



ONLINE SAFETY NEWSLETTER

These are notes taken from the Online Safety for Children and Young People Briefing that Miss Lock attended on 24 February 2020

Some of the apps and games mentioned in the briefing are not appropriate for children under 13, but we still felt it important to share this information with parents to ensure that we raise awareness of the safety features on social media sites such as Facebook, Twitter, Instagram and Snapchat. Below are a number of links that may be helpful to parents in supporting children to be safe online.

Better Internet for Kids Portal

This is an online portal maintained by all the Safer Internet Centres around Europe with information, resources and videos to support Online Safety for Children and Young People.

<https://www.betterinternetforkids.eu/web/portal/home>

Children and parents: Media use and attitudes report 2018

https://www.ofcom.org.uk/_data/assets/pdf_file/0024/134907/children-and-parents-media-use-and-attitudes-2018.pdf

This report has interesting information regarding the use of technology and social media within the different age groups.

Interesting videos shown at briefing:

Are You Living an Insta Lie? Social Media Vs. Reality video:

<https://www.youtube.com/watch?v=0EFHbruKEmw&feature=youtu.be>

Socialnomics with interesting data and facts regarding online use:

<https://www.youtube.com/watch?v=2IcpwISzbQ>

Information for parents/carers

Internet Matters - <http://www.internetmatters.org/>

Including information, advice and support for parents to Keep Children Safe Online. From age-specific online safety checklists to guides on how to set parental controls on a range of devices, you'll find a host of practical tips to help children get the most out of their digital world.

Vodafone Digital Parenting - <https://www.vodafone.co.uk/mobile/digital-parenting>

Helping families live a happy and safe digital life.

Information, advice and support including Digital Parenting magazine and other resources.

Parents' Guide to Technology – <http://www.saferinternet.org.uk/advice-and-resources/a-parents-guide>

Advice about smartphones, gaming devices, tablets and other internet-connected devices.

Parent and Carers Toolkit

<https://www.childnet.com/parents-and-carers/parent-and-carer-toolkit>

Media Lives by age: a snapshot

Below is a snapshot of how children use and interact with media devices and services, split by age.

3-4s



1% have their own smartphone, 19% have their own tablet.

96% watch TV on a TV set, for 14h a week.

30% watch TV on other devices, mostly on a tablet.

36% play games, for nearly 6¼h a week.

52% go online, for nearly 9h a week.

69% of these mostly use a tablet to go online.

32% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

45% use YouTube, 80% of these say they use it to watch cartoons while 40% say funny videos or pranks.

1% have a social media profile

5-7s



5% have their own smartphone, 42% have their own tablet.

97% watch TV on a TV set, for around 13¾h a week.

44% watch TV on other devices, mostly on a tablet.

63% play games, for around 7¼h a week.

82% go online, for around 9¾h a week.

67% of these mostly use a tablet to go online.

44% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

70% use YouTube, 65% of these say they use it to watch cartoons while 61% say funny videos or pranks.

4% have a social media profile.

8-11s



35% have their own smartphone, 47% have their own tablet.

94% watch TV on a TV set, for nearly 13h a week.

43% watch TV on other devices, mostly on a tablet.

74% play games, for around 10h a week.

93% go online, for around 13¾h a week.

45% of these mostly use a tablet to go online, with 24% mostly using a mobile.

43% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

77% use YouTube, 75% of these say they use it to watch funny videos or pranks while 58% say music videos.

18% have a social media profile.

40% who own a mobile are allowed to take it to bed with them, it's 28% among tablet owners.

12-15s



83% have their own smartphone, 50% have their own tablet.

90% watch TV on a TV set, for around 13¼h a week.

62% watch TV on other devices, mostly on a tablet or mobile.

76% play games, for around 13¼h a week.

99% go online, for 20¼h a week.

53% of these mostly use a mobile to go online, with 23% mostly using a tablet.

58% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

89% use YouTube, 74% of these say they use it to watch funny videos or pranks with same proportion saying music videos.

69% have a social media profile.

71% who own a mobile are allowed to take it to bed with them, it's 61% among tablet owners.

Checklists and information regarding different apps, social media sites and browsers

From UK Safer Internet Centre

Social Media Checklists:

- Facebook: <https://swgfl.org.uk/resources/checklists/facebook/>
- Snapchat: <https://swgfl.org.uk/resources/checklists/snapchat/>
- Instagram: <https://swgfl.org.uk/resources/checklists/instagram/>
- Twitter: <https://swgfl.org.uk/resources/checklists/twitter/>

Social Network Guides:

Find out more about the safety features available on these popular social networks.

<https://www.saferinternet.org.uk/advice-centre/social-media-guides>

Including Tik Tok, WhatsApp, YouTube etc.

Web Browser Guides

Information and advice on the safety features and settings offered by the main web browsers.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/safety-tools-online-services/web-browsers>

Resources for specific topics

Sexting Resources

<https://www.saferinternet.org.uk/advice-centre/teachers-and-school-staff/teaching-resources/sexting-resources>

Child sees something upsetting online resources

<https://www.saferinternet.org.uk/blog/advice-parents-what-do-if-your-child-sees-something-upsetting-online>

Online Hate Speech

<https://hackinghate.eu/>

Young Children and Screen Time

<https://swgfl.org.uk/assets/documents/young-people-and-screen-time-short-version.pdf>

Roblox Use

<https://swgfl.org.uk/assets/documents/roblox-checklist.pdf>

Revenge Porn Helpline

<https://revengepornhelpline.org.uk/>

Impacts of Screen Time on children and young people

<https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>

Other information

Swiggle <https://swiggle.org.uk/>

Swiggle is a friendly search engine for kids aged 7+.

Online Safety resources aimed at children and young people

BBC Own It <https://www.bbc.com/ownit/its-personal>

Professionals Online Safety Helpline

Supporting professionals working with children and young people

<http://www.saferinternet.org.uk/helpline>

You can find other relevant information on the following webpage where you can sign up to the newsletter produced by the UK Safer Internet Centre.

<https://www.saferinternet.org.uk/>



Check it out.

- Do you know if your account is private or public?
- Do you know how to share with a select group of your followers?
- Do you know who your followers are?
- Do you know how to block someone?
- Do you know how to report a post?
- Do you know how to delete comments?
- Do you know how to delete your account?

Do you know how to share with a select group of your followers?

Instagram Direct lets you send a photo or video to a select group of people. Posts won't appear in Feed, search or your profile. Posts sent with Instagram Direct can't be shared through Instagram to other sites like Facebook or Twitter. You also can't tag people or use hashtags in these shared posts.

To send photos/videos with Instagram Direct:

- 1 Take a new photo/video or upload one from your camera roll.
- 2 Add optional effects, filters and a caption.
- 3 Tap Direct. You'll see some features appear in green when you're using Instagram Direct.
- 4 Tap the names of people you want to send the post to (up to 15 people).
- 5 Tap Send.

Do you know how to block someone?

When you block someone, they can't see your profile or posts. To block or unblock someone:

- 1 Go to their profile by finding them in your followers list or by searching for their name or username.
- 2 Tap their username to open their profile and then tap (Android) or (Apple/iOS) in the top right hand corner.
- 3 Tap Block User.
- 4 To unblock someone, follow the steps above and then tap Unblock User.

Do you know how to delete comments?

You can delete comments you've made, including photos or video captions, as well as comments other people have left on your posts. To delete a comment or caption:

- 1 Tap Comment below the photo.
- 2 Swipe to the left over the comment or caption you'd like to delete.
- 3 Tap and then choose if you want to Delete or Delete and Report Abuse.
- 4 Tap below the photo.
- 5 Tap and hold the comment or caption you want to delete.
- 6 Choose if you want to Delete Comment or Delete Comment and Report Abuse.

Do you know how to delete your account?

When you delete your account, your profile, photos, videos, comments, likes and followers will be permanently removed. To delete your account:

- 1 Log into instagram.com from a computer.
 - 2 Click your username in the top right and then select Edit Profile.
 - 3 Click I'd like to delete my account in the bottom right.
- Keep in mind that we can't reactivate your account, and you can't sign up with the same username again after the account has been deleted. If you don't want to delete your account but want to change who can see it, you can set your posts to private or block people.

Do you know how to report content?

If you see something that's not following Instagram's Community Guidelines (see nudity or self-harm), you can report a photo or video right from the Instagram app or when you see it on instagram.com.

- 1 Tap (Phone & Windows Phone) or (Android) below the post.
 - 2 Tap Report Inappropriate.
 - 3 Select why you're reporting the post.
- If you want to report someone that is impersonating you or someone you know, you can do that right from the Instagram app.
- 1 Go to their profile by finding them in your followers list or by searching for their name or username.
 - 2 Tap their username to open their profile and then tap (iOS) and (Android).
 - 3 Tap Report Inappropriate.
 - 4 Select "I believe this account violates Instagram's community guidelines" to report an account.

Do you know who your followers are?

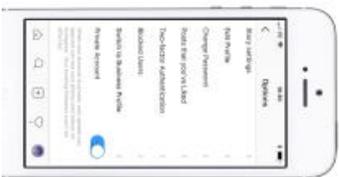
If you have a public account, anyone can follow you and see your posts. If you have a private account, you have to approve every request to follow you and people will only be able to see your photos or videos if you approve them as a follower.

Every so often, it's helpful to take a look at your followers and do a spring cleaning of sorts. If you'd like to remove someone that is following you, you can block them, as described on the next page.



Do you know if your account is private or public?

Instagram has a simple privacy setting you either share your posts with anyone (a public account) or only share with people whom you have approved to follow you (a private account). We encourage people to think before they share, whether they have a private or public account.



Resources for help

Instagram Help Center
<https://help.instagram.com/>
 UK Safer Internet Centre
www.saferinternet.org.uk
enquiries@saferinternet.org.uk
 0944 800 2982
 Version: September 2018



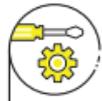
Privacy and Safety Checklist

How do I block & delete?

Blocking & deleting Friends

Blocking someone means they will be prevented from sending you Snaps and Chats and viewing your Stories. Deleting someone means they will no longer be on your Friends list, but they may still see your Snaps and Stories. This depends on your privacy settings. To block or delete a contact:

- o In the Friends screen, tap and hold on the username you want to block or delete
- o Tap the Gear icon next to their name, and tap **Manage Friendship**



- o Select **Block** to prevent them sending Snaps and Chats or viewing your Stories
- o Select **Remove Friend** to remove them from your Friends list
- o To block someone who isn't in your Friends list, open a chat with them by swiping on their name on the Chat screen. Tap the button in the top left corner to view their profile and select **Block**

To unblock a user:

- o Tap your **Profile** at the top of the Camera screen. Then, tap the **Gear** icon and scroll down to **Account Actions** and tap **Blocked**. You will see a list of Snapchatters you have blocked. Tap the X next to their name to unblock them.
- o Depending on your privacy settings, you may need to re-add each other as Friends to send each other Snaps and Chats

How can I stay in control?

Changing your privacy settings

By default, only Snapchatters you add to your Friends list can send you Snaps.

If someone who isn't your Friend tries to send you a Snap, you'll receive a notification that they added you. You will only receive the Snap if you add them to your Friends list.

To change who can send you Snaps and see your Stories:

- o Tap your **Profile** in the top left of the camera screen to access your profile. Then tap the **Gear** icon in the top right corner of the screen and scroll down to the **Who Can See** section

For Snaps, tap **Contact Me** and choose either:

- o **Everyone** - This allows anyone to send you Snaps (even strangers)
- o **My Friends** - Only your Friends are able to send you Snaps

For Stories, tap **View My Story** and choose either:

- o **Everyone** - This allows anyone to view your Story (even strangers)
- o **My Friends** - Only your Friends are able to view your Story

Custom - Choose which Friends can see your Stories

Note: To clear a conversation, tap your **Profile**. Then tap the **Gear** icon and scroll down to find **Clear Conversations**. Tap the X next to a name to clear the conversation.

My Eyes Only

You can move pictures to this folder within your Memories. It is PIN-protected so that, even if your phone is stolen or your account hacked, no one can access those Snaps without your PIN.



If you've never used My Eyes Only before, you will need to do a quick setup to choose your passcode.

What is Snapchat?

Snapchat is a visual messaging app. Snapchatters can take photos, record videos, add text or drawings and send them to friends. These Snaps will disappear after viewing or within 24 hours (for a Story). Once all recipients have viewed a Snap, it will be automatically deleted from Snapchat's servers. Opened Snaps typically cannot be retrieved from Snapchat's servers by anyone, for any reason.

Age Restrictions

Snapchat is not intended for children under the age of 13. 13-17-year olds should have permission from a parent or legal guardian to use the app.

A Snapchat account can be deleted by going to https://accounts.snapchat.com/accounts/delete_account and entering the username and password. If Snapchat learns that a user is under 13, they will terminate their account.

Note: If you forget your password you can submit a password reset request to Snapchat at: https://accounts.snapchat.com/accounts/password_reset_request

How do I find all my friends?

Finding & adding friends

- o Tap your **Profile** on the top left of the Camera screen
- o Tap the **Add Friends** icon

You can add friends by username, from your device's contacts, by Snapcode, or with the **Quick Add** feature. To add Friends from your contacts, you will need to verify your phone number. Once verified, all of your phone contacts with Snapchat accounts will be displayed, along with Friends who don't have Snapchat, who you can invite via SMS

To add a Friend who has already added you, tap **Add Friends**, then tap the **Added Me** section, locate their username in the list, then tap the **Plus** icon next to their name

If you don't want friends to find you through your phone number:

- o Tap your **Profile** icon on the top left of the Camera screen. Then tap the **Gear** icon in the top right corner
- o Tap **Mobile Number**
- o Uncheck **Allow my friends to find me**

How do I report a problem?

Snapchat encourages self-expression, but warns Snapchatters to use the app safely and enjoyably. Snapchat doesn't tolerate Snaps that show:



- o Pornography or nudity involving people under the age of 18
- o Invasions of privacy or impersonation of others
- o Threats, harassment or bullying of others
- o Encouragement of self-harm

Snapchat may remove these types of content and suspend accounts, prohibiting them from using Snapchat in the future. For more information, see Snapchat's Community Guidelines: <https://support.snapchat.com/en-US/articles>

Snapchat's reporting functions are the same across all devices. Mobile and tablet users can find all the reporting routes by tapping on your **Profile** icon on the Camera screen, tapping the **Gear** icon, and scrolling down to **Support**. To report on desktop, visit: <https://support.snapchat.com/en-US/articles>

Where can I go for further support?

Snapchat Safety Centre: snapchat.com/safety

Snapchat Support: support.snapchat.com

Latest changes on Snapchat blog: snapchat-blog.com

UK Safer Internet Centre: saferinternet.org.uk

Professionals Online Safety Helpline: saferinternet.org.uk/helpline

Report Harmful Content: reportharmfulcontent.com

Report abuse or grooming to CEOP: ceop.gov.uk

Report child abuse images to IWF: iwf.org.uk

Pick up a copy of this checklist along with other online safety materials on the SWGfL Store: swgflstore.com

OSWGfL
UK Safer Internet Centre
SWGfL Store
100119

What else can I do on Snapchat?

Stories

Stories is a feature that lets you string Snaps together to create a narrative that lasts for 24 hours.

Depending on your privacy settings, the photos and videos added to your Story can be viewed by just your Friends (the default setting), all Snapchatters, or a customized group.

Filters, Lenses, and Stickers

Filters are a fun way to customize your Snaps with overlays like scenery and drawings to your applied snaps.

Geofilters are unique and specific to locations, so they require your device's location services to be enabled.

If you add a Geofilter to your Snap or Story, you're publishing your location to anyone who can view them.

Lenses add real-time special effects and sounds to a Snap. Stickers are colourful images and cartoons that give users additional ways to express themselves.



Discover

Snapchat also offers news and entertainment via the **Discover** page. As well as seeing your Friends' stories, you can explore channels from established publishers who curate their own content.

The **Friends** section at the top of Discover shows your Friends' Stories.

The **Subscriptions** section has all the Stories and Snaps you're subscribed to.

The **For You** section has recommended Snaps and Sponsored Stories.

Video & Text Chat

Like Snaps, Chats are cleared when a recipient leaves the Chat screen. In Chat, however, users have the option to save messages they'd like to keep. If you save a message, your Friend can see that you saved it - as indicated by a dark grey background behind the message.

Memories

Memories is a personal collection of the Snaps and Stories you save. Memories can be used to create new Snaps and Snaps. Snapchatters can also choose to store certain Memories in the password-protected **My Eyes Only** section.



Snapchat

Privacy & Safety Checklist



Report Something?



Reporting

If someone has posted something that you don't think should be on Twitter (please read the Twitter rules) but you don't want to report the person who posted it, follow these steps:

- Click on the next to the favourite star (on the Tweet)
 - Select 'Report' from the drop down menu
 - Choose what type of report and follow the steps provided
- If you don't want to see the post on your timeline but don't think it warrants a report, you can use the 'Mute' option to hide the post.

If you want to report a Twitter user you need to:

- Go to their profile and click on the next to the button.
 - Click 'Report', and then select what type of report you would like to make.
- If you are reporting something or someone for being violent or threatening, you will receive an email from Twitter confirming your report, making it easier and clearer for law enforcement, should you wish to make it a police matter. You don't have to be following someone to report them or their tweet.

What is Twitter?



Twitter is a social networking site with over 300 million users!

The big appeal with Twitter is how rapid and quick the tweets come in, meaning there is nearly always something new to read, you can track hundreds of interesting tweeters, and read their content with a glance, even celebrities and public figures.

One of the big differences from the other major social networking sites is that there is a limit to the amount of characters you can use in one tweet; this means you have to choose your words very carefully, or just tweet and tweet and tweet – it also promotes focused and clever use of language, making tweets interesting and easy to read, as well as challenging to write.

Twitter is a popular public platform used by many to express themselves, share stories, pictures and articles on the net. It can be a place people can find support, friends, jokes and much more.

Unfortunately like anything, it is not always used for good and that's why we have devised this checklist to help you stay safe!

Protect My Privacy?

Privacy

When you set up a Twitter account it is automatically set to 'Public', this means that anyone can see your Tweets, even if they don't follow you, even if they don't have a Twitter account. You can't protect your tweets, which means anyone who doesn't follow you would need to, in order to see your tweets.

To check if your account is public or private take these steps:

- Login to Twitter
 - Click on your small profile pic next to the search bar
 - Click on 'Settings' and choose 'Security and Privacy' in the left menu
 - Scroll down to the 'Privacy' section, if you want to be private tick 'Protect my tweets', if you want your account to be public, make sure it is unticked.
- In this section you can also choose who you want to be able to tag you in photos.

Who Can See My Tweets?

If you have chosen to protect your tweets, only the people that follow you can see them. If you have chosen not to, any one can view your tweets, unless you have blocked them.

Who Can Follow Me?



My Followers

If you have chosen to 'Protect your tweets' you will receive a notification when someone has requested to follow you. This allows you to choose whether to 'accept' or 'decline' their follow.

If you have chosen not to protect your tweets, anyone can follow you (unless you have previously blocked them) and you will receive a notification informing that they have started following you.

Who am I Following?

If you are looking to follow a celebrity you like, Twitter has made it easy for you. Twitter verifies celebrities, famous people and public figures. This is displayed with a next to their Twitter handle. Twitter allows parody and fan accounts so this helps you identify the real deal quickly and easily.

You can follow whoever you like, and Twitter will also make suggestions on who they think you might like to follow.

Where Can I Go For Further Support?

Twitter Help Centre

Twitter Safety & Security: <https://help.twitter.com/using-twitter/safety-security>

Twitter Rules & Policies: <https://help.twitter.com/using-twitter/rules-policies>

UK Safety Incident Centre

Website: www.uksc.gov.uk | Email: sc@uksc.gov.uk

Professional/Online Safety Helpline

Phone: 0344 381 4772 | Email: helpline@uksc.gov.uk

South West Childline Learning: sw@childline.gov.uk

Childline: childline.gov.uk

Internet Watch Foundation: iwf.org.uk

Childline: childline.gov.uk | Phone: 0800 1111

Report Abuse or grooming to COP: reportabuse@cop.gov.uk

Pick up a copy of this checklist along with other Online Safety materials on the SWGL Store: swglstore.com



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Twitter-Checklist

- What is Twitter?
- How Do I Protect My Privacy?
- Who Can Follow Me?
- How To Report Something?
- Unfollow or Delete Content?
- How do you deactivate my account?

Do the Check.



Deactivate My Account?



Deactivating Your Account

Before you deactivate your account you should know, Twitter keeps your data for at least 30 days, after which it will be permanently deleted. You can reactivate your account in this 30 day period just by logging in. Twitter also gives you the option to up this limit to 12 months. This means that even if you deactivate, you could reactivate within a year and restore your account completely.

To deactivate your account:

- Log in to Twitter
- Click on your small profile picture (top corner) and select 'Settings and privacy'
- Scroll down to the bottom of the page and click 'Deactivate account'
- Read the account deactivation information
- You can then choose if Twitter retains your account data for 30 days or 12 months.
- Once you are happy, click 'deactivate'
- Enter your password for the account when prompted and verify that you want to deactivate your account.

Unfollow Or Delete Content?



Unfollowing

If you no longer wish to follow someone you can unfollow them by going to their Twitter profile, click the button and you will automatically 'unfollow'. If you still want to follow someone but don't want to see their tweets, click this icon on their profile and select 'Mute', you can 'unmute' at any time.

If you don't think unfollowing them is enough you can also 'Block a user'.

Click this icon on their page and select 'Block'. This means that the user will no longer be able to follow or message you.

It's good practice to occasionally look through your followers and have a spring clean, if you no longer know someone or don't want them seeing your tweets, then it's good to remove them - it's easy to forget who's following you.

Deleting Content

If you would like to delete a post you created, all you need to do is click on the in the top right hand corner of the post and click delete. This works for any tweet or retweet. If you have 'Retweeted' something but don't want to, you just have to click the again to un-retweet it.