



www.Commonsensemedia.org

Common Sense Media helps families make smart media choices. We offer the largest, most trusted library of independent age-based and educational ratings and reviews for movies, games, apps, TV shows, websites, books, and music



According to a report by the Office of the Children's Commissioner, **Children have on average 1,300 pictures and videos of themselves posted online by the time they reach the grand old age of... 13.**

In a report titled, Who Knows What About Me?, it was revealed that children aged 11-16 post on social media on **average 26 times a day**, which means by the age of **18 they are likely to have posted a whopping 70,000 times**

Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)

Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret



CYBER - BULLYING TRAITS

- It is an **invasion of personal space** for young people and is all encompassing and penetrating.
- The **audience can be large, reached rapidly and can be unknown**
- It is **easier for perpetrators to remain anonymous through the online world or masquerade** as another person
- The target of **bullying can be anyone as physical and other factors do not come into play.**
- Often young people who **engage in cyber-bullying get involved in an unintentional way.**
- There **is a disconnection as they are removed from the face to face.**
- **There is an evidence trail in the online world** therefore there is the ability to track people

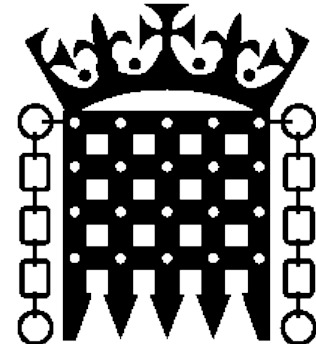
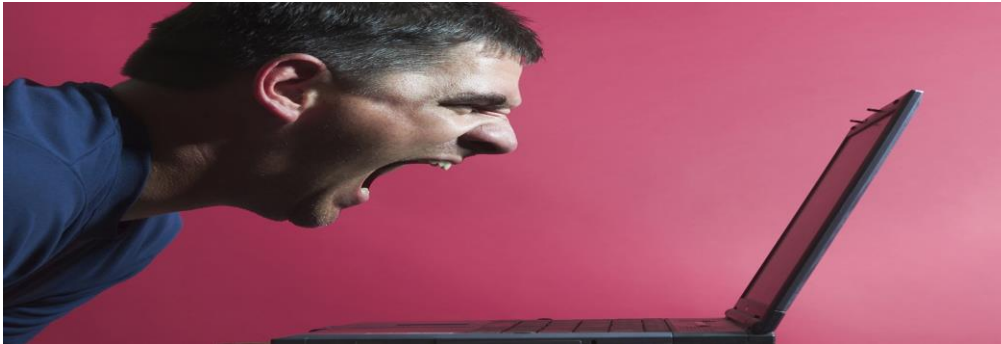
Advise for young people and their families regarding cyber-bullying

- Tell someone you trust
- Report any cyber-bullying, even if it's not happening to you
- Never respond/retaliate as it could make matters worse
- Block the cyber-bullies from contacting you
- Save and print any bullying messages, posts, pictures or videos that you receive
- Make a note of the dates and times they are received
- Keep your passwords private
- Don't post any personal information or pictures online

What does the Law say

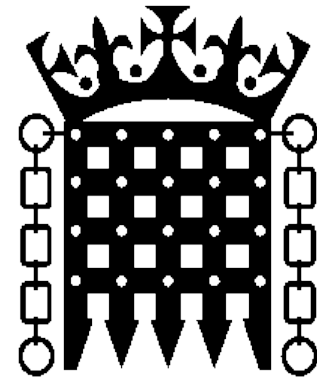
Communications Act 2003

Sending by means of the internet a message or other matter that is grossly offensive or of an indecent, obscene or menacing character or sending a false message for the purpose of causing annoyance, inconvenience or needless anxiety is guilty of an offence liable on conviction to imprisonment.



Malicious Communications Act 1988

It is a criminal offence to send an electronic message that conveys indecent, grossly offensive, threatening material or information that is false or is of an indecent or grossly offensive nature if the purpose was to cause a recipient to suffer distress or anxiety.



Computer Misuse Act 1990

You can not impersonate or steal someone else's identity online. This means that writing a status on social media pretending to be your friend, is technically against the law



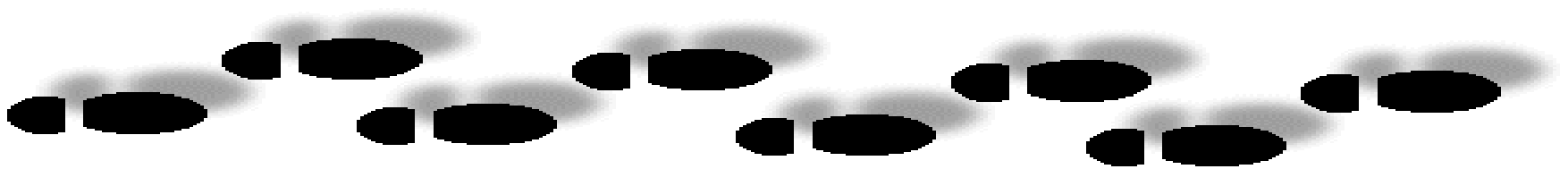
PEGI

Pan European Games Information



Digital Footprint

- Try googling yourself and your family, this will show your digital footprint.
- Click on images when googling to see what pictures of your family maybe out there.
- If you find something inappropriate then so can someone else.
- Google will remove personal information if requested to do so.



Reputation Management

Always be careful when you post something online or upload a photograph

Once it is sent or uploaded it may stay there for ever

If it is copied or resent, then you may never be able to remove it

When you apply for a University or your first job, you will probably be Googled.

Other people will be able to find out what you have said and done on Social Media,

Think before you click



So what can we do?



Set Boundaries early



Better Future outcomes

Things your children can now

- Check privacy settings
- Use strong passwords
- Update software
- Think before they post
- Report and block any inappropriate content, do not forward it on.
- If you're not sure about something then ASK do not Guess
- operate online in a way that you will not be embarrassed about in the future

<https://www.internetmatters.org>



0-5 6-10 11-13 14+

Get Age-specific advice

Whatever their age, find simple, practical advice to keep children safe online.

A graphic with a white background and a green vertical bar on the left. It features four circular icons representing different age groups: a woman with a child (0-5), a woman with a laptop (6-10), a man with a headset and controller (11-13), and a woman with a smartphone (14+). Below the icons are the age ranges. The text "Get Age-specific advice" is in red, and the paragraph below is in blue.



How to set up the parental controls offered by BT



How to set up the parental controls offered by Sky



How to set up the parental controls offered by TalkTalk



How to set up the parental controls offered by Virgin Media

Youtube for kids app

- Easy to set parental controls.
- Limit which videos children can watch
- Set a time limit
- Switch off the search function
- Set an age appropriate filter



TIPS FOR PARENTS/CARERS

When you buy a game console/Mobile phone/interactive toy, make sure you ask the vendor about its online capabilities. **Know what the equipment is capable of.**

Think about the location of the game console. Keep it in a common area if possible. A family room is best for monitoring and supervision. **Don't allow children to have internet enabled devices in their bedroom until they reach an age and maturity to keep themselves safe.**

Discuss the risks with your child. Don't wait for something to happen before you talk to your child about the potential risks of gaming online. **Ensure they have privacy settings activated and help them to understand why this needs to be done.**

Gaming sites/Social Media often have ways of reporting abusive chat and blocking unwelcome contact from other users. – **You should know how to do this.**

Ask your child what they are playing or what Social Media they are using. **Take an interest in your child's on line life** – just as you would if they were in a football team in the real world. Watch them playing and always keep lines of communication open.

Have that Conversation



Keep that Conversation going

Useful websites:

- www.thinkyouknow.co.uk
- www.internetmatters.or
- <http://childnet.com>
- <http://www.nspcc.org.uk>
- <http://www.iwf.org.uk>
- <https://www.common sense media.org>

