



## **Online Safety at Home**

February 2022



The theme for International Safer Internet Day (Tuesday 8<sup>th</sup> February 2022) is 'All fun and games' and how we can enjoy gaming and socialising online, whilst also being aware of the risks. The In-game chat video below is a useful guide for parents.

### **Online gaming**

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect them, watch this short video: In-game chat: a guide for parents and carers.

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read <u>Gaming:</u> <u>what's appropriate for</u> your child Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

If your child has shared something online they wish they hadn't – don't panic. Read my child has shared too much online for advice on how to support your child.

#### Livestreaming

Live streaming is now a very popular feature of many apps and platforms, and all you need to livestream is an internet enabled device like a laptop or a smart phone.

If your child enjoys livestreaming, you may want to read what is livestreaming to find out more about it and help your child have a positive online experience.

Over the past few months, many of you may have watched a livestream, or taken part in a video chat. Livestreaming can be a fun and enjoyable online activity for young people.

If you want to know more about livestreaming, the risks and safe use, watch this short video: <u>video</u> or download this <u>handy quide</u>.

#### Video platforms

Youtube, Vimeo and TikTok are also huge sources of fun. See the poster below for some of the risks also associated with such sites. A link to the full poster can be found here.

# What Parents & Carers Need to Know about

# OUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they re interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

#### INAPPROPRIATE CONTENT

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#### SUGGESTED CONTENT

#### TRENDS AND CHALLENGES

#### SNEAKY SCAMMERS

# Advice for Parents & Carers

#### APPLY RESTRICTED MODE

Restricted Made is an aptional setting that prevents You lube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age—inappropriate content on the platform, we would recommend enabling testricted Made on each device that your child uses to access YouTube.

#### CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up a evenues for you to check out that creator's other chamnels to see what type of content your child is being exposed to.

#### TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uplooding and sharing with other users. It will also display their renderly watched videos, searches and recommended videos, in general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

#### MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube — and, if applicable, with content creaters — to understand the types of videos they are interested in.

#### CHECK PRIVACY SETTINGS

YouTube gives users the option of uplanding videos as 'private' or 'unlisted' - so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uplanding videos that are protected as 'private', they are for less likely to receive direct messages from strangers.

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example, if you're not comfortable with your child purchasing content online, limit their access to your bank cords and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

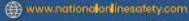
Clare Gothern (als a Tunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guideo. She is the coner of Lunawolf Gaming and is overerly working on various gaming-related projects including game acvelopment and writing non-fiction books.



















## Steps you can take to help keep your child safer online

**Parental controls:** Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit <a href="Parental Controls & Privacy Settings Guides - Internet Matters.">Parental Controls & Privacy Settings Guides - Internet Matters.</a>

**Have an ongoing conversation**: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read <a href="https://doi.org/10.1001/journal.org/">having a conversation with your child</a>.

**Be non-judgemental:** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

**Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: <u>Supporting your child with reporting unwanted content online</u>

**Make sure they know about NCA CEOP:** Young people can report a concern about grooming or sexual abuse to NCA CEOP at <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a> and get support from a specialist Child Protection Advisor.

**Talk about how their online actions can affect others:** If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

**Tell them about Thinkuknow:** Our websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried. Visit our website for 11-13's or our website for 14+ for age appropriate information.

**Direct your child to age appropriate information about relationships and sex**: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive, encouraging and safe way. <a href="https://doi.org/10.1001/journal.com/">Thinkuknow, Brook</a>, <a href="https://doi.org/10.1001/journal.com/">The Mix</a> and <a href="https://doi.org/10.1001/journal.com/">Childline</a> all provide age appropriate information about relationships and sex that you can signpost your child to.