



# Safer Internet Use

## Advice for Parents and Carers

### Introduction

The sharing of video, pictures and information has never been so easy and social media sites such as Facebook, Twitter and YouTube have become an increasingly significant part of our lives over the last few years. The consequences of this revolution in communication have been both positive and negative and have perhaps been felt most strongly by the younger generation. Inquisitive to find out about the world around them, young people have embraced the freedoms which social media offer them. From social networking to on-line gaming on tablets, phones and PCs, young people increasing inhabit both a real and virtual world. For many parents and carers, raising their children in this environment of fast-changing technology can be a daunting and confusing experience.

### How can parents and carers help?

**Play** – if you engage in online activities yourself and with your child then you will have a much better chance of being able to discuss issues with them and they will feel more confident in coming to you if they have concerns

**Talk** – if you have an open and honest relationship with your child they are much more likely to let you know if they are the victim of cyber bullying. Make sure you find time to discuss things with them

**Restrict** – identify times and places where the whole family are disconnected when no-one is allowed to have their phone with them – digital detox?! Ask yourself whether you need to restrict your own use.

**Locate** – where do you allow your child to access the internet? Consider having computers/phones etc out of the bedroom. Creating a family hub for device charging over-night is a good way of keeping phones out of bedrooms

**Monitor** – there are lots of ways you can use filtering and monitoring software to prevent cyber bullying.



Look out for signs that your child may be the victim of cyber bullying, such as avoiding school, getting upset, especially after using the computer or phone or falling out with friends. If you become aware that your child is the victim of cyber bullying then it is important that you take appropriate action depending on the severity of the behavior. This could be blocking or reporting perpetrators, getting the school involved or contacting the police if necessary. Being over-protective can alienate your child, especially as they get older. It's important to balance

your desire to monitor their behavior and giving them the freedom to learn.

May 2017 Jeremy Scott



## Glossary

**Ask.fm** - a Latvia-based social networking website where users can ask other users questions, with the option of anonymity

**BBM** – instant messaging application

**Catfishing** – when someone pretends to be someone they're not using social media sites

**Club Penguin** - a massively multiplayer online game

**Cyber bullying** - the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature

**Facebook** – online social networking service

**Google +** - a social networking and identity service

**Habbo Hotel** - a Finnish social networking service aimed at teenagers

**Instagram** - an online photo-sharing, video-sharing and social networking service

**Internet** - a global computer network providing a variety of information and communication facilities

**Microsoft Family Safety** - free parental monitoring and content-control software

**OurPact** – parental control app

**Periscope** – Live video-streaming app

**Second Life** - online virtual world

**Sexting** – sharing intimate pictures online

**Snapchat** - a photo messaging application

**Social Media** - An umbrella term that defines the various activities that integrate technology, social interaction, and the construction of words and pictures

**TeenSafe** – App which allows parents to track activity on mobile phones

**Twitter** – microblogging service

**CEOP** - The Child Exploitation and Online Protection Centre

**Whatsapp** – popular cross-platform instant messaging application owned by Facebook

**Wikipedia** - a collaboratively edited, multilingual, free Internet encyclopedia

**World of Warcraft** - massively multiplayer online role-playing game

**World-Wide Web** - an information system on the Internet which allows documents to be connected to other documents by hypertext links, enabling the user to search for information by moving from one document to another

**Yik Yak** – messaging app that allows anonymous postings (Also 'Nearby' and 'Whisper')

**YouTube** – video-sharing website

## Useful websites

Childline [www.childline.org.uk](http://www.childline.org.uk)

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

BBC [www.bbc.co.uk/webwise](http://www.bbc.co.uk/webwise)

