



# Bredon Hill Academy

## Safeguarding and Wellbeing Newsletter



### Safeguarding Our Children Together

No. 2  
Spring Term  
2020

#### Issue in Focus: Staying Safe Online

Welcome to the second edition of our Safeguarding Newsletter. This term the focus of our newsletter is 'Staying Safe Online'.

In this edition we would like to inform you of some of the most up-to-date apps and social media platforms to be aware of, plus some useful information to help you and your family stay safe online.

#### More Than Just 'Social Media'

Pretty much all social media apps have the function to **Private Message**. Depending on privacy settings, a stranger can privately message your son/daughter. In some cases, private messages can be set up as a group message (with more than one person involved in the conversation) and anyone can be invited to join the chat. This is how many of our pupils communicate.

#### TIPS

- Make sure privacy settings are turned on and location services are turned off. When you sign up to most Social Media accounts your account is automatically set to 'public'.
- Make sure your son/daughter has only one account. It is common for teenagers to have more than one Instagram account or more than one Snapchat account, often with unidentifiable usernames (eg Laura could be 1@ur@). You can often check this by opening the app, selecting their username and seeing if multiple accounts exist.
- Limit time on apps by downloading parental control software.
- Discourage your son/daughter from being part of a large group chat.
- Don't just assume that because you 'follow' your son/daughter that you are monitoring their account. On occasions, it is what goes on in private messaging, that is out of sight to followers, which could cause alarm.

#### 10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



**Calculator%**  
This app looks like a calculator but functions like a secret photo vault.



**Hot or Not**  
Strangers rate your profile. Goal is to lead to a hook up.



**Omegle**  
A free online chat website that promotes chatting anonymously to strangers.



**Burn Book**  
Post anonymous rumors about people through audio messages, texts, and photos.



**Snapchat**  
This is the way most teens communicate with each other. Sending messages and snaps that disappear within seconds and stories go away after 24 hours. Teens live for a "streak" of communication.



**Wishbone**  
An app that allows users to compare kids against each other and rate them on a scale.



**Whisper**  
An anonymous app where the creators promote sharing secrets and meeting new people.



**Kik**  
Messaging app. Kik has built in apps and web content that would be filtered on home computer.



**Ask.fm**  
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



**Instagram**  
Many kids are now creating fake accounts "finsta" to hide content from parents. Kids also like to text using Instagram because most kids know parents won't check messages.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

Please note: Due to the nature of the Internet and App Store, web and app resources change often. Any outdated material will be corrected and updated. This graphic was created by April Reaquad.

#### Latest Apps/Social media

**TikTok: See attached guide**

**SnapChat: When you send pictures or 'snaps' to each other that disappear after a few seconds. Also a platform for group chats and private messaging. See attached guide**

**Omegle.com: Website encouraging 'chats' with random strangers. You do not need to log in or create an account. Quite often Snapchat usernames are shared and the chat continues via that app.**

[Visit Omegle.com](https://www.omegle.com/)

*Chat with random strangers online - it's fun, it's a new experience every time. Use Omegle now!*

1. Go to <https://www.omegle.com/>
2. Write your interest.
3. Click on Text or Video.
4. Start chatting!

**Designated Safeguarding Lead: Mrs K Dunkley**

**Deputy Designated Safeguarding Leads: Miss D West and Mr S Timpson**

## Acronyms/Codes Used When Messaging

9 = Parent is watching  
99 = Parent is no longer watching  
A3 = Anyplace, anytime, anywhere  
AAF = As a friend  
ADR = Address  
AEAP = As early as possible  
AFAP = As far as possible  
AIGHT = Alright  
AITR = Adult in the room  
AMAP = As much as possible  
AML = All my love  
A/S/L – age, sex, location  
CICYHW = Can I copy your homework  
C/S = Change subject  
CT = Can't talk  
CU = See you  
CUL8R = See you later  
CUNS = See you in school  
DLTM = Don't lie to me  
DYHAB = Do you have a boyfriend?  
DYHAG = Do you have a girlfriend?  
F2F = Face to face  
GNOC = Get naked on cam  
IRL = In real life  
KPC – Keep parents clueless  
LDR = Long distance relationship  
LMIRL – Let's meet in real life  
MIRL = Meet in real life?  
N/T = No text  
POS = Parents over shoulder  
PIR = Parents in room  
P911 = Parent alert  
PA = Parent alert  
PAW = Parents are watching  
PAL = Parents are listening  
WYRN = What's your real name?



For the latest information regarding online safety please visit:

<https://nationalonlinesafety.com/>

Sign up for their #wakeupwednesday updates!

## Online Grooming

### What is grooming and how does it work?

Grooming is a process used by people with a sexual interest in children to prepare a child for sexual abuse. It is often very carefully planned and it can take place over weeks, months or even years.

### Building a relationship

Grooming is about making a child think that sex with the offender is normal or that they have no choice. Offenders do this by building a relationship and emotional connection with the child.

This relationship can take different forms.

- They could try to convince the young person that they are in a loving relationship as boyfriend or girlfriend.
- They might become a mentor to the young person, making them think they are someone who can help them or teach them things.
- Sometimes they will become a dominant figure in a young person's life, perhaps by having a relationship with their parent or caregiver.
- They may also build a relationship with the child's family, making them think that they are someone who can be trusted with the child.

One of the most sinister aspects of grooming is the way in which it so closely mimics genuinely positive relationships. This can leave its victims very unsure of who to trust, sometimes assuming that they can trust no one, even people who seem to be nice and to care.

### Gaining power over a child

In all of these relationships they will be looking to gain power over the young person. This enables them to manipulate or coerce them into sexual activity.

If a young person feels they are in love, this gives an offender power. The offender can emotionally blackmail the child by threatening to withdraw their affection or saying, 'if you loved me you would.'

Offenders also blackmail children by threatening to share secrets that the child has told them. In some cases they will tell the child there will be terrible consequences for refusing to do sexual things.

Offenders will use any means they can to exert power over a young person.

### Keeping it secret

In all cases they will look to make sure that the young person won't tell anyone else about the abuse, telling them to keep it secret.

They often tell young people that no one will believe them, or that if they tell anyone they will be the one in trouble. This is why it is so important to tell a young person that you believe them and do not blame them if they disclose they have been sexually abused.

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# Age Restrictions for Social Media Platforms

Twitter  
Facebook  
Instagram  
Pinterest  
Google+  
Tumblr  
Reddit  
Snapchat  
Snapchat Secret



LinkedIn



Whatsapp



Vine  
Tinder



Path



YouTube  
Foursquare  
WeChat  
Keeek  
Flickr  
Kik



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. 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."

### ADDICTIVE SNAPSTREAKS

'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

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. 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.



### EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the rocket button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

### DAMAGE TO CONFIDENCE

Snapchat's selection of filters and lenses are seen as a great way to enhance your 'selfie game'. Although the filters are often created to promote entertainment and humour, using the 'beatify' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.



## 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.

### 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 apps 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'.





TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

# TIKTOK



## MATURE CONTENT



On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



## INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing other user's videos on the app.



## TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



## ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



## ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



## IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



# Safety Tips For Parents



## TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



## USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



## ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



## EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



## LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



## MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



## Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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