



# Cyber and Online Safety for Parents/Carers

Megan Haldane  
Cyber Protect Officer



**Where do we start?**

# The four Cs of online safety

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**Content**

**Contact**

**Conduct**

**Commerce**

# App Icons

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# Decoy Apps



< Search



## Calculator# Hide Photos Videos

NewSoftwares.net

GET

In-App Purchases



3.1K RATINGS

4.4



AGE

17+

Years Old

CHART

No.162

Utilities

DEVE



NewSoft



CARING



COURAGEOUS

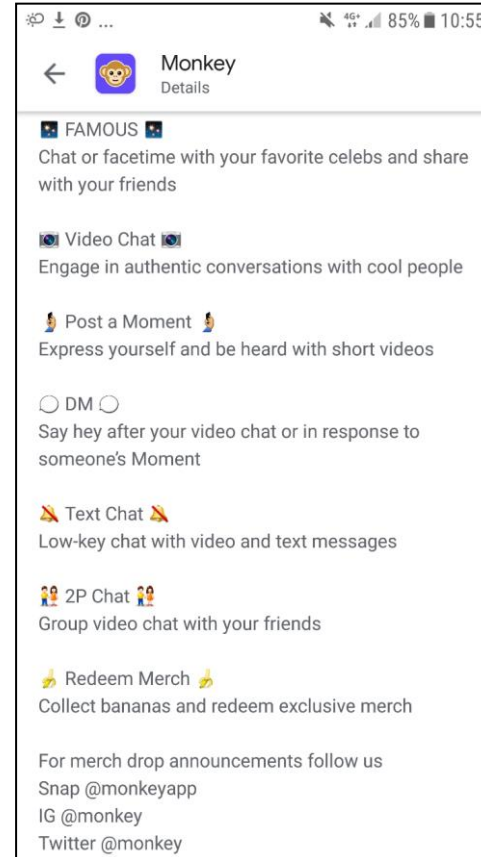
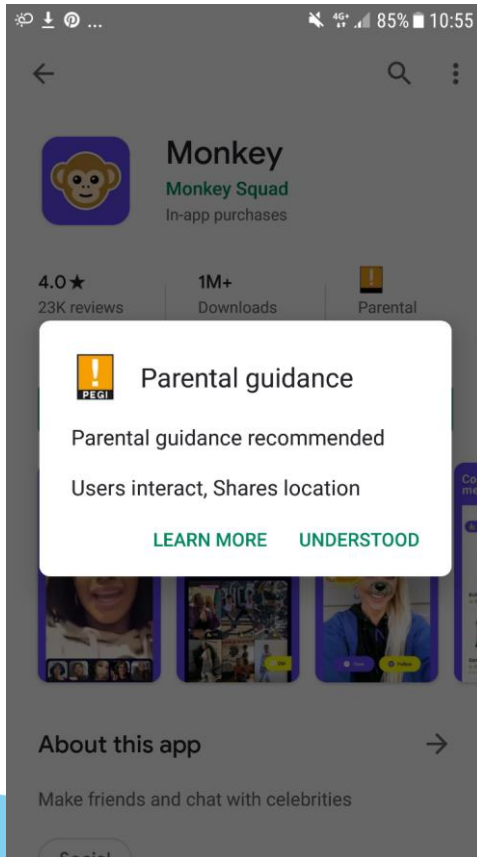


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# Understanding Apps



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# What about social media?



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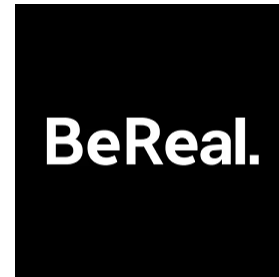
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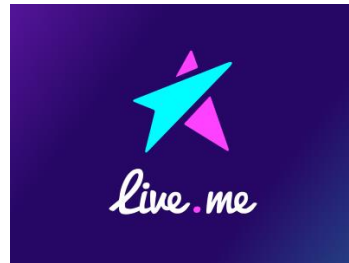
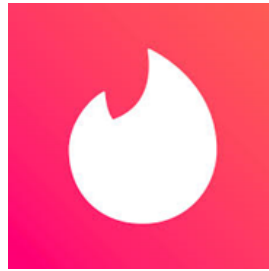


# Social Media Apps 17+

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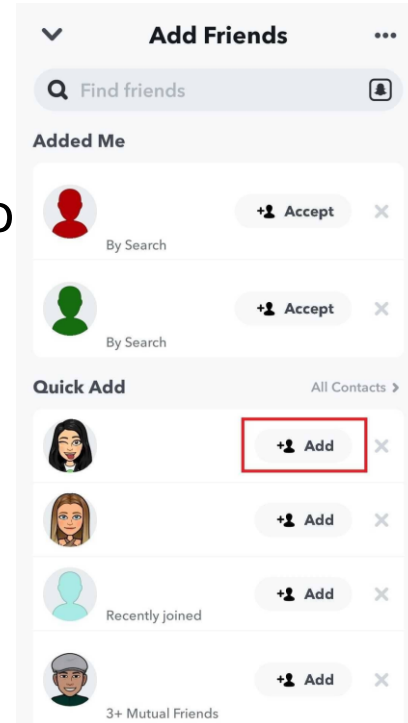
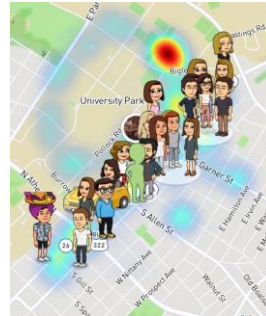
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# Snapchat

- 'Snap Map' feature allows others to view your exact location.
- Recent update calculates how long it will take to drive to that destination.
- Can be disabled by using 'Ghost Mode' or turning off the location sharing in the phone settings.



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# The Sextortion Pandemic




**SEXTORTION**



**DON'T PANIC.  
DON'T COMMUNICATE.  
DON'T PAY.**

Avon and Somerset Police  
SERVE.PROTECT.RESPECT.  
www.avonandsomerset.police.uk | Follow us on    



## What is sextortion?

Sextortion is webcam blackmail.

Criminals can befriend a victim online by using a fake identity and often use a video of an attractive woman to entice the victim to perform sexual acts in front of their webcam. They then record this and threaten to share the video with the victim's friends and family, unless the victim pays them money.

## How to avoid becoming a victim

Be cautious about who you befriend online, even if you have mutual friends.

Avoid getting naked on webcam. There's always a chance this could be recorded and shared.

## What to do if you're a victim of sextortion

### Don't panic

Contact your local police immediately. No one will judge you, it will be dealt with in confidence, and it will be taken seriously.

### Don't communicate further with criminals

Take screenshots, then delete and block offenders. Consider changing your name online so they can no longer locate your profile.

### Don't pay

Many victims who have paid, have continued to get more demands for higher amounts of money.

J15694\_10/2022

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# VR Headsets

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**WARNING:**

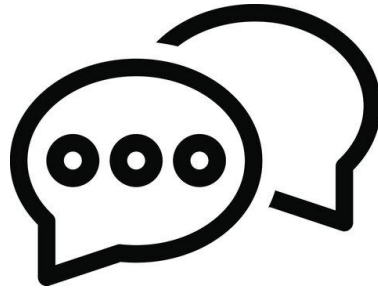
**SOME VIEWERS MAY FIND THE FOLLOWING VIDEO DISTURBING.  
VIEWER DISCRETION IS ADVISED.**



**What can we do?**

# Creating a safe space and open environment

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# Starting the conversation

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“Show Me, Tell Me, Teach Me”

1. Start talking early and frequently
2. Pick your timing
3. Be open
4. Model the behaviours
5. Create a safe space



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# Balancing Screen Time



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## What we have agreed about our online life

internet  
matters.org

We have decided that (add your names):


1. We agree that we want to use our phones and the internet safely
2. When we eat together phones and online activities will be off
3. I can play my games after school for  minutes and at weekends for  minutes
4. At night my phone will be charging in another room while I sleep
5. We agree to be kind to other people online and move away from anything that upsets us

### Below are our agreements for social media and our devices

We've agreed on some rules about social media. We don't like:

- Messages that are rude, upsetting or make people sad
- Photos or videos that are not OK for children or teenagers because they make us less safe or let other people see things that are private to us.
- It is not OK to send these.

### I/We promise to do these things:

- Get help from  [name of parent / carer] to add friends at first
  - I'll only talk to close friends I know now or my family
  - I won't share photos that are inappropriate (describe)
  - We all understand that social media apps have age limits and rules
  - We all understand how important it is to be private and  will set up a social media account for
  - We agree to be kind to other people on social media and help our friends
- .....
6. If I feel upset about anything I see, I can tell  I know how to block or restrict people if they are nasty or I can ask   to help.
- .....

### Devices

- Which devices are we allowed to use and when?
- Who will check regularly to see that the privacy and security settings are OK?
- What do we do if we are asked to click on something?  (Like don't click 'accept' before checking with an adult)
- When is it OK to download files, games or apps?
- When is it OK to buy things in games?

We will talk about our agreement of  [enter agreed amount of time] to see how it is working.

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



InternetMatters



InternetMatters

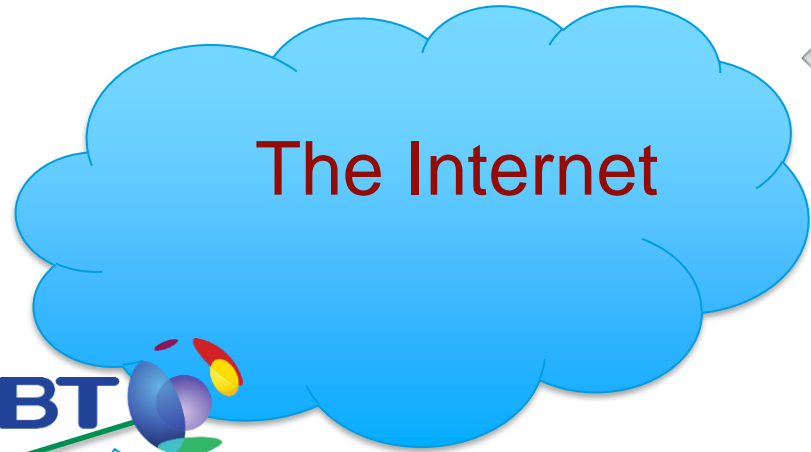


@im\_org

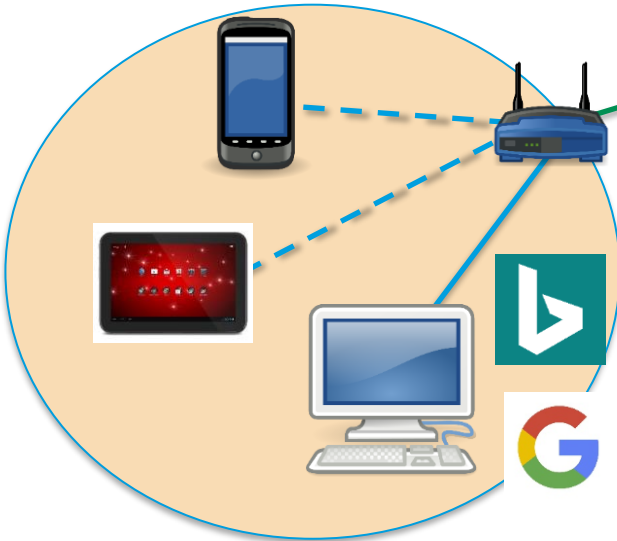
internet  
matters.org



All the main network providers allow you to set up a degree of Parental Control.



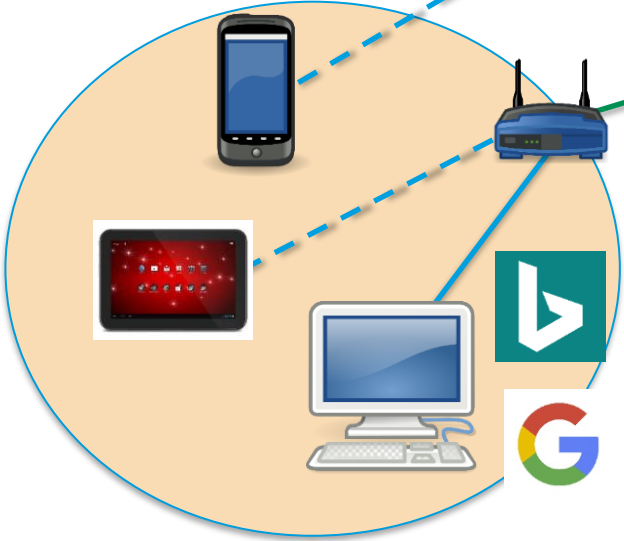
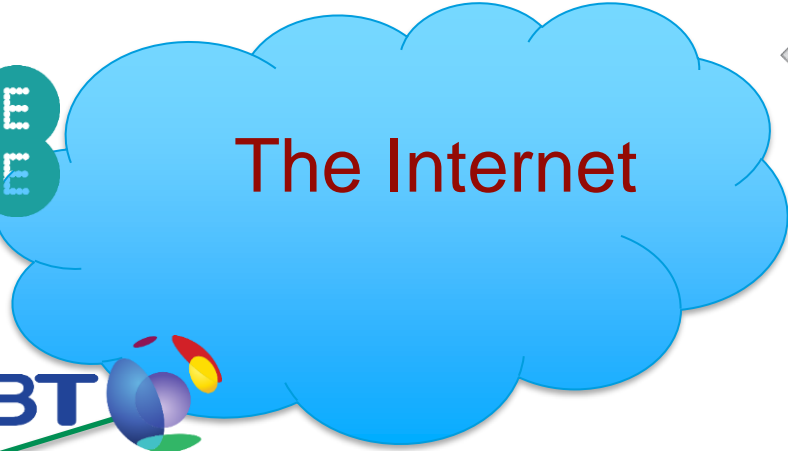
BT



Give me the IP Address  
for  
"HotStuffDating.com"



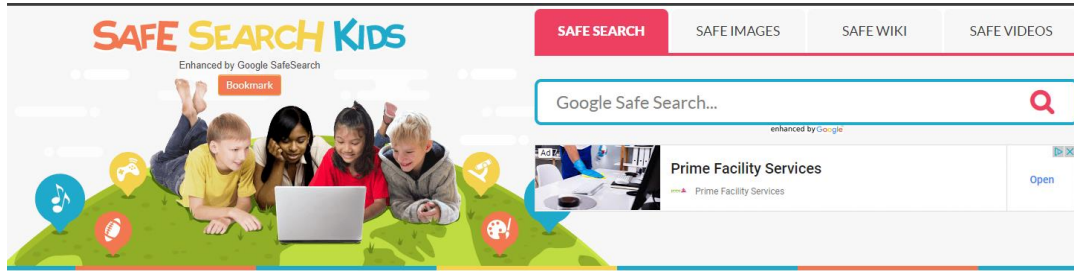
Give me the IP Address for "HotStuffDating.com"



Circumventing controls from your broadband provider is as simple as using mobile data rather than your home network.

Remember to include mobile network providers in parental controls.

# Use a safe search engine



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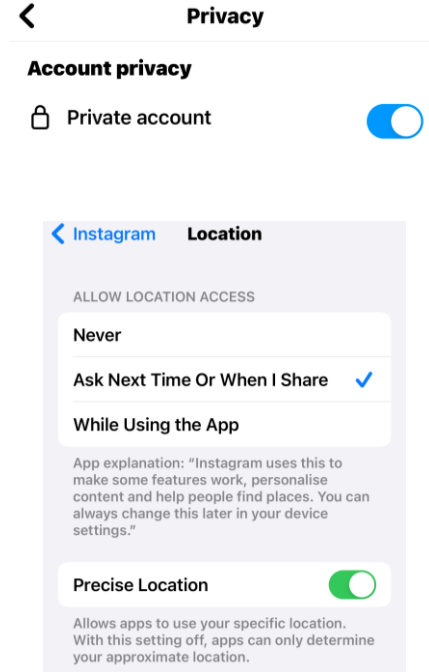


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# Settings within apps

- Set up privacy controls within the app or game itself.
- This can stop people finding out locations, user details, profile photos as well as preventing messaging.
- Many apps also offer the ability to block or mute other users.



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# Monitoring Apps

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@ Net Nanny®

 OurPact

 **Norton**  
Family



Qustodio



**bark**



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# Location Safety Apps

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# Cyber Awareness



# What makes a strong password?

- Add complexity
- 3 random words
- For example:
- WaterPhilosopy7Zebra
- MfcwaBffaihif 3y
- Password policies



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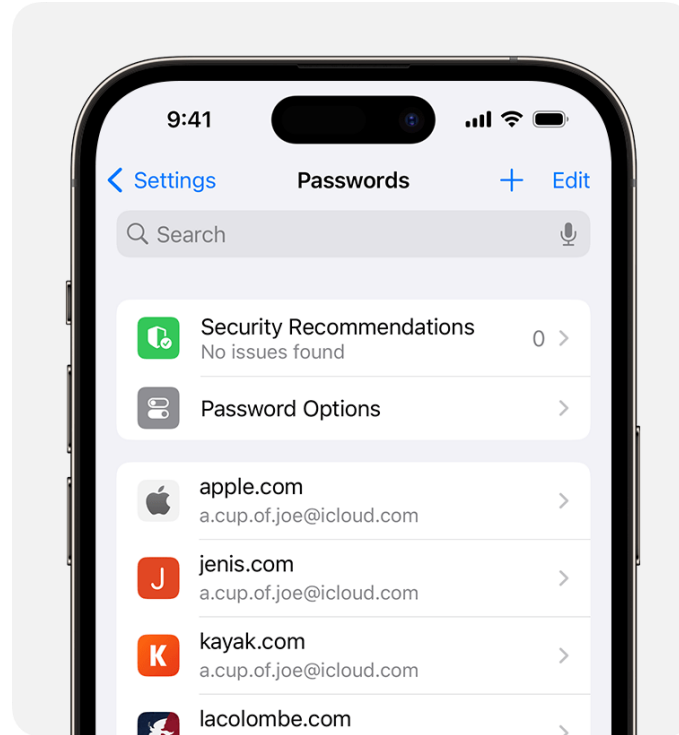
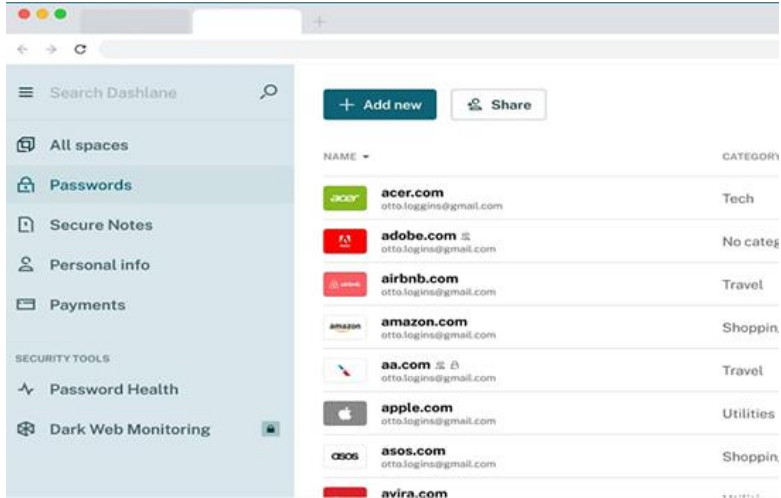


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# How do we remember them all?



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# Two-Step Verification (2SV)




**Google**

## 2-Step Verification

This extra step shows it's really you trying to sign in

  @gmail.com

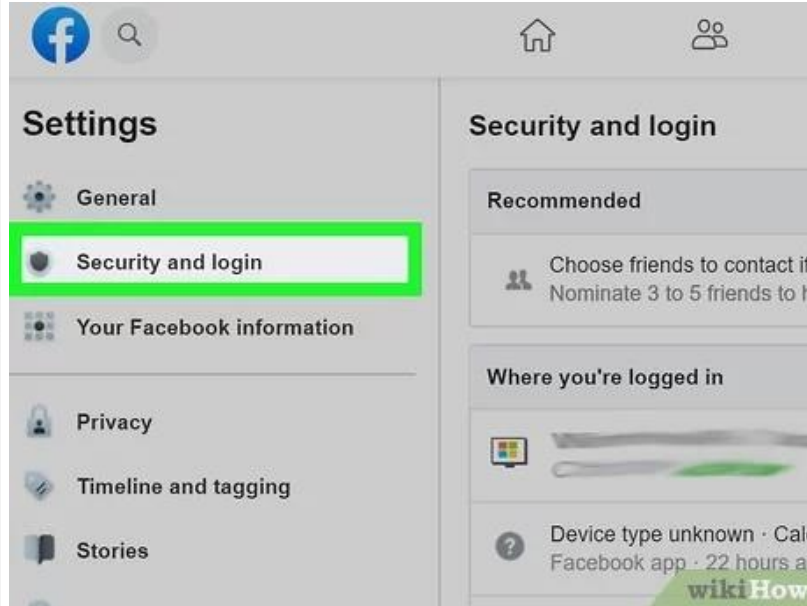


**Check your Google Pixel 2**

Google sent a notification to your Google Pixel 2. Tap **Yes** on the notification to continue.

Or open the Gmail app on your Apple iPad mini (5th generation) to sign in from there.

Don't ask again on this device



The screenshot shows the Facebook mobile app's Settings menu. The 'Security and login' option is highlighted with a green box. Below it, the 'Your Facebook information' section is visible. On the right side of the screen, the 'Security and login' section is partially visible, showing 'Recommended' and 'Where you're logged in' options.

**amazon**

## Two-Step Verification

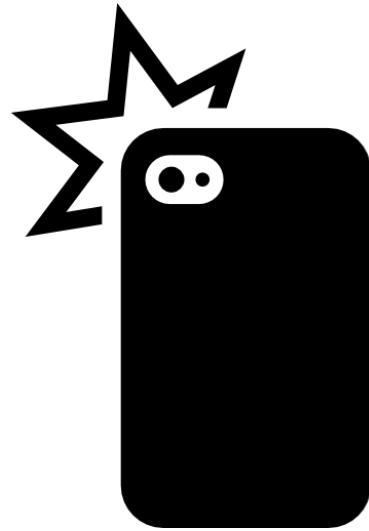
Enter the code generated by your Authenticator App

Enter code:

Don't ask for codes on this device

**Sign In**

[Didn't receive the code?](#)



# Resources

# Cyber Sprinters for kids



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# Social Media Checklist



**Facebook Checklist**  
Downloadable booklets to guide you through your profile settings in Facebook



**Twitter Checklist**  
Downloadable booklets to guide you through your profile settings in Twitter



**Instagram Checklist**  
Downloadable booklets to guide you through your profile settings in Instagram



**Snapchat Checklist**  
Downloadable booklets to guide you through your profile settings in Snapchat



**Roblox Checklist**  
Downloadable booklets to guide you through your profile settings in Roblox



**TikTok Checklist**  
Downloadable booklets to guide you through your profile settings in TikTok



**Netflix Checklist**  
Downloadable booklets to guide you through parental controls



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[swgfl.org.uk/resources/checklists/](https://swgfl.org.uk/resources/checklists/)



Cyber Aware 

 National Cyber Security Centre

Advice on how to stay secure online from the UK's National Cyber Security Centre



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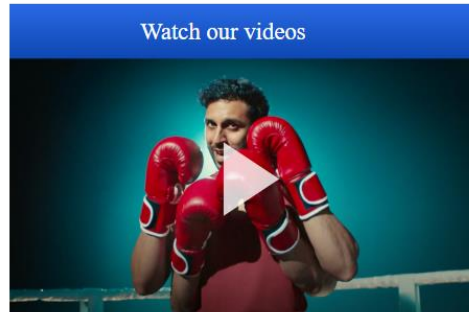
## Take your email security to another level

Your email is where you keep your most personal and financial information.

If a cyber criminal accesses your email, they could:

- access your other online accounts using the 'forgot password' feature (which often sends you an email)
- access personal or business information and use this to scam you or people you know

Watch our videos



# Internet Matters



Digital resilience toolkit 6 – 10 year olds



Digital resilience toolkit 11 – 13 year olds



Digital resilience toolkit 14+ year olds



Online grooming Guide



Online grooming guide



Online safety guide 0-5 year olds



Online safety guide 6-10 year olds



Online safety guide 11-13 year olds



Online safety guide 14+ year olds



Conversation starter tips



Screen time 5-7 years old



Screen time 7-11 years old



Screen time 11-14 years old



Screen time 14+ years old



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[www.internetmatters.org/resources/esafety-leaflets-resources/](http://www.internetmatters.org/resources/esafety-leaflets-resources/)



# Digital Parenting by Vodafone



[www.vodafone.co.uk/news-centre/app/uploads/2021/10/digital-parenting-7.pdf](http://www.vodafone.co.uk/news-centre/app/uploads/2021/10/digital-parenting-7.pdf)



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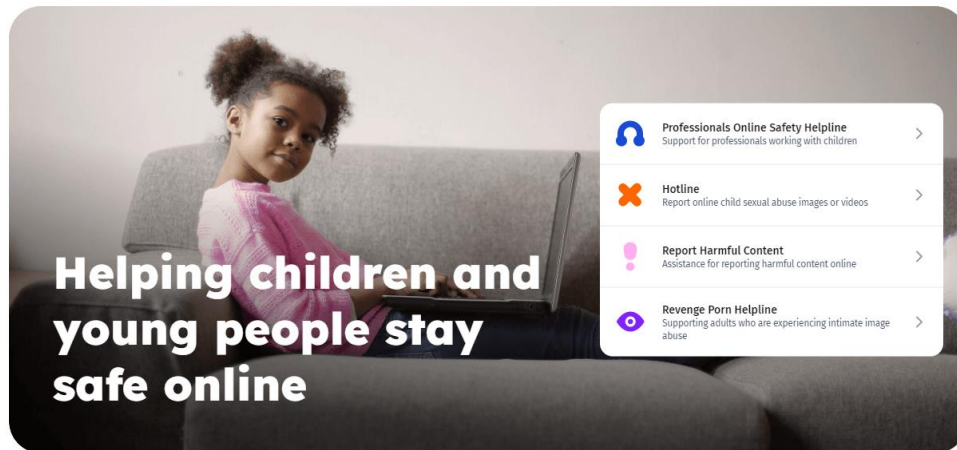
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# UK Safer Internet Centre







UK Safer Internet Centre

[Online issues](#) [Guides and resources](#) [Training and events](#) [Safer Internet Day](#) [Blog](#) [Research](#) [About](#)



**Helping children and young people stay safe online**

-  **Professionals Online Safety Helpline**  
Support for professionals working with children
-  **Hotline**  
Report online child sexual abuse images or videos
-  **Report Harmful Content**  
Assistance for reporting harmful content online
-  **Revenge Porn Helpline**  
Supporting adults who are experiencing intimate image abuse

I need help with...



Search by any keyword...

[Reporting](#)

[Cyberflashing](#)

[Livestreaming](#)

[Misinformation](#)

[See all 12 topics](#)



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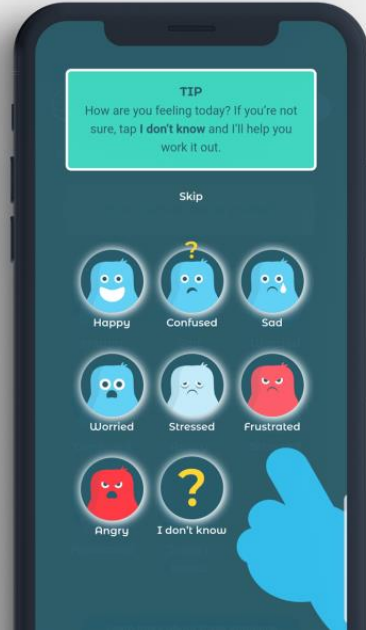


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[saferinternet.org.uk/](https://saferinternet.org.uk/)



# Ollee your virtual friend

A Million & Me  BBC Children in Need



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## Roblox

Website review by [Erin Brereton](#), Common Sense Media



Common Sense says

age 13+

Chance to design games, but also potential for iffy content.

<http://www.roblox.com>

Save

Rate website

<p>Parents say</p> <p>age 10+</p> <p></p> <p>Based on <b>1933</b> reviews</p>	<p>Kids say</p> <p>age 9+</p> <p></p> <p>Based on <b>4646</b> reviews</p>
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## A few more resources...

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- [www.how-to-geek.com](http://www.how-to-geek.com)
- [www.lifewire.com](http://www.lifewire.com)
- [www.getsafeonline.org](http://www.getsafeonline.org)

**How-To Geek**

**Lifewire**  
*Tech Untangled*



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# Action Fraud

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Action Fraud – UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber crime in the UK - [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040



**Thank you for listening**

CyberProtect@avonandsomerset.police.uk