

Information for parents/carers

Facts

- Almost 1 in 4 of 8 to 11-year-olds and 3 in 4 of 12 to 15-year-olds has a social media profile.
- 1 in 3 internet users are children.
- 1 in 4 children have experienced something upsetting on a social networking site.
- Around 1 in 8 young people have been bullied on social media
- 3 in 4 parents have looked for or received information or advice about how to help their child manage online risks

O2 and the NSPCC have a fantastic website full of tips and advice.

<https://www.o2.co.uk/help/nsppc>

And if you need more help on anything, from setting up parental controls to reporting online bullying, you can call their free helpline on 0808 800 5002, or visit an O2 Guru in one of their stores.



App Awareness

There are thousands of apps on the market. From gaming to socialising. From learning to creating. All targeting different people and different age groups.

O2 and NSPCC's Net Aware is a guide for parents to help them keep up to date on the latest apps, sites and games popular with children. Net Aware draws on the insights of nearly 1,700 young people and nearly 700 parents, as well as their own O2 Gurus.

Download the Net Aware app and get push notifications to stay up to date on the latest trends.

Age Restrictions on Social Media

Some quick guidance from "Action for Children". Please bear in mind, if you sign up for these sites, and don't tell the truth about your age, that information may follow you on social media. For example, if you sign up for Facebook aged 8, stating you are 13, by the time you are actually 13, both Facebook and the outside world will believe you are 18. Would parents be happy with their 13 year old children receiving content and messages aimed at 18 year olds?



Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)



Report an issue

If you're worried about anything you or your child come across online, you should report it immediately to the relevant organisation and to the site where you or your child saw it.

Where to report a problem

ActionFraud
Report Fraud & Internet Crime



- **Action Fraud** if you think your child has been scammed, ripped off or conned.
- **Internet Watch Foundation** if you see any criminal sexual content online you can report it anonymously.
- **True Vision** if you see any content that incites hatred.
- **CEOP** if you have concerns about any suspicious sexual behaviour.
- **ParentPort** if you see any content online that you think is unsuitable for them.
- **CTIRU** if you see any content related to terrorism, you can report it anonymously.

YouTube

Entertainment for families no longer means sitting in front of the television, watching appropriate programming at set times in the day. Now, there are multiple ways to watch your favourite shows, including online. And one of the most popular ways is through YouTube. YouTube has become synonymous with online video, even though it is far from the only host of clips. It is now not only where we go to watch footage of cats playing the piano or the latest pop videos, but a valuable resource of entertainment for children.

There's only one issue though, with so much content available – much of which you don't want your younger children to see – how do you find the correct channels and shows. And how do you ensure your children are safe while

YouTube tips:

- Have a shared family account for YouTube
- Turn the Safety Mode on
- Vet the content
- Subscribe to channels that you feel comfortable with then create a feed of safe videos
- Watch and enjoy YouTube videos together
- Keep YouTube screens out of bedrooms and in family spaces



Useful websites:

<https://www.o2.co.uk/help/nspcc>

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

<http://www.childnet.com/>