

# #HEART



STAY  
SAFE!

THINK  
BEFORE YOU  
CLICK!

## E-SAFETY App Hint Booklet



The next pages tell you more about the apps, games and websites we know pupils are using. We have researched the issues surrounding these as well as tips to support your children.

**Take note of the legal age requirement for each app/ game!**

**Facebook**

**WhatsApp**

**You**Tube

**Snapchat**

*Instagram*

**TikTok**

**ROBLOX**

**FORTNITE**

**CALL<sup>of</sup>DUTY.**

# facebook

Facebook is the world's biggest social network. Every day, more than a billion people use the service to post status updates, photos and videos, or just to see what their friends are up to. Children are only allowed to join once they're aged 13 or over. But in reality, lots of people younger than that use the service. This is because Facebook can't check how old you are, it only asks you not to lie. Hence it's simple for younger users to sign up.

## GROOMING

Unless they take proper precautions, your child might be at risk of being contacted by sexual predators. Often these predators pose as other children in order to befriend kids, then build up a trusting relationship. Once this is established, the predator might convince them to send explicit photos of themselves, or to meet up in person where they can abuse them.

## PHOTO / VIDEO SHARING

A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Facebook can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

## OVERSHARING

Unless they're taught the dangers, children could play into predators' hands by oversharing photos of themselves. There's also the danger of the child being exposed to explicit content.

## CYBERBULLYING

But the danger isn't only from strangers. Your child is at risk of being cyberbullied by people in their peer group, and being subjected to peer pressure to do or say things they otherwise wouldn't.



**13+** The legal age for Facebook

# facebook



## Top Tips for Parents

### POSTS

If your child has given their age as between 13 (the minimum age for using Facebook) and 18, their default setting will be to share posts only with friends. However, these friends could share your child's posts with their friends, so private and personal information can quickly spread. Click the padlock icon in the top right of the screen, then select Privacy Check-up dinosaur. Use the drop-down menu to adjust who sees what your child's posts. You may want to consider selecting 'Friends' only.

### CONTROL FRIEND REQUESTS

You can stop them receiving friend requests from strangers, too. Click the padlock icon, and select 'Who can contact me?' Change who can send them friend requests from 'Everyone' to 'Friends of Friends'.

Remember to remind them never to accept friend requests from strangers.

### REPORT BULLYING

If your child is bullied through Facebook, it's best to report it through the Social Reporting feature. This is found using the drop-down arrow in the corner of any post under Report Post.

### BLOCKING

You can also block a bully so they can't contact your child again. Click the three dot icon on the bully's Timeline and then select the Block option.

### TAGGING

If a friend tags your child in a post, that post will be added to your child's Timeline and shared with their friends. The Timeline Review section lets your child review a post every time they're tagged and, if they wish, to not add it to their Timeline (though it will be added to the Timeline of whoever tagged them).

Click the drop-down arrow at the top right and select Settings, then Timeline and Tagging from the left menu.

Look for 'Review tags people add to your own posts before the tags appear on Facebook' and select 'Enabled'.



**13+** The legal age for Facebook



# WhatsApp



WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.

## AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old in the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp could take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as closing their account or seeking parental permission.



## CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes.

## CONNECTING WITH STRANGERS

If your child has shared their mobile number with somebody online that they don't know, they can use it to get in touch via WhatsApp.

## LIVE LOCATION SHARING

If your child is in a group chat with people they do not know, they will be exposing their location.

**16+** The legal age for WhatsApp



# WhatsApp



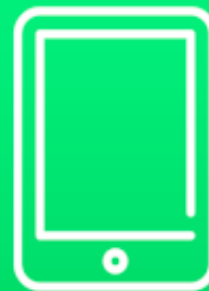
## Top Tips for Parents

### CREATE A SAFE PROFILE

Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone,' 'My Contacts' and 'Nobody.' You may want to consider selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

### LEAVE A GROUP

If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, if they leave again, they cannot be added again.



### EXPLAIN HOW TO BLOCK PEOPLE

If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list – they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.

### USING LIVE LOCATION SAFELY

If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to.

**16+** The legal age for WhatsApp

# You Tube

YouTube is a video sharing site/application that enables you to upload, view, rate, share and comment on a wide variety of videos. Consisting of a huge resource of information, advice and entertainment, YouTube now has 1.9 billion logged-in monthly users who watch a billion hours of video daily. Most of the content on Google-owned YouTube is uploaded by individuals, but organisations and media companies also offer some of their content via this platform.



## SHARING VIDEOS

YouTube's comment section is infamous for being one of the most opinionated on the Internet. Many children are keen to share their own videos online. However, they may later regret it or feel embarrassed about what they have shared. There is also a risk that they will receive negative comments regarding not only their content, but also their appearance.

## AGE INAPPROPRIATE VIDEOS

There is content available for all ages, meaning that some content will not be appropriate for your child. If you think that content is unsuitable, there is a flagging feature to submit it for review by YouTube staff, but you will need to be aware that just because video is not appropriate for a younger audience, it may not violate YouTube's policies. YouTube has mechanisms in place to automatically remove explicit and harmful content, yet offensive content may still slip through.

## DANGEROUS VIDEOS

On YouTube, 'challenge videos' are shared quickly and can be very dangerous. One person may post a video of themselves doing something unusual like eating a hot chilli or jumping in a river, the video goes viral and everyone wants to join in and share their videos.

**13+**

The legal age for a YouTube Channel

# You Tube



## Top Tips for Parents

### TURN ON 'RESTRICTED' MODE

'Restricted Mode' is an optional setting you can use to help screen out potentially mature content you may prefer your child not to see. Restricted Mode works on the browser or device level, so must be turned on for each browser or device your child uses. To do this, follow these steps:

- Desktop:
- Go to the bottom of any YouTube page and switch 'Restricted Mode' to 'ON.'
  - To make it more difficult for this to be turned off, you will be given the option to lock restricted mode onto your browser.
- Mobile:
- Tap the three vertical dots at the top-right on the screen and press, 'Settings.'
  - Click on 'Restricted mode filtering.'
  - Press 'Restrict.' You will need to turn this on each time your child uses it.

### MONITOR WHAT YOUR CHILD IS WATCHING/POSTING

The only way to truly know what your child may have been watching is to regularly monitor them. You can do this by checking their viewing history. Show them how to set their videos to private or choose a small network of YouTubers to share with. To get started, your child can use YouTube Studio which offers learning modules on creating a YouTube channel; however, you should encourage them not to use their real name.

### BLOCKING ACCOUNTS

If somebody's giving your child a difficult time, here's how to block them and prevent future comments and replies:

- Go to their channel/account by clicking on their name.
- Click on 'About.'
- Tap the dropdown box with an image of a flag on it.
- Press 'Block user.'
- Tap 'Submit.'

**13+**

The legal age for a YouTube Channel



# Snapchat



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."

## EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story,' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!"

## SCREENSHOTS & SAVED MESSAGES

Users have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust or accidentally to someone they do not trust!

## LENS EXPLORER

The 'Lens Explorer' in the app now enables users to choose from thousands of these creations to alter their snaps. Anyone can create a lens for Snapchat, which gives opportunities for age-inappropriate content to be uploaded.

**13+** The legal age for Snapchat



# Snapchat



## Top Tips for Parents

### RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. Consider checking the privacy settings to ensure that this has not been edited. This can simply be done in the apps settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends,' 'Everyone' or 'Custom' - You may want to consider that it is set to 'My Friends.'

### HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

### TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. Get your child to turn off the 'Quick Add' feature. This can be done in the settings.

### USE 'GHOST MODE'

You may want to consider enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map.' To enable this, go onto the Snap Map and tap the cog in the top -right corner. Here, change the setting to 'Ghost Mode.'

**13+** The legal age for Snapchat



# Instagram



Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature. To make their content more 'searchable,' users can include hashtags in their uploads to make them easier to find.

## LIVE STREAMING TO STRANGERS

The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can see their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and then shared around the Internet.

## DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

When people use -filters on their photos on Instagram, it can set unrealistic expectations and create feelings of inadequacy and low self-esteem in children. Children may strive for a comparable number of 'likes' to an unrealistically edited image. This runs the risk of drastically lowering your child's confidence or sense of self-worth.



## PHOTO / VIDEO SHARING

A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

**13+** The legal age for Instagram



# Instagram



## Top Tips for Parents

### RESTRICT MESSAGES

If your child's account is not set to private, anybody can message them and reply to their stories. If they do wish to keep their account public, change the message reply settings to restrict who can message them.

### USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.



### FILTER INAPPROPRIATE COMMENTS

Instagram have an 'anti-bullying' -filter on the app. This new -filter hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The -filter will also alert Instagram to repeated problems so they can take action against the user if necessary.

### TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. Consider turning off the feature which automatically shares photos and videos from a story to a Facebook account.

**13+** The legal age for Instagram

# TikTok



TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips.

Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.

## BEING INFLUENCED

More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents', from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions.

## DANGEROUS TRENDS & CHALLENGES

On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon, and sometimes, these challenges can pose risks to young people.

## STRANGERS CAN FOLLOW YOUR CHILDREN

If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

## ANYONE CAN SEE YOUR CHILD'S CREATIONS

Videos can get in the wrong hands and cause embarrassment in the future. If posted publicly, anyone in the world can see your child's homemade music video and potentially cause bullying within personal friendship groups or even online.



**13+** The legal age for Tik Tok

# TikTok



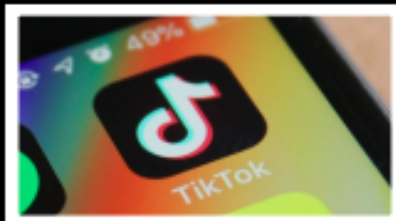
## Top Tips for Parents

### TALK ABOUT THE PITFALLS OF OVERSHARING

Encourage your kids to always think before they do, say, like or post anything online, explaining that their 'digital footprint' can shape the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them.

### AVOID IDENTIFIABLE OBJECTS

To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.



### SIGNING UP WITH THE CORRECT AGE

When signing up to TikTok, you are prompted to input your birth date. If your child inputs their age as 'under 13', the app will not allow them to sign up and will be locked for 24 hours. The app is intended for users aged 13+, so explain that the rating is there for a reason; to keep them protected from online dangers. It is actually possible to watch TikTok videos without even creating an account, so it's important to check if your underage child has downloaded the app to their devices.

### SET THE ACCOUNT TO PRIVATE

This means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

**13+** The legal age for Tik Tok

# ROBLOX

According to the Roblox website, 'Roblox is the world's largest interactive social platform for play.' For those of you who are unfamiliar with the game, it is a multi-player online gaming platform which allows children to play and create a variety of games in a 3D world. Roblox is free to play and available on all modern smartphones, tablets, desktops, Xbox One, Oculus Rift, and HTC Vive.

## ROBLOX STUDIO

The Roblox Studio allows users to create their own games and 'worlds' for others to play on the platform. As the games are user generated, it gives users the freedom to potentially include things you do not want your child to be exposed to, for example, weapons, violence and even pornographic content. There are no age restrictions on the games created in the Roblox Studio and to remove games from the platform Roblox relies on people reporting negative/violent content.

## CHATTING & FRIEND REQUESTS

Whilst the games in Roblox are aimed at 8 to 18-year-olds, there are currently no age restrictions for signing up. This means that both adults and young people can play and communicate with each other and send friend requests through the platform. Once a friend request is accepted, this means that they can communicate with each other outside of gameplay.



## ROBUX ONLINE PAYMENTS

When a user creates a game, they earn something called 'Robux,' which works as a currency within the platform and enables the purchase of upgrades and memberships. If the created game is of good quality and attracts multiple players and in-game adverts, children have the ability to earn a lot of 'Robux.' Once a user has earned a certain amount of Robux, they can convert this to real cash and withdraw it to a PayPal account. To withdraw money, users need to be over 13, have a PayPal account and have paid for the Roblox premium subscription.

**13+** The legal age for Roblox

# ROBLOX



## Top Tips for Parents

### CHECK SHARED INFORMATION

In the account settings, check that your child is not giving away any personal information in their bio/profile. For example, their full name, phone number or snapchat name. If you see that they have, explain why this is potentially dangerous and remove immediately.



### 2-STEP VERIFICATION

Roblox has a great two-step verification security feature which we recommend you enable to add an extra layer of security to your child's account.

### DISABLE IN-GAME CHAT

Roblox is great for children to play together and chat to each other. However, if you want to completely turn off-in-game chat for your child (meaning they cannot contact anyone, including their friends) you can do so by following these steps: When logged in, go to the Account Settings page by clicking on the gear icon at the top right corner of the page, then click Settings. Next, click on the Privacy tab and under 'Who can chat with me in game?' select 'No one' and this will disable in-game chat.

### IS YOUR CHILD UNDER 13?

Unfortunately, there are hundreds of YouTube videos showing children how to change their age settings on Roblox, so firstly, you should talk to your child to set up some rules/an agreement. There are additional safety features for children under 13, for example having their posts and chats filtered for inappropriate content and behaviour, so it is worth checking that your child has set up their account with the correct age.

You can find this in their account settings.



**13+** The legal age for Roblox



# FORTNITE

'Fortnite - Battle Royale.' is a free to play section of the game 'Fortnite.' The game sees 100 players dropped on to an island from a 'battle bus,' where they have to compete until one survivor remains. The last remaining player on the island wins the game. Players have to -find hidden items, such as weapons, to help them survive longer in the game. To make the game more challenging, there is an added twist called 'the storm' which reduces the size of the island from the start of gameplay, bringing the players closer together in proximity. The game is available on PC, PlayStation 4, Xbox One, Mac and iOS.

## TALKING TO STRANGERS

**DURING SQUAD MODE** interacting with other players in the game is part of the fun as players can communicate with their friends and other players in the game. Players will benefit from wearing headphones to hear footsteps from other players trying to compromise their game. Wearing headphones makes it difficult for parents to hear what exactly is being said and children may be exposed to inappropriate language. Fortnite includes really good reporting features for players either cheating or misbehaving, and works towards having one of the best online gaming communities.

## IT CAN BE ADDICTIVE

Games can last around 20 minutes but this varies according to the game. Children may feel angry if they lose the game and will want to continue playing until they achieve their desired result. The competitive nature of the game may make it difficult for them to stop playing halfway through as their position in the game could be affected.

## HACKER ATTACKS

News site Forbes stated that it had seen "dozens" of online reports from people who said their accounts had been compromised by hackers, who had gained access to user's accounts in the game and accrued hundreds of pounds in fraudulent charges.

**12+** The legal age for Fortnite



# FORTNITE



## Top Tips for Parents

### LIMIT GAME TIME

Parents can use parental controls on Xbox and PC to limit the time a child is playing games on these devices. Be aware that the game is available on iOS and will soon be available on all mobiles. With this in mind, it is worth having a conversation with your child to discuss and agree how long you would like them to play the games for. Even though the games last around 20 minutes, it may be difficult to take them away from a game mid play. It may be worth imposing a limit on the amount of matches they play rather than a time limit.

### PREVENT YOUR CHILD FROM TALKING TO STRANGERS

There is an option to turn off the voice chat feature, which means your child wouldn't be able to talk to anybody, including their friends. However, they would still be able to use the in-app chat and hear other people's conversations. To turn off voice chat, open the Settings menu in the top right of the main Fortnite page, then click on the cog icon. Open the Audio tab at the top of the screen. From there, you can turn off voice chat.

### SHOW THEM HOW TO MAKE A REPORT

If your child believes a player is playing or talking inappropriately, you should advise them to report them. To report a player, you can use the in-game feedback tool located in the Main Menu of the game. Additionally, you can report a player in-game when spectating them.

### LOOK OUT FOR VBUCK SCAMS

It is important that your children are aware of the scams that they may come across online in association with the game. Open up conversation with them about scams and how they should never share their username or password with people in order to gain anything for the game.

**12+** The legal age for Fortnite

# CALL OF DUTY

Call of Duty is a first-person shooter video game franchise. Starting out in 2003, it first focused on games set in World War II, but over time, the series has seen games set in modern times, the midst of the Cold War, futuristic worlds, and outer space.

## VIOLENCE

It goes without saying that Call of Duty is loaded with violence and gore. Gunfights are realistic, blood is abundant, and body parts (more like chunks of meat) fly when hit by grenade or bomb blasts. The game celebrates killing your enemies in the most gruesome and creative ways possible. Weapons are a bit futuristic and feature ways to bounce explosives, cluster bomb, and drive remote detonators and turrets against your enemy.

## INAPPROPRIATE LANGUAGE

This game is has plenty of adult language. Every word you would imagine being said during a firefight with bullets flying overhead and explosions surrounding you is yelled, muttered, said over the radio, and written out in subtitles throughout the small story sections of the game. Your drill sergeant type instructor barrages you with explicit insults as you progress through training in the story mode. Much of the dialog also discusses substance use and the celebration of violence and combat.

## TALKING TO STRANGERS

**DURING MULTIPLAYER MODE** interacting with other players in the game is part of the fun as players can communicate with their friends and other players in the game. Players benefit from wearing headphones to hear footsteps from other players trying to compromise their game. Wearing headphones makes it difficult for parents to hear what exactly is being said and children will be exposed to inappropriate language.



## Top Tips for Parents

### SENSIBLE PURCHASES

If and when you purchase a video game online or in store for your child, check the PEGI (Pan European Game Information) to ensure the game is suitable for your child/children.

### PARENTAL CONTROL

Enforce parental control on all video game devices; many game consoles have easy-to-set up parental locks, which stop children from being able to download/play games with ages restrictions on them.

Primary School Children are too young to play video games with a PEGI rating of 12 or above!

**18+** The legal age for Call of Duty