Ysgol Gynradd Gymunedol Gymraeg Llantrisant

Chwefror 2019
Diogelwch Ar-lein

February 2019
Online Safety





Gweithio gyda'n gilydd er mwyn y plant

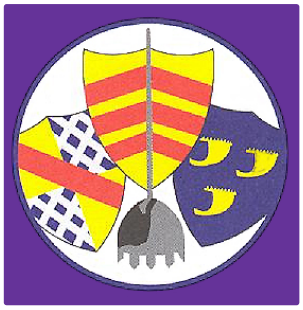
Working together for the sake of the children











Gyda nifer gynyddol o adroddiadau ynghylch diogelwch plant ar-lein yn y wasg yn ddiweddar sy'n peri pryder i ni i gyd, efallai y byddai'r ffeithluniau hyn o ddefnydd i chi. Wrth wrando ar y newyddion a darllen y papurau newydd yr wythnos hon, efallai y ffeithlun pwysicaf ar hyn o bryd yw'r un yn ymwneud â 'Momo'. Er, mae sôn yn yr ysgol ymysg rhai o'r plant am y gêm 'Fortnite', hefyd.

With an increasing number of concerning reports in the the press lately regarding children's online safety which is a cause for concern, maybe these infographics would be of interest to you. By listening to the news and reading the newspapers this week, maybe the most important one at this time is the 'Momo' infographic. However, there is a buzz amongst some of the pupils in school regarding the game 'Fortnite', also.

It's important to note that new challenges are arising on the internet all the time. We have created to this guide to raise awareness of the issue and offer advice on helping parents to talk to their children about making safer decisions online. See also our '7 conversation starters' guide for more tips on better communication with your child.



Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly)... YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like waking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.



What parents need to know about MOMO

CHILDREN'S VIDEOS BEING 'HIJACKED'

There have been recent reports that some seemingly innocent videos on YouTube and YouTube Kids (such as 'surprise eggs', unboxing videos and Minecraft videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until partway through the video.

DISTRESSING FOR CHILDREN

Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a disclosure message warning that the content may be "inappropriate or offensive to some audiences" and that "viewer discretion is advised" but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental settings and filters.

SUGGESTED VIDEOS ON YOUTUBE

Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithm, users are shown 'suggested videos' that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other Momo themed videos and other scary content which would be age-inappropriate for children under 18.

National Online Safety

Top Tips for Parents

TELL THEM IT'S NOT REAL

Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reiterate to your child that Momo is not a real person and cannot directly harm them! Also, tell your child to not go openly searching for this content online as it may only cause more distress.

BE PRESENT

It's important for you, as a parent or carer, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss, support and stop certain activities that your child may be involved in. As the nature of each task become progressively worse it's also important to recognise any changes in your child's behaviour.

TALK REGULARLY WITH YOUR CHILD

As well as monitoring your child's activity, it's important for you discuss it with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

DEVICE SETTINGS & PARENTAL CONTROLS

Ensure that you set up parental controls for your devices at home. This will help to restrict the types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's utmost safety. For example, on YouTube you can turn off 'suggested auto-play' on videos to stop your child from viewing content that they have not directly selected.

PEER PRESSURE

Trends and viral challenges can be tempting for children to take part in; no matter how dangerous or scary they seem. Make sure you talk to your child about how they shouldn't succomb to peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

REAL OR HOAX?

As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everthing you see online is true. Check the validity of the source and be mindful of what you share as it may only cause more worry.

REPORT & BLOCK

You can't always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you come across it. You should also block the account/content to prevent your child from viewing it. Also encourage your child to record/screenshot any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channels.

FURTHER SUPPORT

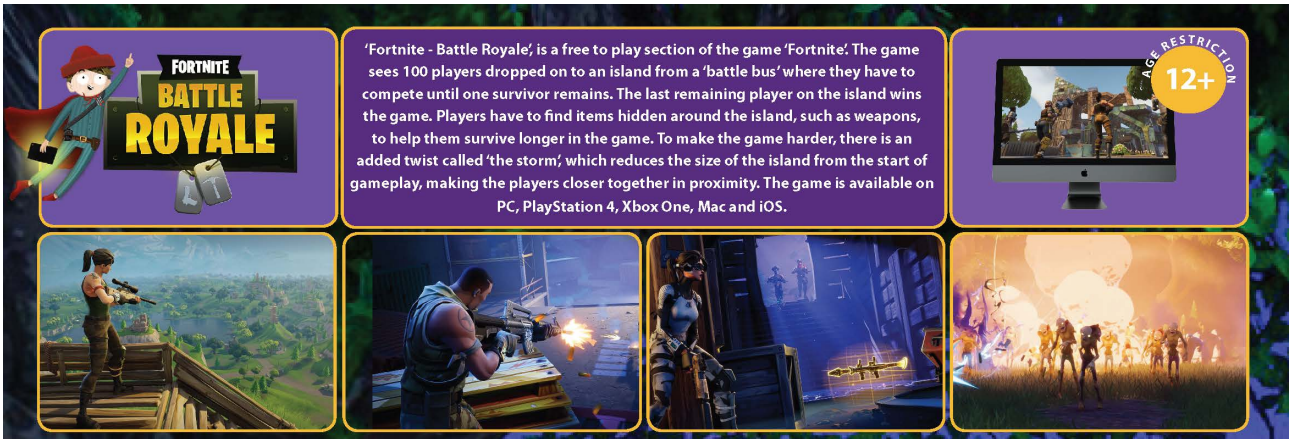
Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

If your child sees something distressing, it is important that they know where to go to seek help and who their trusted adults are. They could also contact Childline where a trained counsellor will listen to anything that's worrying them.

The Childline phone number is 0800 1111.



SOURCES:
https://www.mirror.co.uk/news/world-news/sick-videos-youtube-youtube-kids-14052196
http://www.bbfc.co.uk
https://www.bbc.co.uk/news/uk-northern-ireland-47359623



'Fortnite - Battle Royale', is a free to play section of the game 'Fortnite'. The game sees 100 players dropped on to an island from a 'battle bus' where they have to compete until one survivor remains. The last remaining player on the island wins the game. Players have to find items hidden around the island, such as weapons, to help them survive longer in the game. To make the game harder, there is an added twist called 'the storm', which reduces the size of the island from the start of gameplay, making the players closer together in proximity. The game is available on PC, PlayStation 4, Xbox One, Mac and iOS.

What parents need to know about
FORTNITE: BATTLE ROYALE

MICROTRANSACTIONS

New featured items are released daily and are only available to purchase within 24 hours of their release. These are cosmetic items, called 'skins', 'gliders' and 'emotes', which change the look of the characters but do not improve the game play. Once purchased, the player has full use of these in the future. The designs are made admirable for players to purchase and even celebrities are endorsing them. Also available to purchase in the game is a 'Battle Pass.' When a new 'Battle Pass' is released, users can play a series of challenges to receive more rewards (cosmetics) by progressing through different tiers. Whatever rewards they achieve can then be used in the game.

IT CAN BE ADDICTIVE

Games can last around 20 minutes but this varies with each game. Children may feel angry if they lose the game and continue to play until they achieve the result they want. The competitive nature of the game may make it difficult for children to stop playing halfway through as it could affect their position in the game.

IT CAN BE PLAYED ON THE GO

The game was released on mobile in April 2018 meaning it can be played without a games console at home. Some schools have reported that the game is distracting their students whilst in the classroom. As the game is available outside of the home, parents may not be aware of how long their child is on the game.

HACKER ATTACKS

News site Forbes said it had seen "dozens" of reports online by people who said their accounts had been compromised by hackers. Hackers gained access to users accounts in the game and spent hundreds of pounds in fraudulent charges.

TALKING TO STRANGERS DURING SQUAD MODE

Interacting with other players in the game is part of the fun as players can communicate with their friends and other players in the game. Players will benefit from wearing headphones in the game to hear footsteps from other players trying to compromise their game. Wearing headphones makes it difficult for parents to hear what exactly is being said and children may be exposed to inappropriate language. Fortnite includes really good reporting features for players either cheating or misbehaving, and work towards having one of the best online gaming communities.

'FREE' TO PLAY

The game IS free to play. However, if playing on Xbox, you will need an Xbox gold subscription to play the game which is chargable.

NO PROOF OF AGE REQUIRED

Signing up to the game is relatively simple. Users have the option to log in with their Facebook or Google accounts or their email address. When signing up with an email address, there is no proof of age required. If your child is under the age of 12, it is important to check if your child has the game downloaded.

SOCIAL MEDIA SCAMS

There are many accounts on Facebook and Twitter which claim to give away free money (known as 'V bucks') for games which will be transferred to their Xbox Live or PSN cards. Any giveaway promotion from Fortnite will be in game. It is important to check the authenticity of these accounts before giving away personal information in order to claim 'v bucks'. The websites or accounts may ask you to share your account name and password in order to claim the money; if these offers seem too good to be true, they usually are.

WEAPONS AND VIOLENCE

PEGI has given the game a rating of 12+. Even though the game includes violence and weapons such as crossbows, grenade launchers, rifles, pistols, shotguns and more, PEGI say "more graphic and realistic looking violence towards fantasy characters is allowed. Any violence towards human characters must look unrealistic unless it consists of only minor or trivial injury such as a slap", making the game 'suitable' for children aged 12 and o



NOS National Online Safety

Top Tips for Parents

LIMIT GAME TIME

Parents can use parental controls on Xbox and PC to limit the time your child is playing games on the devices. Be aware that the game is available on iOS and will soon be available on all mobiles. With this in mind, it is worth having a conversation with your child to discuss and agree how long you would like them to spend on games. Even though the games last around 20 minutes, it may be hard to take them away from a game mid play. It may be worth using a limit of the amount of matches they play rather than a time limit.

RESTRICT PAYMENT METHODS

'Fortnite: Battle Royale' is a free to play game, but there are still options to make additional purchases. If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest using a paysafecard, or a games console gift card. These can be purchased in specific amounts, which will allow you to limit how much your child spends and removes the need for a credit/debit card to be used with their account.

PREVENT THEM TALKING TO STRANGERS

There is an option to turn off the voice chat feature, which means they wouldn't be able to talk to anybody, including their friends. Your child will still be able to use the in-app chat and hear other people's conversations. To turn off voice chat, open the Settings menu in the top right of the main Fortnite page, then click on the cog icon. Open the Audio tab at the top of the screen. From there, you can turn off voice chat.

SHOW THEM HOW TO MAKE A REPORT

If your child believes a player is playing or talking inappropriately, you should advise them to report them. To report a player, you can use the in-game feedback tool located in the Main Menu of the game. Additionally, you can report a player in-game when spectating them.

LOOK OUT FOR VBUCK SCAMS

It is important that your children are aware of the scams that they may come across online in association with the game. Open up conversation with them about scams and how they should never share their username or password with people in order to gain anything for the game.

USE A STRONG PASSWORD

It may seem like a simple tip, but it is important that your child selects a strong password when creating an account, particularly if a credit/debit card is associated with the account. This will help reduce the risk of their account being hacked.



Sources
https://www.microsoft.com/en-gb/store/p/fortnite-deluxe-founders-pack http://www.bbc.co.uk/news/newsbeat-43626075
http://fortnitehelp.epicgames.com/ https://pegi.info/ https://www.forbes.com/sites/erikkain/2018/03/12/
fortnite-accounts-hacked-how-to-protect-yourself-and-what-to-do-if-youve-been-compromised/#140c9e7ca7f9

© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com


WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.
AGE RESTRICTION
16+
What parents need to know about
WhatsApp
AGE LIMIT CHANGE
Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as closing their account or seeking parental permission.
SCAM MESSAGES
Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people,' encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.
FAKE NEWS AND HOAXES
WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.
THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING
Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.
CONNECTING WITH STRANGERS
To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with some- body they don't know, they can use it to get in touch via WhatsApp.
LIVE LOCATION SHARING
WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a "simple and secure way to let people know where you are." Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.
NOS
National Online Safety
Top Tips for Parents
CREATE A SAFE PROFILE
Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone,' 'My Contacts' and 'Nobody.' We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.
EXPLAIN HOW TO BLOCK PEOPLE
If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list – they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.
REPORT SCAM MESSAGES
Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2)Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam.'
LEAVE A GROUP
If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, If they leave again, they cannot be added again.
USING LIVE LOCATION SAFELY
If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.
DELETE ACCIDENTAL MESSAGES
If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone.' The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.
SET TIME LIMITS
A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.
SOURCES: https://www.theguardian.com/commentisfree/2018/apr/26/whatsapp-plans-to-ban-under-16s-the-mystery-is-how, https://whatsappbrand.com/ https://www.independent.co.uk/life-style/gadgets-and-tech/news/whatsapp-update-latest-india-hoaxes-forward-messages-app-download-a8456011.html
© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.
www.nationalonlinesafety.com

AGE RESTRICTION 13+

kik

Kik (or Kik Messenger) is a free messaging app used by 300 million people worldwide that lets users exchange messages, photos, videos, GIFs and webpages via a Wi-Fi connection or data plan. Kik is unusual in that your child can sign up without a phone number and then find and message other people via just their username. Kik is aimed at anyone aged 13 years and older – the app says teens between 13 and 18 years old will need parental permission but it does not verify ages.



1 new message

What parents need to know about Kik





CHILD SEXUAL EXPLOITATION & GROOMING

Police in the UK have warned that Kik has featured in 'more than 1,100 child sexual abuse cases in the last five years' and that 'children are at risk' on the app. Offences involving the app include child sexual exploitation, grooming, and image violations. Kik has also been identified by US police as being used by sex predators, and they say it is responsible for several recent incidents involving children, including the murder of a 13-year-old girl by a man she met via Kik.

FAKE OR ANONYMOUS PROFILES

What makes Kik unique to most other private messaging apps is the fact that it doesn't require a phone number as it works through Wi-Fi instead. By using a username, your child can avoid sharing personal information with others on Kik, but on the flipside, this makes it far easier for people to remain anonymous or to create a fake persona.

SEXUAL PREDATORS

Some people may use Kik with the intention of targeting children. Typically, this is a subtle and a potentially dangerous individual who will initially portray themselves as a friend who 'understands' a child. They may also lie about their age and it's possible that your child could be manipulated by a stranger into doing regrettable or illegal activities, and maybe even meeting them in real life.

JOINING PUBLIC GROUPS

As soon as Kik is downloaded, your child can join public groups to chat with up to 49 others about anything from music, to sports, to travel by searching for topics they are interested in. However, groups can include inappropriate names and content. There are also private groups on Kik that can be joined by scanning a group Kik code or if they're added by someone on their contact list.



SEXTING

Due to the general ease of sharing photos and videos, sexting has been reported on the app. These messages can be screen-captured or copied at the press of a button, which could lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves.

KIK 'BOTS'

Users can add 'bots' to their friends list and communicate with them on the app. 'Bots' are automated software programs built into the app that mimic conversation – developers, brands and Kik can create 'bots' to communicate with any Kik user who has opted to start a conversation with them. Kik has been associated with 'pornbots' and 'spambots', which try to lure users into clicking on links or porn websites by using suggestive and often personalised messages.

VIDEO CHAT

Your child can take part in a live video chat with their friends in a one-to-one chat, or with up to six friends at a time in a private group chat. There is the danger that conversations can be recorded and shared without their knowledge, and with live video conversations, your child is at risk of seeing or hearing content that is inappropriate, sexual or violent.

PERSONAL OR COMPROMISING USERNAMES

As Kik works with usernames and not phone numbers, some people may search for clues as to who someone is in real life, based on their name. For example, if your child uses their real name or something similar, strangers could potentially find out their identity and even start looking for them on other social media platforms.

Top Tips for Parents

1 new message

CHOOSING A USERNAME

When setting up a Kik account, ensure that your child knows the importance of a secure username and why it shouldn't contain ANY clues as to who they are in real life – especially their first or last name. Get them to choose a username that is hard to guess, using a combination of letters and numbers.

SHARING USERNAMES

Explain to your child that sharing usernames on social media channels, such as Twitter, Instagram or Facebook, will make it visible to people they might not know – and they'll be able to message your child. If your child joins a group, anyone within that group will be able to see their username. Your teen will have a Kik Code that's unique to them and lets your child connect with anyone that scans the unique code: encourage your child not to share their Kik Code with anyone they don't trust.

DEACTIVATING ACCOUNTS

If your child is under 13, you can submit a deactivation request to Kik by emailing support@kik.com. Use the subject line 'Parent Inquiry' and include your child's Kik username and age in your message. If your child is over 13 and you want to close their account, you will need access to the email address registered to their account before you visit https://ws.kik.com/deactivate.

FIND GENUINE FRIENDS

The Kik app includes an optional feature that your child can turn on to help find real friends on Kik. The feature works by checking for accounts in Kik that match an email address or phone number stored in contacts (on a smartphone). If the app finds a match, it will notify both your child and their friend with a Kik message.

SHOW HOW TO BLOCK & REPORT

Teach your child how to block and report users on the app. Kik's 'block' feature lets users block all contact with another user, without revealing to the other user that they've been blocked. The blocked user's name will no longer appear in contacts in Kik. Your child can also report a group if they think it's offensive or being used for abuse. Some users of Kik have reported that they receive sexually explicit, automated messages over the app – this is when automated spam bots have been created to distribute explicit images and texts using the service. Your child can use the 'Report' feature to report spam. Once reported, there is the option to keep or remove the chat from the conversation list. If conversations are saved, Kik will automatically block the spam account but save the chat history.

DON'T TALK TO STRANGERS

If your child knows not to talk to anyone they don't know in real life, the risks of using Kik are drastically lowered. Alternatively, if any stranger happens to send your child a message, teach them to ignore it.

COMMUNICATION IS KEY

If your child sees something disturbing, pornographic, deviant or otherwise troubling, they may be left confused and in need of somebody to explain it to them. As such, tell your child that you are always there to help them if they need it, and if they start acting differently to normal, calmly ask them why.

AVOIDING UNEXPECTED IMAGES

Kik censors images from strangers to limit lewd content being shared by surprise. The app will blur all photos in messages when users who have never interacted before contact each other for the first time. Users can only share unblurred images after they have both approved each other.

USING A VALID EMAIL

According to Kik, it is really important for users to provide a valid and accessible email address when registering their account. This will help to make sure your child is able to receive important emails from the service, such as a link to reset their password, when they need them.

MUTING OR LEAVING A CHAT

If someone has said something inappropriate to your child through Video Chat, they can mute the user or leave the Video Chat. Tap on the person's Video Chat bubble and a mute icon will appear. When a child mutes themselves, their microphone will be disabled and nobody else in the chat will be able to hear them.



SOURCES:
https://www.teensafe.com/blog/everything-a-parent-needs-to-know-about-kik/
https://help.kik.com/hc/en-us/articles/115006089388-Keep-your-Kik-account-private
https://www.bbc.co.uk/news/uk-45568276

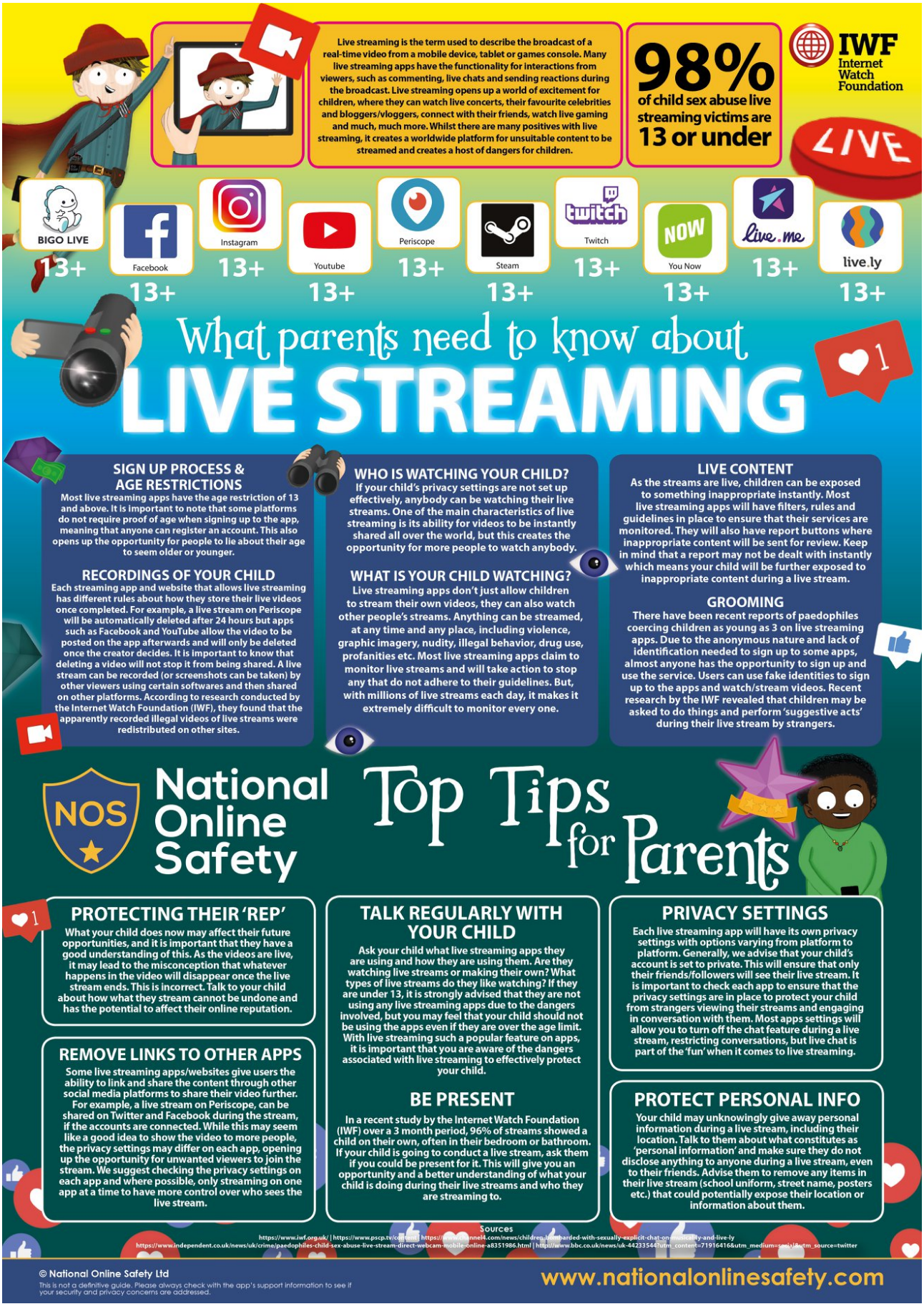
1 new message

NOS National Online Safety

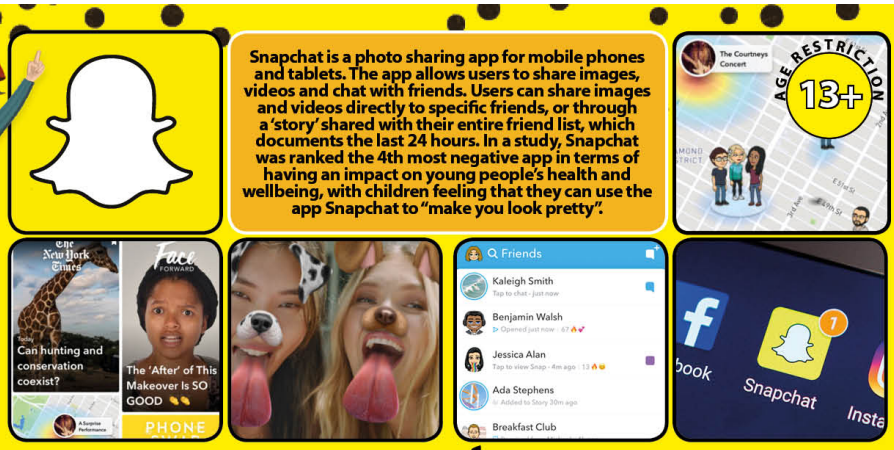
A whole school community approach to online safety

www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061


Live streaming is the term used to describe the broadcast of a real-time video from a mobile device, tablet or games console. Many live streaming apps have the functionality for interactions from viewers, such as commenting, live chats and sending reactions during the broadcast. Live streaming opens up a world of excitement for children, where they can watch live concerts, their favourite celebrities and bloggers/vloggers, connect with their friends, watch live gaming and much, much more. Whilst there are many positives with live streaming, it creates a worldwide platform for unsuitable content to be streamed and creates a host of dangers for children.
98% of child sex abuse live streaming victims are 13 or under
IWF Internet Watch Foundation
LIVE
BIGO LIVE 13+
Facebook 13+
Instagram 13+
Youtube 13+
Periscope 13+
Steam 13+
Twitch 13+
You Now 13+
live.me 13+
live.ly 13+
What parents need to know about
LIVE STREAMING
SIGN UP PROCESS & AGE RESTRICTIONS
Most live streaming apps have the age restriction of 13 and above. It is important to note that some platforms do not require proof of age when signing up to the app, meaning that anyone can register an account. This also opens up the opportunity for people to lie about their age to seem older or younger.
RECORDINGS OF YOUR CHILD
Each streaming app and website that allows live streaming has different rules about how they store their live videos once completed. For example, a live stream on Periscope will be automatically deleted after 24 hours but apps such as Facebook and YouTube allow the video to be posted on the app afterwards and will only be deleted once the creator decides. It is important to know that deleting a video will not stop it from being shared. A live stream can be recorded (or screenshots can be taken) by other viewers using certain softwares and then shared on other platforms. According to research conducted by the Internet Watch Foundation (IWF), they found that the apparently recorded illegal videos of live streams were redistributed on other sites.
WHO IS WATCHING YOUR CHILD?
If your child's privacy settings are not set up effectively, anybody can be watching their live streams. One of the main characteristics of live streaming is its ability for videos to be instantly shared all over the world, but this creates the opportunity for more people to watch anybody.
WHAT IS YOUR CHILD WATCHING?
Live streaming apps don't just allow children to stream their own videos, they can also watch other people's streams. Anything can be streamed, at any time and any place, including violence, graphic imagery, nudity, illegal behavior, drug use, profanities etc. Most live streaming apps claim to monitor live streams and will take action to stop any that do not adhere to their guidelines. But, with millions of live streams each day, it makes it extremely difficult to monitor every one.
LIVE CONTENT
As the streams are live, children can be exposed to something inappropriate instantly. Most live streaming apps will have filters, rules and guidelines in place to ensure that their services are monitored. They will also have report buttons where inappropriate content will be sent for review. Keep in mind that a report may not be dealt with instantly which means your child will be further exposed to inappropriate content during a live stream.
GROOMING
There have been recent reports of paedophiles coercing children as young as 3 on live streaming apps. Due to the anonymous nature and lack of identification needed to sign up to some apps, almost anyone has the opportunity to sign up and use the service. Users can use fake identities to sign up to the apps and watch/stream videos. Recent research by the IWF revealed that children may be asked to do things and perform 'suggestive acts' during their live stream by strangers.
NOS
National Online Safety
Top Tips for Parents
PROTECTING THEIR 'REP'
What your child does now may affect their future opportunities, and it is important that they have a good understanding of this. As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. This is incorrect. Talk to your child about how what they stream cannot be undone and has the potential to affect their online reputation.
REMOVE LINKS TO OTHER APPS
Some live streaming apps/websites give users the ability to link and share the content through other social media platforms to share their video further. For example, a live stream on Periscope, can be shared on Twitter and Facebook during the stream, if the accounts are connected. While this may seem like a good idea to show the video to more people, the privacy settings may differ on each app, opening up the opportunity for unwanted viewers to join the stream. We suggest checking the privacy settings on each app and where possible, only streaming on one app at a time to have more control over who sees the live stream.
TALK REGULARLY WITH YOUR CHILD
Ask your child what live streaming apps they are using and how they are using them. Are they watching live streams or making their own? What types of live streams do they like watching? If they are under 13, it is strongly advised that they are not using any live streaming apps due to the dangers involved, but you may feel that your child should not be using the apps even if they are over the age limit. With live streaming such a popular feature on apps, it is important that you are aware of the dangers associated with live streaming to effectively protect your child.
BE PRESENT
In a recent study by the Internet Watch Foundation (IWF) over a 3 month period, 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you an opportunity and a better understanding of what your child is doing during their live streams and who they are streaming to.
PRIVACY SETTINGS
Each live streaming app will have its own privacy settings with options varying from platform to platform. Generally, we advise that your child's account is set to private. This will ensure that only their friends/followers will see their live stream. It is important to check each app to ensure that the privacy settings are in place to protect your child from strangers viewing their streams and engaging in conversation with them. Most apps settings will allow you to turn off the chat feature during a live stream, restricting conversations, but live chat is part of the 'fun' when it comes to live streaming.
PROTECT PERSONAL INFO
Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes as 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or information about them.
Sources
https://www.iwf.org.uk/ | https://www.pscp.tv/co/ | https://www.channel4.com/news/children-bombarded-with-sexually-explicit-chat-on-musical-ly-and-live-ly
https://www.independent.co.uk/news/uk/crime/paedophiles-child-sex-abuse-live-stream-direct-webcam-mobile-online-a8351986.html | https://www.bbc.co.uk/news/uk-44233544?utm_content=719164168&utm_medium=social&utm_source=twitter
© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.
www.nationalonlinesafety.com

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the last 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty".



What parents need to know about SNAPCHAT

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The users location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story', stating that "Snaps you submit to Our Story can still show up on the Map, no matter what location setting you choose!". When uploading to Our Story, you child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future".

SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record what has been sent to them. Users may sometimes forget that screenshotting is a possibility in the app and send a compromising image or message to somebody that they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, allows the user to save a message they have received, which can be screenshotted or used against them at a later date.

SEXTING

Due to 'Snaps' disappearing, (users can even send a one second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.



SNAPSTREAKS & ADDICTION

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that Snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as high as possible: this can put an incredible amount of pressure on children and their friendships to make sure their streaks are continued.

NEW FOR JULY 2018

LENS EXPLORER

The Lens Studio on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create "must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snapchatters ages 13+." The Lens Explorer in the app now allows users to choose from thousands of these creations to alter their snaps. Anyone can create a Lens for Snapchat, which opens opportunities for age-inappropriate content to be uploaded.

National Online Safety

Top Tips for Parents

DISCUSS THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, then it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences; the message, image or video can be shared further.

USE 'GHOST MODE'

We highly recommend enabling Ghost Mode on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a users friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the apps settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.

NEW FOR JULY 2018

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments that they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.



REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content, which may be sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or Snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.

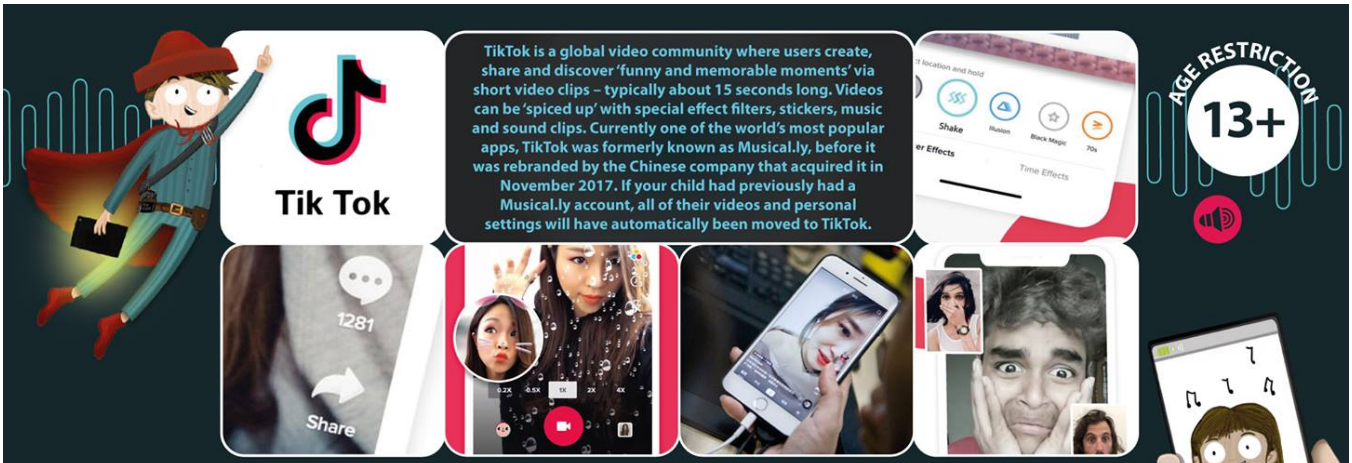
TURN OFF 'QUICK ADD'

'Quick add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

SOURCES:
Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | https://support.snapchat.com/en-US | https://netsanity.net/snapchat-parent-review/ | BT.com | Independent.co.uk

© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com



TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.

AGE RESTRICTION 13+

What parents need to know about TikTok

BEING INFLUENCED

More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge', from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions.

INAPPROPRIATE SONG LYRICS

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics.

CONCERNING CONTENT

Some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

DANGEROUS TRENDS & CHALLENGES

On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon, and sometimes, these challenges can pose risks to young people.

STRANGERS CAN FOLLOW YOUR CHILDREN

If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

IN-APP PURCHASES

Of course, as with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £97.99 with a one-click buy button.

ANYONE CAN SEE YOUR CHILD'S CREATIONS

TikTok encourages users to 'share their passion and creative expression through their videos' and while something may seem fun at the time, videos can get in the wrong hands and cause embarrassment in the future. If posted publicly, anyone in the world can see your child's homemade music video and potentially cause bullying within personal friendship groups or even online.

National Online Safety

Top Tips for Parents

TALK ABOUT THE PITFALLS OF OVERSHARING

Encourage your kids to always think before they do, say, like or post anything online, explaining that their 'digital footprint' can shape their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them.

HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure they know how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest using these settings so only their friends can interact with their posts.

SIGNING UP WITH THE CORRECT AGE

When signing up to TikTok, you are prompted to input your birth date. If your child inputs their age as 'under 13', the app will not allow them to sign up and will be locked for 24 hours. The app is intended for users aged 13+, so explain that the rating is there for a reason; to keep them protected from online dangers. It is actually possible to watch TikTok videos without even creating an account, so it's important to check if your underage child has downloaded the app to their devices.

USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about the amount of time your child is spending on TikTok, in the app's setting, you can switch on a feature called Digital Wellbeing. This includes 'Screen Management' to limit the amount of time your child spends on the app.

SET THE ACCOUNT TO PRIVATE

This means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

REPORT INAPPROPRIATE CONTENT

If you or your child see something on TikTok that appears to be inappropriate, they can report content in different ways within the app. They can report an account, video, comment or chat conversation by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there is also an 'Enhanced Restricted Mode', which limits the appearance of videos that may not be appropriate for all audiences.

AVOID IDENTIFIABLE OBJECTS

To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

DISCUSS IN-APP PURCHASES

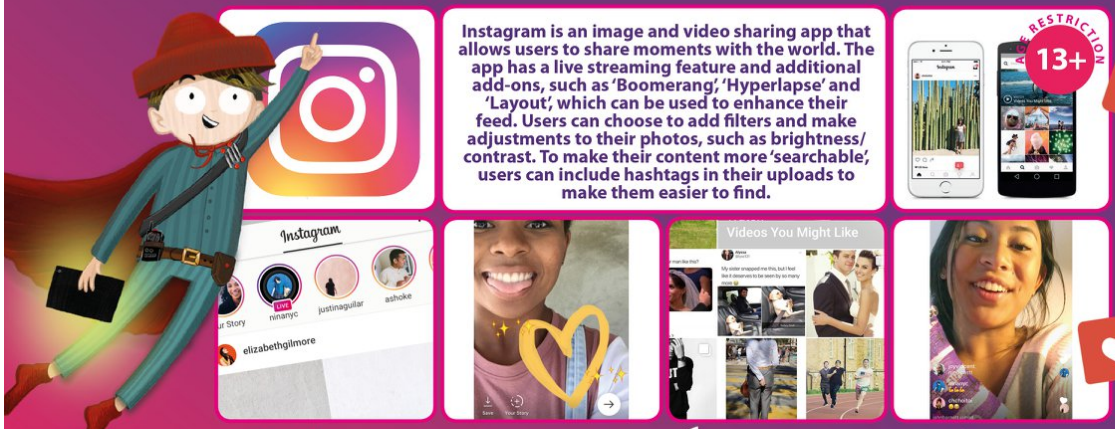
To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

SOURCES: :mediapost.com/publications/article/319720/social-media-stars-influence-kids-but-parents-sti.html, commonsensemedia.org/blog/parents-ultimate-guide-to-musically#, metro.co.uk/2017/03/17/musical-ly-everything-you-need-to-know-about-the-app-your-children-areobsessed-with-6516068/, youtube.com/watch?v=aNO6s4FCdUs, youtube.com/watch?v=YVGZ1ZQ4JqM, static.muscdn.com/website/pdf/creatorPlaybook.pdf, youtube.com/watch?v=8TaiQQCNtaM, support.musical.ly/knowledge-base/community-guidelines

© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com

Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang', 'Hyperlapse' and 'Layout', which can be used to enhance their feed. Users can choose to add filters and make adjustments to their photos, such as brightness/ contrast. To make their content more 'searchable', users can include hashtags in their uploads to make them easier to find.



What parents need to know about INSTAGRAM

LIVE STREAMING TO STRANGERS

The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can see their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story. We suggest that your child goes through their followers list and blocks people they do not know. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and further shared around the internet.

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

When influencers, celebrities or peers use filters on their photos or videos on Instagram, it can set unrealistic expectations of their own appearance and create feelings of inadequacy and low self-esteem. Children may try to strive for a comparable number of likes on their own photo to an image or video that has been edited heavily.

NEW FOR MAY 2018

IN-APP PAYMENTS

Instagram is rolling out in-app payments for products and services directly through the app. It will operate under the same rules as Facebook Payments, which state if you are under the age of 18, you can only use Facebook Payments with the involvement of a parent or guardian.



PHOTO / VIDEO SHARING

Posting photos and videos is Instagram's biggest selling point, so with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location making it easy to locate them. If their account is not set to private, anyone can access their account and see their images.

HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that, comes potential risks for your child.One person may use a seemingly innocent hashtag with one thing in mind and before you know it, hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

LOCATION TAGGING

Public locations can be added to a users photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose your childs location; this is particularly more of a risk if it is on their story, as it is in realtime.

National Online Safety

Top Tips for Parents

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorized purchases. This can be added in the payment settings tab.

RESTRICT MESSAGES

If your child's account is not private, anybody can message them and reply to their stories. If they do wish to keep their account public, we strongly recommend changing the message reply settings to restrict who can message them.

NEW FOR MAY 2018

FILTER INAPROPRIATE COMMENTS

Instagram announced on 1st May that they now have an 'anti-bullying' filter on the app. The new filter hides comments containing attacks on a person's appearance or character, as well as threats to a person's well-being or health. The filter will also alert Instagram to repeated problems so they can take action on the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the apps settings.



TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

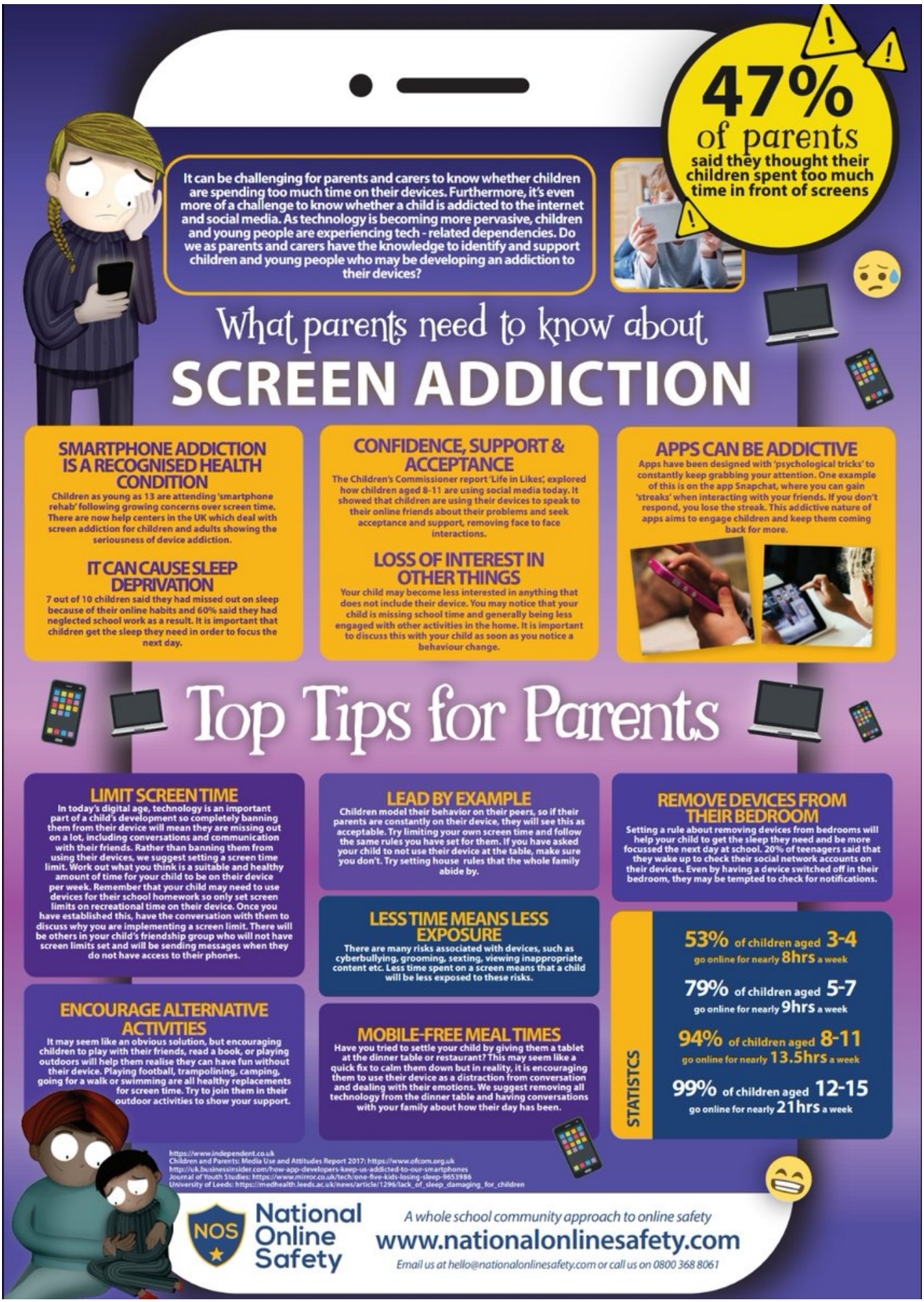
Sources

https://help.instagram.com | Nydailynews.com: "The dangers of posting photos online": http://www.nydailynews.com/life-style/dangers-posting-photos-online-article-1.1432134 | Theguardian.com: " Does sharing photos of your children on Facebook put them at risk?": https://www.theguardian.com/technology/2014/sep/21/children-privacy-online-facebook-photos | Christiedeedman.com: " 5 things you should know about hashtags and your kids" | https://itunes.apple.com/gb/app/instagram/id389801252?mt=8

© National Online Safety Ltd

This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com


47% of parents said they thought their children spent too much time in front of screens
It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?
What parents need to know about
SCREEN ADDICTION
SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION
Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.
IT CAN CAUSE SLEEP DEPRIVATION
7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.
CONFIDENCE, SUPPORT & ACCEPTANCE
The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.
LOSS OF INTEREST IN OTHER THINGS
Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.
APPS CAN BE ADDICTIVE
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.
Top Tips for Parents
LIMIT SCREEN TIME
In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.
ENCOURAGE ALTERNATIVE ACTIVITIES
It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.
LEAD BY EXAMPLE
Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.
LESS TIME MEANS LESS EXPOSURE
There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.
MOBILE-FREE MEAL TIMES
Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.
REMOVE DEVICES FROM THEIR BEDROOM
Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.
STATISTCS
53% of children aged 3-4 go online for nearly 8hrs a week
79% of children aged 5-7 go online for nearly 9hrs a week
94% of children aged 8-11 go online for nearly 13.5hrs a week
99% of children aged 12-15 go online for nearly 21hrs a week
https://www.independent.co.uk
Children and Parents: Media Use and Attitudes Report 2017: https://www.ofcom.org.uk
http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones
Journal of Youth Studies: https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986
University of Leeds: https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children
NOS
National Online Safety
A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061



YouTube is a video sharing site/application that enables you to upload, view, rate, share and comment on a wide variety of videos. Consisting of a huge resource of information, advice and entertainment, YouTube now has 1.9 billion logged-in monthly users who watch a billion hours of video daily. Most of the content on Google-owned YouTube is uploaded by individuals, but organisations and media companies also offer some of their content via this platform.



AGE RESTRICTION 13+











What parents need to know about YouTube

SPENDING A PREMIUM

YouTube Premium (formerly YouTube Red) is a new paid streaming subscription service in the UK, offering a three-month free trial to tempt viewers into a £12-per-month plan. This includes the ability to download videos, stream videos with the app in the background, gives exclusive access to original content and a separate music streaming service and gaming app.

DANGEROUS 'CHALLENGE' & VIRAL VIDEOS

On YouTube, 'challenge videos' are shared quickly and can be very dangerous. One person may post a video of themselves doing something unusual like eating a hot chilli or jumping in a river and before you know it, the video goes viral and everyone wants to join in and share their videos. The speed in which challenge videos spread across the Internet makes it difficult to keep up with the latest ones.

SHARING VIDEOS

As well as watching videos, many children are keen to share their own videos online, emulating their YouTube heroes, such as Stampy or DanTDM. However, if they post something on YouTube, they may later regret it or feel embarrassed about what they have shared. There is also a risk that they will receive hurtful or negative comments regarding not only their content, but also their appearance. YouTube's comment section is infamous for being one of the most opinionated on the Internet.

IN-APP MESSAGING

When your child is logged into their Google account and browsing the YouTube website, they can share and talk about videos with their friends using the chat bubble. This can be found at the top right of the desktop site or through in-app messaging on their mobile or tablet. When they tap on the 'Friends' icon, they have a list of suggested people from their contacts – which can be any contact they've had on Google or somebody who has sent them an invite link.

AGE-INAPPROPRIATE VIDEOS

As YouTube is the biggest video sharing website in the world, there is content available for all ages, meaning that some content will not be appropriate for your child. If you think that content is unsuitable, there is a flagging feature to submit it for review by YouTube staff, but you will need to be aware that just because video is not appropriate for a younger audience, it may not violate YouTube's policies. YouTube has mechanisms in place to automatically remove explicit and harmful content, yet offensive content may still slip through.





National Online Safety

Top Tips for Parents

TURN ON 'RESTRICTED' MODE

'Restricted Mode' is an optional setting you can use to help screen out potentially mature content you may prefer your child not to see. Restricted Mode works on the browser or device level, so must be turned on for each browser or device your child uses. To do this, follow these steps:

Desktop:

- Go to the bottom of any YouTube page and switch 'Restricted Mode' to 'ON.'
- To make it more difficult for this to be turned off, you will be given the option to lock restricted mode onto your browser.

Mobile:

- Tap the three vertical dots at the top-right on the screen and press, 'Settings.'
- Click on 'Restricted mode filtering.'
- Press 'Restrict.'

Please note that you can't 'lock' restricted mode on a phone in the same way that you can on a desktop. You will need to turn this on each time your child uses it.

CREATE A FAMILY GOOGLE ACCOUNT

By having a shared family Google account, checking the history will enable you to see exactly what your child is watching and sharing on YouTube. To see the history on a computer, on the right hand menu under the library section, click 'History.' On mobiles, the viewing history can be found by clicking on the 'Library' tab.

BLOCKING ACCOUNTS

When using YouTube, there may be instances where your child receives negative comments. If somebody's giving your child a difficult time, here's how to block them and prevent future comments and replies:

- Go to their channel/account by clicking on their name.
- Click on 'About.'
- Tap the dropdown box with an image of a flag on it.
- Press 'Block user.'
- Tap 'Submit.'

MONITOR WHAT YOUR CHILD IS WATCHING/POSTING

The only way to truly know what your child may have been watching is to regularly monitor them. You can do this by checking their viewing history. YouTube videos can also be easily downloaded, so it is important that your child understands the associated dangers of content they are uploading and that it could harm their online reputation in the future. Show them how to set their videos to private or choose a small network of YouTubers to share with. To get started, your child can use YouTube Studio which offers learning modules on creating a YouTube channel, however, you should encourage them not to use their real name.

NEW FEATURES

DIGITAL WELLBEING

YouTube has launched a tool called 'Time Watched' that allows you to see how long has been spent on the platform. Once you have discovered how much time has been spent on the app, there is the option to set a time limit. Once the limit is reached, a reminder will pop up on the screen. You can also disable sounds and vibrations to help resist the urge to check for notifications.

OPT FOR A FAMILY PREMIUM PLAN

A YouTube family Premium plan may be a cost-effective option if you have more than one child. For £17.99 a month, it allows you to share a YouTube paid membership with up to five other family members – aged 13 and older – living in the same household. As the account holder, or family manager, you must create a Google family account.

MANAGING IN-APP MESSAGES

If your child is accessing YouTube via your account, bear in mind that they may be contacted by Google contacts who are complete strangers to them. You can remove someone from the suggested contacts list by pressing and holding the person's name and tapping on the red 'x.'

POPULAR YOUTUBE GAMERS

There are hundreds of YouTube accounts which show other people playing and commenting on games. These are called 'Let's Play' videos. While YouTube can be a great resource for hints, tips and news for games, it is a good idea for parents to keep a close eye on what YouTuber's are posting. Often, the games they are playing will contain strong language and violence. A few examples of popular YouTube gamers for you to have a look at are:

- Stampy
- Yogscast Lewis & Simon
- PewDiePie
- EthanGamer
- Markiplier
- PopularMMOs
- Captainsparklez
- Jacksepticeye
- LtCorbis
- Dan TDM



SOURCES: : https://www.thesun.co.uk/tech/6702517/youtube-porn-videos-roblox-sex-games-watch-online/, https://www.youtube.com/watch?v=x-frgntP96M, https://www.youtube.com/watch?v=L2xuy7hc-hc http://www.dailymail.co.uk/news/article-5126833/Terrifying-truth-child-watches-YouTube.html, https://www.todaysparent.com/family/crazy-youtube-challenges-kids-are-doing/, https://www.youtube.com/watch?v=4yek0Jb0s8g https://tocaboca.com/magazine/common-sense-media-youtube/, http://familytech.com/so-your-kid-wants-to-start-their-own-youtube-channel/, https://www.laptopmag.com/articles/block-someone-youtube https://www.youtube.com/intl/en-GB/yt/about/brand-resources/#logos-icons-colors, https://www.commonsensemedia.org/blog/popular-youtube-gamers-kids-cant-get-enough-ofStamp

© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com