



## Are you ready to be creative and design a way to travel in space?

You may have read some of Oliver Jeffer's books such as Here We Are. He has now teamed up with Professor Stephen Smartt and Nerve Centre to create Our Place in Space, which includes a series of online challenges that your child might like to try at home.

You can find out more here:  
<https://ourplaceinspace.earth/learning/monthly-challenge/challenge-4-ella-podmore>



## Online Grooming

Internet Matters have produced a guide outlining what you need to know about Online Grooming:  
<https://www.internetmatters.org/resources/online-grooming-guide-what-parents-need-to-know/>

## Snapchat Update

### What is Snapchat?

Snapchat is an app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that can only be seen for a set time period e.g. 10 seconds. Users can also upload snaps to stories which then disappear after 24 hours.



### Snapchat Family Centre – NEW

Snapchat have introduced a new in-app tool called Family Centre. Family Centre will allow you to see who your child is friends with on Snapchat and who they have been communicating with (you will not be able to see the contents of conversations). You will also be able to see who they are friends with on Snapchat, report accounts confidentially and view resources to help you start conversations with your child about online safety.

Snapchat are also planning on adding additional tools within Family Centre in the future. You can find out more about Family Centre here:  
<https://snap.com/en-GB/safety-and-impact/post/family-center>

### Safety tips

It is important to talk to your child regularly about what they are doing online and make sure that they know that they should always talk to you or another trusted adult if they have any concerns. **Please make sure the appropriate privacy settings are set up on Snapchat and your child knows how to block and report other users if necessary.**

We would recommend you explore Snapchat with your child and suggest why certain options are safer, for example, setting your account so only friends (rather than everyone) can see your content and only those you are friends with can contact you.

- <https://support.snapchat.com/en-GB/article/privacy-settings2>

### More information

You can find out more about Snapchat using the following links:

- <https://www.internetmatters.org/hub/guidance/snapchat-safety-a-how-to-guide-for-parents/>
- <https://snap.com/en-GB/safety/safety-center>

## What is BeReal?

BeReal is a new social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two mins to capture and share what you are doing at that moment. All your friends post at the exact same time. Once you have posted, you can then see what your friends have posted. If you don't post your BeReal, then you can't see your friend's BeReals from that day or access the discovery tab.



## What age should I be?

You must be 13+ to use BeReal. BeReal is rated as 12+ by the App store and rated for Teens on Google Play. Users add their date of birth to register (no age verification takes place) although users do need to add a mobile number.

## What else do I need to be aware of?

BeReal is private by default and only visible to your friends. However, it is possible to share with all users by selecting the public option. If selected, your BeReal will appear in the Discovery tab for all users to see and interact with.

There is also an option to share your location. If you don't enable your location, then you can't see other user's locations. Chat to your child about location sharing as it is important that your child understands the risk of location sharing and when it may be appropriate to share.

Discovery tab – this is the area where you can view all other BeReals that have been made public (if you have posted that day). There is an element of risk that your child may see an inappropriate image depending on what others have uploaded.

## How to report

You can report a BeReal or a user by clicking on the three dots (next to the BeReal or user) to report. You can then choose whether you think the BeReal is undesirable or if it is inappropriate. You can block users on Android but not on iOS (BeReal have said this functionality will be available soon). People you have accepted as 'friends' can be deleted at any time.

If your child is using BeReal then talk to them about what they are sharing on BeReal and check that they know how to use the reporting tools available.

## Further information:

<https://www.childnet.com/blog/bereal-a-guide-for-parents-and-carers-about-the-new-social-media-app>

## Is your child ready for social media?

Childnet have produced this article answering your questions around social media, such as when should I allow my child to join social media? The article also outlines some alternative sites that have been created for younger children. You can read the article here:

<https://www.childnet.com/blog/supporting-your-child-getting-started-on-social-media/>

## WhatsApp Update

WhatsApp will be releasing the following new Privacy features soon:

- 1. Leave Groups Silently:** you will be able to exit a group privately so instead of the whole group being notified, only the admins will be.
- 2. Choose Who Can See When You're Online:** WhatsApp are introducing the ability to select who can and can't see when you're online.

### 3. Screenshot Blocking for View Once Messages

You can read more about these new features here:

<https://blog.whatsapp.com/>

## Viewing films safely online

It is important that our children are watching films that are suitable for their age. The BBFC is the UK's regulator of film and videos and they have created this useful article answering the questions they get asked the most.

<https://www.cbbfc.co.uk/resources/viewing-films-safely-online>



## Advice for parents and carers on cyberbullying

### Who is this advice for?

This advice is for parents and carers about cyberbullying. It provides advice and information about how they can protect their child from cyberbullying and how to tackle it if it happens.

### Overview

Cyberbullying is bullying that takes place using technology. Whether on social media sites, through a mobile phone, or gaming sites, the effects can be devastating for the young person involved. There are ways to help prevent a child from being cyberbullied and to help them cope and stop the bullying if it does happen.

Parents and carers need to be aware that most children have been involved in cyberbullying in some way, either as a victim, perpetrator, or bystander. By its very nature, cyberbullying tends to involve a number of online bystanders and can quickly spiral out of control. Children and young people who bully others online do not need to be physically stronger and their methods can often be hidden and subtle.

Cyberbullying can also involve adults; even though technology has provided wonderful opportunities for both teaching and learning, it has led to some teachers becoming the victims of internet messaging that undermines or ridicules them. It is important that parents make clear that this is not acceptable behaviour and lead by example. What was once a conversation at the school gate between small groups of parents and carers can now become a conversation with perhaps hundreds of “friends” on social networking sites, permanent, with a large audience, and easily shared. Whilst parents and carers have the right to be critical of decisions made by schools, or even individual staff members, they should raise concerns in an appropriate way and not become abusive, or libellous. Open conversations on social networking sites are not private and can easily be reported to school staff, even if it was not the intention to share their views directly.

### Social networking

Young people routinely access social media and much of their social lives are online. This can create a false sense of security; for example chatting online feels different from chatting face to face. It can be easier to say and reveal things that wouldn't be said face to face; be cruel, aggressive or flirtatious. It is important for young people to remember that there are offline consequences to online behaviour.

Comments intended to be funny can often be misinterpreted online whereas if said face to face they could be acceptable as facial expressions, body language, tone of voice and context all help to ensure that comments are taken the right way. This is not the case online. We also know that increasingly younger children are signing up to social network sites and may not have the maturity to handle their online identity in a safe and responsible way.

Social networking can increase existing social pressures and reinforce a sense of isolation; for instance by people purposefully not liking a young person's status update or photo so

they seem unpopular, or by excluding them from group chats. Online bullying often involves a large audience and this increases the pressure.

Parents and carers need to understand the way young people communicate with others, and the potential risks. Asking their child simply not to use technology is not a realistic way to prevent or react to cyberbullying. [Internet Matters provides an overview of cyber-bullying in more detail](#) and [NSPCC - bullying and cyberbullying prevention](#)

Parents and carers have a challenging job. They need to know what their children are doing online and also help them to do it in a safe way. With technology changing on a day-to-day basis, the best way to stay informed is for parents to be involved. [Thinkuknow provides helpful tips on letting your child teach you.](#)

## Set boundaries

A good way to supervise children's internet access and set boundaries about what they can and cannot do online is to create an agreement with them. If a child breaks the rules, restrict internet access for an agreed period of time. [Thinkuknow provides helpful tips on agreeing and setting boundaries](#)

Ensure you use the privacy settings, parental controls and built in internet safety features provided by the major internet service providers. The UK Safer Internet Centre has guides for [parental controls](#)

For parents and carers experiencing any internet safety issues with their children, The Parent Zone provides a national helpline service at - [help@theparentzone.co.uk](mailto:help@theparentzone.co.uk) and [The Parent Zone - help](#)

## Being involved and talking to children

Social Networks have a minimum age restriction, usually age thirteen. Parents should talk to their children about the reasons behind the age restriction as they are there for a reason. Accessing such sites too early can expose children to unnecessary bullying.

It is also very important to ensure children and young people feel comfortable about telling their parents things that have happened online. Talking to their children will help parents to understand the ways in which they are using the internet, social media and their mobile phone. Talking to children about responsible behaviour is important as sometimes children who are victims of cyberbullying may also be involved in cyberbullying others. Ensure they know they can go and talk to an adult or parent if they are being bullied and need support. How parents talk to their children will depend on their age. [Childnet gives more detailed information about talking to your child](#) and [antibullyingpro provides practical advice for parents](#)

## Advice for children

The following are some things that parents may wish to consider teaching their children about using the internet safely:

- Make sure you use the privacy settings.
- Always respect others – be careful what you say online.
- Be careful what pictures or videos you upload. Once a picture is shared online it cannot be taken back.

- Only add people you know and trust to friends/followers lists online. When talking to strangers, keep your personal information safe and location hidden.
- Treat your password like your toothbrush – keep it to yourself and change it regularly.
- Block the bully – learn how to block or report someone who is behaving badly.
- Do not retaliate or reply to offending e-mails, text messages or online conversations.
- Save the evidence. Always keep a copy of offending e-mails, text messages or a screen grab of online conversations and pass to a parent, a carer or a teacher.
- Make sure you tell an adult you trust, for example, a parent, a carer, a teacher, or the anti-bullying co-ordinator or call a helpline like Childline on 08001111 in confidence.
- Most social media services and other sites have a button you can click on to report bullying. Doing this can prevent a bully from targeting you and others in the future. Many services take bullying seriously and will either warn the individual or eliminate his or her account.
- While you are on your mobile phone make sure you also pay attention to your surroundings.

## Possible signs of cyberbullying

It is not always easy to spot the signs of cyberbullying as it can happen all the time, which is a feature that makes it different from other forms of bullying. Be alert to a change in your child's behaviour, for example:

- Being upset after using the internet or their mobile phone;
- Unwilling to talk or secretive about their online activities and mobile phone use.
- Spending much more or much less time texting, gaming or using social media.
- Many new phone numbers, texts or e-mail addresses show up on their mobile phone, laptop or tablet.
- After texting or being online they may seem withdrawn, upset or outraged.
- Not wanting to go to school and/or avoiding meeting friends and school mates.
- Avoiding formerly enjoyable social situations.
- Difficulty sleeping.
- Low self-esteem.

## What to do if you suspect a child is being cyberbullied

If you suspect a child or young person is being harassed or bullied either over the internet or via mobile phone, ask them to give you details. If your child tells you that someone is bothering them online, take it seriously. Offer practical as well as emotional support. Print out the evidence for future reference. Talk to a teacher at your child's school if other pupils at the schools are involved. [The Parent Zone-Top tips if your child is being bullied](#)

## Support for children who are bullied

School staff should support all pupils who are bullied and develop strategies to prevent bullying from happening. Children and young people who have been a victim of images or videos of a sexual nature being uploaded and shared will be particularly vulnerable and in

need of support to return to school. To help schools support pupils who are severely affected by bullying the Department has produced advice for schools, available at: [supporting bullied children](#)

Cyberbullying on social networks can be upsetting and really knock their confidence. Childline has produced guidance for young people on building their confidence after online bullying available at: [Childline - Building confidence after online bullying](#)

It is also important to involve your child in resolving the issues as this can help to strengthen their self-confidence and restore a sense of emotional safety.

The Anti-Bullying Alliance has helpfully put together a fact sheet outlining the range of support that is available to schools, parents, carers and young people from the anti-bullying sector [advice and support from the anti-bullying sector](#)

Facebook has produced a support sheet [Empowering Parents and Families](#) which gives guidance on what to do if you child is being bullied.

## Useful Resources

### Getting offensive content taken down

If online content is upsetting and inappropriate, and the person or people responsible are known, you need to ensure they understand why the material is unacceptable or offensive and request they remove it.

If the person responsible has not been identified, or refuses to take down the material you should contact the social networking site directly to make a report and request the content is taken down. The material posted may be in breach of the service provider's terms and conditions of use and can therefore be removed.

Some service providers will not accept complaints lodged by a third party. In cases of mobile phone abuse, where the person being bullied is receiving malicious calls and messages, the account holder will need to contact the provider directly.

Before you contact a web service provider, it is important to be clear about where the content is, for example by taking a screen shot of the material that includes the web address. If you are requesting they take down material that is not illegal, be clear to point out how it breaks the site's terms and conditions. Where the material is suspected of being illegal you should contact the police directly.

NSPCC Netware: Your guide to the social network your kids use – stay up to date and keep your child safe in todays digital world [stay up to date and keep your child safe in todays digital world](#)

## Contact details for social networking sites:

[The UK Safer Internet Centre](#) works with social networking sites to disseminate their safety and reporting tools.

Social networking site	Useful links
Ask.fm	<a href="#">Read Ask.fm's 'terms of service'</a> <a href="#">Read Ask.fm's safety tips</a> <b>Reporting on Ask.fm:</b> You do not need to be logged into the site (i.e. a user) to report. When you move your mouse over any post on someone else's profile, you will see an option to like the post and also a drop down arrow which allows you to report the post.
BBM	<a href="#">Read BBM rules and safety</a>
Facebook	<a href="#">Read Facebook's rules</a> <a href="#">Report to Facebook</a> <a href="#">Facebook Safety Centre</a>
Instagram	<a href="#">Read Instagram's rules</a> <a href="#">Report to Instagram</a> <a href="#">Instagram Safety Centre</a>
Kik Messenger	<a href="#">Read Kik's rules</a> <a href="#">Report to Kik</a> <a href="#">Kik Help Centre</a>
Snapchat	<a href="#">Read Snapchat rules</a> <a href="#">Report to Snapchat</a> <a href="#">Read Snapchat's safety tips for parents</a>
Tumblr	<a href="#">Read Tumblr's rules</a> <a href="#">Report to Tumblr by email</a> If you email Tumblr take a screen shot as evidence and attach it to your email
Twitter	<a href="#">Read Twitter's rules</a> <a href="#">Report to Twitter</a>
Vine	<a href="#">Read Vine's rules</a> <a href="#">Contacting Vine and reporting</a>
YouTube	<a href="#">Read YouTube's rules</a> <a href="#">Report to YouTube</a> <a href="#">YouTube Safety Centre</a>

## Mobile phones

All UK mobile phone providers have malicious or nuisance call, text or picture message centres set up and have procedures in place to deal with such instances. They will help you to change the number of the person being bullied if necessary. If you want to prosecute the perpetrator contact the police. The mobile provider will work closely with the police and can usually trace calls for them.

Some service providers such as Vodafone produce annual magazines for parents and carers ([Digital Parenting](#))

, giving information and top tips for keeping your children safe online including cyberbullying.

## Service providers

Service provider	From your mobile	Pay as you go	Pay monthly contracts
<b>O2</b>	4445 or 202	08705 678 678	0870 241 0202
<b>VodaFone</b>	191	03333 040 191	03333 048 069
<b>3</b>	333	08433 733 333	08433 733 333
<b>EE</b>	150	0800 956 6000	0800 956 6000
<b>Orange</b>	150	07973 100 450	07973 100 150
<b>T-Mobile</b>	150	07953 966 150	07953 966 150
<b>Virgin</b>	789	0345 6000 789	0345 6000 789
<b>BT</b>		08000 328 751	08000 328 751

## Organisations that provide support to parents and carers and children

- [The Anti-Bullying Alliance](#)
- [CEOP](#)
- [Childline](#)
- [Childnet](#)
- [The Diana Award](#)
- [Internetmatters](#)
- [Kidscape](#)
- [Get connected](#)
- [NSPCC](#)
- [The Parent Zone](#)
- [Thinkuknow](#)
- [Young Minds](#)
- [UK Safer Internet Centre](#)

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