

NSPCC

Keeping children safe online

Workshop for Parents and Carers

""It would be very nice if they wouldn't say 'Be careful who you're talking to online, they might not be who you think they are', and instead 'If anything at all makes you even slightly uncomfortable, then you can talk to someone.'""

Jess, 17

EVERY CHILDHOOD IS WORTH FIGHTING FOR

What to expect from the workshop

3 key takeaways:

- Understanding of the risks and benefits of being online for children
- Practical things you can do to help keep your children safe online
- Knowledge of the tools and resources that can help you



Safeguarding



Self-care



Housekeeping

Children's use of technology and the internet

3-4s

5-7s

8-11s

12-15s

16+

Positives vs. risks

- ✓ Chat with friends and family
- ✓ Get creative
- ✓ Access to information and support
- ✓ Playing games and enjoying videos



- × Unwanted contact
- × Seeing something untrue
- × Oversharing personal information and location
- × Impact on mental health and wellbeing

How to manage the risks

Who they chat to



What they see



What they share



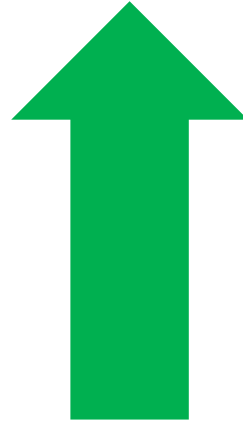
Risks can happen anywhere, to anyone, at any time.

What type of parent are you?

Casual

Confident

Controlling





Livestreaming

Livestreaming videos online



Livestreaming is **broadcasting online to an audience in real time.**

Livestreaming can happen on **social media, gaming sites and video platforms**

There are **risks for children** if they watch or broadcast livestreams.

But why do children livestream?

- To get creative
- To relax and have fun
- To learn or show others how to do something
- To stay in contact with family and family
- To take part in viral trends
- To share an important moment or event in real time

Risks of livestreaming

Watching a Livestream



Viewing adult, inappropriate or upsetting videos



Interacting with people they don't know



Upsetting or inappropriate comments

Hosting a Livestream



Oversharing personal information



Negative or inappropriate comments



Feeling under pressure to do things



Videos could be screenshotted, recorded or shared

Tips to keep your child safe:

- Talk to them about what is and isn't OK to share .
- Check what they are watching.
- Only use supervised in family spaces.
- Set up privacy settings.
- Show them how to report comments and block users.

If your child's video has been shared:

- Reassure them and offer support.
- Don't blame your child.
- Report sexual images and videos to the **IWF**.
- Report inappropriate contact from an adult to **CEOP**.
- Avoid sharing with others.



Nudes

Sharing 'nudes' online

Sending nudes or sexting is when someone shares a sexual message, nude or semi-nude with another person.

They can be sent through **any device and online platforms**.

They can be sent as an **image, video or part of a livestream**.

It is **against the law to send, store and take** an indecent images of under 18s.

Young people use terms like **'nudes', 'pics4pics'** rather than sexting.

But why do children send nudes?

- For fun or for a dare
- Exploring their body and/or sexuality and unaware of the potential risks
- To boost their self-esteem
- Feeling like it's expected
- Blackmail
- Seeing adults doing it in the media

This is an issue which **affects all ages** because the motive behind sending the image isn't always sexual.

What are the risks?

- Shared/forwarded without a child's **knowledge or consent**
- Can lead to **manipulation, threats and blackmail**
- Can lead to **shame and bullying** from others
- Impact on a child's **mental health and wellbeing**
- Negative impact on **friendships and relationships**
- Images can **resurface** years later
- Impact on **future opportunities**



Sharing someone else's nude online

Young people can **share someone else's nude** for many reasons.

Children could do this **without realising it's wrong** (or illegal).

However, it is **never ok** to share someone else's image as this behaviour can cause **distress and harm** to a young person.

'...the next day, my pictures were all around school even though he sent me a picture first'. **Girl, 14**

It is **against the law** for anyone, including a child, to **send, receive or share** sexual, nude or semi-nudes of a child.

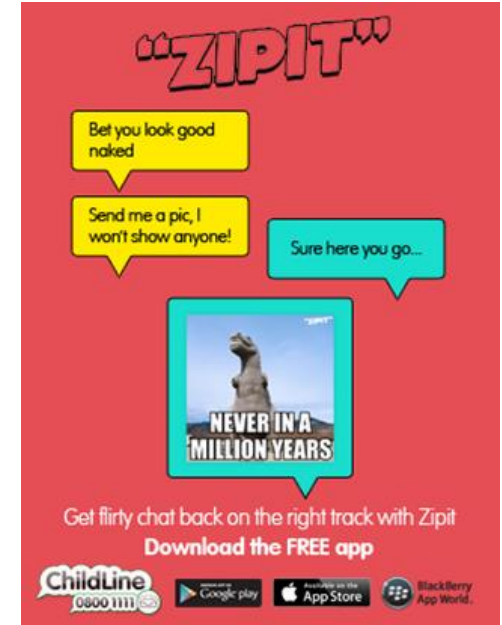
Resources to support and educate your child



Talk PANTS and teach younger children the underwear rule



Watch the videos on Childline's YouTube channel



Respond to pressure from others with the Zipit app

Supporting your child

Children may feel...

- worried
- embarrassed
- distressed
- ashamed
- OK

Reporting a sexual image of a child which has been shared online:

- Adults should report to the **IWF** report.iwf.org.uk
- Children can report nude images or videos of themselves to be taken down from the internet using the **IWF and Childline Report Remove tool** – search Childline for ‘report a nude image online’
- **Never share the image** unless it is to one of these reporting tools as this would be against the law.
- Report sexual or inappropriate contact from an adult online to **CEOP** ceop.police.uk



Persuasive design and screens

How often do you think we check our phones on average?

5-10 minutes

15-20 minutes

25-30 minutes

10-15 minutes

20-25 minutes

How do our devices keep us coming back?



Infinite scrolling

...you'll never get to the end



App notifications

...your friend has posted so you better check the app



Ellipsis

...your friend is typing so you better stay on the app

1

Notifications colour

...as it's in red you better open it



Pull to refresh

...just pull down for more content if you're bored



Auto-play

...your device will press play for you



Rewards

...you better go on the app to get your daily reward



Suggested content

...the app's got your next friend or video lined up

Taking back control of how long we spend online

Now that we know about the features used to keep our attention, we can take back control through a few simple steps:



Adjust notification settings



Set app time limits



Use wellbeing apps and settings



Turn on 'do not disturb' or use 'night-mode'

But remember it's not just about how long we spend online. It's important to think about what we are doing as well...

Screen time vs screen use



Screen time refers to the **amount of time children** spend online or in front of screens.



Screen use refers to **what children are doing online**, including what they are looking at and who they are talking to.

The facts:

- There are both benefits and risks to being online.
- You can experience risks even when online for a short time.
- Taking a break from apps and devices can be hard.
- Children can benefit from support with managing how long they spend online.
- There is no set amount of time we should or shouldn't go online.
- Sometimes routines need to change.

Top tips for supporting your child

Focusing on screen use

- **Quality of use** over quantity
- **Talk openly** about screen use
- Make it **purposeful**
- **Model** good screen use boundaries
- Use **wellbeing tools** as a guide

6 tips for reducing children's screen time

1. Create a **family plan**
2. **Be aware** but not judgemental
3. Think about **your own media use**
4. Prioritise **face-to-face** interaction
5. Be **snack aware**
6. **Protect sleep** – avoid 1 hour before



Social Media

What is social media?

Social media are websites and apps that allow us **to create and share content with others**.

Social media also allows us to **connect with others through** comments, direct messaging, 'likes' etc.

Do you know the apps and their age ratings?



Facebook

13+



Instagram

13+



Twitter

13+



TikTok

13+



Snapchat

13+



PopJam

7+

What are the risks?

What they share with others

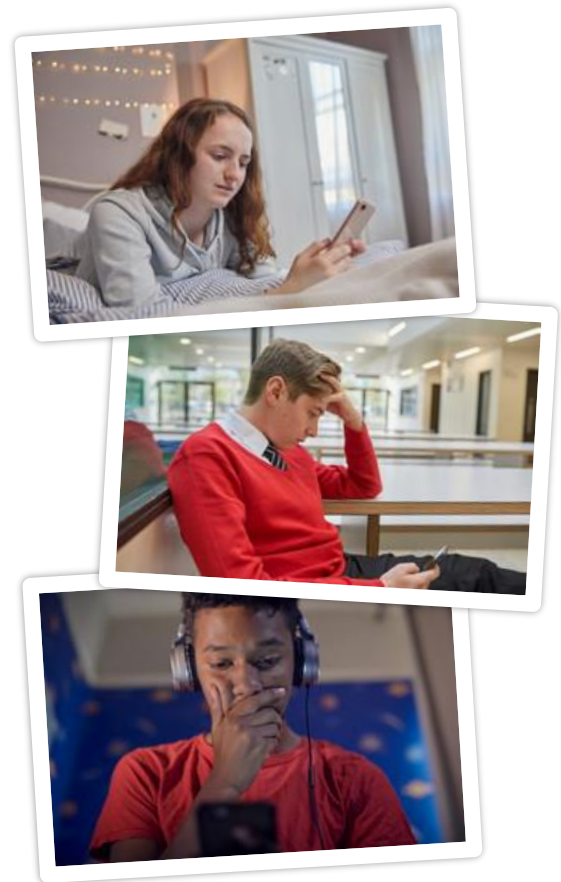
- Oversharing personal information
- Live and frequent locations

Who they are connected with

- They may be contacted by people they don't know and they could see what the child has shared
- They could see or experience cyberbullying

What they see shared by others

- They could see upsetting or worrying posts and comments
- They could click on links shared by others



Do you know your reels from your streaks?



Snap

Pictures or videos sent on Snapchat which can last for up to 10 seconds or can be on screen until you come off the picture

Reels

15 second videos on Instagram with added effects and music

Stories

Videos which appear outside your regular feed and can be viewed for 24 hours

Hashtag

A way to connect and find posts under any topic

Streak

A reward on Snapchat for sending a snap everyday

Supporting your child

- Check the age ratings before they sign up.
- Set up new accounts together
 - ✓ Support with choosing profile pictures and usernames
 - ✓ Educate children about what info isn't needed (look for the *)
 - ✓ Make sure accounts are set to private
 - ✓ Turn off location settings
 - ✓ Adjust who can contact your child
 - ✓ Remind them some things are always public.
- Talk about only accepting friend requests from people they know and have met before.
- Get to know the tools together.

Useful tools:

... On pages or posts to **report and block**

|| Use the **take a break feature** to pause someone who you are connected with

⊘ Limit who can see different parts of your account, like stories

👤 Use the **unfriend button** to remove any unwanted followers

Talk with your child



Our 6 top tips to get you started:

1. Start with the positives and take an interest.
2. Make sure they know the basics for keeping safe.
3. Explore their favourite apps and games together.
4. Involve them setting rules and boundaries for online use.
5. Let them know they can talk to you or contact Childline.
6. Keep conversations regular and get support.

If your child reveals abuse:

- listen carefully
- reassure them
- tell them they've done the right thing
- ask open questions
- explain what you'll do next
- get support and report it.

Practical ways to keep your child safe online

With younger children

- ✓ Supervise
- ✓ Turn off autoplay settings
- ✓ Put safety settings on
- ✓ Agree rules and boundaries together




With older children

- ✓ Ask for their help to set up apps safely
- ✓ Explore together
- ✓ Look at Childline's website for advice on sensitive topics
- ✓ Watch Childline's YouTube channel
- ✓ Be realistic with rules

More advice


Explore the online safety hubs on
NSPCC and Childline for more advice and information.



Chat apps

Find out about different chat apps like WhatsApp and Kik, and how to help young people use them safely.


[Read more](#)



Content promoting self-harm, suicide and eating disorders

Get advice on supporting young people who've been exposed.

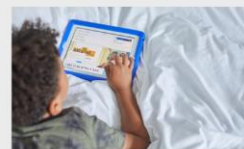
[Find out more](#)



Fake news, hoaxes and misinformation

Learn about the risks of fake news and find out how to spot hoaxes and misinformation.


[Find out more](#)



Internet connected devices

Get advice about what internet connected devices or toys are and how to keep your child safe.


[Learn more](#)



Livestreaming and online video apps

Information and advice to help you understand the challenges and keep your child safe.

[Learn more](#)



Parental controls


Get advice on setting up parental controls to help keep your child safe online.


[Learn more](#)

nspcc.org.uk/online-safety

ONLINE AND MOBILE SAFETY


Having a mobile phone and going online is great for lots of reasons. But it's important to be aware of the dangers too. Learn how to stay safe online.






Feeling good on social media

We've got advice to help you feel good when you're using social media apps - like Instagram, YouTube and Snapchat.




Remove a nude image shared online

If you're under 18 and an image of you has been shared online we can help you get it removed from the internet.




Staying safe online

Follow our simple tips for staying safe online.




Bullying and cyberbullying

If you or someone you know is being bullied, we're here to help.




Cover your tracks

A guide to keeping your visits to Childline private.




Sexting and sending nudes

If you've been sexting and something's gone wrong, we've got advice to help.



Online gaming

We can help you learn how to stay safe online when playing games.



Taking care of your digital footprint

Learn about how to keep your personal information safe online.

www.childline.org.uk/online-safety

Get support for you and your child

If you're worried about the welfare of a child
then call the NSPCC helpline on 0808 800
5000 or help@nspcc.org.uk

If your child is worried about something then
they can contact Childline for support on 0800
1111 or childline.org.uk, or look at the
message boards

Speak to other parents:

- Share knowledge
- Share tips
- Share supervision





Keeping children... safe online

**Sign up to receive our monthly online safety
newsletter**

