



**Safer
Internet
Day 2020** | Tuesday
11 February

Together for a better internet

Dear parents/carers,

Safer Internet Day 2020 is being celebrated around the world today. The global theme is **'together for a better internet'** and this year in the UK we are focusing on how young people explore and express their identity online. **Everyone** has their part to play in making the internet a better place, including **you!** Please have a look at the tips and links below with some suggestions on how to help your child stay safe and positive online.

Top Tips for Parents and Carers

Let's create an internet where we are....

Free to talk

Talk regularly with your child about how they use technology. Find out how they like to represent and express themselves online, and how being online makes them feel. Listening to your child will give you the best possible idea of how you can support them. Not sure where to begin? Have a look at our suggested '[Conversation Starters](#)' for parents and carers.

Free to explore differences

The internet is a place where lots of different people can communicate and come together. For some children, the first place they see people who are different to them may be online. For others, the internet may be the one place where they can find people similar to them. Acknowledge the different types of identities your child may see online, and use these to spark discussions around diversity and inclusivity. Talk to your child about being respectful to everyone online, and what to do if they feel their own identity is being targeted. Use our '[Quick Activities](#)' as a family this Safer Internet Day to help you unpick this topic together.

Free to make the internet work for your family

There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. For advice and guidance on how to make use of parental controls and other safety features on devices, check out our [free Parents' Guide to Technology](#).

Free to get involved

As parents and carers, it's natural to feel worried about the risks posed by your child being online, but for young people the internet offers a wealth of exciting and fun ways to explore and experiment with their identity. This might be through the characters they choose on games, the filters or emojis they use on profile pictures, the content they share, or the sites and services they use. Spend some time with your child looking at, or interacting with, the things they do online. Talk about both the positive and negative aspects of being online, and empower your child with safe choices they can make - instead of overwhelming them with restrictions.

Free to seek help and support

It can sometimes feel like young people are the experts in all things digital but remember – you are the life experts. Find out how to get more support by visiting Childnet's '[Need Help?](#)' page. You can take steps to support your child online by using features such as privacy settings on social media and understanding how to make a report on a range of apps, games and services.

Just as we tell young people to talk about what they are unsure of, make sure you do too! Chances are that you'll find other parents or carers who are trying to figure out how to make the internet work for their family! You don't need to know all the answers straightaway but reassure your child that you can figure it out together. Maybe there isn't an answer, but what your child is looking for is comfort.

Thank you for taking the time to read our safer internet day newsletter, we hope you have found it useful. Please talk to your child about their internet usage and ask them what they have been learning at school today.

Many thanks,

Amy

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Under 13	13+	16+	17+
Roblox PopJam FaceTime	Twitter Facebook and Messenger Viber WeChat Monkey Yubo Dubsplash Instagram	TikTok Skype Google Hangouts Reddit Snapchat Pinterest	WhatsApp Telegram Messenger Tumblr Line Sarahah Tellonym

Sourced from NSPCC website October 2019

FIFTEEN APPS PARENTS SHOULD KNOW ABOUT

MEETME MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.	GRINDR GRINDR IS A DATING APP CEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.	SKOUT SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.
WHATSAPP WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.	TIKTOK TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.	BADOO BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.
BUMBLE BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.	SNAPCHAT SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24.	KIK KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.
LIVE.ME LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.	HOLLA HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.	WHISPER WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.
ASK.FM ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.	CALCULATOR% CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.	HOT OR NOT HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

Useful Websites for Parents & Carers

- <https://www.internetmatters.org/schools-esafety/parent-online-support-pack-teachers/>
- <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- <https://www.thinkuknow.co.uk/parents/>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- <https://www.childnet.com/parents-and-carers>

Top tips for gaming:

- Explore parental controls on games consoles. Most games consoles enable parents to apply settings that can help to manage a child's online activities. For more information on enabling parental controls visit [Internet Matters](#).
- Get to grips with the blocking and reporting functions on the games your child plays, and ensure they know how to use these. It's helpful to sit with your child and go through this together.
- Continue to have conversations with your child about gaming and their online activity. Reassure your child that they can always talk to you about anything that makes them feel uncomfortable- whether it's the game content or something they've heard when chatting with other users.
- Learn more about gaming and the [PEGI age ratings](#).
- Bullying is never okay. If your child is experiencing name calling or harassment while gaming, visit [Childline](#) for helpful advice on getting help and support.