



# PARENTS AND THE INTERNET

What you need  
to know



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Community  
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[www.dundee.gov.uk](http://www.dundee.gov.uk)

CHANGING  
FOR THE FUTURE

# DID YOU KNOW?

**1 in 3** 12-15 year olds may be in contact with people they don't know on their social networking site profile

**44%** of children aged 0-13 use social networking sites

**27%** of children named social networking sites as their favourite sites on the internet

**44%** of children 12-15 have downloaded an app on their mobile in the last year

**1.5hrs** is the average time children spend on their mobile each day

**12hrs** is the average number of hours children aged 5-15 spend on the internet each week

**36%** of parents want to know how to set parental controls

**1 in 5** 12-15 year olds say they have seen something online in the past year that is worrying, nasty or offensive

**41%** of children aged 12-15 use instant messaging most days

**42%** of parents worry their children may meet online friends in the real world

**40%** of children aged 12-15 who have a gaming device use them for chatting

**1 in 4** parents are worried about cyberbullying

**45%** of 12-15 year olds know someone who has been cyberbullied

**87%** rise in reports of cyberbullying between 2012-2013

**59%** of children aged 12-15 download or watch music videos



## GENERAL INTERNET SAFETY

Most children in Scotland access the internet on a regular basis. Internet access has lots of benefits for children but we need to keep them safe online.

### PARENTS AND CARERS CAN HELP KEEP THEIR CHILDREN SAFER ONLINE BY:

- Talking to children about what they do on the internet – showing an interest and explaining that if they see anything upsetting they can talk about it.
- Ensuring that they do not give out any personal information i.e. full name, address, which school they go to, phone number etc.
- Setting parental controls.

## SOCIAL NETWORKING

Social networking is a global revolution, enabling around a billion people worldwide to stay in touch with their friends, share experiences and photographs and exchange personal content. In many ways it has replaced the telephone and email.

The nature of social networking – having such a massive base of users who are unknown to you – means that using it carries a degree of risk including becoming a target for cyber-criminals.

To comply with different legislation many social networking sites require users to be 13 and over in order to set-up an account.

However, we do know that increasing numbers of children are registering on sites like Facebook, by claiming to be older than they are.

Social Networking sites enable children to share an incredible amount of information about themselves, have conversations with their friends and also potentially make contact with people they don't know. With this in mind, you should take the age restriction as seriously as you would an age restriction for the cinema.

### IF YOUR CHILD IS SETTING UP A SOCIAL NETWORKING ACCOUNT, CONSIDER THE FOLLOWING:

- **Help them set up their account** – make sure that they don't post any unnecessary personal information.
- **Don't give false details to make them any older than 13.** Facebook has separate security settings in place for younger users.
- **Use your email address as the main contact** – this way you can see the people who are 'friending', messaging and commenting on your child's profile.
- **Talk through the privacy settings** – go through the settings step-by-step.
- **Set privacy settings to 'friends only'** and ensure that the friends they have are ones they know and trust in the real world.
- **Limit the amount of adult 'friends' they have** – these could be friends of yours or family members. These friends may post content which you would not want your child to see!
- **Talk to them about some of the things that can go wrong** – such as bullying, unwanted contact and inappropriate content.

- **Ask them to talk to you** about anything that makes them feel unhappy.
- **Learn how to report any issues** directly to the site.

If your child is already an underage user, revisit their profile with them and ensure that these steps have been implemented; it is never too late to take control.

## WHAT ARE THE RISKS?

### THE MAIN RISKS FOR YOUR CHILD OR YOUNG PERSON USING SOCIAL NETWORKING APPS CAN BE :

- **Inappropriate photos** which may result in your child gaining unwanted attention.
- **Sharing photographs and interactions** with people they don't know.
- **Peer harassment or bullying** as a result of what your child may post or share.
- Posting **information about themselves that may cause embarrassment**, bullying, physical harm, or **criminals may steal their identity**.
- **Damaged reputation** or future plans because of your child or their peers behaviour.
- Your child may be **exposed to inappropriate content** through other people's post or photo sharing.
- Potentially have **inappropriate contact with adults**.
- Although what your child shares is private, **their profile is public**, regardless of its privacy setting which means **anyone can see their profile photo**, username, and the details they have added about themselves.

## HOW TO STAY SAFE

### ASK THEM TO THINK BEFORE THEY POST SOMETHING ONLINE

- **Would they say it to someone's face?**
- **Would they be embarrassed** if their mum, dad or granny saw it?
- **Only add people as friends that they know** and get on well with.
- **Not to send anything they would be embarrassed about or get into trouble if it was shown** to someone else.
- When using the app **treat people the way you would in real life**.
- **Think about what photographs are uploaded**, who they are shared with and who is tagged in them.
- **Respecting others** and the photographs they upload, remember posting comments online reflects you and others in the photographs directly.
- **Set accounts to private** so that only friends and family can see what they are sharing

Other users can tag your child in their photo, and if the user's profile is public, it can then be viewed publicly. If your child does not want to be tagged in a certain photo they can hide it from their profile or untag themselves. This means that the photo will still be visible but not on your child's profile or attached to their username.

**REMEMBER PHOTOS THAT ARE SHARED ONLINE STAY ONLINE FOREVER.** Speak to your child about not sharing any photos that may cause problems for them in the future with regards to employment, relationships and reputation.

Talk to your child regarding what is appropriate information to put up on their user profile.

# PARENTAL CONTROLS

## How can they help?

Parental controls can protect the content that comes into your home via the internet. They can protect young people from the worst internet content but as parents/carers, other strategies like chatting about what they're doing and discussing content of apps/games and agreeing boundaries must also be used.

## Parental controls if set, can:-

- **Filter abusive language** but can also pick up key words that might upset or disturb young people
- **Block sites** that are not age appropriate
- **Limit inappropriate and illegal images** by restricting access to particular sites
- **Set time limits** – restricting the amount of time young people spend online. They can be set to automatically switch off at bedtime
- **Monitor activity** – informing parents or carers of the sites their child is accessing

## How to set Parental controls:-

Most internet service providers will set parental controls if you ask them. These can be applied across all the devices that have access to the internet i.e. laptops, phones, game consoles, tablets.



# GAMING

## Xbox/Playstation

- **Look into the game your child is asking for** - age ratings are there for a reason eg violence, sexual content, bad language
- **Set parental controls** - settings vary by age.
- A profile follows the child, not the console so it means that your **child can sign into their own account at a friends house.**
- **Games can be played with strangers online** - up to 8 people can play and talk all at the same time.
- **Buy Microsoft points\Playstation network points** - rather than putting your credit card details in, or don't let your child know the password, as some games encourage players to buy extra elements during the game - children have been known to run up large bills without realising.
- Young people should **avoid giving out personal details** that could identify them or their location.

## GAMING SUPPORT

### XBOX 360

[Support.xbox.com](http://Support.xbox.com)

### XBOX 1

[Support.xbox.com](http://Support.xbox.com)

### PLAYSTATION 4

[uk.playstation.com/support](http://uk.playstation.com/support)

### PLAYSTATION 3

[UK.PLAYSTATION.COM/SUPPORT](http://UK.PLAYSTATION.COM/SUPPORT)

## MOBILE PHONES

- Before buying a phone for your child **find out what functions the phone** has.
- **Does your child really need a phone?**
- **Agree a set of rules** which include time limits, what sites they can access and what they can spend each month on apps, music, films and games.
- **Set parental controls**
- **Talk about what is ok** to share and with whom.
- Make sure they know **to never give out their phone number or location**, and to only share pictures and personal information with real friends.
- **Keep tabs on what apps they are using** - if you don't know anything about the app - research it, ask your child what the app does, and whether it stores or shares personal information.

## PRIVACY SETTINGS

Most social networking sites, like Facebook, now give your child a lot of control over what they share and who they share it with. Through a site's 'privacy settings' you are able to control:

- **Who can search for you** - this means when people search your name on a site, your profile does not come up.
- **Who sees what** - you can control the information you share, like your photos or 'wall' posts. You can usually restrict this to friends only, friends of friends, certain groups of friends, or everyone. We would recommend that for young people it is restricted to friends only.
- **Who can post information about you** - some sites enable others to 'tag' photos of you or share other information about you, like your location. Many sites enable you to restrict people's ability to do this.

It is important that you stay up-to-date with the privacy settings that your child uses and help them stay in control of their profile.

## SEXTING

Some young people have posted or sent sexualised pictures of themselves. These are generally sent to a boyfriend or girlfriend and may then be shared further.

**This can cause:-**

- **Bullying** - young people can be bullied by others about the content of pictures.
- **Distress** - knowing that other people they do not know are looking at personal pictures can be very upsetting.
- **Blackmail** - if the images end up in the hands of someone with bad intentions, they may be used to attempt to manipulate the child.
- **Reputation** - once something is online it is very difficult to remove. Images can become part of a young person's 'digital footprint' and potentially affect them in the long-term, such as if someone searches their name as part of a job interview.

**It is important to remember, these are issues for ALL young people.**

**IT IS AN OFFENCE TO TAKE, DISTRIBUTE OR HAVE IN YOUR POSSESSION AN INDECENT IMAGE OF A CHILD UNDER THE AGE OF 18.**

## YOUNGER CHILDREN APPS

Playing games is great fun and for many children gaming will be their first experience of computers and the internet. Your child may be playing on sites like Club Penguin, CBeebies, Moshi Monsters or apps such as Talking Angela. They may have a console, like a Wii or an Xbox - **remember, most consoles connect to the internet.**

As they grow and develop they may start to explore more complex gaming like 'online role playing' or 'social gaming'.

Wherever their gaming takes them, **IT'S IMPORTANT THAT YOU'RE INVOLVED IN YOUR CHILDREN'S EXPERIENCES FROM THE VERY START.**

## INSTAGRAM



Young people love using Instagram as it is a **photo-sharing app** where they can **upload photographs to their user profile**.

Young people see it as a way to socialise and interact with others by commenting or liking other people's photographs.

It's easy to use as your child can take a photo or upload one from their photo album on their phone.

Each user can have followers and usually gain these by interacting with others.

**There is a minimum age requirement of 13 yrs old** but Instagram doesn't ask users to state their age. They will however delete underage accounts if they are notified that a user is under the age of 13 years old.

## SNAPCHAT



Snapchat is an app where you can **share photos where you can select who you send the photos to**. After someone has received a photo **it disappears after 10 seconds** which can seem a lot safer than posting a photograph online.

**Most devices allow users to take a screenshot** (take a photo of what is on their screen) these photos which can be saved in their photographs folder and can be uploaded to the internet or sent to others at a later date.

If a photo has been captured and saved by the receiver then Snapchat will notify the sender of this.

## FACEBOOK



FACEBOOK is a **social networking site** that young people like to use as a way of socialising, chatting with friends, and discovering and finding out about new interests.

**Users can add friends and interact with each other** by commenting on their timelines, or liking people's photos or posts.

There are many ways to communicate with others on FACEBOOK either through writing on a friend's wall or timeline, through private messaging or by private chat.

Users can detail their whereabouts throughout the day by checking in. This is where you can put your exact location whether it's a street, school, restaurant or shop.

Photo sharing is one of the most common things on FACEBOOK. You can upload photographs of yourself and your friends and tag others in these photos. The location of the photograph can also be added.

## WHERE TO GET MORE INFORMATION

**IF YOU THINK A CHILD YOU KNOW HAS DOWNLOADED OR ACCESSED INAPPROPRIATE MATERIAL OR ENGAGED WITH SOMEONE WHO YOU THINK MIGHT BE TRYING TO HARM THEM, YOU SHOULD NOT DELETE ANY IMAGES, EMAILS OR CONVERSATIONS AS THEY CAN BE USED FOR REPORTING THE INCIDENT.**

It can be reported to CEOP (Child Exploitation and Online Protection) - CEOP is an organisation run by the police to help children stay safe online.

**[www.CEOP.police.uk/Contact-us/](http://www.CEOP.police.uk/Contact-us/)**

### **THINKUKNOW WEBSITE**

Find the latest information on the sites you like to visit, mobiles 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. Most importantly, there's also a place which anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online.

[www.thinkuknow.co.uk/](http://www.thinkuknow.co.uk/)

### **FACEBOOK HELP\PRIVACY SETTINGS**

[www.facebook.com/help/privacy](http://www.facebook.com/help/privacy)

[www.connectsafely.org/facebook-for-parents/](http://www.connectsafely.org/facebook-for-parents/)

### **SNAPCHAT USER GUIDE**

[www.snapchat.com/static\\_files/parents.pdf](http://www.snapchat.com/static_files/parents.pdf)

### **INSTAGRAM HELP**

[www.connectsafely.org/wp-content/uploads/instagram\\_guide.pdf](http://www.connectsafely.org/wp-content/uploads/instagram_guide.pdf)

For more information on how to set parental controls:-

[www.saferinternet.org.uk/.../parents-and-carers/parental-controls](http://www.saferinternet.org.uk/.../parents-and-carers/parental-controls)

### **RESPECT ME**

Works with adults involved in the lives of children and young people to give them the practical skills and confidence to deal with children who are bullied and those who bully others.

[www.respectme.org.uk](http://www.respectme.org.uk)

### **BEAT BULLYING**

BeatBullying is an international bullying prevention charity working and campaigning to make bullying unacceptable in the UK and across Europe.

[www.beatbullying.org](http://www.beatbullying.org)

### **INTERNET WATCH FOUNDATION**

UK's hotline for reporting illegal content on the Internet.

[www.iwf.org.uk](http://www.iwf.org.uk)

### **INTERNETMATTERS.COM**

What are your children doing online? Learn more about the activities, technologies and sites they may be visiting.

[www.internetmatters.org](http://www.internetmatters.org)

### **CHILDNET**

Organisation that works to keep children safe on the Internet. They have their own resources giving practical advice to parents, teachers and carers. Includes the 'Know It All' programme.

[www.childnet.com](http://www.childnet.com)

### **UK COUNCIL FOR CHILD INTERNET SAFETY**

The UK Council for Child Internet Safety brings together over 140 organisations and individuals to help children and young people stay safe on the internet. It is made up of companies, government departments and agencies (including the devolved governments in Scotland, Wales and Northern Ireland), law enforcement, charities, parenting groups, academic experts and others.

[www.ukccis.co.uk](http://www.ukccis.co.uk)

## **OTHER HELP**

**CHILDLINE** 0800 11 11

**STOP IT NOW!** 0808 1000 900

(an organisation that helps tackle child sexual abuse targeting adults to act responsibly)

**THE SAMARITANS** 0845 790 9090

(confidential, non-judgemental support 24 hours a day)

**CRIMESTOPPERS** 0800 555111

**DUNDEE'S CHILDREN AND YOUNG PERSONS PROTECTION COMMITTEE**

01382 307999

**BARNARDOS** [www.barnardos.org.uk](http://www.barnardos.org.uk) [www.faceuptoit.org](http://www.faceuptoit.org)





[facebook.com/DundeeCommunitySafetyPartnership](https://facebook.com/DundeeCommunitySafetyPartnership)

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