong answers.

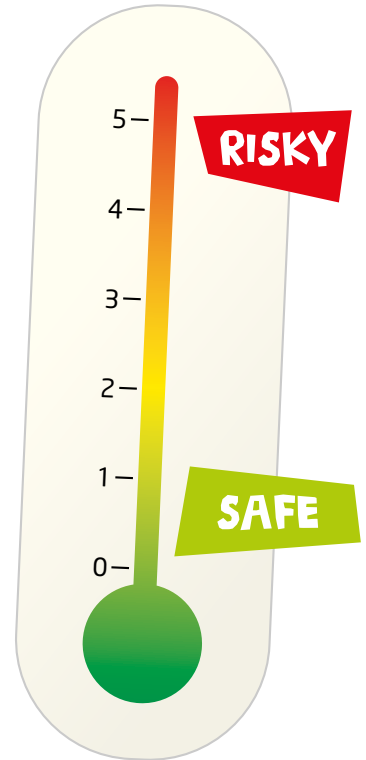
Parents have a go at rating your list separately from your child.

Some Questions...

Have a look at each others list and compare your answers. Talk to each other about this. If the other person is more concerned about something than you, find out why. Then look again at your list. After talking about it, do you want to change anything?

Is there anything that you could do to reduce any of the risks? What are they? Agree these together and note them at the end.

1. Using location settings on your phone so that people can see where you are posting from or where you have been/what you are doing.
2. Posting online about how you feel today or something you are having a problem with.
3. Joining in with comments about something that has been posted online.
4. Posting photographs showing you with your mates.
5. Posting photographs showing off something new like clothes.
6. Using your full name on sites like Facebook, Instagram, Snapchat.
7. Using sites and apps without checking privacy settings.



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- 8. Posting things on Facebook that you wouldn't want your family or school to see (but you know that all your friends have privacy settings enabled or that only they will see it). 1 2 3 4 5
- 9. Uploading videos to YouTube. 1 2 3 4 5
- 10. Putting your phone number on your social media accounts. 1 2 3 4 5
- 11. Accepting friend requests from people you don't know. 1 2 3 4 5
- 12. Doing Google searches for things that you are not sure about. 1 2 3 4 5
- 13. Looking up dodgy stuff online for a laugh with your mates. 1 2 3 4 5
- 14. Sending photos to your mates using apps like Snapchat. 1 2 3 4 5
- 15. Watching videos on YouTube. 1 2 3 4 5
- 16. Entering competitions online. 1 2 3 4 5
- 17. Clicking on hashtags or adverts that pop up online when you are looking at something else. 1 2 3 4 5
- 18. Private messaging with someone you don't really know. 1 2 3 4 5

My score

My parents score

Write your answers here

Notes

Idea 5

Poster time!

Design a poster for either:

- family members
- young people
- or younger children

telling them about the risks of being online. Include information on where they can go for advice and support (you might have to research this).

When thinking about online resources, it's worth bearing in mind the following:

Check if it's a **FARCE**

Fact check - Be aware that people or organisations producing information often have an agenda - ask yourself is it fact, opinion, or propaganda?

Authority - Is the source a respected authority on the topic? Be suspicious of a source with poor spelling and grammar and especially of anything that tries to get an emotional reaction.

Relevance - Does the resource answer your research question and is the information clear, in that it does not use jargon or technical language without need.

Current - When was the source published? Has it been revised? Does it need to be recent information or is an older source adequate?

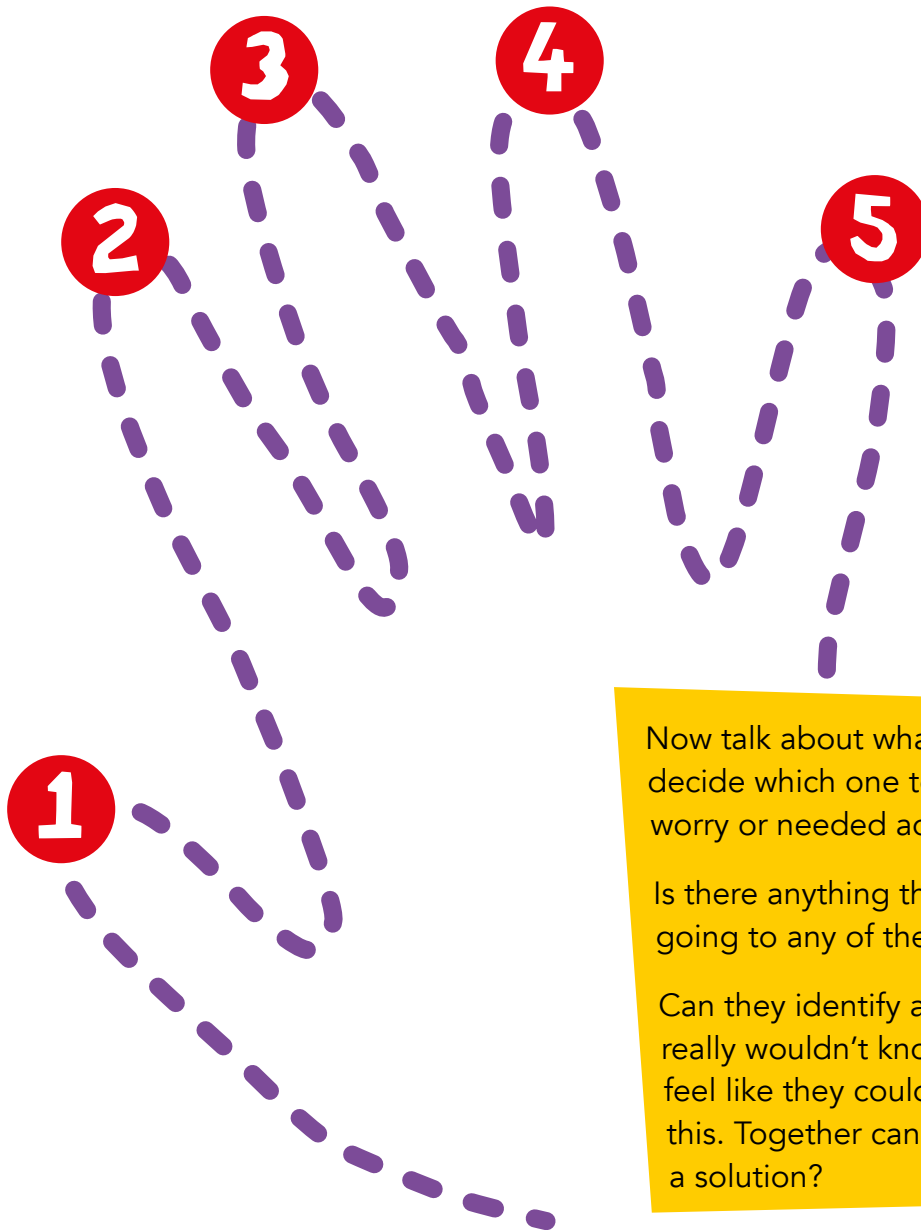
Evidence - Is the information in the source supported by evidence? Is it peer reviewed? This means respected authorities have checked the content and are happy with it.

Idea 6

Hands on help

Parents, draw round the young person's hand.

Together can you identify 5 people or places that they can go to for advice or support about being online, including if they are worried about something?



Now talk about what would help them decide which one to go to if they had a worry or needed advice.

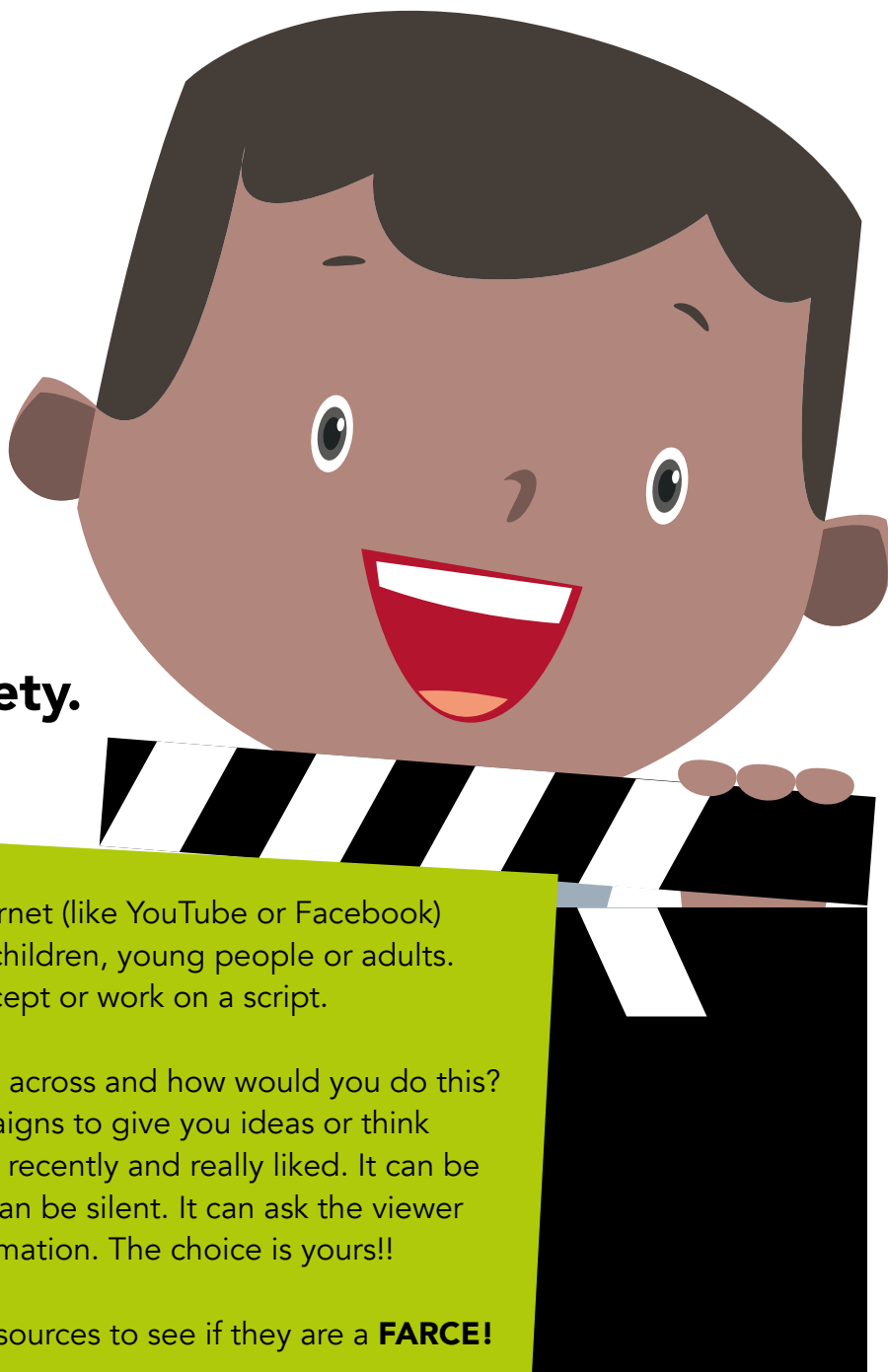
Is there anything that would stop them going to any of the 5 people or places?

Can they identify a situation where they really wouldn't know who to talk to or feel like they couldn't? Talk to them about this. Together can you come up with a solution?

Idea 7

3...2...1... Action!

Together design an ad campaign about online safety.



This can be for radio, the internet (like YouTube or Facebook) or television. You can target children, young people or adults. You can come up with a concept or work on a script.

What would you want to get across and how would you do this? You can look at other campaigns to give you ideas or think about things you have seen recently and really liked. It can be funny, shocking, or sad. It can be silent. It can ask the viewer questions. It can give information. The choice is yours!!

Don't forget to check the sources to see if they are a **FARCE!**

Idea 8

Review time!

Write a review of a resource about online safety.



The resource could be:

- an information pack
- an ad campaign such as Disrespect Nobody
- or a film.

The review can be a:

- Vlog
- an interview
- a written article
- or a short play where you tell someone else about it.

You need to cover:

- What you liked
- What you thought was useful to know and that maybe you didn't know before
- What wasn't very good or you thought they could have done better.

Idea 9

on the spot - interview time!



Interview each other about the internet.

Some question ideas for parents to ask children/young people:

1. What do you like doing online?
2. What do your friends do online?
3. What are the best apps that everybody uses? Why? What's good about them?
4. What do you do to keep yourself safe online?
5. When you've been online have you ever seen anything that has made you uncomfortable? What have you done about it?
6. Do you ever get messages from people you don't know? What do you do?
7. Sometimes people exchange photos of themselves. Do you know anyone who has done this? Why is it not a good idea?

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Some ideas of questions for children/young people: to ask parents:

1. What do you like doing online?
2. How do you keep yourself safe?
3. Do you think any of your friends post things that might embarrass or cause trouble for their children?
4. Have you ever done anything that you wished you hadn't or that could have caused you problems?
5. What do you worry about when it comes to the internet?
6. Is there anything I can show you how to do online, or that you want my advice about?

Resources and contacts

We hope you find these useful.

- **CEOP- Think U Know**
Has information for children and young people by age category and lots of interactive resources.
- **NSPCC Fact sheets**
Keeping-children-safe/online-safety for families and teachers and includes lots of 'How To' guides and advice.
- **Internet Watch Foundation**
The place to report suspect and criminal online content anonymously.
- **Ditch the Label**
Great resource for teenagers and young adults.
- **Cybermentors**
Interesting resource for parents about digital citizenship.
- **ChildNet**
Information for everyone about online safety.
- **Parents Protect!**
Information for parents on preventing childhood sexual abuse.
- **Safer Internet Centre**
Interactive resources for younger children.
- YouTube, Facebook, Xbox, PlayStation etc, all have parental guidance available online as do most broadband and mobile phone providers.

This guide is brought to you by...

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