

## What can you do to help keep you child safe?

- Encourage your child to only share personal information with people they know. Discuss the fact that not everyone online is who they say they are.
- Help them to set strong passwords (a combination of numbers, letters and symbols).
- Make sure you have up-to-date anti-virus and anti-spy software on your child's computer.
- Be sure you have computer security software with parental controls.
- Encourage your child to report inappropriate behaviour. If they are uncomfortable speaking to you, tell them to speak to a trusted adult – an aunt, an uncle, a teacher or older sibling perhaps.
- Be sure your child knows how to report abuse or inappropriate behaviour.
- Be sure your child knows how to set and change their privacy settings.
- Check the privacy settings of your child's internet, social networking and games providers.
- Encourage your child not to spend too much time online; encourage other activities and sports.
- Ask about your child's online friends and encourage them to only have their 'real' friends as their online friends.

### For more information on e-safety



[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[Thinkuknow](http://www.thinkuknow.co.uk) is an education initiative by the Child Exploitation and Online Protection (CEOP) Centre - the UK's national law enforcement agency that focuses on tackling the sexual abuse of children. The website has many useful resources for young people and parents.



[www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)

[Childnet International](http://www.childnet.com/parents-and-carers). Whether you're puzzled by parental controls or would like to know more about gaming, this website can help.



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

The [Digizen](http://www.digizen.org) website provides information for educators, parents, carers, and young people. It shares specific advice and resources on issues such as social networking and cyberbullying.



[www.nspcc.org.uk](http://www.nspcc.org.uk)

The [NSPCC](http://www.nspcc.org.uk) gives advice for parents about keeping your child safe when using the internet, social networking websites and online gaming.

# e-safety Parent Newsletter



## KNOW YOUR APPS



## What is an 'app'?

An abbreviation for application. An app is a piece of software which can run on your computer, your phone or other electronic device.

## Know your apps

First there was Myspace and then came Facebook. So what's the new 'big thing' in social networking? The new approach to social networking is for teens to divide their attention between an array of apps.

You don't need to know the ins and outs of every app. But knowing the basics -- what they are, why they're popular, and the problems that can crop up when they're not used responsibly -- can make the difference between a positive and negative experience for your child.

### Snapchat

#### Age Limit: 13



This app allows the user to send messages, video and pictures. These messages are only displayed for a pre-set amount of time before they delete themselves. **BE APP AWARE** The person receiving the message can take a screenshot; this then allows them to store and use the image in any way they want. **BE APP AWARE** The seemingly risk-free messaging might encourage the user to share pictures containing inappropriate content.

### Instagram

#### Age Limit: 13



Users can upload and share photographs. Other people can leave comments on the images. **BE APP AWARE** If privacy settings have not been applied then all users can view the pictures **PLUS** if the 'geotagging' feature is turned on this will allow users to find out where the pictures were taken.

### Tinder

#### Age Limit: 12



This app works by creating a library of Facebook profile pictures. Other users can then 'heart' pictures. If two users 'heart each other' they are deemed to be a match and can then send messages to each other. **BE APP AWARE** The app reveals the location of the users.



### Vine

#### Age Limit: 18

This app has been called the 'video version of Instagram'. It allows users to share video footage of up to six seconds. **BE APP AWARE** The privacy settings are vitally important to control who can access the videos.



### iMeetzu

#### Age Limit: 18

This app allows users to chat with people all over the world via text, web-cam and chat-room. **BE APP AWARE** the app uses the slogan 'meet a stranger' and 'trolls are welcome, don't be courteous'.



### Ask:fm

#### Age Limit: 12

This is a question and answer app; users can share questions, answers and videos. **BE APP AWARE** users can post anonymously to other users' profiles.



### Tumblr

#### Age Limit: 18

An online scrapbook of text, photographs and videos; users create and follow short blogs, or "tumblelogs", that can be seen by anyone online. **BE APP AWARE** Inappropriate content is easy to find. **BE APP AWARE** It can be tricky to set privacy settings.



### Google+

#### Age Limit: 13

Google's social network which is now open to teens. It has attempted to improve on Facebook's friend concept -- using "circles" that give users more control about what they share and with whom. **BE APP AWARE** Google+ has age-appropriate privacy default settings for any users whose registration information shows them to be teens. It also automatically reminds them about who may be seeing their posts (if they're posting on public or extended circles).