



Online Safety During COVID-19

As children and young people spend more time at home, they are going to be online more than ever.

Increased online access can heighten a young person's vulnerability to online harm as well as online criminal exploitation, as predators look to exploit young people during the pandemic.

The likelihood of exposure to harmful online content and cyberbullying has also significantly increased.

For support on the use of Microsoft Teams, please click on the link:

<https://support.office.com/en-gb/article/distance-learning-with-office-365-guidance-for-parents-and-guardians-89d514f9-bf5e-4374-a731-a75d38ddd588?omkt=en-GB>

Blackburn with Darwen's Engage team have put together a useful list of resources to support parents/carers:

The Mix – The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline.

<https://www.themix.org.uk>

Sexting and sending nudes – including how to report a sexual image or video.

Advice to help you understand the risks and support a child if they've been sending, sharing or receiving nude images.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>

Unsolicited nudes: advice for teens - Unsolicited nude image sharing is when people share unwanted nudes. Young people have told us that this can feel 'normal' because it happens a lot, but that definitely doesn't make it okay.

Our [new article for teens](#) includes advice on what they can do if they receive an unwanted nude.

Keep them safe - an interactive CSE (child sexual exploitation) learning tool developed for parents.

<https://paceuk.info/training/keep-them-safe/>

What is a money mule scam? - Criminals are targeting young people through Snapchat and Instagram promising that they can make hundreds of pounds in minutes by becoming a money mule.

<https://www.moneyadviceservice.org.uk/blog/money-mules-what-are-they-and-could-you-fall-victim>

Online gaming risks – Murder Games (Breck Bednar) - These three short films tackle the issues around online grooming and safety and are aimed at Key Stage 3 and 4 students. Teacher and student notes accompany the clips which are designed to sensitively generate discussion about the events that led to the death of Breck Bednar.

<https://www.bbc.co.uk/programmes/articles/45gYLBm5qwZdRmH0g4Z5TVV/murder-games-student-and-teacher-notes>



CEOP/Think You Know have created this page to support parents during COVID-19 and the closure of schools. Each fortnight, they will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.

https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-54987897

TikTok – Learn how to set privacy and safety settings on the TikTok social platform to help your child have a safer experience.

<https://www.internetmatters.org/blog/2020/04/16/tik-tok-app-safety-what-parents-need-to-know/>

Who knows more about the online world, parents or kids? Get the whole family together and take the **O2 NSPCC Parents vs Kids quiz**. You can play on an Amazon Echo, or on your mobile, desktop or tablet. See who knows the most about the online world, and learn a bit more about staying safe.

<https://www.o2.co.uk/help/nspcc/parents-vs-kids>

Ready for your child to have their **first phone** – read this first.

<https://www.o2.co.uk/help/nspcc/my-childs-first-phone>

NSPCC Net Aware -Look here for advice on social networks, apps and gaming. Really easy search facility with up to date info.

<https://www.net-aware.org.uk/>

For practical advice on privacy settings, parental controls and more there is also an online safety Advice Line **0808 800 5002**

Government publication - Coronavirus (COVID-19): support for parents and carers to keep children safe online

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

Online family agreement template – have a family meeting, get some rules negotiated then document it on this handy sheet.

https://static-www.o2.co.uk/sites/default/files/2020-01/O2_NSPPC_Family_Agreement_Template_v4.pdf

Online safety advice broken down into age ranges.

<https://www.internetmatters.org/advice/>

Online safety advice from **NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Internet Matters – A useful tool showing how to set parental controls across a range of devices and websites.

<http://www.internetmatters.org/parental-controls/interactive-guide/>



Parent Info – Expert information for parents about building their child’s resilience both online and off. Produced by NCA-CEOP and Parent Zone. This free service can be embedded on to your child’s school website

www.parentinfo.org. and <https://parentinfo.org/> for more help and advice for families in a digital world

Young people can report a concern about online grooming or sexual abuse to **CEOP** at www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor.

Guidance on how to capture and report intel/information for families and professionals.

<https://www.csepoliceandprevention.org.uk/sites/default/files/Guidance%20Cap%20Intel%20Toolkit.pdf>

Video chat during isolation: new for parents and carers

Two new **Parent Info** articles look at some of the things parents and carers should think about to make sure their child's experience of video chat is safe and fun.

- [Video chatting: a guide for parents and carers of secondary school-age children](#)

Cerebra provides an internet safety guide for parents with children who have **learning disabilities and Autism**. This contains information around grooming and online criminality, as well as links to support around helping children think about what is, or is not ok in their digital relationships.

[Learning Disabilities, Autism and Internet Safety - Cerebra](#)

Think You Know- an animation for children with learning difficulties about staying safe online- **Mild to moderate learning difficulties**

https://www.thinkuknow.co.uk/parents/Support-tools/Films-to-watch-with-your-children/Josh_and_Sue_original/

Think You Know- an animation for children with learning difficulties about staying safe online- **Moderate to severe learning difficulties**

https://www.thinkuknow.co.uk/parents/Support-tools/Films-to-watch-with-your-children/Josh_and_Sue_original1/