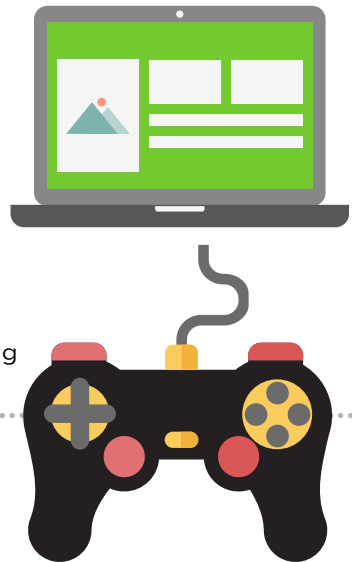


# The Digital Resilience Toolkit



## Contents Page

- 4 Setting Up Digital Devices
- 5 Balancing Screen Time
- 6 Creating a Balanced Digital Diet
- 7 Cyberbullying
- 8 How to Build a Good Online Reputation
- 9 Gaming
- 11 Online Grooming
- 13 Protecting Children from Online Pornography and How to Start a Conversation If They Accessed It
- 17 Social Media Usage Tips
- 19 Live Streaming and Vlogging
- 21 Selfies, Self-Esteem and Body Image
- 22 Digital Wellbeing
- 23 Smart Toys and Devices
- 24 Location Tracking Applications
- 25 Anonymous Apps
- 28 Current Applications that Children are Using



## Dear Parent / Carer,

The internet is a fantastic place that can be used in every aspect of modern-day life and at Thornleigh Salesian College we promote the use of safe technology in order to aid students' education and promote lifelong learning. Using the internet safely and positively is a key message that we promote at Thornleigh Salesian College and your child will learn about online safety through their computer science lessons, tutor time activities and wider school campaigns including safer internet day. We understand that technology can pose some challenges for young people and so with the support of internetmatters.org we have created "The Digital Resilience Toolkit" with the aim to provide you with up-to-date guidance and support when navigating technology and the internet. This toolkit is designed to give you a starting point to support and discuss your son/daughter's use of the internet and to give you an overview of some of the technologies and content that they may come in contact with.

The following video gives an introduction on how to open a conversation with your child about online safety: [https://youtu.be/94lLqgg\\_3f4](https://youtu.be/94lLqgg_3f4)  
Should you have any concerns about online safety then please get in touch with your child's Head of Year or our Designated Safeguarding Lead: Mrs Sharp.

The police have a dedicated division responsible for online safety (CEOP: Child Exploitation and Online Protection) and should be your first point of call if you have concerns about online activity; you can create a report at: <https://www.ceop.police.uk/safety-centre/>

You can find more advice about online safety and social media from the UK Safer Internet Centre [saferinternet.org.uk/parents](https://saferinternet.org.uk/parents) which includes information on social media settings.

If you would like a further conversation about online safety then please contact Mr Atkinson: [catkinson@thornleigh.bolton.sch.uk](mailto:catkinson@thornleigh.bolton.sch.uk)

Yours Faithfully

**Mr Atkinson**

Head of Computer Science and STEAM

We've designed a simple checklist to give you peace of mind regarding your child's safety on the internet.

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.



## Get started



Set parental controls on your broadband to prevent your children seeing things they shouldn't.



For smart phones check parental controls are also set up on the mobile network.

## Set up the device safely



Use the device setting so you can only download age appropriate apps and games.



Disable location services so your child doesn't unintentionally share their location with others.



Set up password control or disable in-app purchasing so big bills are not run up accidentally.



Download age appropriate apps you're happy for your child to use.

## Talk about staying safe



If your children are 8-10 years old, download our parent/child Internet Matters app to help you talk about e-safety issues in an interactive way.





Be aware of key issues and how to discuss them with your children so they know how to stay safe online.



If your child is using social networking apps check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know.

# Balancing screen time

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*5 top tips to support children and young people*

1

## Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

## Set boundaries WITH your kids

Get them involved in the process of **setting age appropriate limits** on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.



3

## Ensure a healthy mix of screen activity

Make sure they have a **good balance of screen activities** that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.



4

## Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5

## Physical activity & sleep are really important

**Make sure screens are not displacing these things** by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.



# Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Visit [internetmatters.org/screentime](https://internetmatters.org/screentime) for more advice

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# Protect your child from cyberbullying

Bullying has changed and can now happen anywhere, anytime. Help protect your child from the lasting effects of cyberbullying by learning how to help them deal with it.

## Top tips to deal with cyberbullying

### 1. Talk about it

Find the right time to approach you child if you think they're being bullied



### 5. Don't retaliate

Advise your child not to respond to abusive messages and leave conversations if they're uncomfortable



### 2. Show your support

Be calm and considered and tell them how you'll help them get through it



### 6. Block the bullies

If the messages are repeated block and report the sender to the social network or gaming platform



### 3. Don't stop them going online

Taking away their devices or restricting usage might make things worse



### 7. Keep the evidence

Take screenshots in case you need them later as proof of what's happened



### 4. Help them to deal with it themselves

If it's among school friends, advise them to tell the person how it made them feel



### 8. Don't deal with it alone

Talk to friends for support and if necessary contact your child's school



To find out more visit: [internetmatters.org/cyberbullying](https://internetmatters.org/cyberbullying)



# How to build a good online reputation

*Tips to help kids create a good digital footprint*

## Teach them the difference between public and private information online

Review their privacy settings on the platforms they use to **make sure they stay in control** of who has access to what they share.

It's important to make the point that if it's online there is the potential that the world could see it so **'Thinking before posting'** is key.

### Encourage them to keep it positive online

Actions online can have a real world consequences - **share real stories** to help them understand the power of being positive online.



### Make sure they know how to report abuse

Together **get familiar with the reporting and blocking settings** available on the platforms they use to screen out any abuse that breaks a platform's community guidelines.



### Empower them to be themselves online

Encourage children **not to hide behind anonymity** online and be tempted to say or do things they shouldn't. Use examples to highlight the power of being real online and developing their passions to create a positive digital footprint.



### Encourage them to do a search on their name

**Make sure they are aware** of the information that future employers and teachers may see and take a call to remove anything that is unpleasant or incorrect.



### Make them aware that they can recover from mistakes made online

Let them know that if they make a mistake by posting something they shouldn't **there is always a way to deal with it** and give them support to make smarter choices in the future.

### Highlight the importance of choosing respect

Talk to them about **respecting other people's privacy and viewpoints** even if you don't agree with them.

### Be the example they can follow

Let your child see how you interact online to **learn how to be kind and make safer choices** online.



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# Parents' guide: Gaming advice to support teens

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matters.org



## What to think about:



### How they should balance screen time and offline activities

Talk about the importance of prioritising **offline activities** like sleep, socialising with friends and school work to help them strike the right balance when it comes to gaming.



### Be aware of Let's Play videos

As well as playing games, **children also watch others play through streams and videos online.** These videos can be unpredictable and may contain foul language so it's a good idea to watch a couple with them to assess whether they are suitable.

3

18

12

### Know your PEGI ratings

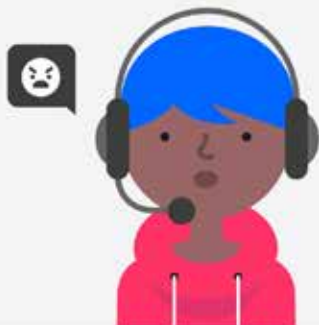
As teens get older it can be tempting to let them play games which may not be age appropriate but **it's important to make them aware of why they may not be ready to play these games** due to themes expressed in the game.

## What to talk about

### Talk about gaming risks:

- **Keeping personal information private** to stop strangers from contacting them outside of the game
- Being aware that **not everyone online is who they say they are**
- **Keeping it positive** when it comes to language and interactions with others to avoid incidents of bullying. **Share our Internet manners guide with your child for support**
- **Recognising when they've been playing too much** (i.e. feeling tired or angry)
- **Managing the pressure to play inappropriate games** that may feature content that may upset them
- **Dealing with stress/anger while gaming** by taking regular breaks and thinking before posting
- **Being critical of spending money on in-game purchases** that may result in skin gambling





### Encourage them to seek support when they need it

Let them know that they can **talk to you, a trusted adult or organisations like childline** if they run into any issues online

### Share Stop, Speak, Support code

To help them tackle the issue of cyberbullying in gaming **share the Stop, Speak, Support code with them**. This will help them know what steps to take to support someone who is being cyberbullied.

### Discuss their understanding of themes in games

It's important to talk about the **tricky themes** that are featured in games like violence, sex and gender representation to make sure they have a real-world view when it comes to their understanding

## Things to do

### Taking breaks to stay safe

Encourage them to **take breaks** after 45 minutes of playing to help them develop good online habits.

### Model good behaviour

If you game yourself, you can model **healthy gaming habits**.

### Put a family agreement in place

Even as they get more proficient online, **teens need boundaries**. Work together to establish what games they can play and when, to help them develop good online habits.

### Teach them how to set privacy settings and block abuse

**Review the privacy settings they have on their account** and show them how to block or report an issue on the games they play.

### Encourage them to play in communal areas of the house

Keeping gameplay in a place where you can hear and see what they are doing can **help you stay engaged in what they are doing** and prompt you to step when there is a concern.

### Play the games to stay in the know

**Playing the games can help you understand** the themes that your child might be exposed to and learn more about ways games can offer a range of benefits like improving problem-solving skills.



# Online Grooming

What parents need to know

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Grooming is when someone seeks to build an **emotional connection with a child** to gain their trust for sexual purposes. It happens both online and face to face.



What is online grooming?

Children may often meet people through **social and gaming sites** that aren't who they say they are so it's important to discuss the risks with them.



Once groomers have gained a child's trust they **may encourage them to share** sexual images, or videos of themselves, live stream, or arrange to meet.



Groomers are **not always strangers** and sometimes children may not be aware that they are being groomed **believing they're in a relationship** with the person.

## Ways to protect your child

### Talk about it

Although a tricky subject to talk about with your child it is important that you start a conversation

- Show them where to get help if they are concerned and to **talk to you or a trusted adult** for support
- **Spend time discussing** where they interact with friends online and how and what they share with others
- **Explain how easy it is to pretend** to be someone else online, and why an adult may wish to approach them
- Remind them that the people they have met online might feel like friends but they **may not be who they say they are**
- Discuss what **healthy and unhealthy relationships** look like to make them aware





## Tools to keep them safe

Encourage them to **make use of privacy settings on the social networks and platforms** they use so they stay in control of who can see their content.

For younger children **use our parental control how-to-guides** to set the right controls across devices, platforms and internet connections.

## Spotting the signs

Recognising the signs of online grooming can be hard because it can happen at home and groomers often tell children not to talk to anyone about it.

There are a number of signs to be aware of (although a lot of them are quite common among teens), but look out for increased instances of:

- wanting to spend **more and more time** on the internet
- **being secretive** about who they are talking to online and what sites they visit
- **switching screens** when you come near the computer
- **possessing items** – electronic devices or phones – you haven't given them
- **using sexual language** you wouldn't expect them to know
- becoming **emotionally volatile**



## Steps to take if it happens

If you are concerned that your child is being targeted by an online groomer here are a few actions you can take to protect your child:

- **Report it** to the authorities
- **Reassure them** it's not their fault
- **Seek support** from the National Crime Agency's CEOP command for support
- **Contact Childline - 0800 1111** or the **NSPCC Helpline on 0800 800 5000** for one-to-one support
- **Report any sexual abuse images** to the Internet Watch Foundation

👉 [www.internetmatters.org](http://www.internetmatters.org)

📘 InternetMatters  [internetmatters](https://www.youtube.com/internetmatters)

🐦 @im\_org  [@internetmatters\\_org](https://www.pinterest.com/internetmatters_org)

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# Protecting children from online pornography

How to start a conversation and manage what your children see online



## When should you start a conversation?

By the age of 15 children are more likely than not to have been exposed to online pornography so, talking to them early on can equip them with the right coping strategies to deal with it.

And of course the conversation about where babies come from could also be a good trigger to start an age-appropriate conversation about their bodies and what healthy relationships look like.

XXX

## How to have conversations with children about online pornography

### Be natural and straightforward

If you seem embarrassed to talk about sex and pornography your child will also feel uncomfortable and will be unlikely to let you know if they have seen sexual images.

Try techniques like getting them to write things down, or start conversations when they don't have to look you in the eye, for example when in the car.

### Be on the lookout for teachable moments

Talking about issues as they come up on TV, in movies or online can help you kick-start a conversation and give you the opportunity to talk about your values and beliefs on the issues.

### Find out what they already know

Children may hear or see things at school which they have questions about. Use this as an opportunity to ask them more about what they know, dispel any myths and give them the right information.

### Give them positive messages

Talk to them about loving sexual relationships and how to have respect for themselves and their boyfriend, girlfriend or partner.

### Talk to them about their experiences

A deep discussion on pornography isn't recommended for younger children. However, whatever the ages of your children make sure that they know they can come and talk to you – and that you won't overreact or be shocked by whatever they tell you.

### Take a no-blame approach

Recognise that children are naturally curious about sex and like to explore. An interest in sex is a normal part of a child's development.

If your child is young and has come across pornography by mistake, they are much more likely to need reassurance and support.



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## What to talk to them about

Based on their age, here are some things you might like to discuss with them as they grow:

### Young children (5 and over)

#### Puberty

- Be reassuring when talking to them about the changes they will experience, try to relate it to your own experience
- Make sure they know you are there to answer any questions they have if they are concerned
- Using a good book could help illustrate the more technical parts of puberty

#### Healthy relationships

- Share your values on what a good relationship looks like, i.e. it must have trust, honesty, respect, communication, and understanding
- Talk with your child about what it means to be a good friend
- Be a good role model and give examples of some of these that they can recognise

#### Consent

- Talk to them about respecting boundaries and what is and isn't appropriate when it comes to touching
- Make sure they know that they have a say over their own bodies
- Talk to them explicitly about when it's appropriate to be naked and why certain areas of the body are private and shouldn't be touched by others
- The NSPCC PANTS activity guide is a simple tool to help you discuss this with your child

#### Critical thinking

- Make them aware that not all the images and content they see online is real
- Encourage them to question what they see and not take anything at face value online
- Ask them to consider who posted the content and why and how they felt about what they read or saw



### Tweens (11 and over)

#### Puberty

- Make sure they know the basics about biological changes of puberty so they know what to expect
- Be open and prepared to answer questions about the physical and emotional changes they'll go through
- Reassure them if they feel insecure about any changes they experience

#### Relationships

- Re-affirm what a healthy relationship looks like and the importance of having love, respect and trust prior to physical contact
- Talk about how to recognise unhealthy relationships to ensure they can spot the signs and seek support

#### Body image

- Talk about positive body image and any concerns they have about their own body
- Be a role model - children will often mirror what they see, so promoting good eating habits and being accepting of those of all shapes and sizes can help children have a positive body image
- Encourage them to be critical of media messages and images that promote thinness or unrealistic ideals



## Sexual Health

- Discuss what sexuality is, i.e. everything from their biological sex, gender identity and sexual orientation, to pregnancy and reproduction
- Talk about how online pornography and its portrayal of women, consent and extreme sexual behaviours can have a negative impact on them
- Have regular conversations about the importance of consent

## Peer pressure

- Talk to them about ways to stand up to peer pressure that may put them at risk i.e. as pressure to send nudes or to take part in sexual activity
- Share your own experience of peer pressure to help them relate and feel more confident to make smarter decisions

- Re-affirm that although it may seem like 'everyone' is doing it, it's often just talk
- Children will seek out boundaries of what is acceptable behaviour so set clear boundaries for behaviour on and offline, taking the time to clearly explain why it's beneficial for them (even if they don't agree)



## Teens (13 and over)

### Sex and Healthy relationships

The most distinctive features of a Catholic Relationship, Sex and Health Education programme should emphasise the vital role that parents have in nurturing their children on these matters.

- Have an open conversation about their values and attitudes towards sex and relationships to be aware of what they believe and give them the right information
- Emphasise the importance of having love, respect and trust in a healthy relationship and give them examples that they can look to
- Discuss the importance of 'safe sex' and prevention of sexually transmitted diseases
- Help them develop coping strategies when it comes to dealing with pressure from friends to watch porn, have sex or send nudes
- Talk about what consent looks like in a relationship
- You can encourage them to visit the [Disrespect Nobody website](#) to learn more about consent and signs of relationship abuse



### Pornography - Risks and concerns

It is vital that the discussion is framed around the respect and dignity of every human being, "we are made in God's image and likeness".

- Discuss the fact that porn doesn't often show what sex is like in real life and should not be used as a source of 'sexual education'
- Talk about the ways that it may pressure others to look or behave in a certain way
- Talk about how extreme porn can lead them to develop unrealistic expectations of sexual behaviours
- Talk about the importance of consent and the way women are portrayed

### Body image

Core to our values as Catholics is the unwavering belief in each person's inherent dignity: their *imago dei*. This means that not only are we made in the image and likeness of God, but that God designed each of us on purpose and with great artistry.

- Encourage them to challenge unrealistic ideals on body image and be critical about images they see online and in the media
- Discuss their thoughts on body image and any concerns they may have about themselves
- Help them to accept bodies of all shapes and sizes and not to subscribe to an unrealistic body image ideal
- Be a role model by accepting your body and maintaining a positive attitude towards food and exercise

## Use parental controls to block adult content

In addition to having conversations, you can use parental controls on your broadband to block adult content and create a safety net for young children.

If they have a mobile phone you can also contact their network provider to apply a Content Lock to stop them accessing adult content on their device.

As of 2019, they'll also be age verification controls on commercial porn sites to prevent children from accessing adult content.



### Set filters on the most popular search engines

Safe search settings can also be activated on Google and Bing. For other search engines, go to their safety settings page. Don't forget to opt for the safety mode on YouTube, iTunes and Google Play.

#### Resources that can support you and your child

- **Childline** offer a confidential helpline (0800 1111) and forum where children can talk to counsellors
- **AMAZE.org** provides age-appropriate information on puberty for young people and parents
- **Thinkuknow** provide advice on sex and relationships to protect your child
- Set parental controls and privacy settings on devices, apps and platforms with our how-to guides, visit [internetmatters.org/setupsafe](https://www.internetmatters.org/setupsafe)

## What to do if they've seen pornography

If your child has accidentally come across pornography or actively sought it out by searching for it, it will prompt questions about what they have seen.

**For young children** try to answer any questions that they have simply and explain that there are some videos online that we shouldn't be watching, all along reassuring the child they didn't do anything wrong.

**For older tweens and teens**, use it as a moment to start or continue to have conversations about sex and relationships explaining that what they see online doesn't reflect its true nature. In doing so, you'll create an environment where they can be open about asking questions to you or a trusted adult.





# Social media tips

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Social networks are a great place for young people to stay in touch with friends and demonstrate their creativity. As a parent, there are simple things you can do to ensure your children's experience is both safe and fun.



### 1. Are they sharing inappropriate selfies?

Discuss the reasons why they feel the need to share such images and the potential long-term impact this could have on them if the pictures are used without their consent.



### 2. Do you feel they're spending too much time on social?

Talk together so they understand your concerns. Agree house rules on when and how long they can go online and which sites they should visit.



### 3. Are they sharing their location through apps?

Make sure geo-location is disabled to keep their whereabouts private. Explain why it's important that they never share personal information with people they don't know online.



### 4. Have they posted too much personal information?

Talk to them about who they've shared the information with and assess the risk it poses to your child. You can also ask your child to remove the information from their account and help them understand how to share safely.



### 5. Are they chatting to strangers online?

Make sure your child understands that people may hide behind fake profiles for dishonest reasons and the person they've been chatting to could easily be someone with bad intentions.



### 6. Are they gaming with strangers online?

Playing games can be fun and positive but ensure your child understands people may hide behind fake profiles for dishonest reasons and learn how to block and report anything offensive.



### 7. Do they have hundreds of followers?

Explain that some people may not be who they say they are and tell your child how privacy settings can put them in control of who they talk to.



### 8. Have they shared embarrassing images?

Remind your child that these images are their personal digital footprint for years to come and advise them to use settings that only let them share with friends they know. If they're not comfortable wearing it on their T-shirt, they shouldn't put it online.



### 9. Are they at risk of being cyberbullied?

Stay calm, listen without judging and reassure your child that you can help. Discuss any action you may take together. Encourage them not to retaliate and to save any evidence.



### 10. Do they know what they share online can hurt others?

Talk together about peer pressure and how screens and anonymity can lead to behaviour that is hurtful. Remind them there's a fine line between sharing content because it's funny or might get lots of 'likes' versus the potential to cause offence or hurt.



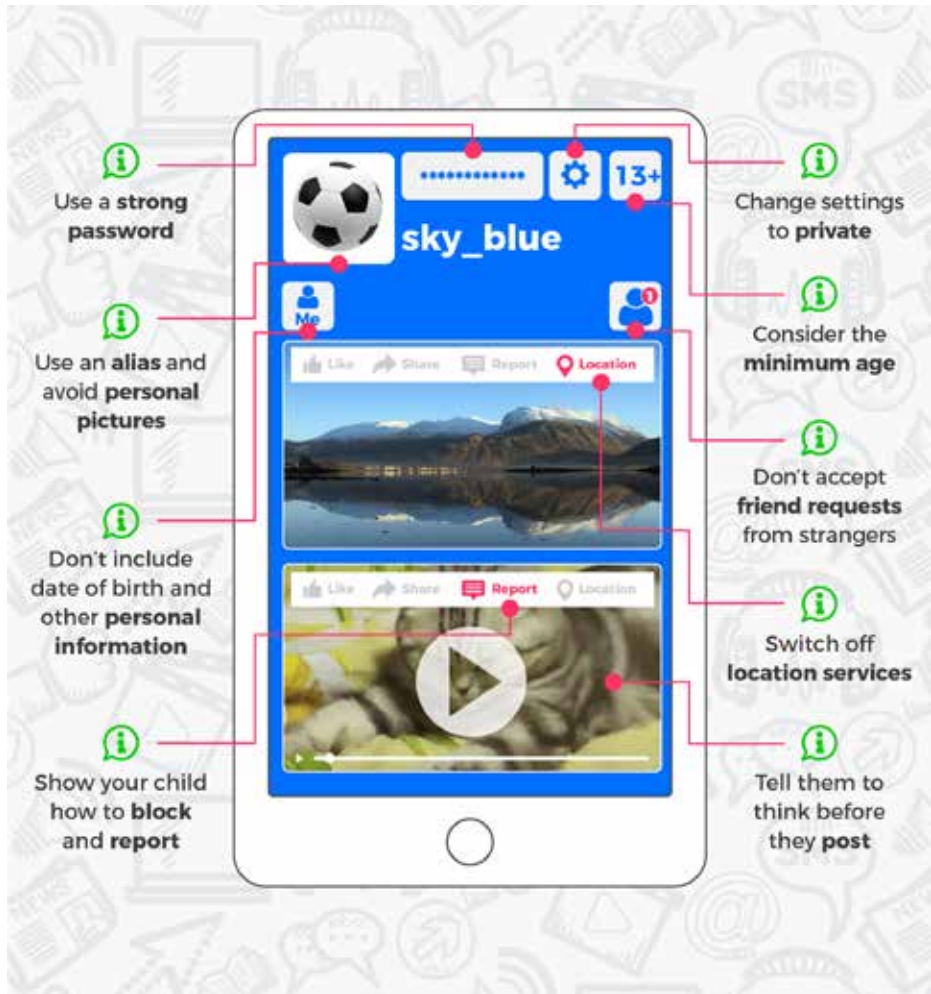
### 11. Have they been affected by content shared online?

Encourage them to think about why friends may share certain posts. Show them how to gently challenge their friends if they find their content offensive. Remind them they can always talk to you about things happening online.



### 12. Are they ready to share on social?

Most social media apps have a minimum age rating of 13. If a social network has set an age limit it means that some of the content may not be suitable for a younger child.



# Parents' guide to live streaming and vlogging

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What is it?

**Live streaming**  
Live streaming or 'Going live' is the broadcasting of live video on the internet from a specific location in real-time, like live TV. It differs from video chat services like Skype, as videos can be watched by many more people.

**Vlogging**  
Vlogging involves publishing pre-recorded videos on social networks like YouTube on a regular basis. Both brands and individuals or YouTubers / Vloggers do this.

What is the difference between Live streaming, Vlogging and Let's Play videos?

**Live streaming videos are live** and cannot be edited, **vlogs are pre-recorded** and edited before being posted and **Let's play videos feature screens shots of someone playing a game** with audio commentary and pre-recorded.

What age do children start?

**Between 8 – 9 years old** with parental permission

**Between 8 – 9 years old** with parental permission

Why do children do it?

- **To connect with family and followers** - It is a quick and easy way to share updates and special moments about their lives online
- **To get immediate feedback** - With the comment functionality children are able to get immediate feedback on what they are sharing and communicate with a range of people
- **To be more creative** - It allows them to be more creative and express themselves to a larger audience
- **To build a following or a brand** - in light of 'Vlogging' becoming a career of choice, many children simply want to gain the same status as the most popular vloggers have achieved
- **To experience the 'in the moment' thrill** that anything can happen when 'going live'
- **To be part of larger event** - You can watch live events and share comments with like-minded people
- **To aspire to be more like their online heroes** and attract interest on how their lives are developing





	Live streaming	Vlogging
Where do they do it?	<b>Most popular platforms being used:</b> YouTube, Facebook, Instagram and Snapchat	<b>Also being used but to a lesser extent:</b> Twitter, Music.ly, Twitch and Vimeo
What are the benefits?	<ul style="list-style-type: none"><li>• <b>Building confidence</b> - Getting a sense of achievement as audience and engagement of content grows</li><li>• <b>Connecting with like-minded people</b> - Being able to be less socially isolated by building bonds with people with similar interests</li><li>• <b>Financial reward</b> - monetising on views and likes on channel</li></ul>	
What are the risks?	<ul style="list-style-type: none"><li>• Exposure to inappropriate content</li><li>• Negative comments / cyberbullying</li><li>• Potential of 'Live Grooming'</li></ul>	<ul style="list-style-type: none"><li>• Sharing too much information</li><li>• Impact on self-esteem and behaviour</li></ul>
What do parents think?	Most parents of those who don't already create livestreams would not permit their child to do so	Many parents are concerned about suitability of the content for children and the responses they may get from other people

## Five Practical tips to keep kids safe



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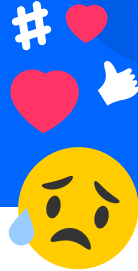
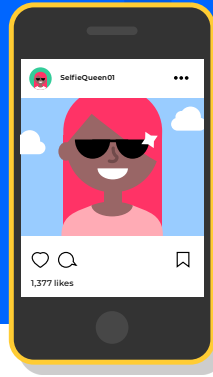
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1. **Stay engaged** with what they do online and with who
2. **Use tools** to help them manage what they see and share
3. **Make them aware** of reporting functions to flag people or content
4. **Encourage them** to 'Go live' or record video in a public place to limit the personal information they share
5. **Watch vlogs and live streams with younger children** to make sure they are age-appropriate and encourage older children to evaluate what they watch to make sure it has a positive impact on them

# Selfies, self-esteem and body image

*Empowering children to develop positive body image*

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## Why is it important?

### Using selfies as a comparison tool

Seeing constant streams of perfect bodies can put unrealistic expectations on young people to look a certain way which can lead to low 'body esteem'.

### Pressure to post the perfect selfie

Wanting to be accepted by the in-crowd can put pressure on young people to share personal images simply to improve their social status.

### Link between likes' and self-esteem

Young people may put more value in how others see them so, getting a negative comment or less likes on a post can have a real negative impact on their self-esteem and mental health.

## Tips to support young people



### Help children think critically about images they see online

Explain that when we look at idealised images – it's natural to compare ourselves. The way to deal with these images is to recognise that they are more like press releases, they showcase the best possible version of a face or body.

### Encourage them to be selective about who they follow and images they see

Being bombarded by images of people with abs or a certain body type on their social feed can lead them to think that this is the norm. Making them aware of a range of body types can help them develop a balanced view of body image.

### Empower them not to put all self-esteem eggs in the beauty basket

Remind children that they are more than what they see in the mirror. Encouraging them to put value in the range of talents and skills they have can help them develop a strong sense of self and improve self-esteem.

### Talk positively about your own body image

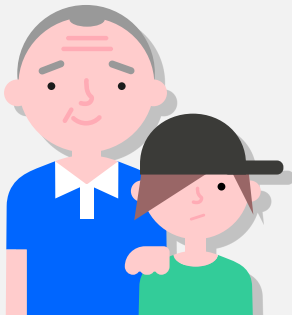
Be aware of the language that you use to talk about your own body. Children pick up on this so it's best to try and keep it positive to encourage them to stay positive about their own body image.

### Discuss what it really means to 'like' something on social media

Talk about the reasons behind why they are liking a picture: is it because others have liked it or because they've genuinely engaged with the photo? Getting them to think critically about this can help them develop a balanced view when it comes to seeking likes on social media.

### Focus on positive images online

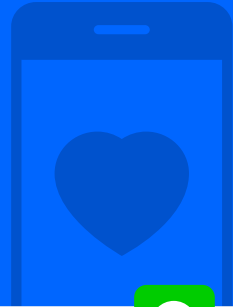
Encourage them to celebrate what makes them unique, rather than comparing themselves to others online. Posting images that empower and inspire others can be a great tool to encourage others to do the same.



# 4 steps to manage children's digital wellbeing

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Get advice to help children develop critical thinking, self control and coping strategies to deal with online risks.



## Step 1 Understanding the online risks

Help children get to grips with the types of risks they might be exposed to based on the website, apps and devices they use. For example if they're on social media having a conversation about issues around managing relationship online, cyberbullying and sexting will **help them to know what to look out for** and take appropriate action.

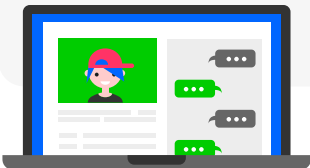
## Step 2 Knowing where to go for help

Equip your child with the knowledge of **where to get support**. Whether it's a helpline like Childline, reporting tools on apps or a supportive network of friends and family, it's important they know that if they can't talk to you about something **there are a number of places that can support them**.



## Step 3 Learning from experiences

Encourage children to explore the **digital world** in an age-appropriate way, so they can learn to **manage challenges** and develop good judgement. It is not possible to teach them self-control, risk management or **how to take advantage of online opportunities** if they are not given the chance to practice online.



## Step 4 Recovering from experiences with the right support

Even with the best intentions there may be times that children are affected by something they experience online. **To support them assess the situation and find ways to deal with it together**. Depending on the situation seek advice from specialist organisations or your GP to give them the **best chance to recover and regain their confidence**.



# Guide to tech: Buying a smart toy

Planning to buy a smart toy that connects via bluetooth, Wi-Fi or mobile app? Here are 4 things to consider



## 1. How does the toy interact with your child and other devices?

Make sure you understand what key things your child can do with the toy and if it can connect to any other devices, for example **can it send messages to a phone** or connect to a smart TV?

### Questions to ask

- Is there a **chat function** that allows children to communicate with others?
- Are there apps that can be used with the toy which **may contain ads or allow in-app purchases**?
- Does the toy require information about **your child's location**?
- **Where is the interactive data stored** and processed?
- Are there any **add-ons to purchase** to get the best experience?
- Is there a digital version of the toy that does the same thing which **would save on cost**?

## 2. Does the toy require your child's personal information?



Some toys ask for your child's name, their age and a parent email address to work. **To ensure your child privacy and data are kept safe make sure the toy company is reputable** and check out their data privacy policy so you are aware of what their procedure is, in the event of a hack on their systems.

### Things to do

- **Read reviews** about the toy and see if there have been any other concerns raised
- Put the **minimal amount of information** about your child required
- **Read the terms and condition** and privacy policies



## 3. Are there any features such as a camera that might put a child at risk?

**Carry out a series of checks** before buying a toy with such features as they may be vulnerable to hackers such as a camera or built-in microphone that connects to the internet. Be clear on how the toy can be played with to **ensure it doesn't encourage them to put themselves at risk**, for example Pokemon GO and road safety.

Weigh up whether these features are worthwhile having to help your child have the best experience. If you do decide to buy it, make sure to switch these off when not in use and **only enter minimal personal information if required** to reduce risk to your child's privacy and security.



## 4. Is there a monthly subscription to access new content with the toy?

Some smart toys may feature an **additional subscription service** to access new content to help children get the most out of the toy.

If you choose to opt-in **make sure to read the terms and conditions** on cancelling the subscription as you do not want to be paying monthly charges when your child is no longer playing with the toy. Also assess other costs like requirement to buy batteries.



# Guide to tech: Using tracking and location settings on kids devices

Here's what you need to consider before deciding to share your child's location on their device and how to best use apps that offer location tracking.



## Which devices?

Some phones come equipped with software that **can track your child's location**, for example the Monqi phone. Others have settings specific to the phone that can switch your child's location services on and off so that apps are not able to share their location.

## Age and privacy

Lots of parents want to see where their younger children are when they're out alone or with friends, using a well-known app like Boomerang or Qustodio. **However, as children get older, they will want to find their own independence** so it's important to have regular conversation about how best to use this tool to support them.

## App access

**Be aware of which apps your child uses** as some can reveal their location to lots of people, for example Snapchat maps. You can design privacy settings that are right for you for them by blocking some apps from accessing your child's location, while enabling others.

## Real time updates

If you feel like your child is vulnerable to sharing too much online, **you can install apps to monitor what they are sharing and with whom**. Encourage your children to not share their location or images in real-time so they don't give away their location to people they don't know.

## Location zones

**Some apps give you the option to set boundaries of where your child can go** when they are out and about. This can be a good tool to establish boundaries with your child and as they get older and gain more independence. It's a good idea to schedule in checkpoints of when to review the boundaries set so they work for both of you.

## Apps have limitations

**You'll never be able to fully monitor your child's whereabouts through their phone**, so it's important to create an environment where your child is able to share what they've been up to and any concerns they may have.

## Building trust

**No app can make up for a lack of trust**. Whether you decide to disable the location settings within the phone, or install apps specifically designed to help you keep track of your child's location, you should be honest and open with your child.

**It's vital you tell them whether you're tracking their movements or not**, and the reasons behind it. You can set rules about when you will be checking their location, for example if they are late home or not responsive.





# Top apps for location tracking



## iOS 12 for iPhone and iPad

Screen Time features built into the iOS 12 for iPhone and iPad devices offer great family controls for free and at the operating system level.

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## Monqi phone

Monqi is an all-in-one solution. It's a smartphone that has controls built into the handset. At £149 it's not cheap, but that price includes the device as well.

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## Boomerang

As with other apps, it includes location tracking with updates on your child's whereabouts via their mobile device. It works only on iOS and Android devices.

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## Family Time

This is an app you install on each of your devices that lets you control exactly what your child can do online. You can also track movement and set zones that will alert you if the child leaves them. The app is limited to iOS, Android and Kindle devices.

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## OurPact

User-friendly App that can track calls, and texts and monitor a range of online activities. There are three subscription plans: Free, Plus, and Premium. The Premium option allows you to access all its features.

# Anonymous Apps

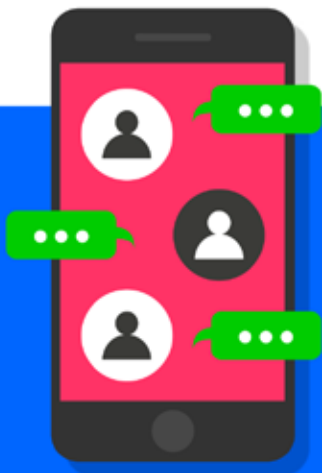
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## What are Anonymous Apps?

Anonymous apps allow users to share and interact with each other **without revealing who they are**. Unlike social media sites, many of these apps encourage users to stay anonymous and chat to each other or post questions and answers on a range of topics.

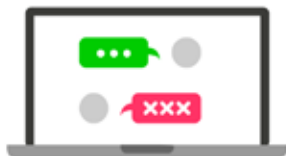
Although anything shared on these apps is anonymous, it's important to note that anonymity is not guaranteed as certain types of information like an IP address or cookies can be used to identify who you are. Also, some apps sync to a users contact list or location to provide a personalised experience on the platform.



### Why are these apps popular with children?

The ability to be anonymous and **ask questions that may be sensitive or embarrassing** is one reason why millions of teens worldwide are using these apps.

Also, these apps remove the anxiety of presenting your 'best self' online and allow teens take on different personas and explore different ideas without fear of repercussions.



### What risks do Anonymous apps have?

**Anonymous apps can expose children to a range of online risks**, including inappropriate content, cyberbullying and sexting.

Under the cover of anonymity, people may feel less accountable for what they say and may share things that they would not on open social platforms.

By the very nature of these apps, **keeping teens safe becomes that much more of a challenge**, so having regular conversations on the subject is key. Make it a habit to talk about which apps they are using and any associated watch outs.



### What is the minimum age of most anonymous apps?

**Most Anonymous apps range from a minimum age of 13 to 17**. Whatever the minimum age, it's important to make sure to review these apps to make sure that the content on the platform is age appropriate.

### What do the experts say?

Online safety experts have raised concerns over anonymous apps that **allow users to give feedback to others as this has led to cases of cyberbullying.**

A number of these 'anonymous feedback apps' hit the headlines because of safety concerns over the need for more safety tools on the platform to keep children safe.



### Are there any positives to anonymity apps?

For some teens they offer a chance to ask intimate or sensitive questions on subjects that they feel embarrassed to talk openly about. However, as the information comes from an anonymous source, it's important to be critical about what is shared.

## Top tips to support children

### 1. Talk to them about their app usage

It's important to know what your children are doing on their devices, **so speak to your child regularly** about which apps they are using and who they are speaking to.

### 2. Review apps on their devices

**Check age ratings of any apps** you're not familiar with. It's a good idea to use app store settings to only show age appropriate apps. Also, review the privacy settings on these apps to make sure they are in control of how their information is used, who can see their account and what they share.

### 3. Don't be afraid to set some rules on app use

**Children seek out norms to follow** so it's important to sit together and set some boundaries on the types of apps they can and can't download. This will help them understand your concerns and why it is beneficial for them to use certain apps and not others.

### 4. Explain the risks

Help your child to **understand the impact these anonymous apps can have** on their digital wellbeing, and that what they say online to another person can have real life consequences. Ensure they are aware of community guidelines and reporting functions on the app to flag anything that upsets them.

### 5. Help them think before they post

Although anonymous apps may hide your identity to some extent **there are certain pieces of information that can identify you like an IP address** so it's important to advise children not to say or share something they wouldn't want to be shared publicly.

### 6. Be supportive

**If your child is being cyberbullied then be calm and considered,** listen to their concerns and offer your parental support. Don't deal with it alone, talk to friends and if necessary your child's school who will have an anti-bullying policy.



# Current Applications that Children are Using



## Instagram

A photo-sharing social network which allows users to alter photos, upload them to Instagram and share them to other social networking sites. Photos can be sent directly to specific users. A video feature is also available.

### Safety Advice

Please scan the QR Code for information on keeping your child safe.



## TikTok



TikTok is a social networking app that replaced the popular Musical.ly app when it went offline in 2017. Known as Douyin in China, it gives users the ability to watch and create short clips of up to 60 seconds. With 1 billion active users across 155 countries, it seeks to promote safety and has recently released a range of safety videos to promote its safety tools.

### Safety Advice

Please scan the QR Code for information on keeping your child safe.



## Snapchat



A photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.

### Safety Advice

Please scan the QR Code for information on keeping your child safe.



## WhatsApp



Free-of-charge, real-time messaging app. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already know their telephone number.

### Safety Advice

Please scan the QR Code for information on keeping your child safe.



## Twitter



A social network that lets users send and read “tweets” messages limited to 280 characters.

### Safety Advice

Please scan the QR Code for information on keeping your child safe.



## Roblox



Roblox is an online game creator system where the majority of the content is created by “amateur” game creators. These game makers are able to create and publish games to the community using simple tools.

### Safety Advice

Please scan the QR Code for information on keeping your child safe.







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