CYBERBULLYING

Cyber-bullying can be really difficult to deal with, as it can seem like there is no escaping it, and it can happen anywhere online, from social media, to games and forums. Make sure your children know they can come to you about anything that upsets them or makes them feel bad. Talk to them about how our words, either spoken or written, can have a massive impact on people, whether they are our friends or total strangers on the internet.

If your child is being harassed, take screenshots of messages and then block the senders. If it continues, don't hesitate to go to the authorities. Don't underestimate the toll bullying can take on a person's mental health, no matter what age.

GAMING

Video gaming can be a great way to unwind and even socialise, as so many video games now have an online element that allows us to play with or against other people. As with any other website or app that allows you to connect with others, there is a risk of bullying and grooming with online gaming, so you should always be aware of who your children are playing with, and talk to them about what's ok to talk about and what's not.

Video games can also be addictive, so set limits for your children as to when and how long they are allowed to play. Video games are age rated, just like apps or movies, so a rating of 16 or 18 means it contains harmful or inappropriate language or images. Check out the parental control settings on your consoles and visit www.pegi.info for more information on the games your kids are playing or requesting.

CHECKLIST

Do you have any rules in place around the technology that your children use? Here are some tips to get you started:

Who are they allowed to talk to or play with online?
Children and young teens should only be communicating with people they already know in real life.

Where and when are they allowed to use their devices?
We recommend games consoles and tablets are in public areas of the house, and you should agree time restrictions on how long and how often they get to use their device.

Do you check their messages?
If they're under 13 you should, and even after that if you have concerns. Parents should have full access to children's devices and apps.

Have you talked to them about what's ok to share?
Discuss inappropriate images and what to do if they feel uncomfortable with something that has been said to them or they've seen.

FURTHER INFORMATION & ADVICE

UK Safer Internet Centre: www.saferinternet.org.uk
CEOP: www.ceop.police.uk
Internet Watch Foundation: www.iwf.org.uk
Childline: www.childline.org.uk 0800 1111
NSPCC: www.nspcc.org.uk
Net Aware: www.net-aware.org.uk
Common Sense Media: www.commonsensemedia.org
Pan European Game Information: www.pegi.info
True Vision: www.report-it.org.uk (reporting hate crime)
Sites to visit with your child:
- www.thinkyouknow.co.uk
- www.webwise.ie

Visit our website for more information and additional guidance on social media settings or to find out more about our workshops

www.reimtrainingsolutions.com

Internet Safety
It's Child's Play!

A world of possibility
The internet is an amazing place for information, entertainment, creativity and making connections. Alongside all of that there are also risks, and we've provided the following information to help you keep your family safer while exploring the world wide web.

REIM Training Solutions

SOCIAL MEDIA

Whether we love it or loathe it, social media is a big part of modern life, so making sure our children know how to use it safely and responsibly is vital.

Educating and communicating with our young people is the most effective way of keeping them safe online. Below are some things you should be talking to your children about.

What apps are they using?

All social media apps have a minimum age rating of 13, many are 16 or 18. This means that at least some content on the app is not suitable for children younger than that age. If you choose to allow your child to access the apps before they are the correct age you need to be preparing them for what to do if they see something inappropriate or upsetting.

Who are their friends/followers/fans/subscribers?

Each app has its own way to describe the people you connect with, but you should be checking in with your child about who they've been speaking to and who can see the content they share. Check out the guides on our website to find out how to restrict access and block users on individual social media apps.

What are they sharing?

Children & teens want to fit in, and sometimes they will make bad decisions in order to feel like they belong. Young people can be manipulated into sending too much private information or inappropriate pictures of themselves or others in an effort to be liked. **Sexting** is a big problem, and many of our young people get into situations they can't handle. Talk to them about appropriate sharing and check their messages if you're concerned. Don't over-react if something goes wrong, remember that telling you was a really big step for your child. Check out our website for steps to take if an image gets shared.

DEVICE & CONTENT MONITORING

Parental control settings and apps allow parents to monitor and control what content and apps their children access online and through the app stores.

Apple devices

Family sharing:

Children will not be able to purchase apps without your permission - this also has the benefit of being able to buy apps once and share them across up to 6 devices.

Go to Settings ⚙ > [your name] > Family Sharing > Add Family Member > Create a Child Account > Next. You will be asked to complete information about your child and to create an apple ID for them which they can then use on other devices. Turn on '**Ask to buy'** so that your child cannot download apps from the app store without your permission.

Screen Time:

Go to Settings > Screen Time > Turn On Screen Time > Tap Continue > This is My Child's [device]. Follow the on screen prompts to add time limits and content restrictions on this device.

Microsoft Devices

Microsoft Family:

Allows you to set up an account for your child which they can then use across any Microsoft device, including **Xbox**. You can then put time and buying limits on their account and monitor what content they can access.

Go to Settings ⚙ > Accounts > Family & other people > Manage family settings online > add an account.

You will then be taken through a process to create a Microsoft account for each child. Please note that you will only be able to monitor and control child accounts, so make sure you select the correct account type.

Android devices

Google Family Link:

Up to 6 accounts can be linked and monitored by the family manager. Accounts can be used across many devices.

Go to the Google Play store & download the Family Link App > follow the onscreen prompts to add your child > add limits for apps, TV, movies etc.

Play Store Restrictions:

Open the Google Play Store > select the menu icon ≡ > settings > turn Parental Controls on > set restrictions for each type of content > turn on 'Require authentication for purchases'

Parental Monitoring Apps

There are many great parental control apps available that you can use on different devices. These are apps that you download onto your child's device which allow you to set up restrictions on content, time limits and some even allow you to access their messages and track their location. Many offer a free version to monitor one device, with additional features and multi device monitoring incurring a cost. Some of the best examples out there include:

Qustodio, Net Nanny, Kaspersky Kids, Norton Family Premier

ISP Controls

Your Internet Service Provider (whoever you pay for your internet) will also have in-built controls that means you can stop unwanted content getting to any device using your Wi-Fi connection. Visit your ISP's website with your account details and search for 'parental controls'.

Safe Searching

These are alternative search engines which have stringent filters to ensure no inappropriate content gets through to your childs device. Check out Kiddle, KidRex, Swiggle and Wacky Safe. You will be given instruction on how to use the search engines on their websites.