



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

**47%**  
of parents  
said they thought their  
children spent too much  
time in front of screens



# What parents need to know about SCREEN ADDICTION

## SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

## IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media to day. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face-to-face interactions.



## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



**National Online Safety**

# Top Tips for Parents



## LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.



## ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

## LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.



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## LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

## MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.



## REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.







Grooming is when someone befriends and builds an emotional connection with a child to gain their trust for the purposes of sexual abuse or exploitation. They can do this both offline and online, with technology and the Internet being commonly used to initiate and facilitate contact with a child. Gaining victims' trust is a key part of engaging them in sexually explicit behaviour. The groomer, who can either be a stranger or someone a child already knows, tends to use tactics such as engaging in small talk or exchanging personal information with the child about hobbies and relationships, using flattery and gifts to build a rapport or even making threats and intimidation to gain control. This can take place over varying periods of time – from a few days to several years.



What parents need to know about

# ONLINE GROOMING

## NUMBERS OF GROOMING OFFENCES ARE SOARING

In April 2017, a new government law came into force in England and Wales to allow police to charge adults who send sexual messages to children through mobile phones and social media. In the first year since the law change, there were 3,000 police-recorded offences of sexual communication with a child – a figure 50 per cent higher than experts expected in the first year.

### ALL CHILDREN ARE AT RISK

According to a 2018 NSPCC report, a quarter of young people have experienced an adult who they don't know in real life trying to contact them online. One in four said they had been sent messages, images, videos or other content that made them feel sad, worried or uncomfortable. One in 10 girls and one in 20 boys under the age of 13 said they had received unwanted sexual messages.



## CHILDREN ARE VULNERABLE TARGETS

Groomers use psychological tricks and methods to try and isolate children from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. In order to seek potential victims, predators are likely to use apps and websites that are popular with children and young people. Groomers can use a 'scattergun' approach to find victims, contacting hundreds online to increase their chance of success.

### LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing sexual acts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle, Live.me, BIGO Live, YouNow and many more.



## GROOMING CAN HAPPEN RAPIDLY

Grooming is generally a slow, methodical and intentional process of manipulating a person to a point where they can be victimised. However, according to researchers at the University of Swansea, online grooming can also be very rapid, with analysis of chat logs revealing that it can take just 18 minutes for some predators to arrange to meet their victim. The fastest predators used sophisticated, persuasive, language-based strategies to rapidly build trust, including the use of small talk and praise which quickly escalated into requests for sexual messages.

### ANYONE CAN GROOM YOUR CHILD

Many people expect groomers to be adults posing as children, but this is not always the case. Data from University of Swansea reveals that groomers' use of identity deception (around age, location and appearance) is fairly low. This can be because they approach many children, limiting their ability to lie. The worry is that honesty can be more damaging to the victim since they are more likely to feel as if they are in a real relationship.



**National  
Online  
Safety**

## Top Tips for Parents



### IT'S GOOD TO TALK

It's unlikely that you can stop your child using the Internet, nor can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.



### CHECK PRIVACY SETTINGS

In order to give your child a safer online gaming experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they may use. If you use location-sharing apps to check where your child is, remember that these could always be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.

### DISCUSS SAFE ONLINE BEHAVIOUR

Make it clear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. They should never agree to chat privately with a stranger or someone they don't really know. Remind them that they should never divulge personal information, such as mobile phone numbers, addresses, passwords or name of their school.

### DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

### BE SUPPORTIVE

Show your child that you will support them and make sure they understand they can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.

### LOOK OUT FOR WARNING SIGNS

Child safety experts have identified key grooming patterns and advise parents to look out for:

- Secretive behaviour about what they are doing online.
- Internet or smartphone usage late at night.
- Going to unusual places to meet up with friends you have not heard of.
- They are clingy, have problems sleeping and eating or even bedwetting.
- A lack of interest in extra-curricular activities.
- Having new items, such as clothes or phones, which they can't explain.
- They seem withdrawn, anxious, depressed or aggressive.
- Having older boyfriends or girlfriends.

### HOW TO REPORT

If you're worried that your child is being groomed online or sexually exploited, you can report your concerns to the Child Exploitation and Online Protection (CEOP) Safety Centre, which is part of the National Crime Agency at [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre). Reports are read by a Child Protection Advisor who will make contact by phone or email to work with you to make a plan to keep your child safe. If you think a child is in immediate danger, call the Police on 999 or NSPCC on 0800 800 5000.



SOURCES: <https://www.nspcc.org.uk/globalassets/documents/research-reports/how-safe-children-2018-report.pdf>, <https://www.telegraph.co.uk/news/2018/06/17/police-reveal-3000-sex-grooming-crimes-against-children-young/>, <https://www.independent.co.uk/news/uk/crime/paedophiles-arrested-hundreds-police-warning-live-streaming-nca-online-dangers-uk-grooming-children-a8092851.html>, <https://www.nspcc.org.uk/what-we-do/news-opinion/facebook-tops-list-online-grooming/>, <https://projects.swan.ac.uk/onlinegroomingcommunication/>



AGE RESTRICTION  
**18+**

# What parents need to know about **GRAND THEFT AUTO (GTA)**

**grand  
theft  
auto**

Grand Theft Auto is an action-adventure video game series where players control criminals and wreak havoc in order to complete missions and progress through the game. During the early stages of the game, it solely focuses on completing missions to go up a level. However, as the game grew more popular the makers of GTA decided to introduce a narrative to each edition of the game. The aim of this was to increase user engagement, making gamers believe that they were not just playing as the character, but they became the character. Grand Theft Auto is accessible on a number of devices including: PlayStation and Xbox, desktop computers, PSP, Nintendo DS, and Mobile.



## Top Tips for Parents

### THE RISK - PLAYING WITH STRANGERS

When buying GTA V you automatically have access to Grand Theft Auto Online, a version of the game that allows players to play online. They can play alone, invite players to a game, or be involved in public 'sessions' where people will be picked at random to play. When you first load into a game you are automatically placed into an open lobby, meaning you play with random people. The 'social club' is GTA's very own social platform where users can bet money, share in-game photographs (which users can like and comment on), and even message other users directly.

#### What parents can do

To prevent your child playing with strangers on the game, you can change the settings to ensure they only play with their approved friends list. Upon signing up to the 'social club' it automatically sets a player's visibility settings to 'everyone', meaning their name and profile information is made public. Parents can alter this by changing the visibility settings to 'only me'.

### WARNING!

Due to the nature of the game and the age restrictions, GTA includes content that is inappropriate for anyone under the age of 18, including sex, nudity, violence, profane language, and substance abuse. These are the main components that make up the game - you have to do certain things and witness certain things in order to move on in the game. Exposing your child to this type of content could affect their morals and understanding of right and wrong. Additionally, your child could become desensitised to similar situations, reinforcing the fact they they would find it hard to differentiate between right/wrong and good/bad.

### THE RISK - ONLINE HACKERS

Hackers can make money by helping users cheat in the game. They can do a number of inappropriate things, including killing people, stealing weapons, spawning money into the game, and even raping other characters. Spawning money tends to be a gamer's most popular choice, being able to buy \$100,000,000,000 (of in-game currency) for as little as five US dollars.

#### What parents can do

Actively monitor your child's online activity. These websites are very easy to find, meaning children and young people can easily navigate their way to these websites and pay for hackers. Not only is this an illegal activity, but you have the risk of giving your personal information to someone who may misuse it.

### THE RISK - ADDICTION

Addiction is a risk with any game. Game developers use persuasive design techniques to force users to invest their time, and often money, in a game. Within GTA, your character is able to progress through the game for completing missions within a certain time frame, encouraging children to keep returning to the game. Gaming addiction is now a recognised health condition and the side effects are concerning, including sleep deprivation, decreased attention span and erratic emotional behaviour.

#### What parents can do

There are a number of things you can do if you are concerned about your child's screen time, including setting time limits within the home, especially during meal times and before bedtime. Talk to your child and ask why they are spending so much time on the game, and encourage healthy alternatives such as outdoor activities and spending quality time with friends and family.

### THE RISK - LIVE CHAT

When playing GTA online, players have the option to use a microphone to broadcast their voice live to other players involved in the 'session'. These live voice chats are not moderated, meaning anything could be said, including inappropriate language, as well as verbal forms of bullying.

#### What parents can do

Talk openly with your child about not giving away personal information. Also remind them that conversations can be recorded, which could damage their online reputation. Depending on the device/platform, there will be ways to mute conversations. Make yourself aware of the device's/platform's individual settings and ensure that your child knows how to block and report.

### THE RISK - MICROTRANSACTIONS

By completing missions and partaking in certain activities you earn in-game currency. This allows you to buy things such as prostitutes, vehicles, weapons, ammo, new outfits, cars, apartments and more. However, the items that are available to buy often have a high price that require a lot of game time, meaning the items are pretty unrealistic to buy.

#### What parents can do

If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest purchasing a pre-paid gift card for your child. These can be purchased in specific amounts which will allow you to limit how much your child spends and removes the need for a credit or debit card to be used with their account.

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AGE RESTRICTION  
**17+**



LiveMe is a streaming video app that lets you watch live streams and broadcast your own live videos to anyone interested. The service, which claims to have amassed more than 60 million global users and streams around 300,000 hours of footage a day, is aimed at giving creators a 'platform to reach a wide audience and share their talents and passions directly with their fans'. Users can buy virtual coins and gifts and send these to broadcasters who create content they love, which can be redeemed for real money.



LIVE

Sexy

Beautiful

What parents need to know

# LiveMe



Sexy

Sweet

Beautiful

LIVE

## ONLINE PREDATORS

Law enforcement agencies have warned that LiveMe is placing children at risk from online predators. A sheriff in Texas even issued a warning that paedophiles have a virtual open window to your child's bedroom. Live chat can be used by groomers to target young people who may be manipulated into sending sexual images and videos. LiveMe also has a chat feature, which allows users to speak to each other in private. In 2018, a 65-year-old in the UK was jailed for posing as a teenage boy to groom young girls on LiveMe, and offered virtual currency in exchange for teenagers exposing themselves.

## INAPPROPRIATE & ADULT CONTENT

Live streaming apps can potentially expose young people to graphic and inappropriate content. LiveMe says it is explicitly intended to be used by individuals 17 years of age or older, and those under 18 should have their parents' permission to download and use the app, but there are no age verification checks. As soon as you open the app or website's homepage, you are greeted with scantily clad adult broadcasters posing suggestively with captions, such as 'Join me in bed', and some people even have inappropriate usernames. There is every chance your child will watch content that is not suitable for them or be encouraged to share similar content themselves.

Sexy

## ENCOURAGES CHILDREN TO SEEK FAME

LiveMe describes itself as for new stars and famous celebrities, and suggests that 'influencers' can make up to \$20,000 to \$30,000 (£14,000 to £21,000) in a week through broadcasting live about all types of things, from fashion, music and gaming to art and beauty. Those who use the site seek to gain 'likes' and 'electronic gifts' from others, as the more they receive, the higher their status within that online community. Glorification of fame for fame's sake can be a concern for parents.

## SPENDING MONEY ON VIRTUAL GIFTS

Coins are the LiveMe currency. Viewers and broadcasters can buy coins and use them to purchase gifts or do coin drops to interact with one another. When viewers send gifts, they immediately earn the same number of diamonds. Once someone has made a certain level of diamonds, they can cash them out for real money or convert them back into coins. There is always the danger of children spending too much on in-app purchases without you knowing.



## CYBERBULLYING

Users of LiveMe can send private messages, videos and public comments to their connections. Some people can use the anonymity of the internet to be abusive towards others or threaten, tease, upset or humiliate someone else. If your child broadcasts live, there is a very high risk of receiving hurtful comments on their video. Bullying videos can also be posted on live-streaming sites, which can leave children feeling worried or helpless. One British teen told The Sun newspaper that she had been mercilessly bullied and that trolls on the app told her to "go kill yourself", and her address was even shared on Twitter as a target for burglars.

## PRIVACY & SECURITY CONCERNS

Many of the broadcasts by teens come from their bedrooms, often sharing peeks at sleepovers, hangouts and parties. Anyone can watch live broadcasts at the LiveMe website without even registering or logging into the service (although you can't interact with the user). By sharing too much information about their home life, your teenagers could unwittingly share their location and other identifying features with others. Last year, The Sunday Times also reported that a covert method of extracting the locations of users had been widely shared on the internet, exposing children's addresses to predators.

# Top Tips for Parents

## BROADCASTING TO STRANGERS

It is important for children to understand the risks of broadcasting live. Live-streaming services have limited privacy controls, so it is hard to know who is watching, and is difficult to prevent people accessing the stream. Explain to your child that it is possible for any video to be recorded and shared without the permission or knowledge of the person who made the video.

## MONITOR WHAT YOUR CHILD IS WATCHING OR BROADCASTING

The only way to know what your child is watching or broadcasting on LiveMe is by regularly monitoring their usage. Chat to your child about what they like about LiveMe and what videos they enjoy watching. Ask them why they want to broadcast live and who they hope will see their videos – understanding their intention could guide you to suggest more appropriate services.

## DON'T SHARE PERSONAL INFORMATION

Remind your child that they should never share personal information with people online, including their last name, home address, school name, or telephone number. If someone asks them for personal information, it does not mean they have to tell them anything.

## REPORT INAPPROPRIATE BEHAVIOUR

If someone has been acting inappropriately, you are encouraged to ask for help by emailing LiveMe@cmcm.com with the subject line 'ATTENTION: INAPPROPRIATE BEHAVIOUR' and send evidence, including a screenshot of their profile. You can also directly report inappropriate, offensive, and harmful content from inside the app using the Report option. However, it is worth remembering that it is not wise to screenshot and save inappropriate material.

## BLOCKING PEOPLE

Explain to your child that if they notice inappropriate behaviour, bullying, or any other rule-breaking conduct on LiveMe, they can block a user from chatting on their broadcast and profile by tapping on their name, navigating to the profile page, and then choosing 'block'.

## RESTRICT IN-APP PURCHASES

Stop your children from making in-app purchases by changing the app and device settings. For example, you can change the settings so a password is required to proceed with a transaction. Advise your child not to buy anything online without talking to you first.

## LOCATION SHARING

Publishing live video can give away clues to your child's identity and location. Predators will search videos to identify information in the background that gives details about your child, such as street names or school uniforms. Explain to your child that they need to think carefully about where and when they broadcast live.

## THINK BEFORE YOU BROADCAST

As with anything that is posted and shared with other people and online, remember that once it is up, it is hard to take back. Once videos are shared online, they become public. Videos can attract the attention of sex offenders or someone may threaten to share videos with others unless the child sends money or more videos.

## BE RESPECTFUL OF OTHERS

Remind your child to always consider what they are about to comment on and to think about whether they would do that in the 'real world' or may regret posting at a later date. Encourage your child to think about the language they use online and to think carefully before commenting on content posted by someone else.

## DISCUSS SEXTING

Although it is an awkward subject, it is important to explain to children that creating or sharing explicit images of a child is illegal. A young person is breaking the law if they take an explicit video of themselves or share a video of a child, even if it's shared between children of the same age.

SOURCES: <https://www.liveme.com/safety.html> | <http://www.independent.co.uk/news/uk/crime/paedophile-grooming-liveme-livestreaming-childabuse-a7893456.html> | <https://www.thetimes.co.uk/article/live-me-the-app-that-exposes-children> | <http://www.newschannel9now.com/2018/09/26/sheriff-children-targeted-through-live-stream-app/> | <https://www.chroniclive.co.uk/news/north-east-news/police-warn-liveme-app-after-14892432>



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AGE RESTRICTION  
**13+**  
with parental permission

# What parents need to know Twitch



Twitch is a gaming-focused live-streaming service, owned by Amazon, where you can watch others play games live and listen to commentary as they play. It has 15 million daily active users and more than three million people live broadcast video game streams and other content on Twitch, with channels dedicated to just about every popular video game imaginable – both modern and retro. There are also shows that feature gaming competitions, professional tournaments, game-related chat and news. Plus, numerous non-gaming channels covering everything from cookery and music to art and travel. But Twitch is not just about watching other people's shows – anyone can broadcast their own gaming action.



## Top Tips for Parents

### THE RISK - IT'S LIVE & UNCENSORED

As gamers get engrossed in their games, it is very common to hear rather choice words, so the chance of your child encountering swear words and bad language is extremely high. There is not only the language of the person running the stream that you need to consider, but also the language of other Twitch users in the text-based chat that accompanies streams.

#### What parents can do

There's not much you can do to reduce exposure to bad language on Twitch, but if there are any troublesome users, it is possible to block them. It is a good idea to spend a little time with your child as they explore different channels on the platform, as this will give you an idea of the sort of content they are being exposed to. As Twitch does not offer any parental control options, this is the best way to police what your child is doing. If your child is overwhelmed or disturbed by comments that are being posted in the stream chat, it is possible to hide it from view by clicking the little arrow to the right of the Subscribe button.

### THE RISK - VIOLENT GAMES & ADULT CONTENT

Like so many websites, Twitch does not allow children under the age of 13 to create an account, but in practice, there's nothing to stop anyone signing up by simply entering a false date of birth. In addition to swearing, commentary provided by other Twitch users may well contain adult content, and the games themselves can be rather violent. Bear in mind that many of the games on the market these days have an age rating of 18, and this is indicative of the bad language, sexual content and violence that they may contain.

#### What parents can do

There is nothing that can be done to prevent your child from accessing whatever channel they want – short of using your router settings or parental control software to block access to the site completely. One of the problems with Twitch is that while there is plenty of child-friendly content out there, it is not at all easy to quickly identify what might not be suitable. Spend some time working with your child to help identify channels that will be appropriate for them. While it may be hard to ensure they stick to these channels, it is useful for them to know that there is content available that is not overtly adult in nature.

### THE RISK - POTENTIAL COSTS

By default, Twitch is ad-supported, but there is a monthly subscription option – called Twitch Turbo – that offers an ad-free experience. On top of this, it is possible to subscribe to individual channels, and each one is chargeable individually. There's also Twitch Prime, a premium experience included with the Amazon Prime and Prime Video subscription memberships, which offers bonus games and exclusive in-game content and Twitch Merch – an online store offering merchandise, such as T-shirts and hoodies. Twitch Bits is a virtual currency that gives your child the power to encourage and show support for streamers – through 'cheers' – and get attention in chat through animated emoticons. Bits cost real money and there's one option to buy 25,000 Bits for £288. It's easy to see how costs could very quickly mount up the more involved your child gets into Twitch.

#### What parents can do

Take steps to restrict access to your credit/debit card, as well as your PayPal account, to avoid getting hit by a large bill. If you are able to access your child's Twitch account, it is possible to check their purchase history, so you can see if they are spending too much money on subscriptions or donations. Explain to your child that subscribing to channels and purchasing Bits for cheers is optional, and that they can watch and enjoy a stream without doing either.

### THE RISK - UNWANTED CONTACT FROM OTHER USERS

Just like any website or platform with a social element to it, there is the risk that your child will not only come into contact with the sort of people you might rather they didn't, but also that they could be harassed, groomed or bullied online.

#### What parents can do

Within Twitch settings, in the Security and Privacy section, it is possible to block messages – known as 'whispers' – from strangers. It's worth noting that this option only blocks messages by those who are not your friend, someone you follow, someone you subscribe to, one of your mods, or one of your editors. Taking things further, it is possible to completely block users who become problematic. Show your child how to make use of this option by clicking on a user's name and in the little pop-up that appears, click the icon that looks like a little speech bubble to block them. If your child wishes to report the user to Twitch, click the three dots button beneath the block option and click Report.

### THE RISK - WEBCAM SHARING

As well as seeing streaming footage of games, Twitch also lets users share their webcam, so people can see them. This gives yet another way for people to share inappropriate content, and it also gives another way for streamers to subject your child to advertising, sponsored content and product placement.

#### What parents can do

Getting involved in your child's use of Twitch is the best way to keep an eye on the sort of content they are consuming and intervene if anything inappropriate crops up. As part of your conversations with your child about what is appropriate to share online, try to educate them about careful use of their own webcam if they choose to stream their own gaming. As well as ensuring they are not encouraged into doing anything inappropriate on camera, it is also important to check that anything that can be used to identify them is not included in shot.

### THE RISK - TWITCH EMOTES

Twitch's interactive chat feature is littered with emoticons or 'emotes', which for first time users will be completely bewildering. They typically feature faces of notable streamers, Twitch employees or fictional characters, such as a grey-scale photograph of a game developer known as Kappa, which is often used in Twitch chat as a symbol of sarcasm or mockery. Your child may be upset or sensitive if they are the target of negative emotes while chatting with other gamers, or they may find some emoticons offensive.

#### What parents can do

Chat to your child about how they use Twitch and show an interest in understanding how it works. There are lots of online guides to Twitch emotes if you really want to get clued up on what your child is talking about in chats. Twitch's terms of service dictate that emotes must not be used for harassment – defined by 'targeted insults, defamation, intimidation, and threats of any nature'. If your child finds an emoticon that violates guidelines, they can report it via the 'User Report' tool. Channel owners can also add specific emotes to their 'Channel Banned Words' list.

SOURCES:  
<https://www.twitch.tv/>



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A whole school community approach to online safety

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Minecraft is played by millions of children around the world, who can use their imagination to build three-dimensional worlds with virtual building blocks in a digital, pixelated landscape. It is classed as a 'sandbox game' which means players have the freedom to build their own creations with 'blocks' they collect and also have the opportunity to explore other people's creations with their characters. Players can choose from thousands of different 'servers' to join, which are created by other players, making every experience of Minecraft unique.

Minecraft has approximately  
**74m**  
users each month

AGE RESTRICTION  
**10+**

# What parents need to know about **MINECRAFT**



## GROOMING

The majority of users who play Minecraft are children, making it an 'appealing' gateway for groomers. It has been reported that some users have created worlds in Minecraft to lure young people into a conversation to ask for explicit photos. There have even been more serious cases in which children have been persuaded to meet these people in real life.

## CYBERBULLYING & GRIEFING

In multiplayer mode, there is a live chat feature which allows players to talk to other players through text. The chat functionality includes basic filtering to block out external links and offensive language being shared, but this varies between each server. Griefing is when someone purposely upsets another player during the game. This can be done by ruining somebody's creation or generally doing something to spoil gameplay for another. Essentially, 'Griefing' is a form of cyberbullying and can be extremely frustrating for players.

## COMMUNICATING WITH STRANGERS

There are thousands of servers to choose from in Minecraft which are a single world or place created by the public, allowing users to play the game online or via a local area network with others. No two servers are the same and each server has its own individual plug-ins which are controlled by the creator. This means that some servers will allow communication with strangers.

## VIRUSES & MALWARE FROM MODS

There are several websites that offer downloadable 'mods' which modify gameplay in a number of different ways. Most of the mods will be safe to use, but as they have been created by the public, they will often contain viruses that can infect your child's device and potentially try and find personal information from you or your child.



## AGE RESTRICTION & 'FANTASY VIOLENCE'

According to the ESRB 'Entertaining Software Rating Board', Minecraft is suitable for users aged 10+. Due to its 'Fantasy Violence', the ESRB states that the rating has been given as 'players can engage in violent acts such as lighting animals on fire and harming animals with weapons. Mild explosions are occasionally heard as players use dynamite to fend off creatures and mine the environment.'

## CHILDREN MAY BECOME ADDICTED

As with other games, Minecraft is a game where players can keep returning, with constant challenges and personal goals to achieve. Children may find it difficult to know when to stop playing, becoming absorbed in the game and losing track of time.



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# Top Tips for Parents



## DISABLE OR MODERATE CHAT

To avoid potentially inappropriate comments in a live chat, you can follow these steps to turn live chat off: 1. Select 'Options' 2. Toggle the Chat button to 'Hidden' or 'Commands Only'. Bear in mind that the chat feature is also where your child can enter commands during the game, so this may limit their game play.

## MONITOR YOUTUBE TUTORIALS

Many Minecraft users turn to YouTube for video tips on improving their gameplay and discovering new techniques. Although many videos are age-appropriate, some include sexual references and bad language. We suggest watching Minecraft tutorial videos together with your child. If your child is under the age of 13, we suggest installing 'YouTube Kids' which provides a safer platform for children to find the content they want, safely.



## SCAN 'MODS' FOR MALWARE

Minecraft 'mods' add content to games to give more options to interact and change the way the game looks and feels. But while 'mods' can bring fun for a child, it's important to consider that downloading and installing 'mods' could potentially infect their device with a virus or malware. In 2017, security company Symantec said that between 600,000 and 2.5 million Minecraft players had installed dodgy apps, which hijacked player's devices and used them to power an advertising botnet. Install a malware scanner on every device that your child plays Minecraft on, and make sure it's up-to-date.

## PLAY IN 'CREATIVE' OR 'PEACEFUL' MODE

Even though the age limit is 10+, Minecraft can be quite overwhelming at times, especially for younger players or SEND children. We suggest limiting your child to play in 'creative mode' or 'peaceful mode' which takes away the survival element and removes the 'scarier' monster/zombie characters.

## SET TIME LIMITS

With 'Gaming Disorder' becoming an official health condition, we suggest setting a reasonable time limit when playing Minecraft. Parents can use parental controls on devices to limit the time a child is playing games. It is worth having a conversation with your child to understand what 'mode' they are playing on the game. This may help you decide on how much time you would like them to spend playing on it. For example, a mini game will have an 'end', but this will depend on how long the game creator has made the game last. In 'survival mode', the game has no end as there is no goal to be achieved other than the child's own e.g. after they have built something.

## CHOOSE SERVERS CAREFULLY

Advise your child to only enter servers with people they know and trust to protect them from engaging in conversation with strangers. Your child can also create their own multi-player server and share this with their friends to join in which is safer and more controlled than joining a stranger's server.

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'Apps' are designed to run on certain devices and are written for a specific operating system, such as Apple iOS, Windows, or Android. The official store for the Apple iOS operating system is known as the 'App Store' and it's where you can browse and download more than 2 million apps and games to use on the iPad, iPhone, iPod Touch and other Apple devices. When your children are using the app store, you need to be aware of the risks...



# What parents need to know about The App Store

## IS YOUR CHILD 13+?

To download and buy apps from the App Store, your child will need an Apple ID. If they have used other Apple services, such as iCloud, they can sign into the App Store with the same Apple ID. If they are aged 13 and under, they cannot sign up for an Apple ID on their own, but an adult can create an Apple ID for a child.

## IN-APP PURCHASES

Apps are either free, paid-for or free with in-app purchases. In-app purchases are optional transactions that can unlock extra functionality, virtual goods or unique content. Unless you change the settings, once your child has entered a password to make an in-app purchase, they can make additional purchases for 15 minutes without re-entering a password. This makes it extremely easy for children to accidentally run up huge bills.

## LOOKALIKE APPS

Some developers release apps that copy the functionality, user interface and even product names and branding of popular apps, in an attempt to trick unsuspecting users to install them. By downloading an app from an unknown developer, your child could find their device compromised. Experts warn that through app permissions, hackers can potentially take photos using the camera and access media remotely, track your child's location, record any passwords they enter for other accounts, and send text messages from phones.

## INAPPROPRIATE APPS

Some apps and games have content that is unsuitable for younger children – even the most popular or innocuous looking apps may feature adult-themed content, violence or cruelty to other people or animals, unmoderated chat, pornographic or sexual content.

## THIRD-PARTY APP STORES

Because the official Apple App Store has a very stringent policy about what apps it approves, children may look elsewhere for apps and games they've heard about from friends. As well as the Apple App Store for iOS, there are hundreds of other third-party app stores, but the danger is they may not apply the same level of scrutiny toward the apps they allow to be listed. There's a higher chance of apps that infect devices with malicious codes or put user privacy at risk by extracting sensitive information.

# Top Tips for Parents

## CREATE YOUR CHILD'S ACCOUNT

You can create an Apple ID for a child under 13 and add them to your family group to keep an eye on their activity. Go to Settings > [your name] > Family Sharing > Add Family Member > Create a Child Account > Next. Enter your child's birthday and tap Next. Review the Parent Privacy Disclosure and tap Agree. With Family Sharing, you can add up to six family members to share App Store purchases, as well as iTunes and Apple Books.

## SWITCH ON 'ASK TO BUY'

If you have a child that is over 13 years of age and has their own Apple account, make sure that you only allow them to make purchases with gift cards. You can also activate the 'Ask to Buy' feature if you are using Family Sharing, so that whenever a family member who isn't an adult initiates a new purchase, a request goes to the account organiser. You can also limit what content your child can access on the devices they use.

## RESTRICT IN-APP PURCHASES

You can restrict your child's ability to make in-app purchases. On an iOS device, open Settings, tap General and then Restrictions. Tap 'Enable Restrictions'. You can put a limitation that requires a password every time there is a purchase made in the App Store or iTunes Store.

## BROWSE APPS BY AGE

To find apps and games that are right for your children, check the age ratings. On an iPhone or iPod Touch, this can be found in the information section on an app's product page, and on an iPad or desktop, the age range is near the Buy button. On the Kids page, you can find apps for age ranges, including 5 and under, 6 to 8, and 9 to 11.

## AVOID OTHER APP STORES

Put a rule in place that your child can only use the official App Store to download apps and games. Explain why it is wise to only install applications from a trusted source to ensure their device is not affected by security issues or virus attacks.

## HOW TO KNOW AN APP IS SAFE TO INSTALL

Advise your child that just because they're downloading an app from an official store, it doesn't make it safe. Fake or copycat apps will often include misspelt words and poor grammar, so always read the app description, and double check the developer name and title for warning signs. Be wary of apps that come with a long list of permission requests. Check the app's reviews and ratings – one star, one-line reviews complaining that an app didn't work on a certain device, or that there was a billing issue, is not a good indication.

## SPOT FAKE REVIEWS

When checking the customer reviews within the app store, make sure they aren't vague and generic, or overly effusive, as some developers will try to manipulate their app's positions by posting fake ratings and reviews. Check the number of downloads the app claims to have – the higher the number, the more likely it is to be safe. Your child can also check on a company's website to see if the app is available on there.



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AGE RESTRICTION  
**13+**

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."



# What parents need to know about **SNAPCHAT**



## 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!" When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

## LENS EXPLORER

The 'Lens Studio' on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create "must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snapchatters ages 13+." 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.

## SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still 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. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshotted or used against them at a later date.

## SNAPSTREAKS & ADDICTION

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

## SEXTING

Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

## SNAP ORIGINALS

Through 'Snap Originals', users can watch content which has been created by Snapchat on the app, including comedy shows, drama, news and more. Additionally, there are new lenses and filters available, inspired by the 'snap originals' shows. This is another feature to encourage addiction.



# Top Tips for Parents



## THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

## REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: [support.snapchat.com](https://support.snapchat.com).

## USE 'GHOST MODE'

We highly recommend 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'.

## 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. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

## 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. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app's settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.



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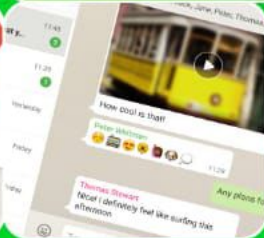




WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end 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 RESTRICTION  
**16+**



# What parents need to know about WhatsApp

## AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will 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.

## SCAM MESSAGES

Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people', encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.

## FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

## THE 'ONLY ADMIN' FEATURE AND 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. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

## CONNECTING WITH STRANGERS

To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with some body they don't know, they can use it to get in touch via WhatsApp.

## LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a 'simple and secure way to let people know where you are.' Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.



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# 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'. We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

## 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.



## REPORT SCAM MESSAGES

Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam.'

## 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.

## 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. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

## DELETE ACCIDENTAL MESSAGES

If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone.' The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

## SET TIME LIMITS

A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.

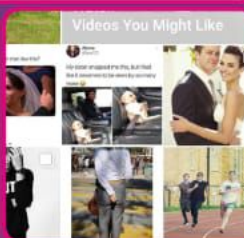
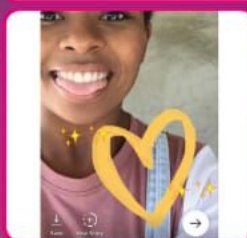
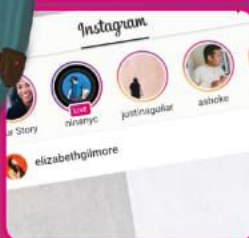


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Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang', 'Hyperlapse' and 'Layout', which can be used to enhance their feed. Users can choose to add filters and make adjustments to their photos, such as brightness/contrast. To make their content more 'searchable', users can include hashtags in their uploads to make them easier to find.



# What parents need to know about INSTAGRAM

## 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. We suggest that your child goes through their followers list and blocks people they do not know. 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 further shared around the Internet.



## DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

When influencers, celebrities or peers use filters on their photos or videos on Instagram, it can set unrealistic expectations of their own appearance and create feelings of inadequacy and low self-esteem. Children may try to strive for a comparable number of likes on their own photo to an image or video that has been edited heavily.

## \*\*\*NEW FOR MAY 2018\*\*\*

### IN-APP PAYMENTS

Instagram is rolling out in-app payments for products and services directly through the app. It will operate under the same rules as Facebook Payments, which state if you are under the age of 18, you can only use Facebook Payments with the involvement of a parent or guardian.



## PHOTO / VIDEO SHARING

Posting photos and videos is Instagram's biggest selling point, so with sharing images comes risks. 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 images.

### HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that, comes potential risks for your child. One person may use a seemingly innocent hashtag with one thing in mind and before you know it, hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.



### LOCATION TAGGING

Public locations can be added to a users photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose your child's location; this is particularly more of a risk if it is on their story, as it is in real-time.



**National Online Safety**

# Top Tips for Parents



## REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorized purchases. This can be added in the payment settings tab.



## RESTRICT MESSAGES

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

## \*\*\*NEW FOR MAY 2018\*\*\*

### FILTER INAPPROPRIATE COMMENTS

Instagram announced on 1st May that they now have an 'anti-bullying' filter on the app. The new filter hides comments containing attacks on a person's appearance or character, as well as threats to a person's well-being or health. The filter will also alert Instagram to repeated problems so they can take action on the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the apps settings.



## 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. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

## 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.



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**WARNING!**

Catfishers will target **ANYONE** OF ANY age

# What parents need to know about **CATFISHING**



In this technological era, making friends online and communicating with them are normal parts of life. Unfortunately, there are people out there who may try and exploit your trust. Catfishing is when someone creates a fake online profile to trick people into thinking they are somebody else. They assume a fake identity and goes the extra mile to make their victim believe that they are exactly who they say they are.



## WHY DO PEOPLE CATFISH?

The term 'catfish' was coined in a 2010 documentary about a man who developed an online relationship with a woman, only to discover the person he thought he was communicating with was someone else. Catfishers make up life stories and use photographs of unsuspecting victims to create fake identities. They will share life experiences, jobs, friends and photographs to the fake accounts. The aim of the perpetrator may be to lure victims into a sexual relationship, but they can also be part of social engineering to trick people out of money. After building up trust and developing an online relationship, a catfisher may ask for cash for a loan, money for travel, or some other form of payment.

## OTHER CONCERNS & WORRIES

Catfishing can escalate very quickly. As someone executing a catfishing scam is looking to achieve a goal - whatever that may be - they are likely to want to get things moving as quickly as possible. The victim may be encouraged to develop a relationship faster than they are comfortable with. In addition to this, people who create fake identities could also be taking the victim's photos and pretending to be them. It is common for fraudsters to post pictures stolen from social media sites, including Facebook and Instagram.



## HOW TO SPOT CATFISHING

Profile pictures and other photos that are posted can be big indicators. To avoid revealing their real identity, a catfisher may use 'stock' images of models, other people's photos or photos in which it is difficult to see their face. They may try to limit chat to text-based messaging and anything involving video is likely to be shunned for fear of revealing their true identity. Through the course of conversations, there may be inconsistencies with what is said, or instances of people being very vague in response to specific questions about themselves.

# Top Tips for Parents

## MONITORING & CONVERSATION

Encourage your child to talk to their trusted adults about anything that has made them feel uncomfortable online, particularly if someone they don't know has contacted them. Remind them that they should not accept friend requests or communicate with anyone they don't know online, and to ask a parent or carer if they are unsure. It is also very important to closely monitor their internet usage so you are aware of who they are communicating with, especially if they are being secretive. Have regular and honest conversations with your child about what is safe to share with people online; the importance of keeping private information private; and that anything that could identify them should not be shared online.

## PRIVACY & SECURITY

Go through your child's security and privacy settings thoroughly to ensure that their online profiles are set to private. This means that only friends can see their profile and can contact them. It may also be a good idea to check through your child's friends list with them - do they know and trust everyone on the list? In some cases it's difficult to stop young people from talking to new people. In these circumstances, encourage your child to be curious and ask lots of questions rather than rely on the information given in someone's online profile. Do they have any mutual friends? If not, how did that person find them and why did they reach out? It's vital that they know never to arrange to meet up with people they meet online, and never to send money to them - either their own, or from your account.

## BE ALERT & REPORT

Make sure that you and your child is aware of how to report and block accounts on all platforms that the child uses. You can report fake accounts and block users to prevent them from viewing your child's profile. If you are concerned that someone is using your child's photographs for their own benefits, you can check by using Google image search. You can upload a photograph and Google will show related images used on other websites. This will show you if anyone else is using photos that your child has previously shared online. If this is the case, you need to report the user directly to the platform. If you suspect that any fraudulent, illegal or inappropriate activity has taken place, you should report to the police immediately.

SOURCES:  
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<https://www.thesun.co.uk/fabulous/1754916/catfishing-meaning-identity-steal-online-dating-law/>



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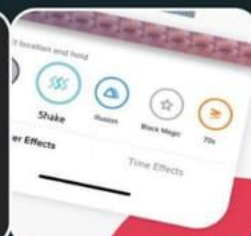




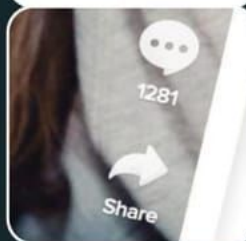


Tik Tok

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, before it was rebranded by the Chinese company that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.



AGE RESTRICTION  
13+



# What parents need to know about 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, moments and knowledge', from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. 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.

## INAPPROPRIATE SONG LYRICS

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics.

## CONCERNING CONTENT

Some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

## 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.

## IN-APP PURCHASES

Of course, as with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £97.99 with a one-click buy button.

## ANYONE CAN SEE YOUR CHILD'S CREATIONS

TikTok encourages users to 'share their passion and creative expression through their videos' and while something may seem fun at the time, 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.



National  
Online  
Safety

## 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 their online reputation and 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.

### HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure they know how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest using these settings so only their friends can interact with their posts.

### 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.

### USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about the amount of time your child is spending on TikTok, in the app's setting, you can switch on a feature called Digital Wellbeing. This includes 'Screen Management' to limit the amount of time your child spends on the app.

### 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.

### REPORT INAPPROPRIATE CONTENT

If you or your child see something on TikTok that appears to be inappropriate, they can report content in different ways within the app. They can report an account, video, comment or chat conversation by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there is also an 'Enhanced Restricted Mode', which limits the appearance of videos that may not be appropriate for all audiences.

### 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.

### DISCUSS IN-APP PURCHASES

To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

SOURCES: [mediapost.com/publications/article/319720/social-media-stars-influence-kids-but-parents-still.html](https://mediapost.com/publications/article/319720/social-media-stars-influence-kids-but-parents-still.html), [commonsensemedia.org/blog/parents-ultimate-guide-to-musically/](https://commonsensemedia.org/blog/parents-ultimate-guide-to-musically/), [metro.co.uk/2017/03/17/musical-ly-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-6516068/](https://metro.co.uk/2017/03/17/musical-ly-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-6516068/), [youtube.com/watch?v=aNO6s4FCdU8](https://youtube.com/watch?v=aNO6s4FCdU8), [youtube.com/watch?v=YVGZ1ZQ4JqM](https://youtube.com/watch?v=YVGZ1ZQ4JqM), [static.muscdn.com/webstatic/pdf/creatorPlaybook.pdf](https://static.muscdn.com/webstatic/pdf/creatorPlaybook.pdf), [youtube.com/watch?v=8TatQQCNaM](https://youtube.com/watch?v=8TatQQCNaM), [support.musical.ly/knowledge-base/community-guidelines](https://support.musical.ly/knowledge-base/community-guidelines)





National  
Online  
Safety

# 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

PLAY AGAIN?  
YES NO

How does this game/app work?  
Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.



Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5



Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.



Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.







Reddit is a rather unique site that blends the idea of a social network with news, discussion forums and various other media. The site is broken down into a huge number of categories covering every topic imaginable. Each category is treated as a community and users can submit content for others to see and comment on. This can take the form of links to existing online content or user-generated text and image-based submissions. Submitted content can not only be commented on by others, but also rated using the upvote/downvote system.



AGE RESTRICTION  
**13+**



# What parents need to know about **REDDIT**



## SUB-REDDITS

Each community (known as a sub-reddit) has its own set of moderators and its own set of rules, opening up the opportunity for your child to see inappropriate content or something they may find upsetting. Almost every sub-reddit is user-run, with practically no involvement from reddit employees. Anyone can submit content to a sub-reddit and it's not filtered.

## REDDIT GOLD AND GIFTS

Reddit Gold is a premium membership scheme that gives 'extra features to improve the reddit experience', such as no adverts, custom themes and avatars, and the ability to create Reddit 'secret societies'. Payment costs \$3.99 a month (around £3), or \$29.99 a year (£23). Users can reward each other for content they post by giving Reddit Gold, a process dubbed 'gilding'. Reddit Gifts is a giant online gift exchange for sending a gift to a randomly assigned user. Reddit recommends that you spend around \$20 on a gift, so there is a concern that your child could rack up expenses if unmonitored.

## ADULT AND NSFW CONTENT

While there are moderators in place for sub-reddits, they are not necessarily going to ensure that the sort of content you wouldn't want your child to see is banned. Reddit is concerned with free speech and light-touch moderation, so even the most open-minded of people may find deeply offensive content. Reddit generally provides a lot of leeway in the type of content which is acceptable. Some members choose vulgar usernames, while some communities have controversial or rude titles. Some content or communities are marked with 'NSFW' (Not Safe For Work) which means they may contain nudity, pornography, or profanity; it is easy for users to claim to be aged 18 and over to view this content.

## REDDIT LINGO

Children and teenagers often manage to mask what they are talking about by wrapping it up in language their parents do not understand. While Reddit is certainly not used just by children and teenagers, like any online community there are words, phrases and abbreviations that may seem impenetrable to start with, such as TL;DR: Too Long; Didn't Read and ITT: In this thread.

## CONTENT BIAS AND FAKE NEWS

Subreddits are particularly prone to bias - to the extent that some of them could be seen as propaganda. Reddit has been mentioned as one of the platforms used to promote Russian propaganda, for example. Other news stories can be completely false and not based on any evidence at all - known as fake news - these are written and posted online deliberately to create an impact. Both are nearly impossible to avoid.

## TROLLS AND STRANGERS

Globally, millions of people of all ages use the Reddit platform to discuss any topic imaginable from just about every possible viewpoint. Although people can find users who have similar interests, some will choose to abuse the platform. Talking with strangers can lead to trolling and abuse, or your child encountering unsavoury subjects. Reddit users can also send each other private messages, so there is a danger of your child receiving inappropriate or unwanted communication.



## National Online Safety

# Top Tips for Parents



## TURN SAFE BROWSING MODE ON AND ADULT CONTENT OFF

Some sub-reddits are marked as 'adult-only' and in order to access them users must be (or at least say they are) 18 or over. Within your child's user profile, it is possible to indicate that they are not 18 and this will block access to some sub-reddits, but certainly not everything you might consider to be unsuitable. Firstly, to protect them from unsuitable content, check that they have used their correct age when signing up. Secondly, turn off 'adult content' which will disable adult and NSFW (not safe for work) content from showing in the feed and search results. If you are happy to leave 'adult content' turned on, we highly recommend turning on 'safe browsing mode'; this blurs thumbnails and media preview for anything labelled NSFW (not safe for work).

## REPORTING CONTENT

To a certain extent it can be useful to learn to just walk away from conversations that take a turn for the worse, but this is not always possible. Learn how to use the blocking feature and teach your child how to use it if someone becomes a problem. Beneath all content and comments that have been submitted by other users, there is an option to report it. Advise your child to report any form of abuse or harassment that they encounter on the platform. It is a good way to alert moderators to the user and hopefully, action will be taken against them.



## SPOT FAKE NEWS

Encourage your child to read around topics and not to take something at face value. Just because something is said by someone on Reddit, in no way does this mean that it is true. Remember that the links people post and the comments they leave will cover the full range of political views, intelligence levels and opinions.

## LEARN THE LINGO

It is impossible to provide a guide to all the vocabulary and language used on Reddit - it is something that is constantly evolving. There are some words and abbreviations that have become common internet parlance (such as NSFW). If you want to check anything which your child has accessed (which can be seen in the 'Recently viewed links' panel on the front page of the site), be prepared to do a little searching if you encounter things you are unable to make sense of. There's probably a sub-reddit all about acronyms!

## BLOCKING STRANGERS

Short of blocking access to Reddit completely, or blocking individual sub-reddits, it's difficult to police your child's use of the site without physically monitoring what they are doing. It is important to let your child know that there are unpleasant people out there and they need to take care about sharing personal information. Should someone start to be a harassment, you can control who can send you private messages and add users to a blocked list by simply clicking on the 'Block User' button.

SOURCES: [https://www.reddit.com/r/announcements/comments/827zqc/in\\_response\\_to\\_recent\\_reports\\_about\\_the\\_integrity/](https://www.reddit.com/r/announcements/comments/827zqc/in_response_to_recent_reports_about_the_integrity/), <https://www.reddit.com>, <https://www.reddit.com/gold/about>











## FORTNITE BATTLE ROYALE



'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.



AGE RESTRICTION  
**12+**

# What parents need to know about FORTNITE: BATTLE ROYALE

### MICROTRANSACTIONS

Newly featured items are released daily and are only available to purchase within 24 hours of their release. These are cosmetic items, called 'skins', 'gliders' and 'emotes', which change the characters' appearance, but do not improve the game play. Once purchased, the player has full use of these in the future. The designs are attractive for players to purchase and even celebrities are endorsing them. Also available to purchase in the game is a 'Battle Pass'. When a new 'Battle Pass' is released, users can take part in a series of challenges, receiving more rewards (cosmetics) by progressing through different tiers. Whichever rewards they achieve can then be used in the game.

### 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.

### IT CAN BE PLAYED ON THE GO

The game was released on mobile devices in April 2018, meaning it can be played without the need for a home games console. Some schools have reported that the game is distracting their students whilst in the classroom. As the game is available outside of the home, parents may not be aware of how long their child is playing this game.

### 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.

### 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.

### NO PROOF OF AGE REQUIRED

Signing up to the game is relatively simple. Users have the option to log in with either their Facebook or Google accounts or their email address. When signing up with an email address, no proof of age is required. If your child is under the age of 12, it is important to check whether your child has the game downloaded.

### TALKING TO STRANGERS DURING SQUAD MODE

There are many accounts on Facebook and Twitter which claim to give away free money (known as 'V bucks') for games which will be transferred to their Xbox Live or PSN cards. Any giveaway promotion from Fortnite will be in the game. It is important to check the authenticity of these accounts before giving away personal information in order to claim 'V bucks'. The websites or accounts may ask you to share your account name and password in order to claim the money; if these offers seem too good to be true, they usually are.

### AGE RESTRICTIONS

PEGI has given the game a rating of 12+. Even though the game includes violence and weapons such as crossbows, grenade launchers, rifles, pistols, shotguns and more, PEGI say "more graphic and realistic looking violence towards fantasy characters is allowed. Any violence towards human characters must look unrealistic unless it consists of only minor or trivial injury such as a slap," making the game 'suitable' for children aged 12 and over.

### 'FREE' TO PLAY

The game IS free to play. However, if playing on Xbox, you will need an Xbox gold subscription, which does require a fee.

# 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.

### 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.

### 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.

### 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.

### RESTRICT PAYMENT METHODS

'Fortnite: Battle Royale' is a free to play game, but there are still options to make additional purchases. If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to restrict spending, we suggest using a paysafecard, or a games console gift card. These can be purchased in specific amounts, which will allow you to restrict the amount your child spends and removes the need for a credit/debit card to be used with their account.

### USE A STRONG PASSWORD

It may seem like a simple tip, but it is important that your child selects a strong password when creating an account, particularly if a credit/debit card is associated with the account. This will help reduce the risk of their account being hacked.



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# 17 TIPS on correct Social Media usage

by Dr. Mufti Abdur-Rahman ibn Yusuf Mangera  
(full lecture on [ZamzamAcademy.com](http://ZamzamAcademy.com))

(1) Rectify your intentions.

(2) Ensure posts does not entail backbiting, tale-bearing, accusations and flirtations etc .

(14) Send salawat(salutations) when writing the name of Prophet Muhammad (Sallallahu Alaihi Wa Sallam/ Peace Be Upon Him).

(3) Don't be excessive and thus neglect important things.

(4) Be polite in disagreement .

(7) Read and understand before replying.

(8) Kill falsehood by ignoring it.

(11) Refrain from useless debate.

(12) Avoid (posting/forwarding) videos which contain music.

(15) If someone writes something good, then thank them for such post.

(16) Before messaging or posting, think carefully if the message will be a source of reward or punishment.

(5) Verify ahaadith and stories before forwarding them.

(6) Refrain from mixed gender sessions. Offline principles and rules regarding interaction also apply online.

(9) Don't post/forward videos with the awrah(private areas) exposed.

(10) Choose appropriate timings when messaging others.

(13) Be careful of what you type. It is stored and can later haunt you if not in this world, then in the hereafter.

(17) Note to parents: Don't spy on your children, however regulate their usage

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