

# E-safety Factsheet for Parents

## Positive and Negative Aspects of the Internet:

### Positive aspects of the Internet and Apps:

- Great for research and creativity
- Cheap or free communication and collaboration
- Easy to create and publish content and get it noticed
- Great for children to develop future job skills as fun hobbies
- Introduces children to the world of commerce and business
- Encourages creativity and individualism
- Children feel they have 'ownership' of the Internet

### Negative aspects of the Internet and Apps:

- Cyber bullying and the lack of appropriate rules
- Online privacy and personal information and the increasing likelihood of being hacked
- Reputation management and 'digital footprint'
- Sexting, grooming, pornography and inappropriate material
- Illegal downloads and copyright infringement
- Spam, phishing, viruses and malware
- Children lying about their age to get onto social networking platforms with a 13+ age limit
- Pressure to respond to comments 24/7

## The positives need to outweigh the negatives in e-safety education:

The best outcome regarding e-safety incidents, cyber bullying and online harassment with school-aged children is always to persuade the pupils to see the consequences of their actions and remove the material of their own accord. It is important to promote positive digital citizenship and ensure that children treat peers with respect.

Much better outcomes are seen when children decide for themselves what is and is not appropriate and self-regulate their actions. Schools and parents have a huge role to play in providing this guidance first, rather than imposing rigid rules and sanctions as an initial measure.

## Minimum age limits:

Most social networking sites and apps are based in the US and under privacy laws in this country, you have to be 13 years old to register. There is no legal violation if you use these sites or Apps, if you are under 13. The only rule you are breaking is the terms and conditions set up by company that owns the site or App.

Many children and young people have become savvy to this and use sites below the age of 13. The important issue around this is that they can then put themselves in potential danger as predators can target them when using these sites/Apps. With the development of video streaming and photo Apps, children need to be aware of the pitfalls

Also, parents need to be aware of back channeling which is when conversations take place alongside an activity e.g. playing video games.

## Statistics:

### Social Networking Use

- Facebook now has 1.55 billion active users.
- 2.9 billion Google searches are made every day.
- 2.7 million blog posts are published every day.  
Source: <https://hostingfacts.com>
- Instagram has a much younger audience, 39% of its UK users are aged 16-24.
- 64% of Instagram users are female vs 56% of Facebook users.  
Source: <http://www.rosemcgrory.co.uk/>
- 60% of Snapchat's users are 13 to 24 years old. Similarly, 63% of its audience are 18 to 34-year-olds  
Source: (Snapchat).

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- YouTube has over a billion users—almost a third of all people on the Internet—and every day, people watch hundreds of millions of hours of YouTube videos and generate billions of views.
- Once users are on YouTube, they are spending more time per session watching videos. On mobile, the average viewing session is now more than 40 minutes

Source: You Tube

## Sexting

- Six out of 10 teenagers say they have been asked for sexual images or videos
- 40% said they had created a sexual image or video, and about a quarter said they had sent one to someone else by text.
- Of those who had sent an image or video to someone else by text, 58% said the image had been sent to a boyfriend or girlfriend, but a third said they had sent it to someone they knew online but had never met.
- About 15% said they had sent the material to a stranger.
- Of those who said they had sent a photo to someone, 20% said it had then been shared with other people, while 28% said they did not know if their picture had been shared with anyone else.
- More than half (53%) of those questioned said they had received a sexual photo or video, a third of whom had received it from a stranger.

Source: NSPCC/Childline

## Online behaviours

- One in six 12-15s and one in ten 8-11s who go online say they have seen something online in the past year that was worrying, nasty or offensive
- Three in ten 12-15s (28%) said they knew of someone who had had any of a range of negative experiences asked about, including online/mobile contact or conduct, in the past year.
- Around one in ten 12-15s (8%) say they have been contacted online by someone they do not know and one in eight (13%) know someone this has happened to.
- Two per cent say they have seen something of a sexual nature, either online or on their mobile phone, rising to 5% saying they know someone this has happened to.
- Only one in ten 8-11s and 12-15s say they have personally experienced any kind of bullying in the past 12 months, including face to face.
- Some older children (12-15s) do have knowledge of potentially risky behaviours, for example one-third of Internet users know how to delete their browsing history.

Source: OFCOM, 2015

## Childrens Internet Use

- 12-15s now spend nearly three and a half hours a week more online than they do watching a TV set.
- Tablets are now the device most often used for going online among all age groups except 12-15s.
- 12-15s in 2015 are most likely to use their mobile to go online; seven in ten 12-15s now have a smartphone.
- The majority of children aged 5-15 live in households with access to on-demand services. 12-15s who watch both TV and YouTube content are more likely to say they prefer to watch YouTube.
- Three-quarters of 12-15s have a social media profile. Facebook continues to dominate as the main network of all children, but imaged-based apps are growing in popularity; increasing numbers of children have a profile on Instagram or Snapchat.

Source: OFCOM

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## Parental Concerns

- A quarter of parents of 5-15s are concerned about the online content their child is exposed to.
- One in five parents of 5-15s are concerned about whom their child is in contact with online
- A third of parents of children aged 5-15 are concerned that their child may be giving out personal details to inappropriate people.
- Around three in ten parents of 5-15s are concerned about online bullying.
- A quarter of parents of 12-15s are concerned about their child sharing inappropriate or personal photos or videos online.
- One in four parents of 5-15s are concerned about their child seeing content which encourages them to harm themselves.
- One in eight parents of 12-15s feel they don't know enough to help their child manage online risks.

Source: OFCOM

## Key tips:

- Know what your children are doing online.
- As they get older, ensure that they become more resilient to the pressures associated with the Internet
- Be aware who your children are talking to online. Make it clear that people that they don't know are strangers
- Explain why your children should not give out personal details online.
- Emphasise that having many different 'followers' or 'likes' does not necessarily make them popular
- Explain to your child that nothing is private on the Internet – anything can be copied, whether it be private pictures, comments or messages.
- Point out that your child should always consider what an employer or partner might be able to find about them on Google in 5 to 10 years' time.
- Avoid replying to junk, spam or phishing emails, or opening attachments which might contain viruses or malware.
- Make sure that children become better critical thinkers and can evaluate content on the Internet such as propaganda.
- Ensure your child does not meet up with online friends.
- Creating a positive environment where your child can be open and inquisitive and feel confident discussing their online experiences, whether positive or negative.
- Teach your children how to block and report any behaviour or content which makes them feel uncomfortable.
- Investigate ways in which you can set parental controls on devices and home broadband

## Useful links:

- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.internetmatters.org/](http://www.internetmatters.org/)
- [www.common sense media.org/](http://www.common sense media.org/)
- [www.childnet.com/](http://www.childnet.com/)
- [www.e-safetysupport.com](http://www.e-safetysupport.com)

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# What every parent needs to know about radicalisation

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E-safety Support



# Radicalisation and the Internet

The internet brings marvellous opportunities to children and young people with the ability to learn new skills and visit websites which engage and enrich their lives. However, the internet also brings dangers such as online predators who will try and contact children through websites and software applications ('Apps').

More recently, there has been an increase in groups and individuals trying to approach young people to recruit them for political or religious ideas. This is known as online radicalisation and can be described as;

"The actions of an individual or group who use the internet and digital technology to groom a young person into following their extremist ideas."

There have been cases in the news over the past year of groups like Islamic State (ISIS) using the internet and social media to recruit young people to fight in the conflict in Syria. In addition, there are examples of right wing groups such as Britain First and the English Defence League using Facebook and Twitter to engage with internet users.

As a parent and carer, you need to be aware of the dangers of your child being targeted by online extremists. Here is some information to support you with the issue of online radicalisation.

## PREVENT



This is the government strategy to target terrorist groups in the UK and abroad. The main focus is to prevent repeats of terrorist acts such as the devastating attacks that killed 52 people in London on the 7th July 2005. There are four strands to the strategy:

- Pursue – to stop terrorist attacks
- Prevent – To stop people becoming terrorists or supporting terrorism
- Protect – to strengthen our protection against a terrorist attack
- Prepare – to mitigate the impact of terrorist attacks

Since 1st July, schools now have a duty to safeguard children from radicalisation and staff are being trained to ensure that they know the signs and report any information to the designated officer.

## PARENTAL/CARER SUPPORT

Here are some suggestions to support your child with the threat of online extremism:

### Filter What They Can View

Schools and home broadband connections all have settings that can block out extremist sites. Your internet service provider e.g. BT, Sky, Virgin all have tools which can minimise the ability to access specific sites. Mobile phone providers also have similar services which mean that they limit access to sites.

However, it is important that your child can talk to you, if they come across information that they find disturbing or controversial. You can then support them with evaluating ideas or issues that are discussed on the internet.



### Make Them Judge Internet Content

There is a vast array of information on the internet and it is important that young people know that many groups will use it to spread propaganda about their views and opinions. Schools are focussed on making learners critical thinkers and at home, you should look at ways to help your child evaluate an internet site. Sites such as 'Whois.net' (<https://www.whois.net/>) enable users to look at who has set up an internet site and assess whether the creators have a particular bias.

### Different Types Of Extremism

It is useful to note that there are different types of extremist behaviour on the internet. Much of the focus recently has been on religious and political radicalisation through Islamic State and the Far Right. However, young people can be radicalised in other ways including self-harm websites and pro-ana (anorexic) sites. It is important to monitor your child's behaviour and if they have issues around self esteem and emotional well being, then visit a health professional



### Challenge Narratives

As young people progress through their teenage years, they will develop their opinions and ideas. Many develop political ideas based on views that they have of the world and issues that concern them. There is nothing wrong with this, but if you feel that your son or daughter is becoming excessive with their views, it might be that they are engaged with others promoting extremist ideology. The important role for a parent is not to panic and to talk to the school or others in the community.

### Social Networking – Privacy Settings

Sites such as Facebook and Twitter are common ways for extremists to target young people. By making contact with them, they can easily brainwash vulnerable users by linking to other sites which support their biased views. It is important that parents and carers discuss issues around privacy settings on social networking sites. Many individuals that target young people using grooming techniques and it is important that settings are enabled to reduce easy contact. Further information on using privacy settings on social network accounts can be found at Internet Matters (<http://www.internetmatters.org/>)

### Report Extremism

If you come across extremist material on the internet, you can report it to a dedicated government website (<https://www.gov.uk/report-terrorism>). This can include articles or speeches promoting terrorism or information to help individuals or groups commit acts of terror. All reports to the site are treated anonymously.

### British Values

Many groups will set out to try and divide communities and alter the views of children and young people by highlighting disunion. Britain is a very cohesive society and schools now educate students about the five important principles of:



- Democracy
- Rule of law
- Tolerance of those from different faiths
- Individual liberty
- Mutual respect



## Channel

If a young person is being radicalised through the internet or by other means, the government has a scheme called 'Channel' which supports them in a variety of ways to disengage with their extremist views. The programme offers the individual alternative activities and provides them with a mentor to help them channel their energies in different ways.

We must remember that the internet provides many opportunities to support people and communities. In many ways it reflects society and that whilst the majority of people using technology and the web for positive reasons, there will be those that use it for criminal purposes.

Whilst parents and carers may not be as 'tech savvy' as their children, it is important that they talk to them about their digital lives, so that they can share any worries or concerns.

## Useful Links

(CEOP) Think U Know: <https://www.thinkuknow.co.uk/>

Prevent Tragedies: <http://www.preventtragedies.co.uk/>

Get Safe Online: <https://www.getsafeonline.org/>

## Glossary

Online radicalisation – method of using websites and social media to encourage an individual or group to adopt extremist political, social or religious views

Social media – websites and applications that enable users to create and share or to participate in social networking

Channel - multi-agency approach to identify and provide support to individuals who are at risk of being drawn into terrorism.

PREVENT- government strategy to target terrorist groups in the UK and broad

# E-safety Information Sheet: Sexting

Some helpful texting abbreviations commonly used in 'sexting' for parents. Source: ABC.com.

8 – Oral sex	KFY or K4Y – Kiss For You
121 – One to one	Kitty – Vagina
1337 – Elite	KPC – Keeping Parents Clueless
143 – I love you	MorF – Male or Female
182 – I hate you	LMIRL – Let's Meet In Real Life
2c4u – Too cool for you	MOOS – Member Of The Opposite Sex
2H2H – Too hot to handle	MOS – Mum Over Shoulder
2M2H – Too much to handle	NALOPKT – Not A Lot Of People Know That
420 – Marijuana	NIFOC – Nude In Front Of The Computer
459 – I love you	NMU – Not Much, You?
99 – Parent has left	P911 – Parent Alert
A3 – Anyplace, anywhere, anytime	PAL – Parents Are Listening
Addy or ADR – Address	PAW – Parents Are Watching
AH – At home	PIR – Parent In Room
ASL – Age/Sex/Location	POS – Parent Over Shoulder or Piece Of Sh**
ASLP – Age, Sex, Location, Picture	PRON – Porn
AWT – At what time	RU/18 – Are You Over 18?
Banana – Penis	TDTM – Talk Dirty To Me
CD9 or Code 9 – Parents are around	WYCM – Will You Call Me?
GNOG – Get Naked On Cam	
GYPO – Get Your Pants Off	
IMEZRU – I Am Easy, Are You?	

For further general texting abbreviations visit:  
[www.internetmatters.org/advice/text-dictionary/](http://www.internetmatters.org/advice/text-dictionary/)