

**Gloucestershire's Family Information
Service - featuring the 'Local Offer'**



*Free, impartial information, advice and support for
families with children and young people aged 0-25.*


familyinfo@gloucestershire.gov.uk

Direct Line: 01452 427362


Call: 0800 542 0202

Monday to Friday 9am to 5pm
(answering machine at all other times)

 @GlosFIS

 Family Information Service - Gloucestershire
www.glofamiliesdirectory.org.uk

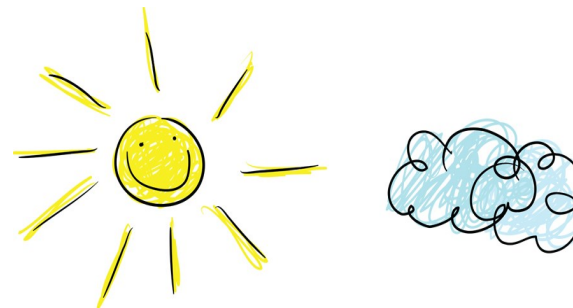
The Key—Disabled children's and young people's register
thekey@gloucestershire.gov.uk

 **The Key**—Gloucestershire



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A Parents' Guide to Mobile Phone and Internet Safety



**If you don't know who
to ask....ask us!**

Mobile phone Safety

Mobile phones are a great way to keep in touch with your friends. But if someone you don't know gets in touch with you, or you're being bullied through your phone, you should tell someone who can help.

Try these mobile safety tips:

- **Keep your phone with you** If you're worried about someone taking it, keep it hidden from sight
- **Be careful with your number** Only give it to your friends and people that you trust
- **Don't lend your phone to someone you don't know** Or put it in a place where other people could get hold of it
- **Use a PIN** Most phones allow you to lock your phone with a PIN code. If you don't have the code you can't unlock it, so if anyone steals your phone they won't be able to use it
- **Don't be pressured to give your number out** If someone is pressuring you into giving them your number, tell someone about it such as a teacher or a parent
- **Switch your Bluetooth off** If you have Bluetooth on your phone, keep it switched off when you are not using it.

Notes

Notes

Things to do if you're being bullied:

- don't reply to any nasty messages you receive
- keep the messages that you've been sent so you can show someone
- don't answer any calls that are from a withheld number, or number you don't know
- change your mobile number and only give it to close friends and family

Getting help with bullying

It's now quite easy for mobile phone companies to trace the identity of anyone who is sending nasty or abusive text messages.

If you're being bullied and receiving nasty or threatening messages on your mobile, then you should tell an adult you trust. This could be a parent or teacher. They can help you put a stop to this.

All UK mobile companies are used to dealing with offensive calls and have people you can call who can help.

Remember you can always talk to a counsellor about what's going on.

10 top tips for mobile phone safety

- 1) Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. Talk to a trusted adult at home or at school.
- 2) Don't reply to any nasty messages you receive.
- 3) Don't reply to a text from someone you don't know.
- 4) Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
- 5) Don't answer calls from withheld numbers or numbers you don't recognize, let it go to voicemail.
- 6) Block numbers from people who are sending you nasty messages.
- 7) If you are bullied repeatedly, change your number.

35. PAW - Parents are watching
36. PRI –Parents in room
37. POS –Parent over shoulder or Piece of Sh**
38. PRON –Porn
39. Q2C –Quick to cum
40. RU/18 - Are you over 18?
41. RMORF –Are you Male or Female
42. RUH –Are you horny?
43. S2R –Send to receive
44. SorG –Straight or Gay
45. TDTM –Talk dirty to me
46. WTF –What the F***
47. WTTP –Want to trade pictures
48. WUF –Where you from
49. WYCM –Will you call me?
50. WYRN –What's your real name?
51. Zerg –To gang up on someone

Staying Safe Online

We tell children it's good to share, but online it's different. That's why parents need to be Internet Aware.

Children and young people spend a lot of time online – it can be a great way for them to socialise, explore and have fun. But children also face risks like cyber bullying, grooming or seeing content that is inappropriate.

It may feel daunting, but you don't need to be an expert on the internet. Understanding what children do online and the risks they face will help you keep your child safe online.

The internet's an amazing place, so you will want to help your child to get the most out of it, but keep safe at the same time.

This guide is about talking to your child, getting the family involved, and finding out what you can do, to help towards keeping your child safe online.

Top Chart Acronyms Parents Need to Know

1. 8 - it means ate, it also refers to oral sex
2. 53X –Sex
3. 143 - I love you
4. 182 - I hate you
5. 1174 - Nude Club
6. 420 - Marijuana
7. 459 - I love you
8. ADR - Address
9. AEAP - As early as possible
10. ALAP - As late as possible
11. ASL - Age/Sex/Location
12. CD9 - Code 9—it means parents are around
13. CU46 - See you for sex
14. F2F - Face to face, a.k.a. face time
15. GNOC - Get naked on Cam
16. GYPO – Get your pants off

If you are worried about a child's safety at all, you should contact Gloucestershire Children and Families Helpdesk on 01452 426565 for advice and support.

In short, a guide to keeping your child safe online:

- ◇ Talk to your child
- ◇ Get the family involved
- ◇ Safety starts with you

For more detailed information on Internet Safety specifically aimed at :

- ◇ Children under five
- ◇ Primary School Children
- ◇ Teenagers

visit www.glosfamiliesdirectory.org.uk and use "Staying Safe Online" in the search engine.



Talk to your child

One of the easiest, and most effective things you can do is simply talk to your child.

Help your child think about who sees what they share, and talk about what they would be happy to share offline. Use examples that are easy for them to understand:

"You wouldn't give your phone number to a stranger on the street. Is a stranger online any different?"

Explain how everything they share online, like usernames, images and comments can build up a picture of who they are.

If it's online, it's out of your control



Talking points:

- ◇ What is personal information and why is it important? E.g. emails, name, phone number, school names etc.
- ◇ Choose usernames that don't reveal personal information.
- ◇ What images and photos might be OK to share? Think about what you share with friends.
- ◇ Which sites and apps can be used and by who?
- ◇ When is /isn't it ok to use the internet? e.g. meal times, bedtime, family visits etc.,
- ◇ Do your children have to ask for permission to download games, apps, or spend money online?
- ◇ What parental controls will you use, and when and how will you use them?
- ◇ If you use parental controls, talk to your child about them. Explain that you're using the controls to keep them safe.
- ◇ Talk to your child about how to report things on websites, and how to block content or people if they need to.
- ◇ **Importantly**, remind them not everyone is who they say they are online and be careful sharing thoughts and feelings with people you've only met online.

- ◇ CEOP is an organisation which helps keep children safe from online grooming and sexual exploitation. If someone's acted inappropriately to a child or young person, you can report it to CEOP. Information can be found at <https://ceop.police.uk/>

What your child can do

- ◇ Talk about what your child should do if something or someone upsets them online. You might want to agree that they tell you, or another adult you both trust.
- ◇ Help your child to check the privacy settings on the sites, apps, games and devices they use, to make sure their personal information isn't available to everyone.
- ◇ Your child can contact Childline if they need further support by calling **0800 1111** or visiting www.childline.org.uk Childline can also help with taking an illegal image off the internet, by making a report to the Internet Watch Foundation (IWF) on their behalf. <https://www.iwf.org.uk/>

Steps you can take

- ◇ Reassure your child as they may be very upset, and need help to make sense of what has happened.
- ◇ Ask your child exactly what happened and if anyone else was involved, but stay calm and don't rush them.
- ◇ If your child sees something online that they think they shouldn't have seen, let them know it's not necessarily their fault, they shouldn't feel guilty, and reassure them that they can always talk to you.

Getting extra support

- ◇ Social networks like, Facebook and You Tube provide ways to report offensive content or behaviour. The links to these pages can be found on Net Aware.
- ◇ If you think your own child or any other is at immediate risk because of what they shared or seen, contact the police or the NSPCC for advice.

Things to do

- ◇ Find sites and apps you think are suitable and check them out with your child.
- ◇ Break your conversations into smaller chunks, your child will find it much easier to take it all in.
- ◇ Go over points you've spoken about before to make sure your child understands.
- ◇ Have a healthy family debate and listen to your child's point of view.
- ◇ Set boundaries. Younger children respond well to boundaries. They understand rules are there for a reason and often to keep them safe.
- ◇ Be positive about the benefits of the internet and take a balanced approach.
- ◇ Regularly review what you've agreed. The rules set one year may need changing the next and it's good to make sure your child isn't being left behind.
- ◇ Find out about setting up parental controls, adjusting privacy settings, understanding social networks.
- ◇ Think before you share. You might think it's endearing or funny to share pictures or comments about your child, but would they?

- ◇ Think about whether it's OK for your child to see what you've been viewing. Clear browser histories and cookies, to avoid your child seeing unsuitable content.
- ◇ Don't forget that news websites can show content that might upset your child. Take the same approach as you would with news on TV and in the papers.
- ◇ Stay up to date with the latest apps, websites and games your child uses.

Get the family involved

Helping your child to take control is great, but there are really useful things you can do as a family too.

To start with, you'll probably find it useful to agree on some ground rules together. These rules don't have to be set in stone. Regularly review what you've agreed, and take your child's wishes, development and maturity into account.

Remember that you can back up what you've decided by using technical tools like parental controls and filters.

Each family will have their own approach, the important thing is working out what's right for you.

Safety starts with you

As a parent, there's plenty you can do to keep your child safe online.

You can also help your child by simply setting a good example online. It might not always feel like it, but your child does notice how you act and may follow your lead. So it's important to show them what safe sharing looks like.

If things go wrong

From time to time things can go wrong online. We know it can be worrying, but there is help available.

Your child might have 'overshared' information about themselves, or someone might have shared some content with them that you'd rather they hadn't seen. Whatever has happened, there will always be something you can do to make it better.