Digital Parenting

ISSUE 6

Digital superheroes

How building resilience will help your child stay safe and be happy online

Parent or over-sharent: which one are you?

The Duke of Cambridge on his fight against cyberbullying

PLUS

Digital life skills everyone should learn

Age ratings

The rise of virtual reality and more

Vodafone Foundation

Freshly clicked content

You can see this issue and the best of previous issues of *Digital Parenting* on our website www.vodafone.com/digitalparenting. Here, you can find information on specific concerns, such as cyberbullying or sexting, and keep up to date with the must-have apps and social media platforms that are proving so popular with children and young people.

Published by Vodafone Ltd

©Vodafone 2017

parentzone

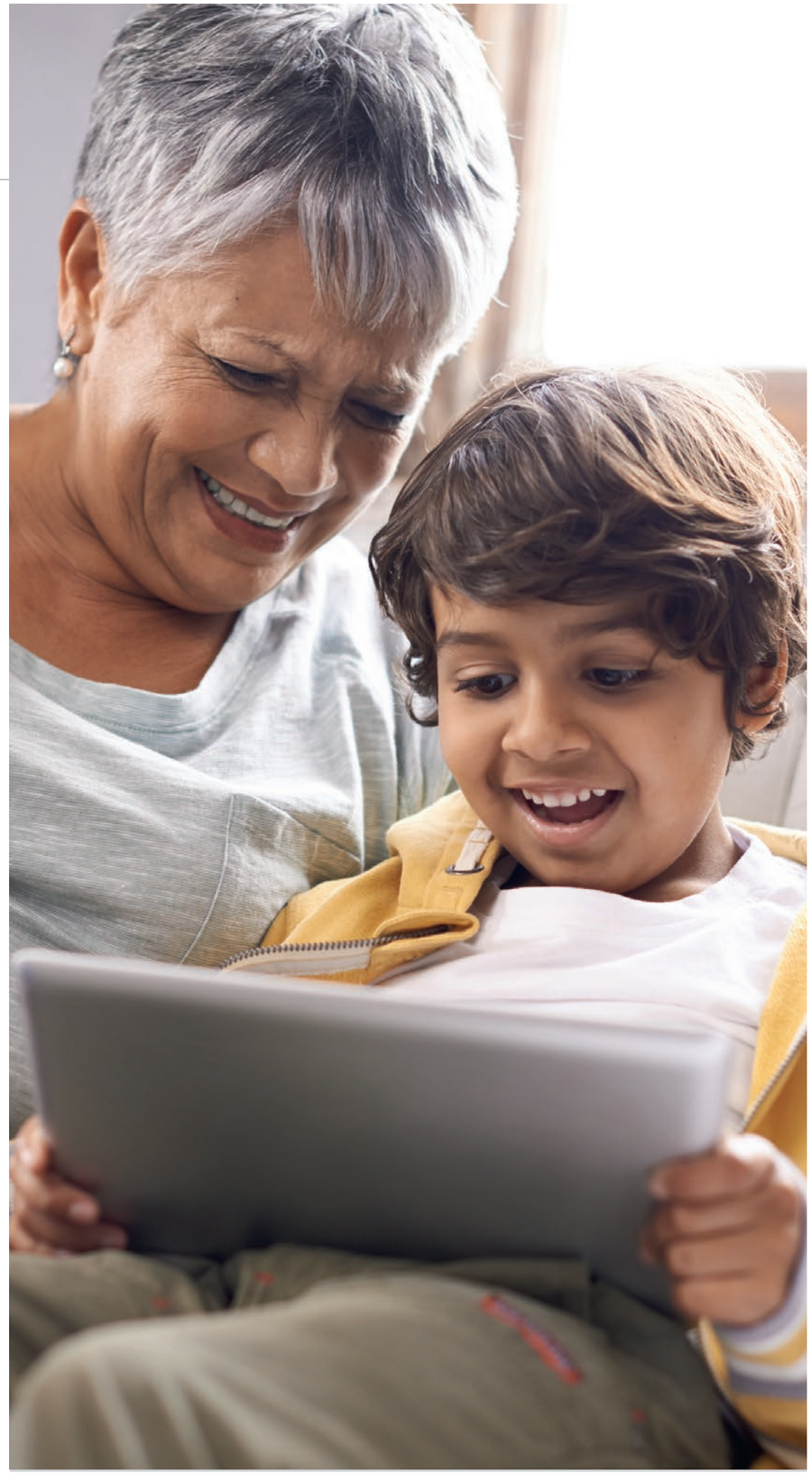
For Parent Zone
Editor Eleanor Levy
Commissioning Editors
Gary Crossing, Megan Rose
Parenting Advisor Vicki Shotbolt
parentzone.org.uk

Vodafone Foundation

For Vodafone
Editor Catherine Russell
CSR Manager Natasha May
Supported by the Vodafone Foundation (charity no. 1089625)
vodafone.co.uk

For Sunday
Editor Tim Oldham
Account Director Gill Tait
Creative Director Matt Beaven
Managing Director Toby Smeeton

We do our best to make sure that information in *Digital Parenting* is correct, but sometimes things change after the magazine has gone to print. Vodafone Limited. Registered office: Vodafone House, The Connection, Newbury, Berkshire RG14 2FN. Registered no. 1471587. Published by We Are Sunday Limited. wearesunday.com



Cover image: Rex Features. This page and opposite: Caiaimage/Paul Bradbury; iStock by Getty Images; Brand New Images. Illustration: Bratislav Milenkovic

Welcome

Welcome to the latest edition of *Digital Parenting* magazine. Our aim is to provide you with the latest expert advice so you can help your children develop the life skills and knowledge they need to use the online world safely and with confidence.

Never underestimate the role we have as parents, even as our children grow and inhabit an online world that can sometimes be very different to the one we use.

On page 6, we explain that parents and carers are key to nurturing resilience online while, elsewhere, you will find expert tips and information on how to do this.

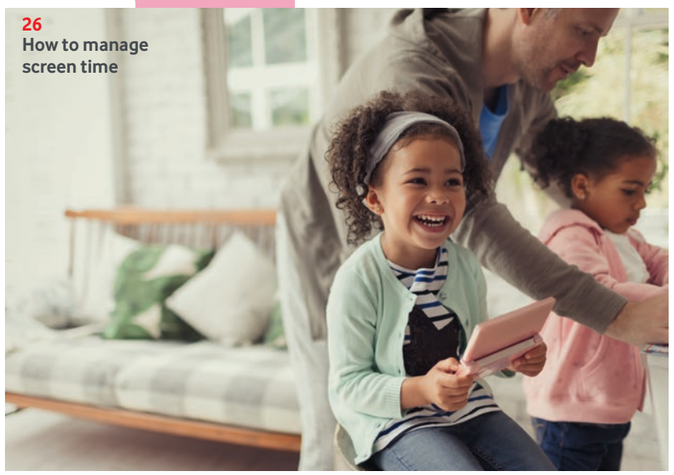
Technology plays its part, so you will still find information on setting parental controls and filters on the apps and services your children use. However, underpinning it all is the importance of parents in helping children thrive in the online world.

I hope you find this new edition helpful as a guide to strengthening children's digital resilience – meaning the ability to recognise when they are at risk online – and know what to do, as Parent Zone CEO Vicki Shotbolt explains on page 7.

I would love to hear your views on this edition, so please email me at: **paul.morris1@vodafone.com**

Paul Morris Head of Government Affairs & Corporate Social Responsibility, Vodafone Ltd

24



26

How to manage screen time

In this issue

04 The Duke of Cambridge and the Taskforce on the Prevention of Cyberbullying
06 Digital resilience: what it is and how to nurture it in your children
08 Just one thing: experts provide top tips for parents
10 Fake news – spotting lies online
12 Essential digital life skills, and creating a positive digital footprint
14 Do you over-sharent? Test yourself
16 Vodafone Story Time
18 PSHE and its role in keeping your child safe online
20 Digital minister Matt Hancock talks about keeping children safe online
22 Vodafone's Helen Lamprell explains why *Digital Parenting* is so important
24 Spotting harmful sexual and sexist behaviour online
26 Screen time: the new rules and managing your own tech time
28 Cybersecurity: a parent's guide
30 Body image and social media
32 How new guidance is helping schools deal with underage sexting incidents
34 Live streaming: what you need to know
36 Just one thing: parents and teens offer their best tips
38 Awkward conversations: how to have them and what to say
40 Age ratings and what they mean
41 Tools and controls
46 How virtual reality is taking learning out of the classroom

Get in touch

If you have any questions about *Digital Parenting* or any of the issues raised in this edition, email **DigitalParenting@parentzone.org.uk.**

Special thanks & contributors

Editorial steering group Zoe Croft, the Taskforce on the Prevention of Cyberbullying; Carolyn Bunting, Internet Matters.
Contributors John Cameron OBE, Childline; Marie Smith, CEOP; Will Gardner, Childnet; Jonathan Baggaley, PSHE Association; Dr Richard Graham; Dr Linda Papadopolous; Professor Sonia Livingstone, London School of Economics; Anne Longfield, Children's Commissioner of England and Wales; Tessy Ojo, The Diana Award; David Austin, BBFC; Dr Elly Hanson; Jamie Bartlett; John Carr; Mark Linington; Ann-Marie Corvin; Yusuf Tamanna; Marjun Ziarati; Ros Shorrocks; Alfriston School.

The taskforce of industry and charity leaders is working with young people to provide initiatives to combat cyberbullying

Share some kindness

The Duke of Cambridge is working with industry and charity leaders and young people to help combat cyberbullying. Here, **Zoe Croft**, from the Taskforce on the Prevention of Cyberbullying, explains more, and The Duke tells *Digital Parenting* why the subject means so much to him

Through his work with young people, mental health charities and as a parent himself, The Duke of Cambridge has become increasingly concerned about cyberbullying and the impact it can have on children and young people.

A recent nationwide survey revealed that 55% of young people have received hurtful comments online, with 18% experiencing cyberbullying – and the problem is growing. There's been a dramatic increase in mobile devices and social media sites, which young people view as integral to their world.

In May 2016, The Duke of Cambridge brought together a taskforce of leaders in the technology and charity sectors to develop an industry-wide response to the online bullying of young people.

A panel of young people brought together by the Taskforce revealed that while many of them admitted they have been cyberbullied, they also explained how easy it can be to join in with negative conversations online, quickly becoming a contributor to the abuse. The study also revealed how easy it can be for young people to just stand back and watch cyberbullying unfold.

The panel asked the Taskforce for help in three ways:

1 To identify a set of actions for young people to help them behave better online, and for these to appear on the social media sites they are using.

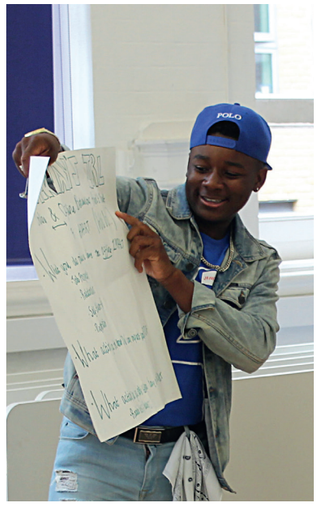
2 For these actions to form part of a campaign that also reflects the fact that young people see social media and the internet as positive platforms.

3 For parents, carers and teachers to help remind young people how to behave online, just as they do with their usual offline behaviour.

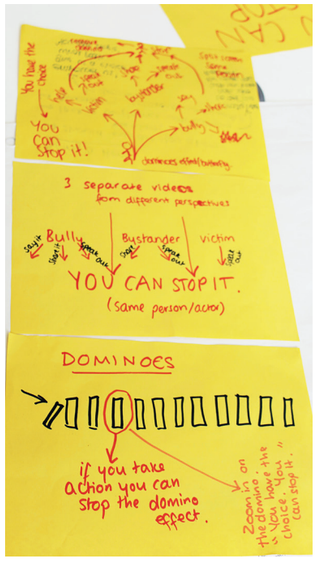
As adults, we have conversations every day with young people, guiding them on how they should behave at school, with friends and when they go out. This generation is asking us to offer them the same support about how to behave online and on social media.

The Taskforce has now turned its attention to delivering these outcomes, and it's clear that by working together, younger and older generations can help stop cyberbullying, and make the internet a better, kinder place.

Look out for further announcements on the work of the Taskforce on the Prevention of Cyberbullying at **www.royalfoundation.com/our-work/cyberbullying**



Workshops helped young people identify action points to stop cyberbullying



The internet creates a wealth of positive opportunities for young people across the world. Unfortunately, digital technologies can also generate new and significant avenues for bullying. As a parent, I have been alarmed by the pressures young people are facing from their peers and of the tragic consequences this can have. Last year, I set up a taskforce bringing social media companies together with internet service providers to develop a new, positive strategy to combat online bullying. I hope that the outcomes from this Taskforce will help to ensure the internet remains something young people and their parents can embrace with confidence.

HRH The Duke of Cambridge

Taskforce team

The members of the Taskforce include The Anti-Bullying Alliance, Apple, BBC, BT, The Diana Award, EE, Facebook, Google, Instagram, Internet Matters, NSPCC, O2, Sky, Snapchat, Supercell, TalkTalk, Twitter, Vodafone, Virgin Media and YouTube. Together the members will be supporting campaigns for young people, parents, carers and teachers.

For further advice on cyberbullying, turn to page 23

Image: Getty

What is digital resilience?

Parent Zone CEO, **Vicki Shotbolt**, explains how you can make sure your child has the tools they need to navigate the online world successfully

What is digital resilience?
Digital resilience is part of your personality that develops from spending time online and facing the challenges out there. It means you recognise when you're at risk online, and that you know what to do.

A resilient child is more likely to stay safe if anything bad happens, and benefit from the opportunities the online world provides.

How can I help?
The best thing parents can do is to set boundaries so children know what they can do and what they can't – and then let them explore.

They will make mistakes, but to learn they need to take risks. When they get into scrapes, it's essential you let them learn from them and help them recover. Then let them try again.

Who else can help?
Everyone has a part to play in building a child's resilience. Having safe spaces to explore and take age-appropriate risks is vital, so industry has a big role, building services that young people can enjoy with proper safeguards.

Schools can teach critical-thinking skills so children can make sensible judgements about what they're doing and seeing, and work on soft skills, like empathy and self-esteem.

Is resilience the same as toughening up?
Absolutely not. Children need to take risks and learn that they can recover when things go wrong. But that's not the same as expecting children to toughen up when bad things happen. Getting help and resolving problems is important.

What you can do

"Left to their own devices, young people are unlikely to develop greater resilience and understanding without some opportunity to share their experiences with adults," explains Dr Richard Graham.

"We may not understand all the apps or devices they use, but we do have thoughts about what is good and bad in the world, and sharing values is a fantastic way for young people to process their experiences. Finding ways to discuss some of the more challenging content they come across, whether pornography, ultra-thin models or animal cruelty, can help young people.

"When we cannot bear to speak about difficult issues, or we try to shut them down, they become more, rather than less, frightening. What has been seen cannot be unseen. Talking together makes a difference."

Dr Richard Graham is Consultant Child & Adolescent Psychiatrist, Nightingale Hospital and London Digital Mental Wellbeing Service **digitalwellbeing.london**

Vicki Shotbolt and **Dr Richard Graham** are co-chairs of the UK Council for Child Internet Safety's Digital Resilience Working Group

Promoting digital resilience in real life

A worrying image

Jacqui noticed that her eight-year-old, Tiana, had become withdrawn – she left the room when the news came on and didn't look at her phone as much as normal. Jacqui asked what was wrong, and Tiana said that she'd seen a photo of an elephant being shot online, and she was upset and scared to log on.

Jacqui talked to Tiana about how she felt and ways to avoid it happening again, such as using Google SafeSearch (see Tools, p41) and using more relevant words when searching online. Jacqui let Tiana know it's important that she tells someone in future if anything upsets her, and encouraged her to go back online when she felt ready.

Going public

Jamie, 13, wanted to create a public YouTube account to perform magic tricks. His dad, Sam, was worried Jamie was too young to cope with negative comments, and that predatory adults may contact him or try to track him down in real life. Jamie explained that there is a huge, supportive network of young magicians out there, and his own channel would let him join in. They talked about posting videos safely, not revealing his contact details or location, how to report inappropriate approaches, and who Jamie could talk to if anything upset him. Jamie initially posted videos with comments turned off, turning them on when he felt more confident.

"Talk to your child about the risks of sexting and how to keep safe. If sexting goes wrong and a sexual image is shared, it can be devastating for the child and support from parents is crucial. Childline provides confidential advice for children on the phone and online 24/7, and can even help get a sexual image removed from the internet."

John Cameron OBE, Head of helplines, Childline, the free and confidential advice service for children
www.childline.org.uk
Telephone: 0800 1111; Parent helpline: 0808 800 5000

"Explore with your child how they can report to their favourite site/app. It can be reassuring for both of you, and it's an opportunity to reiterate to your child that they can come to you if something online has made them feel worried or upset."

Marie Smith, Head of Education, CEOP, the child protection branch of the National Crime Agency
www.thinkuknow.co.uk

Just one thing

If you could give parents one piece of advice to keep children safe online, what would it be? **Megan Rose** asked the experts

"Don't let devices get in the way of your parenting or let the tech make you feel you're not in control. The parenting techniques you use to get them to do their homework or eat their veg work for digital rules as well."

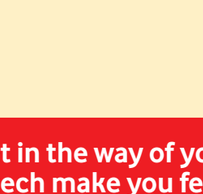
Vicki Shotbolt, CEO, Parent Zone, the UK's leading parenting organisation specialising in the digital world **www.parentzone.org.uk**

"Parents need to know the modern troubles today's kids face. So, get out there and explore the sites and apps your kids use. If you know nothing of Snapchat or 4chan you won't be as ready or capable to help."

Jamie Bartlett, author, *The Dark Web*, and director of The Centre for the Analysis of Social Media for the UK cross-party think-tank, Demos

"Encourage your child to watch **Catfish: The TV Show.* Each episode, the presenters check the identity of someone a young person has befriended, often romantically, on social media. It's the best thing I've seen for explaining to kids in their own language that people they meet online may not be who they say they are."

Eleanor Levy, editor, Parent Info, a free news and advice service for parents that schools can run on their own website **www.parentinfo.org**. **Catfish: The TV Show* is rated 12. See p40 for our article explaining ratings.



"There are no set guidelines for how much screen time is appropriate for children, but there needs to be a balance. Don't be afraid to have rules, like 'no tablets at the dinner table'. For younger children, use tech to help; the Forest app lets you grow a beautiful forest the longer you leave your device alone. And lead by example – make time to be a gadget-free family."

Carolyn Bunting, CEO, Internet Matters, an independent, not-for-profit e-safety organisation
www.internetmatters.org

"Be curious and ask your children to talk about, or better still, show you, the services they are using and why they love them. Starting the conversation is key, both to help ensure that children know how to stay safe and respect others online, but also so they turn to you if someone or something online is making them feel uncomfortable."

Will Gardner, CEO, Childnet International, and a Director of the UK Safer Internet Centre
www.childnet.com

"From time to time, sit down with your children, gather in all their devices and ask them to take you through every app explaining what they do, who they speak to or connect with and which websites they visit. If your parental antennae start to tingle, delve deeper."

John Carr, internet safety and security expert, and member of the executive board of the UK Council for Child Internet Safety

Vodafone and The Diana Award's anti-bullying campaign have developed the Be Strong Online programme for secondary schools, including a module on critical thinking, with a guide for parents by Parent Zone. Schools can sign up at **bestrongonline.co.uk.** To find out more, see page 47

Sorting the fact from the fiction

Fake news is everywhere. But how do kids spot the truth online when even adults struggle, asks **Gary Crossing**

Hoaxes, propaganda and disinformation posing as fact, amplified and spread on social media, are so powerful that they can influence public opinion and even affect elections.

Facebook is introducing new tools to control its spread, and Wikipedia plans to fight it with Wikitribune, a website that uses only evidence-based journalism. Meanwhile, Vodafone will not advertise on fake news sites.

In the past, media outlets have published stories that turned out to be untrue. But fake news is deliberately created to misinform people, whether for fun, malice, or to support someone's ideological agenda.

Adults find it hard to recognise fake news and rumours online. Imagine how tricky it can be for young people. We need to help them develop the skills to question what they're seeing, and to recognise exaggeration and lies, just as they should in their offline lives.

Illustration: Patrick George; Image: Getty

What you can do

Encourage your child to ask you if they are unsure if something online is true or not. If they do come to you, discuss who shared it and why, how reliable the source is, or whether the story looks or feels like an advert. Teach them to ask the following questions:

Can you trust the person?
Make sure they know that not all sources are reliable. If an unverified social media account posts that a band has broken up, it could be from anyone. The band's official account or website is more likely to be trustworthy.

Verified Twitter or Instagram accounts have a small blue badge with a white tick next to the name. While not every official account has a badge, and not every account that has one can be trusted, it's a factor to consider.

Why are people sharing this?
Discuss with your child whether they're more likely to share something on social media if it's funny, exciting or shocking, and that posts and online news like that spread quickly because people want to be the first to pass it on.

Even if a correction is posted, it's unlikely to receive the same attention, and the damage is already done.

Whose side are they on?
Talk about bias and urge your child to get a balanced perspective by checking several sources – not just one.

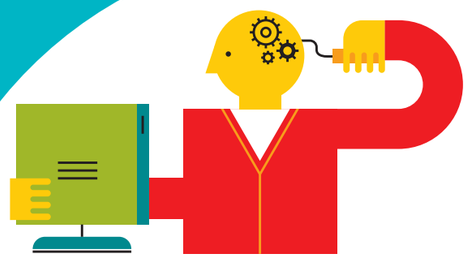
Is it real?
Advise your child to check stories for manipulated images or videos and to check the web address (URL). Many fake news sites mimic genuine ones by making small changes to the URL.

Fake or not?
Tick yes to any of these questions? That story may not be the whole truth

- Does the website address (URL) look strange or wrong? ☐
- Does the story come from a third party you've never heard of? ☐
- Does the person have a political or ideological agenda to push? ☐
- Are they trying to sell you something by scaring you? ☐
- Could the image have been Photoshopped or faked? ☐

Digital life skills

You don't have to be a tech genius to help keep your children safe online. Here are the three digital life skills that will serve them well, whichever direction technology goes, says **Eleanor Levy**, editor, Parent Info



Life skill
Be a critical thinker

We hear a lot about fake news (check out our article on page 10), but being a critical thinker online isn't just about being able to spot misinformation or lies. It's about knowing when a website is giving you advice that is either wrong or potentially harmful, and about recognising and rejecting peer pressure to join in with online crazes that could hurt you, or someone you know.

A simple test is to have your child ask the question, 'Who wrote this, and why?' Are they trying to sell you something, con you into sharing personal information or an inappropriate image, or make you look stupid? Do they have their own political or ideological agenda? The more your child questions what they see and hear online, the more protected they will be.

Life skill
Be a confident communicator

Children need someone to talk to when things go wrong or upset them, online or off. They need to feel confident they can ask for help, even if they've been doing something they shouldn't have been, such as signing up for a social media account while underage, or sending inappropriate images of themselves.

Don't wait until something bad happens. Reassure your child that they can tell you anything and you won't get angry with them, whatever they've done. Children and young people may need guidance on how to communicate with others safely and nicely. Parents can help by being role models in their own internet use (see our article on page 22). And, if something does go wrong, the ability to complain is a skill children are never too young to learn. Knowing how and where to report bad things that happen is key for a positive experience online.

Skills workshop

The Digital Life Skills workshop, developed by Vodafone with Parent Zone, is designed to give parents fun activities to take home and try with their children. It focuses on the three digital life skills that support a child's digital resilience and help them to Be Strong online, even as the tech world changes around them. Vodafone volunteers will be offering workshops to local schools. Find out more at https://parentzone.org.uk/vodafone-digital-life-skills

Life skill
Be a capable tools user

Companies are building tools to make the internet as safe as it can be, and it's important that children know how to use them. For example, setting unique passwords and anti-virus software can keep your information private.

Being aware of how to block people on apps and services, and how to adjust safety and privacy settings, is as important a life skill as learning how to swim or cross the road safely.

From a young age, teach children that when they sign up to a new social media app, games forum or online service, they must limit who can contact them, and block people who make them feel uncomfortable or threaten them. Teach them to look for the tools and settings symbol (often a cog) and make sure they know that tools are there to help them stay in control – not to stop them doing things. See our Tools section from page 41 for help with doing this.

Creating a positive digital footprint

Scare stories abound about how your child's digital footprint could negatively affect their life, but if they nurture it, they can use it to project a positive image to the world.

Get them to check their online presence regularly
Before searching their name online, they should log out of their social media accounts so they can see how much of their profile is visible to a stranger. Too much? Use our tools section (see page 44) to help them set up privacy settings.

Who they follow or like on social media reveals a lot
Following organisations and commentators, as well as friends and celebs, can show your child is well informed and interested in the world.

Encourage their creativity
Keen writers could start their own blog. Or, if they're into photography and video, they could start an account to share their work. Most platforms allow users to disable comments to control cyberbullying and trolling.

Just make sure that before they are on social media, they know not to share contact details or post anything that tells people where they live, go to school or hang out. They should also not private message or one-to-one video chat with people they've never met offline. They also need to know how to block or report people who hassle them.

Remember
A digital footprint isn't just what your child shares, it's also what is shared and said about them – remember this when posting about them.

For some children, such as those in care, an online presence may put them at risk. In these cases, privacy is important. A positive digital footprint is a bonus, not a must-have.

Illustration: Romualdo Faura

Are you an over-sharent?

What do you know about sharenting? What are the risks? And are you doing it too much? Take our quiz to find out. By **Gary Crossing**

1 What is sharenting?
a The habitual use of social media to share news and images of your children
b Constantly shushing your child in public
c Shaming your child by behaving in an embarrassing way

2 How many photos of the average child do you think will be posted online by their fifth birthday?
a 500
b 1,500
c 150

3 How confident are you about using privacy settings?
a Erm, what are privacy settings?
b Very – I use them all the time
c I do know how to use them, but I don't bother

4 Do you ask for your child's permission before you post a picture of them?
a No, they don't mind – they love counting the 'likes' they get
b I have never thought about it
c Yes, in the interest of protecting their privacy

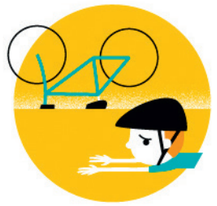
5 Do you expect other parents to ask your permission before they post images of your child?
a Of course
b No, I don't mind
c I never ask other parents, so I'm not bothered

6 How does your child feel about you sharing pictures of them?
a They're embarrassed but, hey, that's my job as a parent
b I've never talked to them about it
c We talk before we post so we can judge how they feel

7 If they asked you to take a picture down would you do it?
a No, they need to develop a thick skin
b Definitely
c I would, but I don't know how

8 What are the risks of sharenting?
a Revealing too much of your child's private life
b Your images could embarrass your child or put them at risk of bullying
c Strangers could steal images and use them

9 Your 13-year-old has just started a Facebook account. Do you...
a Talk to them about responsible sharing and privacy settings
b Make friends with them so you can spy on what they are doing
c Let them get on with it, it's none of your business



10 Your child falls off their bike while learning to ride without stabilisers. You...
a Reach for your smartphone and film it for posting
b Run to their aid
c Didn't see the accident because you were too busy looking at your phone

How did you do?

0-2 points
Unawarent
Dear, oh dear – hashtag poor sharenting skills.

3-7 points
Almost there-ent
You clearly have some knowledge, but there is room for improvement.

8-10 points
Share genius
Well done! You are a responsible sharent. Your children will be proud.

Score a point for each correct answer.
1) a; 2) b; 3) b; 4) c; 5) a; 6) c; 7) b; 8) All three; 9) a; 10) b

Illustration: Peskimo

Sharenting: the facts

71% of parents upload five or more images of their child each week on social media

9% of parents shared an image of their child in the womb

21% of parents have set up a social-media account for their child

13% say they share photos of their children to gain social media followers

32% of parents have never asked their child if it's OK to share a photo of them

Source: Survey for Channel 4 News/Parent Zone, May 2017 with 1002 UK parents around the UK

Source: http://parentzone.org.uk/article/average-parent-shares-almost-1500-images-their-child-online-their-5th-birthday

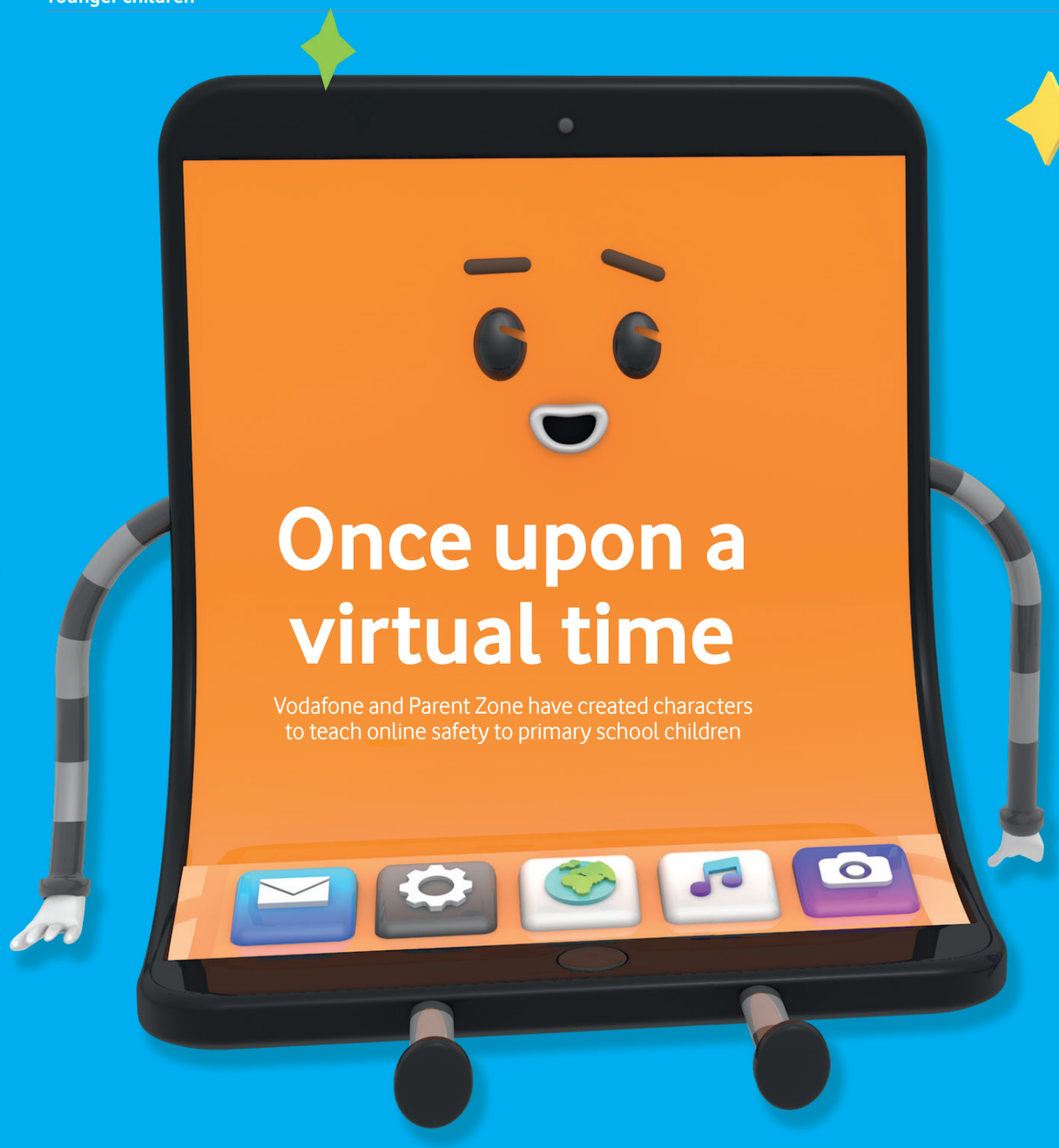
Do you sharent as well as you parent?

It's illegal in France, but flourishing in the UK. It's the practice of sharing those parenting moments that would once have stayed between you and your family, but are now broadcast to a potentially global audience.

Who are you sharing family pictures with?
When you decide to share a picture with your loved ones, that doesn't necessarily mean you want to include *their* loved ones and friends. Check your privacy settings are set to 'friends only' if you don't want the world to see them; though remember, any images can be screen shot and passed on without your knowledge.

Does your child care?
It's easy once they're old enough to ask, but when children are little, it's down to you to decide what images you share. How do you think they will feel when they're old enough to have an opinion? In the end, only you can make that judgement call.

Vlog on?
If you decide to join the thousands of parents who are vlogging, blogging and generally throwing open the doors of family life, check you are keeping them safe. Are they traceable because you've left location-tagging turned on the images? Are they in school uniform, letting the world know where your children are five days a week? We tell our children to think before they share. The same advice applies to parents.
Vicki Shotbolt, CEO Parent Zone



Once upon a virtual time

Vodafone and Parent Zone have created characters to teach online safety to primary school children

Children are never too young to learn the importance of keeping safe online. While the advice they receive will vary depending on their age, it's vital to teach them key messages as early as possible, in language they understand.

Which is why Vodafone is launching its new in-school initiative, Story Time, created with Parent Zone. As the name suggests, Story Time will involve volunteers visiting primary schools throughout the UK and reading pupils a specially written story about being safe and sensible online.

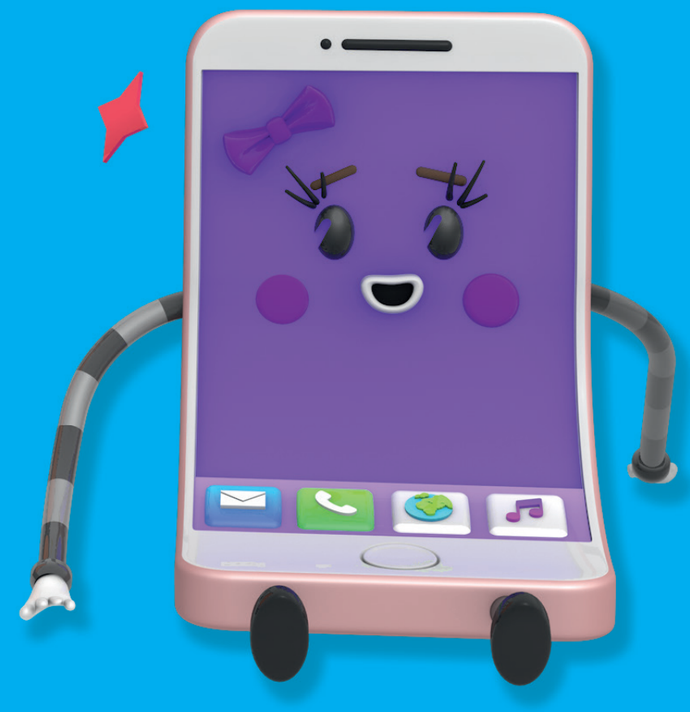
Stories are an important way of developing children's interaction with the world, so combining such an important topic with an exciting narrative will help them learn about the challenges of the digital world in a fun and age-appropriate way.

Two stories have been written for the scheme, one for lower and one for upper-level primary school children, each delivering a crucial message relating to the online world. Teachers, parents and carers will be encouraged to support the messages, and make sure children know where to find help if they are ever in a tricky situation online.

Meet the characters

Tommy the tablet
Tommy is a fun-loving, happy tablet who starts life in a lonely box before he is finally bought by a boy called Angus.

Sally the smartphone
Sally is a clever smartphone who loves helping others. Her best friend is Tommy and she will always confide in him if anything goes wrong.



Each story features two main characters, Tommy the tablet and Sally the smartphone, and their owners, Annie and Angus. The devices are feeling under the weather because of something their owner has done online.

Each character's ailment is different, allowing children to spot similar experiences they may have had online with their own devices.

The messages in the stories will encourage children to think about the potential effects of what they do online, and how to make things right if they've made a mistake. All in a fun and happy environment.

You can share Tommy and Sally's adventures by downloading the story at **https://parentzone.org.uk/vodafone-story-time**

What is the internet?

We asked some little people to tell us

"The internet comes from the computer where you go tap, tap, tap!"
Ellen, 4

The internet does quite a lot of things. It lets you send messages and even talk to people using it"
Theo, 5

"It helps you go to different places and play games"
Idrees, 4

"It's what you use to play games on different devices. You can watch YouTube and play games that need Wi-Fi. It is kept on the cloud"
Sonny, 6

"You can find things like sports and do it on the computer"
Jacob, 3½

Preparing your child for a digital future

Parents of secondary school children will have heard the term, but what is PSHE? And how can it help build your child's digital resilience? **Jonathan Baggaley**, CEO of the PSHE Association, explains

What is PSHE education?
Personal, social, health and economic (PSHE) education helps equip pupils with the skills and knowledge that they will need to thrive at school and beyond.

It supports children and young people to be healthy, safe and prepared for adulthood by dealing with real-life issues that affect them, their families and their communities.

PSHE covers a diverse range of topics, from sexting and cyberbullying through to gender equality and extremism, by way of careers education and personal finance.

How does PSHE prepare young people for our digital world?
Digital technology is integrated into many areas of our life, so a good quality PSHE curriculum needs to develop young people's knowledge and understanding of the digital world – from safe online relationships to mental health and media literacy.

The skills and attributes PSHE develops will support young people online and offline. Assertiveness, for example, could help your child exit a risky online chat, but will also improve their chances in a job interview. Developing resilience will help them bounce back from setbacks such as poor exam results, but also help them deal with the pressures of constantly connected social media.

Isn't online safety covered in the computing curriculum?
Aspects of online safety can be covered in computing lessons, including an understanding of ways to use technology safely and securely.

However, the online world is more complex and nuanced. PSHE education goes beyond the technological to focus on the more human, social and emotional aspects of online life.

How do I know if PSHE education is taught well in my child's school?
Schools have an obligation to publish details of their curricula on their website, including PSHE provision.

However, sometimes there is little information to go on.

The National Curriculum suggests that 'all schools should make provision for PSHE, drawing on good practice'. The Department for Education announced it will open a consultation on whether to strengthen this expectation further, in recognition that not all schools cover it well.

For more information about PSHE education, go to **www.pshe-association.org.uk**

Illustration: Ian Dutnall

TOP TIP

How can I support my child with what they've learned through PSHE?
It's important that learning about things such as online safety, digital resilience and healthy relationships is a partnership between parents and schools. Talk to your school about what they're teaching in PSHE and when. You'll find information to support your children's education about the digital world at **www.thinkuknow.co.uk** and **www.parentinfo.org**

PSHE, SRE or RSE? Education explained

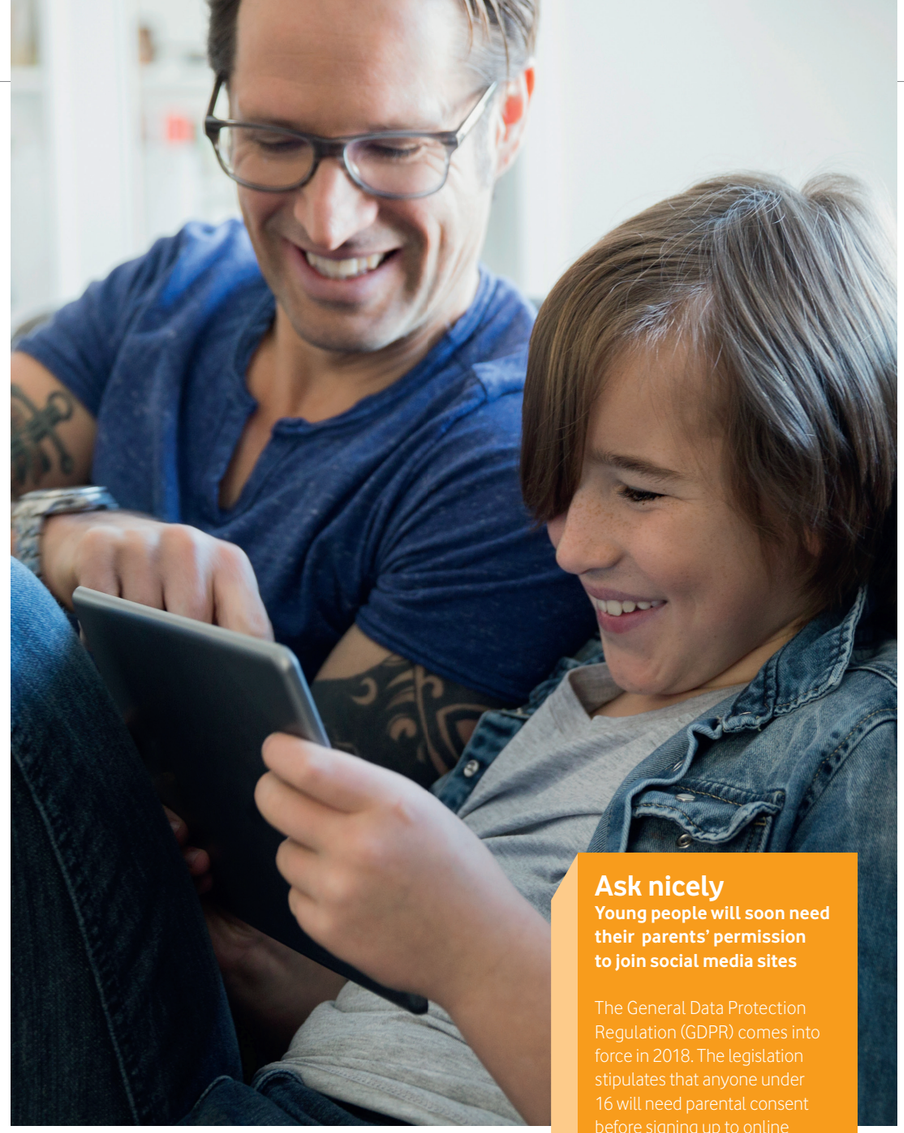
PSHE
Personal, social, health and economic education (PSHE) is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.

SRE
Sex and relationship education (SRE) is part of the wider PSHE curriculum, dealing with the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

RSE
Relationship and sex education (RSE) was the term used by education secretary Justine Greening in March 2017 when she announced government plans to make sex education compulsory in all schools in England and Wales.

"Give our young people the necessary guidance and allow them room to explore"

Digital Parenting asks the minister of state for digital, **Matt Hancock**, about government plans for keeping our children safe online



If you could do one thing tomorrow to improve the online lives of UK children, what would it be?
Simply being aware of the dangers will make the most difference. Yes, the online world contains many hidden risks, but there are also dangers in the offline world and we don't address those by severely limiting children's freedom – we give our young people the necessary guidance and allow them room to explore. That's how we should approach online risks, too. The internet is full of fantastic opportunities for children to learn and grow and we'd hate for them to miss out. It's all about making sure children feel confident and safe online, but still have the freedom to develop.

For that reason, the UK Council for Child Internet Safety (UKCCIS) set up a working group, at the government's request, to look at the effectiveness of family-friendly filters – and, in particular, to make sure they are not inadvertently filtering out content that actually helps our young people, such as providing important advice on topics like suicide prevention and bullying.

How can schools help to build children's digital resilience?
Schools already offer strong support to parents and children alike, but we are encouraging a number of new initiatives that will help.

Parent Info, for example, an initiative delivered by the Child Exploitation and Online Protection Centre (CEOP) and Parent Zone, regularly collates the latest expert information, which can then be uploaded for free onto schools' websites. We have put e-safety front and centre in the computing curriculum, to make sure our young people are digitally savvy and can stay safe both at home and elsewhere.

What is the government doing to help families adapt to raising children in a digital world?
We have already shown our commitment to keeping children safe online by introducing the most robust internet child-protection measures of any country in the world. We have ended the easy availability of adult content by giving parents control of what their children can access through family-friendly filters, and by making it a legal requirement for those delivering adult content to ensure it is safely behind an age verification control.

Images: Getty

Ask nicely

Young people will soon need their parents' permission to join social media sites

The General Data Protection Regulation (GDPR) comes into force in 2018. The legislation stipulates that anyone under 16 will need parental consent before signing up to online services, including social media. EU member states can set the limit at a lower age, as long as it's not below 13, and the UK government is considering what age this should be.

"The UK is world-leading when it comes to child internet safety," says Matt Hancock. "I am not aware of any other country that has introduced family-friendly filters at network level as we have, that has legislated to introduce age verification to protect children from accessing pornographic material, or that works so closely with industry to deliver effective solutions. The GDPR is a great step towards making the UK the safest place in the world to go online."

Opening up the world

Children and young people with special educational needs (SEN) or physical disabilities are benefitting from the growing range of devices and software

Dexter and his son Soleil

School days can be particularly tough for those with mental or physical challenges. But technology is making a difference, helping young people get on with everyday tasks, or simply enjoy themselves, without being singled out as being different.

Learning about life online
Four-year-old Soleil from West London is autistic. His father Dexter told us, "Soleil absolutely loves technology. He goes online for entertainment, but he also uses it to find things out and to regulate himself.

"While he loves watching cartoons, other videos can help him understand and become comfortable with a tricky experience he's had in the offline world.

"For example, he once had a fire-drill at nursery, which he hated due to the loud noises. Once he got home, he went online and watched videos of fire alarms for weeks on end. He uses technology to make sense of experiences that have made him scared or uncomfortable."

A helping hand
The development of assistive technology (AT), has helped children who would otherwise struggle to keep up with their peers and maintain their independence, which in turn increases their self-confidence and keeps them motivated.

"Technology has become an essential teaching tool in the classroom," says Laurel Fleck, a deputy head teacher from north London. "It can improve concentration and engagement for a whole class, a small group or individual teaching. It can be used effectively to assist children who need extra help, such as touch-typing apps for children with dyslexia."

As technology develops, the world of learning looks set to open up for a generation previously denied the chance to pursue their dreams.

For more information and advice:
- British Assistive Technology Association **www.bataonline.org**
- SENDirect **www.sendirect.org.uk/categories/education-learning**
- The National Autistic Society **www.autism.org.uk**

Accessibility services for your child from Vodafone

We want everyone to be able to use mobile technology. If your child has accessibility requirements, we provide a range of services that can help

- **Next Generation Text Relay** Translates voice to text and text to voice
- **SMS emergency calls** Allows you to text 999 in an emergency
- **195 free directory enquires** For the blind or partially sighted
- **Dedicated call-centre team** Specialised team offering help and support
- **Specialist handsets** Designed to help with a child's specific needs
- **SignVideo** Gives British Sign Language (BSL) users free access to an online interpreter if you need to contact us
- **Third party bill management**
- **Bills in large print and Braille**

For more information about the accessibility services available, see **www.vodafone.co.uk/accessibility-services** where you'll find videos and advice, as well as a webchat link to our advisors. Alternatively, you can call our specialist team on 0333 304 3222.

Did you know?
Vodafone devices have a content bar, which blocks access to websites with 18+-rated material. This is turned on by default and can only be disabled if someone 18 or older gets in touch with us and requests that it be turned off. Any listed child-abuse sites are blocked via the Internet Watch Foundation, which is updated daily.

We need to be doing our bit

Helen Lamprell, Corporate & External Affairs Director of Vodafone UK, explains why *Digital Parenting* magazine, now in its sixth edition, is more important than ever

Digital Parenting is about giving people the practical, expert advice that will help them when it comes to talking to their children about the online world. It also informs them of the technology they need to be talking to their children about.

It can be easy to say, 'Well, we've been doing this a long time, do we need to do it again?'

Then you look at the way things move forward and think, 'Yes, this is still a big, live issue and we need to be doing our bit.'

The debate around how quickly social media sites should be taking down offensive content, for example, reminds you of the importance and relevance of what we do.

Digital resilience is key
We have to help children understand how they can keep safe, what can happen online that could cause them stress, and how to deal with it.

It's about educating children, parents and the whole community about how they can make good decisions online, and about applying critical thinking to what they see and what they read.

Reaching millions of families
The last issue of Digital Parenting was sent out to 1.5 million families. I'm immensely proud of the fact it's had such a tremendous impact.

I've received some great feedback from people I've bumped into – not just parents, but people who are experts in the field who say, "I've read your latest version and it's great; it's got some really good information in there."

More than 4 million copies of *Digital Parenting* have been distributed to families since its launch in 2009

It's helped my family, too
I had a conversation with one of my children the other day about a singing app she'd been using. We talked about the settings and she realised she hadn't set them up in the safest way. I knew what to look for and how to sort it out. I don't think I'd have been able to do that if I hadn't read this magazine.

It also helped me to have a conversation with her in a way that means she will tell me in the future if anything goes wrong. I think it's really important not to punish your children when they've made an innocent mistake or done something stupid. If you do, they're never going to come and tell you again if they get into trouble.

My one piece of advice
Learning how to turn off notifications is one of the things that all parents and their children can benefit from. It's really annoying if the phones all ping at the same time in the family WhatsApp group.

Images: Gallery Stock; Getty

Helping one another

Tessy Ojo, CEO of The Diana Award, describes the organisation's great work against cyberbullying and its Anti-Bullying Ambassadors Programme

All forms of bullying can have a lasting impact on a young person's confidence, self-esteem and mental health. Unlike other bullying, cyberbullying can't be left at the school gate – it has an impact on a young person's online life, which can't be easily switched off.

At the heart of our work is the belief that young people are the best instigators of real, sustainable change in the lives of other young people. Therefore, we enable and support young people to take positive social action on issues that affect them.

Our peer-led Anti-Bullying Ambassadors Programme has seen more than 24,000 young people trained as Anti-Bullying Leads in their schools, communities and online. Our training empowers young people and staff to change attitudes, behaviours and the culture of bullying. It gives young people the tools to support their peers and the ability to regulate their own behaviour.

In partnership with Vodafone, The Diana Award also delivers the Be Strong Online Ambassadors Programme. These ambassadors lead interactive sessions with students in schools and run whole-school awareness campaigns to increase their peers' digital resilience – the capacity to cope with adversity online.

Cyberbullying is distressing for any young person. But they don't have to suffer in silence.

For information, go to **bestrongonline.antibullyingpro.com** The Diana Award support centre also has advice for children and young people. Go to **www.antibullyingpro.com/support-centre**

Vodafone's #BeStrong anti-bullying emojis help children and young people support friends who have been bullied. Download them from www.vodafone.com/be-strong-online-emojis

What you can do

Children can be worried that by telling their parents they will be banned from social media or their devices will be taken away. Reassure them that this isn't the case. Instead, go through these useful tips as recommended by Respect Me, the Scottish anti-bullying charity.

1 Set social media accounts to private and help them delete offensive comments.

2 Go through abusive messages or images and ask them to show you any they receive in the future. If messages or images can be construed as illegal, keep copies, dates, times, email addresses or phone numbers and take them to the police.

3 Turn off location settings so bullies can't find them in the real world.

4 Block users on apps, or the phone numbers of anyone bullying them via text messages.

5 If the cyberbullies go to your child's school, inform a teacher, and ask them for help to implement a plan of action.

For more information on this and what to do if you think your child is bullying someone else, go to **www.respectme.org.uk**

Is your child influenced by harmful sexual messages online?

Clinical psychologist **Elly Hanson** offers some useful tips and advice for parents

Pornography, violent video games, derogatory comments on social media, and sexualised music videos and lyrics can all spread negative messages about sex, and about girls and boys. These messages can harm young people, making it harder for them to develop and enjoy good relationships with one another.

These messages include:

- Sexiness is about how someone looks, rather than their character or the personal connection
- It's cool or normal for boys to be sexually pushy, or manipulative (eg pretending they have feelings for a girl)
- Girls shouldn't be too sexual (for example, girls getting called names if they're suspected of having sex)
- Sexual activity is mainly about satisfying male sexual desire
- Being gay, bisexual or transgender is not normal, or OK

Young people who are influenced by these ideas might not state them outright, but they spread through things like jokes, and people being given kudos if they act in line with them – or put down if they don't.

Research suggests that when peer groups take on these views, harassment and abuse are more likely, and it makes it harder for both girls and boys to enjoy equal relationships with each other.

What should I look out for?

Some signs your teenager or their friends are giving these ideas air-time:

- Sharing jokes or comments online about sex that's not consensual or mutually enjoyable
- Online chats discussing people as sex objects, with no apparent respect for their thoughts or feelings (including comments like 'I'd do her')
- Frequently rating and comparing people on their sex appeal or sexual behaviour
- Glamorising things like pornography, and sex that's the result of persuasion or coercion.

Illustration: Bratislav Milenkovic

What you can do

1 Challenge the attitude or behaviour without shaming them. You could mention how easy it is to be influenced by things we see online.

2 Don't worry if your child is defensive. Even when people argue back, they often still mentally shift their thinking, and parents' views do have an impact on teenagers, even if they might not admit it.

3 Brush-offs can floor us ('Lighten up'; 'I'm not hurting anyone, relax!'). Maybe have a response or two lined up to challenge any, drawing attention to how people on the end of such behaviour feel and pointing out that resisting negative ideas is a strength.

4 Explore with them how they might 'call out', or step out of, sexist or negative peer-talk.

5 Research shows that boys are more likely to share sexist jokes if they feel insecure about their own masculinity. Think about how you might build their identity and confidence around more positive things (like sport, friendship, creativity, etc).

6 Talk to your child about pornography and how it can get in the way of people having good relationships by offering unrealistic ideas about sex and relationships.

7 You could also talk to your child's school or college. Find out what they do to promote a safe culture, and ask your child how teachers respond to sexist behaviour. How is sex and relationships education taught?

8 If the school doesn't seem to have a thoughtful and effective approach, encourage them to rise to their responsibilities – and invite other parents to talk to them too, to emphasise the point.

For more information and advice, see Thinkuknow from CEOP, the National Crime Agency's Child Exploitation and Online Protection command **www.thinkuknow.co.uk/parents**

Quality is key

As part of a research project for the London School of Economics and Political Science, **Sonia Livingstone** and **Alicia Blum-Ross** have been speaking to parents about the controversial issue of screen time. Here's what they've learned

In our research with parents, we've been struck that, no matter how different their family circumstances are, parents nearly all watch the clock when it comes to their children's screen time. Whatever the activity, be it chatting with friends, downloading music, doing homework or Skyping Granny, parents lump it together as 'screen time' – and then worry about it.

What should parents do?
The original 'rules' concerning screen time from the American Academy of Pediatrics were heavy-handed and included no screen time at all for under-2s, but this has now been revised.

Today, many experts agree that it isn't the amount of time with media that's important, but the quality of the time spent.

Nor do they agree that digital media is always harmful and needs to be restricted, or that allowing children screen time makes someone a bad parent.

Although research shows that when parents restrict internet use, their children are exposed to fewer risks, it also indicates that they miss out on opportunities.

If you are open to improving your own digital skills, and don't allow yourself to be scared off by technology, you will be better able to support your children when they do (inevitably) run into some form of trouble.

Talk with your kids about what they are doing, learning or struggling with, rather than simply telling them to 'turn it off'. Encourage their interests and try to understand them yourself by asking questions, or joining in, with what they're doing.

Screen time and children with special educational needs and disabilities (SEND)
For some families, digital media provides a safe place to play when safety in the world outside isn't guaranteed. We interviewed families with children with special educational needs, and found that:

- Parents and children turn to digital media for a variety of reasons, including much-valued respite and calm
- Parents, siblings and children with special educational needs can play games together, providing opportunities to enjoy and engage
- Assistive technology, like digital Picture Exchange Communication Systems (PECS), helps many families with children with special needs participate in family life.

What you can do

Ask yourself the following questions:

1 Do you think what your child is looking at on their screen is imaginative, or provides opportunities for them to learn or be creative?

2 Does it affirm your child's own culture or, perhaps, introduce them to other lives and experiences?

3 Is your child responding positively – perhaps with concentration, or play, or social interaction, or thoughtful questions?

Screen 'time' is not created equal, but varies enormously by the context of how it is used, the content that is engaged with, and the connections it fosters (or fails to). Helping parents keep sight of this, and helping them balance their hopes and fears, is what really matters.

Source: Ofcom report - Children and Parents: Media Use and Attitudes; Images: Getty

TOP TIP

How much is too much?
Rather than timing how long your child spends on screen, consider their screen use in the wider context of their life.

Ask yourself, is your child:

- Eating and sleeping enough
- Physically healthy
- Connecting socially with friends and family – whether with technology or not
- Engaged in and doing well at school
- Enjoying and pursuing hobbies and interests – again, whether with technology or not

Find out more at **www.parenting.digital**

The LSE has produced an infographic for parents on the positive use of screen time. It includes learning to code, watching educational videos, and even playing video games, which can help reading and writing skills, with the average text in popular video games being four grades higher than the text in newspapers. View the PDF at: **www.dmlcentral.net/screen-time-kids-getting-balance-right**

Are you a tech role model?

How can parents help their children to control their tech time if we struggle to control our own, asks Parent Zone CEO, Vicki Shotbolt

My phone is my alarm clock and, with a teenage son, I like to have it close at all times so that if he gets stuck late at night, I can spring into action and kick his dad out of bed to pick him up.

I also have my phone beside me when I watch television, and it's in my pocket when I walk the dog.

But, like many parents, I worry that technology has become too big a part of my family life. And not just about the amount of time my son spends online – the amount that I do, too.

According to Ofcom research, two-thirds of adults with social media accounts are checking them more than once a day, increasing to 85% of 16-24-year-olds. We spend more than 21 hours a week on the internet. It's a bit like chocolate – we know we're having more than we should, but it's really hard to cut back.

Yet, although we might feel guilty about the amount of time we spend on technology, it is fundamentally a wonderful thing for families. So how do we deal with the guilt and resume control?

Do your children ever ask you to put your device down? Have you ever found yourself not really listening to what your child is saying because you're looking at your phone?

Your children will see how you use technology and they will copy you, disregarding any guidance you give them if they see that the rules you set for them are different to the standards you set for yourself.

Here are some simple steps to make sure tech doesn't nudge out some of the other things that make family life special.

1 Turn off notifications to avoid that constant 'ping'

2 Use an alarm clock so you don't have devices in the bedroom

3 Keep your phone on silent in your pocket or bag when you pick the kids up from school

4 Not all families eat meals at the dinner table, so a 'no phones at the table' rule won't work for everyone – try a 'no phones between 6 and 7pm' rule instead

5 Some radical folks have family tech-free days

"Have you ever found yourself not really listening to what your child is saying because you're looking at your phone?"

Keep out!

Criminals are finding increasingly sophisticated ways to get you and your family to part with personal details or cash online. **Ann-Marie Corvin** describes their methods, and how you can stop them

Phishing

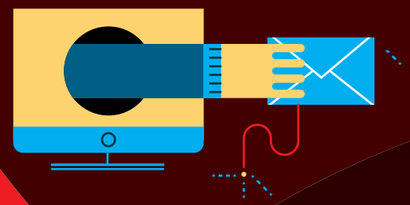
This involves fake emails asking for your security information and personal details. They are usually highly tempting (often appearing to be from official sources, offering tax rebates or 'special' student grants), or highly convincing, from a large company you may have an account with (because so many people do).

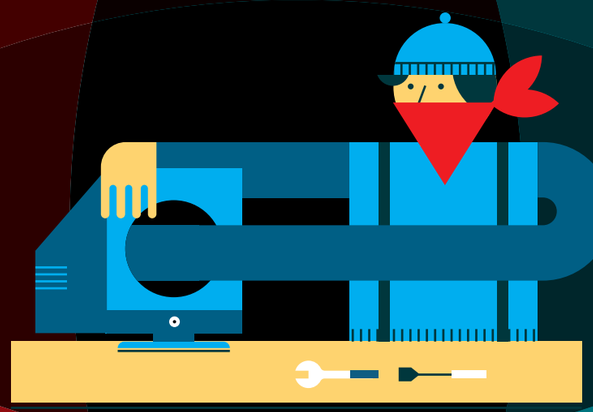
This will often be in the form of a bill you weren't expecting and ask for your bank details and/or account passwords. In 2016, for example, a convincing email was sent to teenagers who were about to start university – so even young people can be targeted.

Remember, no bank or institution will contact you by email and ask you to enter all your personal and financial details online.

What you can do

If you receive a message like this, delete it. If you are worried about an outstanding invoice email, contact the relevant company through their websites, but never through the contact links sent in the email.





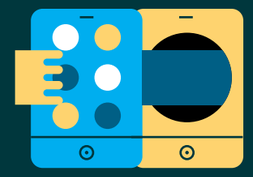
Clickjacking

This is a malicious technique frequently found on social media. The links are designed to be highly clickable, luring you in with an amazing offer or fake sensationalist celebrity gossip.

Once you click on the link, they will generally take you through to other sites, asking you for personal information. Once activated, these links may download malware or ransomware, allowing criminals to take over your device.

What you can do

Warn your child to be careful what they click on. With clickjacking links, there is often something suspicious if you look closely – like a spelling mistake or a logo that isn't quite right. An offer that is too good to be true often is. If it doesn't seem right, don't click on it.



Ratting

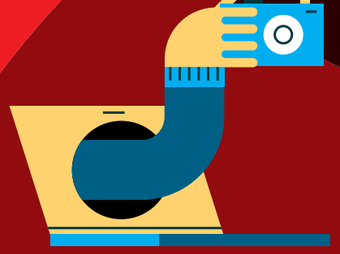
'Peeping Tom' hackers fool users into downloading a piece of software on to their computer called a Remote Access Trojan (RAT), which then takes over their webcam. Phishing emails or clickjack links – often aimed at teens – are common techniques for spreading them. Some have been spread by downloading online games.

Once criminals have access to the webcam, they can start spying on and filming the device's user. Victims can then be blackmailed, or images can be auctioned on the Dark Web.

What you can do

Ensure your family computer's firewall is switched on and install security software that offers malware and spyware protection on all your family's devices.

Advise your child to download games from reputable sites only. Think carefully about leaving webcam-enabled devices in bedrooms and private areas, or follow the Pope's example: he was pictured with a sticker covering the camera on his iPad.



Cyber attacks

Large corporations and institutions, including the NHS, have fallen prey to hackers unleashing malicious ransomware programmes that lock companies or individuals out of their computers until a ransom has been paid. (Although, even then, you may never recover your files.) Two years ago, a well-known educational toymaker was also hacked by criminals, resulting in parents' and children's data being stolen.

What you can do

Ransomware attacks prey on the vulnerability of machines running unsupported older operating systems.

Protect your family at home by running operating system and security updates as soon as you are notified about them, using firewalls and anti-virus software, and by being cautious when opening emails.

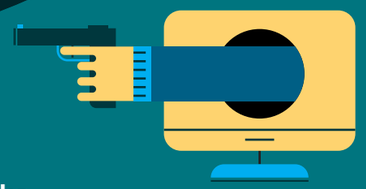


Illustration: Romualdo Faura

Passwords

Be unique

Teach your child to create strong, unique passwords for each device and service they use – games, social media, forums. The same goes for internet-enabled toys. Many use Bluetooth and have pre-set passwords that are easily hackable, such as 0000 or 1234. Change these as a matter of course.

Selfish is good

Tell them not to share their passwords with anyone.

Use 'passphrases', not passwords

Longer passwords are difficult to remember. So, create a 'passphrase' using three random words together.

Complicate things

Symbols, numbers, and combinations of upper and lower case can also be used for added security.

Further information
Get Safe Online:
www.getsafeonline.org

Social media, body image and the pressure to look ‘just right’

Social media can be a positive tool to help young people develop. But constantly chasing ‘likes’ can make them feel insecure. Psychologist **Dr Linda Papadopoulos** is here to help you find the right balance

78%
of 10-12-year-olds in the UK have social media accounts

49%
of under-13s have a Facebook account

41%
are on Instagram

40%
aged 8-17 years said they have received negative comments on a photo they’ve posted

35%
of boys and

51%
of girls aged 8-17 worry about how attractive they look when they share photos online

Dr Linda Papadopoulos is an ambassador for Internet Matters. For information on how to keep children safe online, visit **www.internetmatters.org**

internet matters.org

Many social media platforms offer brilliant and exciting services. They remove the physical barriers to social connections and allow us to share things that matter to us.

They help young people explore new ideas, and have the power to motivate people and action social change. We want our children to tap into these positives.

However, social media now acts as an outlet for defining who we are, and as a tool for comparing our lives with others’ – which can have a direct effect on self-worth and self-esteem.

Selfie culture means young people are ‘fixing themselves’ by editing and re-editing their images to get maximum approval. But, more often than not, they cannot live up to their own creations, and their images are often driven by achieving unrealistic social media hashtags, such as #bikinibridge or #thighgap.

It’s not a new phenomenon to be concerned about how others see us, but the ability to ask for opinions and call on our peers for constant feedback is. This preoccupation with how other people react to what we post can lead young people to feel unsure about their value.

Constant posting may also open them up to receiving more negative comments online than compliments. They are also performing to an audience they don’t necessarily know, which leaves them vulnerable.

So, while there are many benefits to social media, it’s important that we discuss with our kids the importance of using it in a healthy way.

What you can do

We need to talk to our children about the impact of seeking approval from the online world, and comparing their lives to the edited versions of other people’s lives.

We must help them mentally disconnect from the constructed identities they’ve created online and allow them to gain the freedom to know who they really are.

As parents, we can help remind them not to put all their self-esteem eggs in one basket, and to focus on other attributes other than their appearance.

We also need to stress the potential effects that constant communication can have on their sleep and their health, and help them make more informed choices about physically disconnecting by switching off at night.

We must value their mental health as much as their physical wellbeing, and help them learn to use social media as a tool for growth and development.

Never too young to boost body confidence

Minnie and Max Are OK! is a lovely book aimed at promoting self-esteem in children from three to seven years old.

“Celebrity culture, social networking and the rise of the filtered selfie is impacting on our young people,” says co-author Nicky Hutchinson. “We need to start building body confidence as young as possible.”

Minnie and Max Are OK! by Chris Calland and Nicky Hutchinson is published by Jessica Kingsley.

WhatsApp
What’s it good for? Chatting with friends, arranging meet-ups, helping mates with homework.
Cause for concern? Could be used to bully, belittle or freeze someone out.

Instagram
What’s it good for? Sharing images of people and special moments, following celebrities, showing off your creativity.
Cause for concern? Pressure to look good; unreal expectations of beauty or body image; negative comments.

Snapchat
What’s it good for? Sharing photos, having a laugh with funny filters, building friendships.
Cause for concern? Ethereal nature of Snaps means people may share unwise images thinking they will disappear, but they can be screen shot and saved and shared by others.

bbc.co.uk/mediacentre/latestnews/2016/newsround-survey-social-media; The Power of the Image Report for Safer Internet Day 2017, UKCCIS. Additional reporting: Eleanor Levy

Why do children do it?

Although many adults are involved in sexting, parents can find it difficult to understand why their children would put themselves at the risk of having sexual images shared. Here are some reasons:

- To get likes and follows on social media
- To get positive comments from others
- To explore their burgeoning sexuality
- They believe everyone is doing it
- They are put under pressure by partners to 'prove' how much they love them

Sexting: the new rules

New guidance helps schools deal with youth-produced sexual imagery, says **Megan Rose**

Parents would be forgiven for thinking there is an epidemic of sexting among young people. Lurid headlines paint a picture of a highly sexualised generation sharing nude or semi-naked images of themselves via their mobile phones.

In fact, a study from the NSPCC and Office of the Children's Commissioner England, found that around one in eight children (13%) had taken topless pictures of themselves, with 3% saying they had taken naked shots. Of those who had taken sexual images, 55% had then shared them with others.

But, even if the vast majority of children and young people aren't sharing 'nudes', the pressures from them to do so are there, with six out of 10 saying they have been asked for them. And, as incidents often come to light when pupils share images at school, it's often teachers who have to deal with the situation.

The UK Council for Child Internet Safety has published new guidelines for teachers on how to deal with sexting incidents. Here's what parents need to know about them.

What is sexting?

In the guidance, the term sexting is replaced with the term youth-produced sexual imagery. This refers to images and video footage that is either owned, shared or created by young people under the age of 18.

Sexting is illegal – but that doesn't mean a criminal conviction

Even though it's legal to have sex at 16, it is illegal to create or share sexually explicit images of people under the age of 18, even if the person in the picture is you.

The law was designed to protect children – in the UK, this is anyone under the age of 18 – from adult sexual predators, not to criminalise teenagers for exploring their sexual feelings.

Previously, if a school found out pupils under 18 had been sharing such images, even consensually between partners, they had to inform the police.

The guidance now advises that if the school believes that coercion or abuse has not occurred, they can handle the incident internally.

If the school does refer the incident to the police, they will investigate and it may result in a criminal conviction or, more likely, become what is known as an outcome 21.

Outcome 21

Even though a young person has broken the law and the police could provide evidence that they have done so, the police can record that they chose not to take further action as it was not in the public interest.

What you can do

1 Show your child this article. Then discuss with them that the law exists to protect them from unscrupulous or controlling adults, not to stop them having fun.

2 Most young people know that nude images can be screen shot and shared, but they think it won't happen to them because they trust the people they are sharing them with. Encourage them to question why people want these images, and think about what they would do if they fell into the wrong hands.

3 Boost your child's self-esteem so that they don't need to seek the approval from others to feel good about their bodies or how attractive they are.

4 If you discover a fellow pupil has shared a sexual image of your child, talk to the school's safeguarding lead or a teacher you trust. They will refer the incident to the correct person and follow these guidelines for dealing with it. Then give your child a hug and let them know you still love them and will support them.

When to call the police

If you find out an adult has shared a sexual image with your child, has shared one of your child, or asked them to send them one, you can report it to CEOP at **www.ceop.police.uk/safety-centre**

How might this work in real life?

1 A pupil tells a teacher that her 13-year-old friend has been sent a naked image of a boy and is upset.

The teacher refers this to the school's designated safeguarding lead who then talks to the girl. Her parents are invited into school and it's established that the image was sent by a boy the girl met outside of school. The girl is asked to disclose the details of the boy, which the school pass on to the police. Her parents are informed about further support made available to them and their daughter.

2 A 15-year-old boy and 16-year-old girl who have been going out for a year have been sending each other semi-naked images.

A teacher refers the incident to the designated safeguarding lead, who talks to them separately, and is satisfied that neither was coerced or harmed, so tells the parents but doesn't involve the police. The pupils are told of the law relating to creating and sharing youth-produced sexual imagery, and their parents are signposted to further support and information.

Image: Getty

Additonal information: Eleanor Levy

Broadcasting live

Kids love live-streaming apps. Here's what parents should know about them

The first webcam was used at Cambridge University in 1991 to live stream a pot of coffee, so people could see when it needed to be refilled.

These days, live-streaming apps allow users to chat or broadcast to other people in real time. They range from those primarily designed for talking to friends and family, such as Skype, to apps that enable you to share moments in your life with a wider online audience, such as Musical.ly or Facebook Live.

But upsetting cases involving some live-streaming services and worries that adults may be using services to groom children, have caused concern.

X Factor appeal

For a generation of teens brought up on shows like *The X Factor* and *The Only Way Is Essex*, these apps offer them the chance to star in their very own reality show.

Used in the right way, they also allow children and young people to practise their communication and presentation skills, and boost their confidence.

For those who use apps to be creative, such as sharing singing or dancing performances, they also provide immediate feedback, as many apps offer those watching the chance to ask questions, comment or send positive emojis, such as hearts, to show they like what they see.

Should I be concerned?

Because live-streaming apps are instant, there is no moderation. No one is watching over what your child is doing in front of others, or what those watching are doing to them.

Putting yourself out there means allowing others to comment on what you do and who you are. If comments are negative, or even if you feel you are not getting enough likes, it can make you feel bad about yourself.

Live streaming with strangers is inherently risky, but your child might not think their online friend is a stranger, so could be persuaded to do things they wouldn't normally, such as sharing sexual images.

Adults who groom children will often meet them in moderated or public online spaces and then develop a relationship until they can persuade them to take their communication into a private, unmoderated service.

Even if you don't know your child is using live-streaming apps, warn them of the dangers of doing so. As with any online service in which they're interacting with other people, you should also advise them not to give anything away that will identify their full name, where they live, hang out, or go to school.

Teach them how to block and report on any service they use – and make sure they have a trusted adult who they can confide in should something go wrong, even if that person is not you.

What you can do

Take an interest in the apps your child uses, as many, such as Facebook, that aren't primarily live-streaming apps, now have that facility. Give them lots of opportunities to tell you if anything is troubling them by asking questions.

Help them set up privacy settings limiting the people who can interact with them to those they know in real life.

Drum into them the importance of not giving away any details that could allow people to find them in real life, such as location information, school or address.

Make sure they know how to report any harassment to the app (See our Tools section on p45). If an adult makes a sexual approach, they should tell you or another trusted adult and report it to the Child Exploitation and Online Protection Centre (CEOP) at **www.ceop.police.uk/ceop-report**

33%
of 8-17 year-olds have broadcast via a live-streaming service

Three of the most popular live-streaming apps

Skype

Skype was the first widely used live-streaming service and has spawned its own verb, 'to Skype'. It has become a popular way for children to keep in contact with family members who live far away. You can make and receive live video calls for free and conversations can't be recorded. There are, however, ways to keep chats without the other person knowing, including via software that records your device's screen, or external webcams.

Musical.ly (13+)

This karaoke-style app has proved hugely popular with children. It allows you to make your own videos by lip-synching or dancing to pre-recorded music on the app, while other users send messages or comment. It's created its own YouTuber-style stars, including teen twins Max and Harvey Mills.

YouNow (13+)

A live-streaming app and website that features a pop-up window that allows users to watch live broadcasts while chatting to others or leaving real-time messages for the broadcaster. It's free to use, but you can pay to 'virtually tip' broadcasters, while popular broadcasters are invited to offer a paid-for subscription to users. Visit our Tools section on p45 for advice on blocking and reporting on apps, including these.

Images: Getty; Words: Eleanor Levy; UK Council for Child Internet Safety – Safer Internet Day 2017: Power of Image

Just one thing...

On page 8, experts give their tips for keeping safe online. Here, parents and children get their chance to share

From parents to parents

"It's important to let my 12-year-old son have some privacy when he's on the computer, so he doesn't feel the need to hide away or go on secretly. I show an interest in what he does and never dismiss its value. We talk about safety and responsibility. Realistically, I can't monitor his entire use and, indeed, don't want to."

Pankaj, dad of three, aged 8, 12 and 14

"I talk to my kids about how to stay safe and be responsible online. They also know that if something upsets them or goes wrong, they can bring it to me and I won't be angry. We can't expect kids to tell us about a problem if the response might be to punish them."

Jenny, mum of two, aged 6 and 9

"I make an effort to be on the latest social-media platforms, or at least to understand them. Then, I've got a broader view on what the risks and rewards are, so I can have a better conversation with my children about them."

Adele, mum of twins, aged 9

"I encourage my children to use the internet but maintain an interest in what they're doing. I stay as involved as I can in their online life and keep an eye on where they go and what they enjoy doing the most."

Molly, mum of two, aged 4 and 9

"Don't stop your child from going online and don't block everything that might interest them."

Jess and **Sofia**, 14

"Know where your child goes online, what she is doing and who with."

Gwen, 11

"Don't wait until there's a problem before you start talking about it."

Hope, 15

From children to parents

"Share your knowledge about how to keep safe and your expectations for kind and positive behaviour. Be a good role model in everything, from privacy settings to the content of your posts."

Katie, 12

"Have rules which you both agree to, such as no devices during dinner or in the bedroom, limited use of devices when you have visitors, only one hour of screen-free time before bed, and no pictures of others unless they have agreed."

Joy, 15

Thanks to pupils from Alfriston School for their wise words

Awkward conversations, and how to have them

Psychotherapist Mark Linington offers advice for tackling tricky topics

When one of my sons was 10, I sat him down and had a chat with him about internet porn. It didn't go as well as I hoped. For one thing, I could see he was nervous when I asked if we could have a talk. Then, I muddled my words. He blushed and said, "This is awkward" and we agreed we would do it another time.

So, don't do what I did and have 'the chat' as a special thing. Instead, fit it into a time you are doing an activity together, or walking or driving somewhere. My son is now 16 and we have had many more successful conversations since. I learnt my lesson.

Practise. You will be calmer if you've talked it through with someone, such as a partner or friend, beforehand.

Go slowly. When talking about pornography, for example, a couple of sentences which introduce in simple language what it is can be a massive step (something like, "Pornography is pictures or films of people doing something sexual together"). You can always go back to the subject again.

The secure adult who listens

Be interested in what they say. Asking a question or two about what they think, especially with teenagers, can help young people develop their own thoughts on a difficult subject.

Don't judge. If they say something you disagree with, you can explain there are other ways of seeing things, but make a distinction between what are your opinions and what are facts. The important thing is to be the secure adult who will listen, no matter what. Be someone they know they can return to when things are difficult.

Encourage them to think critically about what their friends say. Young people often talk to their friends about the same issues you're concerned about. However, peer groups can be a source of misinformation, so teaching your child to question what's being said to them is an important skill for life (see page 12 for more).

Mark Linington is an attachment-based psychotherapist who works with children, parents and carers at special schools and The Bowlby Centre, London.

What you can do

Turn to tech

Talking doesn't just happen face-to-face. If your child communicates with their friends by Snapchat or WhatsApp, you can do the same. Apps, or good old-fashioned texting, can be a useful tool to follow up a conversation without embarrassment, or simply just to let them know you're there if they need you.

Use the news

If you think your child may be taking risks online, it may be easier to talk about something that has happened to someone else first, as a way in.

Mentioning stories you've seen on TV or social media, or conversations you've had with other parents about things their children have experienced online, can be useful ways to start a conversation about a difficult subject.

Finding the right words for very young children

Cyberbullying can be difficult to explain to very young children. So, rather than asking them if they're being bullied, ask them if anyone they've talked to online is being mean or has tried to make them look bad.

Parents and grandparents sometimes use cute terms for genitals when children are young, but kids who are used to using the correct terms for body parts, and know what penis or vagina mean, are more likely to recognise when someone is behaving inappropriately.

On that point, even the term 'inappropriate' could confuse younger children. Instead, ask about whether someone made them have 'that feeling in your tummy when you know something isn't quite right'.

"The important thing is to be the secure adult who will listen, no matter what. Be someone they know they can return to when things are difficult"

Image: Getty

BBFC: the parent's friend

Many parents will recognise the British Board of Film Classification's (BBFC) age-rating symbols from the cinema or DVDs and Blu-ray discs. Here, their CEO, **David Austin**, explains they are now also guiding families online

At the BBFC, we age-rate content using our classification guidelines, which are based on large-scale UK public-opinion consultations. More than 10,000 members of the public, including parents and teenagers, contributed to the most recent guidelines, published in 2014.

Video on demand
The major video-on-demand (VOD) platforms also use our ratings, with Amazon, iTunes and Netflix all carrying BBFC age ratings for films, as well as for their own content, such as *House of Cards* on Netflix and *Mr. Robot* on Amazon.

Protecting children on their mobiles and tablets
All the UK's major mobile phone operators restrict access to material based on the BBFC's guidelines, with any content accessed via 3G or 4G that the BBFC would rate 18 or higher being placed behind adult filters. All phone contracts in the UK come with these filters automatically activated. Pre-paid phones are also filtered at device level by all major UK phone operators.

Age verification of online porn sites
Under the terms of the Digital Economy Act, due to come into force in spring 2018, the BBFC is named as the preferred regulator to be given the role of ensuring commercial pornographic services most likely to be visited by UK children are employing robust age verification to protect them from potentially harmful content. Guidance will be published about these new regulations before they come into force.

Image: Getty

Film ratings

U — Generally suitable for children aged 4 and older.

PG — In general, should not unsettle a child aged 8 or older.

12A — For cinema films only, where the content is generally suitable for children aged 12 and over, but an adult may take a younger child to see the film if they think it is suitable for them. The equivalent rating for DVDs and Blu-ray discs is 12.

15 — No one under 15 may see a film in a cinema or buy a DVD or Blu-ray disc rated 15.

18 — No one under 18 may see a film in a cinema or buy a DVD or Blu-ray disc rated 18.

Game ratings

Since 2012, age-rating video games has been the responsibility of the Video Standards Council (VSC), which uses the PEGI system for classification

3 — **PEGI 3** Games given this rating are suitable for all age groups. Could contain comic violence and natural, non-sexual nudity.

7 — **PEGI 7** A game that would normally be rated PEGI 3 but contains some possibly frightening content. Any violence must be unrealistic, often directed towards fantasy characters.

12 — **PEGI 12** Games could include sexual innuendo, some violence, including graphic injuries to fantasy characters, and mild bad language.

16 — **PEGI 16** The game may feature a lot of death and injury to human characters. It could also include sex, swearing, drugs, smoking, glamorised crime and alcohol.

18 — **PEGI 18** Adult classification could include sexual threat and violence, decapitation, visible genitals, torture, how to commit crime, dismemberment and drug taking.

For more about PEGI ratings, visit www.videostandards.org.uk

Help at hand

Find information on how to report and set privacy and parental controls on apps and online services. Compiled by **Vicky Prior**, editor of Vodafone Digital Parenting website **www.vodafone.com/parents**

Building digitally resilient children is a process that continues as your child grows. And, even though children are accessing the internet at an increasingly young age, there are tools to help take care of them until they are confident enough to take care of themselves. Use these links to find information about the apps and services your child is using, and how to contact the companies producing them if something goes wrong. All information will be available on the *Digital Parenting* website with links to the providers' websites.

We have covered some of the main features for each service but other safety and privacy settings may be available. If your child is approached by an adult online who does any of the following, contact CEOP immediately: **www.ceop.police.uk/ceop-report**

- Talks about sex or other types of sexual activity
- Asks to meet them offline
- Asks them to lie to their parents about their online relationship or hide it
- Asks them to do something that makes them feel uncomfortable

Parental controls on your computer's operating system

Mac OS and Windows both include parental controls that enable you to set time limits for your child's use and restrict access to certain types of content. In both operating systems, parents can set up user accounts for each member of the family with their own unique passwords and then tailor the controls and restrictions to the age and maturity of their child.

Windows

Windows 10 offers access controls, time limits and activity reports, including reports on the websites, apps and games your child uses. You can set up individual user accounts with different age-appropriate controls. Earlier versions of Windows also offer controls but the set-up process differs.
To find out more:
vodafone.uk/microsoftwindows10

Mac OS

Parental controls in macOS Sierra let you add a managed user so you can limit your child's access to age-appropriate websites and apps, decide who they can contact via Mail and Messages, prevent access to iTunes, set time limits and block use of the computer's built-in camera and multi-player games in Game Center. Earlier versions, such as Mac OS X, also offer parental controls.
To find out more:
vodafone.uk/applemacos

Safety controls on search engines

Setting SafeSearch on search engines means that the majority of sexually explicit videos and images will be filtered from search results, along with results that may link to explicit content. It isn't 100% reliable, but it's useful if you have a young child.

Google's SafeSearch setting enables you to filter out most adult content and get family-friendly results when searching the web. If an inappropriate search result gets through, you can report it to Google.

Restricted mode on YouTube performs a similar function to SafeSearch – both can be locked if you have a Google+ account. Remember that these are device-level settings, meaning you have to set them on each tablet, phone or computer your child uses.

You can find information about safety features on the Google search engine, YouTube, Google Play, Chrome, Hangouts and other Google services in the Google Safety Centre.
To find out more:
vodafone.uk/google
*Other search engines offer their own safe search options, usually found under Settings or by clicking the gear icon.

Parental controls on your home internet

Most UK broadband providers offer free whole-home parental controls, which apply to any device that connects to your broadband via your home hub.

Sky's parental controls are turned on by default and you have to choose to turn them off. If you're with one of the other broadband providers, you turn the controls on yourself. Contact your provider to find out how to do this, and bear in mind that these controls only work on your Wi-Fi network, not when you're using 3G or 4G to get online. You can find out more about parental controls on mobile devices on p43.

Vodafone

Available to anyone with Vodafone Broadband, Vodafone parental controls are free and accessible from within your online account. They protect all devices connected to your Wi-Fi and prevent access to inappropriate online content, such as violence, gambling, and adult material, as well as to websites that contain viruses or malware.

Having set up parental controls from your account, you can use the Vodafone Broadband app to set up a family network to control your children's access to Wi-Fi at home and set time limits. Go to Google Play or the App Store to download the Vodafone Broadband app for free.

To find out more:
vodafone.uk/home

Sky

Sky Broadband Shield works on all devices connected to your Sky home broadband and comes at no extra cost.

You can customise your settings in three steps:

- Choose a rating: PG, 13 or 18
- Use the Watershed feature to set restrictions at certain times of the day
- Add specific websites that you would like to block.

To find out more:
vodafone.uk/sky

BT

BT Parental Controls let you manage internet access on all devices connected to your BT Home Hub and BT Wi-Fi hotspots (for example, cafés and other public spaces).

Available for free, they include strict, moderate and light filters, an option to restrict access to specific websites and a homework-time setting that blocks social media, gaming and homework cheat websites.

To find out more:
vodafone.uk/bt

Virgin Media

Virgin Media Web Safe works on any device connected to your home Wi-Fi. Provided free in broadband packages, it lets you block websites that are unsuitable for younger users. In addition, you can install F-Secure SAFE on up to five devices to protect your children from inappropriate content, viruses, identity theft and malicious websites whether they are at home or out and about.

To find out more:
vodafone.uk/VirginMedia

TalkTalk

TalkTalk's HomeSafe works as a web filter to all devices connected to your TalkTalk router. The free package includes Kids Safe, which lets you block inappropriate sites you'd rather children didn't see. You can also use it for Homework Time, restricting the hours they can go on certain websites, while Virus Alerts lets you browse safely.

To find out more:
vodafone.uk/TalkTalk

Parental controls in your web browser

You can change the settings on the browser you use to access the internet. If you use more than one, don't forget to change the settings on each one.

Chrome

Supervised user accounts on Google Chrome allow you to block certain websites, see which ones your child has visited, turn on SafeSearch and prevent apps being installed.

To find out more:
vodafone.uk/chrome

Internet Explorer

Microsoft's Content Advisor enables you to prevent your child from seeing websites containing nudity, violence and inappropriate content.

To find out more:
vodafone.uk/IE

Firefox

The parental controls in Firefox filter web content that may be inappropriate or offensive for children.

To find out more:
vodafone.uk/firefox

Parental controls on your child's smartphone and tablet

Parental controls on smartphones and tablets can block access to websites containing adult content. Mobile phone companies can filter content rated 18+ at the network level – check with your mobile provider whether this filter is on or off.

The UK's main mobile providers (e.g. Vodafone, EE, O2 and Three) automatically block 18+ rated content through the Active Choice network-level filtering system.

But remember, these filters only work when the device is connected via the mobile network, not Wi-Fi.

Your mobile's operating system may also include safety features and you can set restrictions on the App Store and Google Play (see below).

Android (eg LG, Sony, Samsung, Huawei, HTC, Motorola)

The restricted user feature lets you manage which apps, games and other content your child can access and gives you the choice of disabling certain features, such as location and camera.

To find out more:
vodafone.uk/cnet

iOS (eg iPhone and iPad)

You can enable restrictions on your child's iPhone or iPad and select on or off for features such as FaceTime, in-app purchases and Safari.

To find out more:
vodafone.uk/apples parentalcontrols

Windows Phone (eg Microsoft Lumia)

The My Family option helps you to manage the apps and games your child is able to download to their phone. You can also set up Kid's Corner on your own Windows Phone so that, if your child borrows it, they can only access age-appropriate content and not get to the rest of your stuff that you want to keep private.

To find out more:
vodafone.uk/microsoft myfamily

To set up Kid's Corner:
vodafone.uk/kid

App store restrictions

You can set up parental controls on the App Store (see **vodafone.uk/apps**) and Google Play (see **vodafone.uk/googleplay**) to prevent your child downloading apps that are age inappropriate.

How can Vodafone help?

Vodafone Secure Net protects you and your family against harmful websites and viruses that could damage your mobile data and devices, steal your data or cause you to lose personal content like photos, music and videos.

You can also block inappropriate websites by age on your child's device and restrict mobile use to certain times of the day.

To find out more:
https://securenet.vodafone.co.uk

Vodafone Content Control prevents access to online content and services rated 18+ on Vodafone's mobile network.

Content Control is in place on all devices Vodafone offers.

The age-restricted content bar only works on Vodafone's mobile network, not on Wi-Fi, and proof of age (18+) is required if you wish to remove it from your device.

To find out more:
vodafone.co.uk/control

Third-party parental controls

You may decide to use a dedicated parental control solution to do things like block inappropriate content and set time limits. Some of these require you to pay a subscription; others are free. If you already have a security suite on your computer, check whether it includes parental controls as you may not need a third-party solution.

F-Secure (paid for)

To find out more:
vodafone.uk/fsecure

Qustodio (free)

To find out more:
vodafone.uk/qustodio

Kaspersky Security Cloud (paid for)

To find out more:
vodafone.uk/kaspersky

Norton Family (paid for)

To find out more:
vodafone.uk/norton

McAfee (paid for)

To find out more:
vodafone.uk/mcafee

Safety and privacy controls on social networks and apps

Many social networks and apps have a minimum age of 13. Young people can have a positive experience by making the most of built-in tools to protect their privacy and safety.

Facebook
Minimum age: 13
What can you set?
Decide who sees your posts and Timeline, unfollow, unfriend and block people.
To find out more and report concerns:
vodafone.uk/Facebook

Instagram
Minimum age: 13
What can you set? Make photos and videos private and block people.
To find out more:
vodafone.uk/Instagram
To report concerns:
vodafone.uk/InstaReport

Kik
Minimum age: 13 with parental permission; 18 without
What can you set?
Manage who can talk to you, mute users in Video Chat and block people.
To find out more and report concerns:
vodafone.uk/Kik

Whisper
Minimum age: 13 with parental permission; 18 without
What can you set? Block people and hide your location.
To find out more:
vodafone.uk/whispergetstarted
To report concerns:
vodafone.uk/whispersupport

WhatsApp
Minimum age: 13
What can you set? Control who sees your information, who you interact with, what you see and what you share.
To find out more and report concerns:
vodafone.uk/WhatsApp

Snapchat
Minimum age: 13
What can you set?
Choose who can send you Snaps, decide who can view your Stories and block people.
To find out more:
vodafone.uk/snapchat
To report concerns:
vodafone.uk/snapchathelp

Twitter
Minimum age: 13
What can you set?
Protect your tweets so that only approved followers see them, choose whether to share your location, unfollow, mute and block people.
To find out more:
vodafone.uk/twitter
To report concerns:
vodafone.uk/TwitterReport

ASKfm
Minimum age: 13
What can you set?
Allow or block anonymous questions, delete questions and answers from your profile and block people.
To find out more and report concerns:
vodafone.uk/AskFM

ooVoo
Minimum age: 13
What can you set?
Prevent certain people from contacting you, block incoming calls, prevent people from seeing your photos and set video-call privacy options.
To find out more:
vodafone.uk/oovoofaqs
To report concerns:
vodafone.uk/oovooreport

Yellow
Minimum age: 13 with parental permission; 18 without
What can you set?
Choose who you talk to and hide your city so that people don't know your exact location.
To find out more and report concerns:
vodafone.uk/yellowsafety

Telling it like it is

As tech-savvy as children are, they're often unaware of what they agree to in the T&Cs of apps and other services. To highlight this, Anne Longfield, the Children's Commissioner of England and Wales, had Instagram's terms and conditions rewritten into child-friendly language by top law firm Schillings as part of its recent Growing up Digital report.

To find out more, see **www.childrenscommissioner.gov.uk/publication/growing-up-digital**

Safe mode on video-sharing, TV and film services

Lots of online services offer video, TV and movie content. Some use password and PIN combinations to restrict viewing, based on age ratings. Some allow separate profiles for younger users so they can only view child-friendly content (these work only if the adult chooses the password and PIN and keeps them secret). Some platforms have dedicated children's versions, which only carry age-appropriate content. Look for the Just for Kids symbol.

YouTube
YouTube's Restricted mode helps to screen content you wouldn't want your child to see. YouTube also offers YouTube Kids, specifically for children. It contains only age-appropriate videos and includes parental controls and a timer.
To find out more:
vodafone.uk/YouTube
For more about YouTube Kids:
vodafone.uk/youtubekids

BBC iPlayer
The Parental Guidance Lock lets you control what your child can access. The free BBC iPlayer Kids app contains age-appropriate content, such as CBeebies and CBBC, and a Safety Lock, and it has no in-app purchases or adverts. Since spring 2017, you need a password to access BBC iPlayer.
To find out more:
vodafone.uk/bbc
For more about BBC iPlayer Kids:
vodafone.uk/bbckidssafety

Netflix
There are four maturity levels in Netflix parental controls (Little Kids, Older Kids, Teens and Adults/All Maturity) to help you control what your child watches.
To find out more:
vodafone.uk/netflix

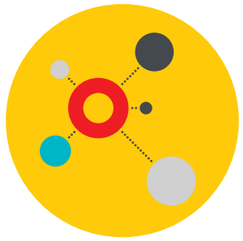
Amazon Video and Amazon Prime
Amazon's PIN feature lets you set purchase and viewing restrictions on each of your registered devices.
To find out more:
vodafone.uk/amazon
Amazon produces special child-friendly editions of its Fire tablet with special features for families.

Apple TV
Turn on Restrictions to manage access to app purchases, movies, multiplayer games and other content on your Apple TV.
To find out more:
vodafone.uk/appletv

Sky TV
Using PIN-protected parental controls, you can restrict the content your child can watch on Sky TV. The Sky Kids app lets you set up a child profile with shows tailored to their age, and set time limits.
To find out more:
vodafone.uk/SkyTV
To find out more about Sky Kids:
vodafone.uk/skykids

TalkTalk TV Store
This has been integrated with the parental controls in the Xbox 360 and Xbox One. Safety features are also available in the Windows 8.1+ app.
To find out more:
vodafone.uk/TalkTalkTV

Live-streaming services



Live-streaming platforms let people chat or broadcast videos in real time. This can create privacy and safety issues, so check the settings and controls on each app.

Facebook Live
Minimum age: 13
What can you set? Decide who sees your live stream and Timeline, unfollow, unfriend and block people.
To find out more and report concerns:
vodafone.uk/Facebook

Skype
Minimum age: 13
What can you set? Hide your age, date of birth and gender, only allow people in your contact list to get in touch and block people.
To find out more:
vodafone.uk/Skype
To report concerns:
vodafone.uk/SkypeReport

Periscope
Minimum age: 13
What can you set? Hide your location, set private broadcast so only people you invite can watch your broadcasts, restrict chat to only people you follow and choose whether to share your broadcast on Twitter.
To find out more:
vodafone.uk/pscphelp
To report concerns:
vodafone.uk/pscpreport

YouNow
Minimum age: 13 with parental permission; 18 without
What can you set? Use a nickname, hide your location and block people.
To find out more:
vodafone.uk/YouNow
To report concerns:
vodafone.uk/YouNowReport

musical.ly
Minimum age: 13 with parental permission; 18 without
What can you set?
Make your account private, let only friends direct message you (direct.ly), block users and hide your location. (To live stream content made using musical.ly, you need to use live.ly.)
To find out more and report concerns:
vodafone.uk/musically

live.ly
Minimum age: 13 with parental permission; 18 without
What can you set? As you need a musical.ly account to use live.ly, the settings are the same as above.
To find out more and report concerns:
vodafone.uk/musically

Remember...
If your child sees anything inappropriate or sexual on a live streaming service, they should report it to the app or website administrators. If they are the subject of inappropriate sexual contact or approach by another person, they should tell an adult they trust and report it immediately to CEOP at **www.ceop.police.uk/ceop-report**

Image: Gallery Stock

TOP TIP

As with any new technology, it's a good idea to try VR for yourself first, so you know if it's something you're happy for your child to use.

VR: to infinity and beyond

IT teacher-turned-internet safety writer **Yusuf Tamanna** looks at how immersive virtual reality technology is being used to help children learn – and play

Have you ever wanted to take yourself to another world? Well, technology is letting that happen, courtesy of virtual reality headsets and apps.

Also known as VR, this immersive technology 'transports' you anywhere, from the ocean to outer space.

The most common way to access VR is through goggle-type headsets, which vary from simple cardboard devices for around £10, to fancy hi-tech gear, which comes with a healthy price tag. While wearing your headset, any movements you make are mirrored in the virtual environment you're exploring.

VR has become increasingly popular with schools as the technology has become cheaper, and organisations are now creating educational content specially designed to be experienced using VR.

Platforms such as Google Expeditions enable pupils to take virtual trips around the world, into space, and even back in time. Nearpod gives students with special educational needs and those with mobility issues the chance to visit the wonders of the world without leaving their classroom.

The use of drones to film in previously inaccessible areas, such as the no-go zone around the former nuclear reactor in Chernobyl, Ukraine, means we can explore the planet like never before.

At home, games consoles such as PlayStation4 and Oculus Rift offer VR titles, while you can also download apps to play on your phone or tablet. It's a technology that takes players on adventures that parents could only have dreamt of when they were young.

Finding your way in virtual reality

- Many headsets specify that they are for ages 12 or over. Google's Cardboard viewers are for 7+, but they advise that children should be supervised while using them.
- Motion sickness has been reported when using virtual reality headsets, with some people complaining of nausea and headaches. Setting time limits for use and taking regular screen breaks is advisable.
- Using a VR headset while standing or walking? Don't – it can make you disorientated and liable to bump into things in the real world.

THE DIANA AWARD

BE STRONG ONLINE

An Ambassadors Programme

From The Diana Award

FREE online safety and skills training and resources for teenagers

Be Strong Online is a peer-led programme for schools and youth groups to help young people promote positive online behaviour and build digital resilience

We are running FREE Be Strong Online Ambassador training events in secondary schools across the UK from September 2017. Email bestrongonline@diana-award.org.uk for more information

THE TRAINING DAY WILL EXPLORE

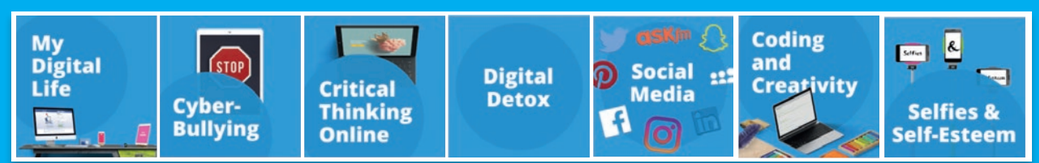
- How to be a Be Strong Online Ambassador and raise awareness about online safety
- Develop skills such as confidence, public speaking, teamwork and facilitating discussions with a group of students
- Campaign ideas to encourage Be Strong Online Ambassadors to embed the programme in school

Regional training-day locations

Glasgow • London • Manchester • Birmingham • Belfast • Bristol • Cardiff • Newark • Leeds • Stoke • And more to come

FREE TRAINING

Contact bestrongonline@diana-award.org.uk



Can't make it to one of our workshops?

You can download our anti-bullying training modules and learn at home.
bestrongonline.antibullyingpro.com/modules/

bestrongonline.antibullyingpro.com

Vodafone Foundation

"The Vodafone Foundation is dedicated to investing in the communities where Vodafone operates. Communications technology can address some of the world's most pressing issues and provide opportunities for education and development for young people around the world.

"We continue to work with our charitable partners to produce *Digital Parenting* magazine to provide critical information to millions of parents and guardians to enable them to support and protect children as they grow up in an increasingly digital world."

Andrew Dunnett, Director, Vodafone Foundation

The Vodafone Foundation invests in the communities in which Vodafone operates and is at the centre of a network of global and local social investment programmes. The Vodafone Foundation is a UK registered charity (1089625). Connecting for Good is the Vodafone Foundation's commitment to combine Vodafone's charitable giving and connectivity to drive change. Globally, the Vodafone Foundation supports projects that are focused on delivering public benefit through the use of communications technology across the areas of health, education and disaster relief.

For more information, please visit **www.vodafonefoundation.org**

Vodafone Foundation