



NOTTINGHAM GIRLS' ACADEMY

Online Safety Booklet 1 for Parents

Contents

Introduction	3
Family Life	3
Health and Wellbeing.....	3
Sex and Relationships	3
Online Safety	3
Cyberbullying and Inappropriate Online Behaviour	4
My child has told me they are being cyberbullied: what should I do?	4
If you find out your child is a cyberbully, what should you do?	5
Sexting.....	6
What should you be concerned about?.....	6
What can you do?	7
If you do find out that your child has sent or shared a revealing selfie online	7
Live Streaming.....	8
What is live streaming?.....	8
Why are live streaming platforms so popular?.....	8
What are the opportunities and risks of live streaming?	8
Moderation of live streaming	8

Introduction

At Nottingham Girls' Academy we take online safety very seriously. The students are taught about different e-safety aspects in computing lessons in all of the KS3 years, along with various tutor time sessions, workshops and assemblies that happen throughout their school life.

This booklet covers some of the issues that some of our students are currently encountering, along with some guidance as to what you can do as parents and carers. We hope you find this helpful.

There is also a growing section on our website that has a variety of parent guides regarding online safety, as well as family life, health and wellbeing, and sex and relationships. These can be found in the *Parents* section, under *Parent Guides*. If you would like anything including in this section that we don't currently cover, please contact the school.

This isn't an exhaustive list, but here are some of the guides that are currently on the website:

Family Life

- Talking about puberty
- Parenting styles
- Managing money in a digital world
- Tips for teens on digital finance

Health and Wellbeing

- E-cigarettes and vaping
- Different types of drug addiction
- Building self-esteem
- Helping your child deal with panic attacks

Sex and Relationships

- Supporting teenagers through relationships
- 5 things you can do if your child comes out
- Talking to your teenager about consent
- Three tips for starting a difficult conversation with your child

Online Safety

- App guide for parents
- What parents should know about monitoring
- Parental controls, filters and privacy settings
- Guide to social networks
- How and where to report inappropriate or illegal content
- Which video games are suitable for children
- Protecting your child from online grooming
- What the dark web is

Cyberbullying and Inappropriate Online Behaviour

Almost half (46%) of children and young people say they have been bullied in school at some point.

Bullying that leads to online bullying (cyberbullying) is more pernicious as it can happen 24/7 if the child has access to a device such as mobile phone, desktop computer or laptop; the bullying doesn't stop outside the school gates but continues when they get home.

Cyberbullying and threats that happen online often spill out into real life, particularly in school where the students involved can't avoid each other. This can also happen in reverse, where issues and poor behaviour are continued online.

If you suspect that your child is being bullied online but are not particularly technology savvy, here's how to get to the bottom of the problem and keep your child safe in cyber space.

My child has told me they are being cyberbullied: what should I do?

- Thank them for telling you and reassure them that now they have told you, you will be able to help them sort it out. Don't take away their phone, tablet or laptop, as they shouldn't be punished for the fact that they've been cyberbullied.
- Ask them how long the cyberbullying has been happening and ask them to show you what has been said to them. Don't be angry with them if they have been on a site which they shouldn't have been on.
- Ask your child how the cyberbullying made them feel and what they'd like to do to sort the situation. Follow their solution rather than taking over the problem. Make sure you follow their request, but ensure you do the following:
 - Collect evidence by creating screenshots of the comments made. On most computers you can do this by pressing the PrtScrn button on your keyboard or by using Sniptool which can be found by typing 'Sniptool' into the start menu. On Apple devices you can press command-shift-3 to grab the whole screen or command-shift-4 to grab a part, dragging the crosshairs to cover the area you want to snip.
 - Once you have taken a screen shot, encourage your child to delete any unkind messages or photos so they're not being reminded of the bullying.
 - Make your child aware of how to block the person online who is bullying them. Blocking someone will limit the interactions that person can see and have with your child. To find out how to block a person on the particular site or app please visit the site's safety centre page.
 - Encourage your child not to react or retaliate to the bullying. Retaliating or reacting to the bullying can often make the situation worse.
 - Ask your child to change their password if they need one for the site. This will help ensure that nobody has their account details.
 - Ask your child to re-examine who can see their information. Often with social media sites you can choose who sees the information you share. Encourage them to only allow people to have access to their information who they know and trust.

- Contact the police. If your child is being threatened or intimidated, then the police will be able to assist in dealing with the situation.
- Make the school aware of what has been happening as the bullying may also be happening offline. Principals can discipline students for poor behaviour even if the bullying has happened outside the school premises.

If you find out your child is a cyberbully, what should you do?

Parents worry about their children being bullied online, but what if it is your child who is doing the bullying?

First, sit down with them and try to establish the facts around the incident with an open mind. As parents, we can sometimes have a blind spot when it comes to the behaviour of our own children - so try not to be on the defensive. Talk about areas that may be causing them distress or anger and leading them to express these feelings online.

Make clear the distinction between uploading and sharing content because it's funny or might get lots of 'likes', versus the potential to cause offence or hurt. Tell them: this is serious. It's vital they understand that bullying others online is unacceptable behaviour. As well as potentially losing friends, it could get them into trouble with their school or the police.

If your child was cyberbullying in retaliation, you should tell them that two wrongs cannot make a right and it will only encourage further bullying behaviour. Stay calm when discussing it with your child and try to talk with other adults to work through any emotions you have about the situation.

Taking away devices can be counterproductive. It could make the situation worse and encourage them to find other ways to get online. Instead, think about restricting access and take away some privileges if they don't stop the behaviour.

As a role model, show your child that taking responsibility for your own actions is the right thing to do. Above all, help your child learn from what has happened. Think about what you could do differently as a parent or as a family and share your learning with other parents and carers.

If the bullying is taking place on a social media platform, make sure to explain to them why the behaviour is inappropriate and harmful, and to supervise the deletion of the bullying content they have created. If it continues, it may be worth seeking additional advice from a teacher or trusted confidant.

Sexting

A dictionary definition of sexting is

“sending someone sexually explicit photographs, videos or messages via mobile phone.”

Sexting can also be passing on images of a sexual nature to groups of friends with or without permission.

Sexting is becoming more and more prevalent, with one in four children having received a sext and one in seven having sent one. The youngest sexter is reported as being five years old.

Sharing sexual imagery online (commonly known as sexting) is *illegal* for anyone under the age of 18, but some children still do it. Here's what you need to know.

What should you be concerned about?

These days young people record their lives on a minute-by-minute basis. The images they create can be copied, manipulated, posted online and sent to other people in a matter of seconds. Ex-partners have been known to pass on images after a relationship has come to an end, as a means of revenge.

Sexting can be used to bully the recipient, who may not want to receive images of a sexual nature and is made to feel uncomfortable.

If the subject of the image does not want the image shared, this is known as *revenge porn* and is a criminal offence.

If the subject or recipient of the image is under 18, that is a *criminal offence*. Your child is breaking the law by taking, holding or sharing indecent images of a minor, even if your child is under 18, the image is of them and they took it of themselves.

However, the law is not intended to criminalise children when this is not in the public interest. If your child has been involved in consensual image sharing with another young person, you can be confident that you can seek help without this leading to criminal charges.

If these images are stored on a family computer, you, as a parent, could be implicated. Any image of a person under-18 sent may constitute an indecent image of a child, in legal terms, and be prosecutable under the Protection of Children Act 1978.

The police are concerned that sex offenders search for these kinds of images and may use them to blackmail the subjects.

What can you do?

- As soon as you feel they're old enough (and remember some children have shared risky selfies while still in primary school) talk to your child about the risks of sharing revealing selfies.
- Talk to children about the fact that images, once online, are there for all time, and you have no control over what happens to them.
- Make sure your child knows that it is not a good idea to send a revealing selfie, and that they should tell you if anyone ever tries to pressure them to do so.
- Urge your child to think before they post.
- Warn them against passing on images of others.
- Remember that it's normal for teenagers to do unwise things. How daft would you have been if you'd had a smart phone in your pocket?
- Make sure your children know that they can always come to you if they are worried about anything, that you will understand, and that you will not be angry or blame them.

If you do find out that your child has sent or shared a revealing selfie online

Stay calm

It can help to find someone who will listen and support you – like a partner, close friend or family member.

Talk to your child

When you feel calm enough, talk to your child about what has happened. Try to understand it from their point of view. Make sure they know that you are not angry and do not blame them. Remember they are probably feeling very anxious.

Together, make a plan

CEOP's Nude Selfies films give lots of information about how to get photos taken down online, and where to get help if you need it. You can watch the films at <https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>

Where to get help

Here are some key sources of support for young people whose revealing image has been shared:

- Report to CEOP if you have any concerns about grooming, sexual abuse or exploitation, at www.ceop.police.uk.
- Contact your child's school so that they can support your child and follow up the incident with other students who might have seen or shared the photo.
- Report the image to social networks it appears on, so that they will take it down quickly. Find out how to do this on some of the most popular sites at <http://www.nottinghamgirlsacademy.org/page/?title=Reporting&pid=137> or www.thinkuknow.co.uk/14_plus/help/contact-social-sites.
- Report the image to the Internet Watch Foundation (iwf.org.uk) if you need their help removing it from a site without a 'report' function.

Live Streaming

What is live streaming?

Live streaming is the broadcasting of real-time, live video to an audience over the internet. All you need to be able to live stream is an internet enabled device, like a smart phone or tablet, and a platform to broadcast on.

Why are live streaming platforms so popular?

Live streaming is highly appealing to young people as it presents the chance for them to be a creator, a presenter and to be seen by a potentially huge audience. You can broadcast anything you are doing across the world without delay or edit.

With the popularity of live streaming platforms, such as YouNow and Live.ly, continuing to rise, other more conventional social media platforms have branched out into the world of live streaming with Facebook introducing Facebook Live and Twitter launching Periscope, to name a few.

What are the opportunities and risks of live streaming?

The inspiration to live stream takes its lead from reality TV and YouTube, however it is uncensored, unedited and unrehearsed. Used in positive ways it can be a campaigning tool, create identity, showcase talent and develop skills in communication.

When thinking of the motivations for live streaming it can help to think about young people's developmental stages. Self-preservation is really important for teenagers, and sharing something and having people show an interest in the present moment you are broadcasting can feel like the ultimate confidence and ego boost. This immediacy combined with the pleasure of affirmation through 'likes' and positive comments speaks directly to the adolescent brain.

Moderation of live streaming

There have been stories in the news about live streaming being used to broadcast abusive or harmful behaviour, young people being involved in accidents whilst live streaming and children viewing inappropriate live streamed content that they weren't expecting to see.

As with any form of social media, there are risks. These include receiving negative comments, exposing more personal information than intended and contact from strangers. There is also the risk of possible exposure to sexualised content, both visually and through chat, and the loss of control of a streamed video once online as there is nothing to stop it being recorded, shared and used to threaten or blackmail.

It is therefore important to have ongoing conversations with your child about their internet habits and how they communicate online. This can include using news stories as opportunities to ask your child about live streaming, their views on it and if it's something that they currently do or have thought of taking part in.

This can then open up a dialogue on how they keep themselves safe online, if they know how to report directly to social media platforms and what else they can do to help them to have positive online experiences.