

# HOW TO PROTECT YOUR KIDS ONLINE

This book is for everybody, especially parents, kids, teachers, schools, tweens and teenagers.

The Internet is a force for good in people's lives. However, misuse, or overuse, can cause all kinds of problems, including severe depression. The internet is like chocolate, a little is great, a lot is not.

**Graham Mulhern** is a passionate believer in reigning in big tech in our lives especially for children.

He has spoken to 100s of Business, Conferences, Organisations, Schools internationally over the last 5 years. A seasoned tech industry entrepreneur, he is a popular commentator on Radio and media contributor. His mantra is simple:

***'Take advantage of the Internet, Don't let the Internet take advantage of you'***

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# How to protect your kids online

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## *Useful Resources*

# Graham Mulhern

## About the Author



Graham is a regular media interviewee (BBC, Newstalk) in the UK and Ireland about IT, Social Media, Big Tech, in a straightforward, pithy, humorous way, much appreciated on the radio. He speaks regularly to Business, Government, NGOs, Schools and Colleges.

A Serial Entrepreneur, he is CEO of BeSecureOnline. He's owned and operated several IT business 30 years in the UK, Ireland.

Married, he has 3 kids, lives in Greystones, Co Wicklow, Ireland

# **How To Protect Your Kids Online**

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# **Dedication**

For Orla & my 3 kids

# Introduction

The internet is a learned habit, the most dominant force in most people's life. The internet is not a shoulder to cry on. We have to learn to take advantage of the internet, and not let it take advantage of us. So, let's talk about how to protect your kids online!

The Internet is like chocolate, a little is great, a lot is not. Make sure your kid knows this and when to put down the device or stop gaming.

1. Exercise
2. Eat properly
3. Enjoy the great outdoors
4. Read
5. Experts say 'sitting is the new smoking'

Simple things like 'No Phone dinners' make a big difference, looking at each other directly in the eye, whilst speaking. The internet is all about common sense.

Many adults are indifferent to phone etiquette, public safety, phone addiction. Every day, you see people holding a coffee, crossing the road or cycling listening to music, blindly playing chicken with a two-tonne Range Rover. Time for a change.



# Internet & Devices | Serious Facts

Kids screen-time has doubled to eight hours a day over the last 20 years

Kids eat more, weigh more, exercise less and sleep less.

Sitting is the new smoking, encourage other activity

No phones when eating with family or friends.

## **Remember**

It's their job (Gaming, Social Media, the internets) to tempt you. It's your job to learn self-reliance, internet discipline, to harvest the internet's rich blessings.

# Thanks to The Portland Hospital

We especially want to thank Aoife, Sharma and Chloe in The Portland Hospital Maternity Ward for their patience and access to new mums during the research stage of this book.

We spent several weeks in February 2020 before COVID19 in the hospital, with some members of staff chatting to new mums, doing surveys, and talking with consultants and nurses.

Phones, devices are as active in maternity wards as everywhere else, nurses. We found that the nurses were especially good at guiding new mums through getting used to their new life, with great skill and sympathy.

Thanks to all the mums who spoke to us, and a really special shout to all of the nurses too, Cheers!

## Top Tips

There is plenty of time to get used to this change in life

Don't pick up Phone when holding your baby

Switch off notifications

When baby sleeps which they do a lot, use phone then

Don't panic, you will manage.

# Online Parental Control

## What's in it for you. The Benefits

Kids who behave better

Kids that exercise more, sleep, eat better.

Kids that do as asked

Kids who study better, doing better in school

Kids who don't get bullied online

Kids with longer attention spans

Healthier, fitter, stronger kids.

They can still play Fortnite, we are not stopping them, just not all day

As parents and children build mutual trust, there is always the option of confiscating the phone, using the time-honoured parenting fall back,

'because I said so', the best reason in the world

If you don't look after your kids online, the internet, gaming industry will.

You don't want that.

*“Take advantage of the internet.  
Don't let it take advantage of you”*

**GRAHAM MULHERN, PRINCIPAL, BESECUREONLINE**

# Wisdom of Homer.

It's never too late to hear from Homer, the sage of Springfield.

## Homer's Wisdom



**The Internet, they've got that  
on computers now!**

# Some General Advice

The Smartphone, brought to the world in 2007, combined Phone, Internet & Camera for the first time and changed the world instantly increasing the internet up to 50% within a year. Our job now is to fit them into our lives properly without being taken advantage of, meaning, we need to learn to use the internet properly.

Would it be nice if everyone looked at you whilst speaking to you? If kids and Teenagers learnt this one habit, that alone would be worth the effort of reading this book. The same applies to meetings, dates, social gatherings. Let's all learn to put phones down, better still switch phones and devices 'off' when talking to people.

## Headphones and Earbuds

Love your ears. Protect them with lower volume. Listen to the music at 3 or 4, not 10. SONY print this on their packaging

## Which Social Media is most suitable for Young kids?

No question about it, **Instagram**. Remember it is illegal for kids under 13 to use social media, the age limit is 16 years of age for WhatsApp. But if your child in primary school has to be on social media, Instagram is positively the healthiest option. It is not even close, and everyone of our speakers feel the same way.

Do not beat yourself up about your child on social media, most kids are. Try your very best to resist as long as possible, try to hold out until they are at least ten/eleven years of age. By Twelve years of age most kids are on several platforms.

## Advice for Parents

[BeSecureOnline.co.uk/blog](http://BeSecureOnline.co.uk/blog)  
[futurelearn.com](http://futurelearn.com)  
[getsafeonline.org](http://getsafeonline.org)  
[Webwise](http://Webwise)

[Learnthenet](#)  
[Staysafeonline](#)

## **Some Golden Rules**

The Internet never forgets, the Public never forgives.

Tweet others as you wish to be Tweeted.

It's not a democracy, you are the parent, you decide.

When speaking to business groups, or doing a Zoom session, it always amazes me, how many parents think that demanding to look at a kid's phone is an invasion of privacy. That somehow, they aren't allowed. Here's our answer. Why not, they're living in your house, you are paying for it and you are responsible for them

There are lots of countries who reserve the right to check all phones at the Border (counterterrorism) control including the US, Russia, Australia, NZ. Many more thinking of joining this list.

# Social Media Introduction

## Parents Nightmare

TikTok, Snapchat, Instagram. There is nothing that worries, frightens parents more than social media. Why do kids, teenagers love it so much and are addicted to it. This eBook will help understand social media and give some great tips. Finally, there has been good news here too. In the last couple of years, studies from Oxford say that our fears and concerns might be overstated, that social media might be forming some the strongest friendships ever seen.

**TikTok**, owned by China's Bytedance. It has left its former life as Musical.ly behind. But Snapchat, Instagram haven't gone away, they just have to share the limelight. The big issue with TikTok is that you can't complain to anyone and they don't appear to be interested in looking after content or responding to user complaints.

TikTok the app formerly known as musical.ly isn't a Prince anymore. So, what is it? TikTok is a creativity platform where kids - especially young girls post a 15-second short-form video for upload to the TikTok social media portal. Users enjoy syncing, editing and preparing the videos to feature tween age creativity. Since 2018, kids have found it has become more sinister, as somewhere, where strangers wander about looking for younger kids.

Here is how to **Make [TikTok private](#)**



## **The Sun Online ‘v’ TikTok**

The Sun Online highlighted TikTok and called them out in 15 articles in early 2020. The main thrust being that TikTok needs to respond to concerns about their users' wellbeing. The Sun wants TikTok to open a European office, to actively look after the portal. If they are making money in Europe, that comes with obligations.

The Sun won this one. TikTok is opening offices in Dublin & London as of August 2020.

**Snapchat** is wildly popular with kids, teenagers. It's Yellow orb logo lights up phones the world over. Prized for its privacy, its disappearing messages, it is the weapon of choice for Teenagers who enjoy annoying Teachers and Parents.

The 'Snap maps' feature also gets a lot of attention. Like everyone else, they don't enforce their 13+ minimum age limit. Snapchat is discussed at length later in this eBook.

**Instagram** is a social networking app made for sharing photos and videos from a smartphone. Like WhatsApp, Instagram is owned by Facebook.

Instagram prides itself on its positivity vibe, something the company is very keen to develop. Adam Mosseri, Head of Instagram is very sensitive to public comment about Instagram.

When you post a photo or video on Instagram, it will be displayed on your profile. Other users who follow you will see your posts in their own feed. Likewise, you'll see posts from other users whom you follow.

Just like other social networks, you can interact with other users on Instagram by following them, being followed by them, commenting, liking, tagging, and private messaging. You can save the photos you see on Instagram.

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***‘Tweet as u would like to be  
Tweeted’***

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**JAMES CORDEN’S TWITTER HANDLE**

# True Stories

## **Pornsite 15 Year old Girl, London.**

Spoke to a 15-year-old girl, who wanted advice as she said “her friends” boyfriend had posted a video of them together to a porn site. He refuses to take it down. Her 'friend' doesn't like it and doesn't understand why her boyfriend did this. His face doesn't appear in the video, he boasts and trolls her regularly online about this video, sharing the link. Understandably she doesn't want to go to the Police, nor tell her parents either. It's only a matter of time until the video is shown to her parents.

It was decided to approach the friendliest teacher in the school, seeking her advice. They hope the Teacher will explain the situation to the parents and help her deal with the trauma. Some-one is to approach the Police, to ask them to try a friendly informal approach to the porn site, requesting an immediate takedown and permanent block on the uploader. The Police will be relying on the goodwill of the site operators. Hopefully, the site operators will see the girls 'point of view'.

Comment: Kids will be kids however live-streaming, filming, sexting, are uniquely dangerous. This is one issue schools have difficulty getting across because it is so personal for teachers and students. What is so noticeable in this story above is the fact that the boy's face does not appear in the video, yet he's the one that uploaded it. Hopefully the girl will name him so the Police can deal with him. There is only one guidance, don't bring cameras into relationships and if you do, Delete, Delete, Delete.

## **Journalist 55+ | Bullied on Twitter, Edinburgh.**

This is the category of someone who ought to know better. A seasoned journalist who overshares his innermost feelings online on Twitter, revealing too much about his state of mind, about not feeling great and a little down, mistaking Twitter for a friend. We call this vomiting online, and when you do this, the internet vomits back, most likely people feeling the same way or who just enjoy spoiling someone else's day. It's not enough to win, others must lose. The Germans call this 'Schadenfreude' which is enjoying the misfortune of others.

Then to compound it, he complains people are being nasty. 'Why are people so nasty to me', he tweets, not realising being nasty online is a competitive sport these days and social media the perfect forum. It's always the unnamed accounts that do this. As stated above, Facebook research shows that people operating fake accounts are five times more likely to bully.

This well known journalist in press circles, he has a column in a major UK Red Top. Inexplicably with a drink taken or two perhaps, he takes to Twitter when not at his best and the hate trolling begins. His Tweets get far more reaction than his newspaper articles. 20K plus followers, inexplicably will not heed advice.

Comment: The internet is a learned habit; this guy knows but can't help himself emoting online. The internet is not a shoulder to cry on and requires common sense. It's especially strange that someone who writes for one of the largest online newspapers in the world doesn't get this.

## **Snapchat | 10-Year-Old Girl | Dublin.**

Profile | Real Name, Not Private

Privacy Option: Everyone

Followers | 645

Speaking in a North Dublin school, kids in the class shouted out that a popular 10-year-old girl in the class had over 600 followers on Snapchat. Later that day, the principal approached me expressing concern about this news.

I said it was utter madness for a 10-year-old. She said that the parents were worried about her and that she was being hounded online by strangers. We met the father later that day, explained that she had her 'Profile' switched to 'everyone', and over 600 followers.

The child was reluctant to let us see her account, but the Principal insisted, and it revealed trolling worthy of a PR company.

Drastic action was taken, she agreed to restart her social media under parental management with a Private Profile, 25 followers, using her real name. She falls off the wagon sometimes but generally limits her online daily use to two hours. She's still badly damaged by her traumatic experience, but she is happier spending more time with real friends.

Comment: We don't understand how worldwide, Schools are being left to decide these for themselves how to approach this issue on their own. Social media, phones usage in primary school needs a simple clear realistic approach. We have outlined our social media plan in this book. Schools, teachers, parents need to agree on a means of reviewing kids devices and social media. Trust and verify. But we need a simple central coordinated plan from Departments of Education worldwide.

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***Remember, if you don't look after  
your kids, the internet, gaming  
business will, happily.***

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**GRAHAM MULHERN, PRINCIPAL, BESECUREONLINE**

### **13 Year Old Boy Snapchat | Wandsworth, South London.**

A boy in South London, a talented footballer, good enough to make it professionally. He is being watched by big clubs including Newcastle & Leeds Utd. He was invited to an official FA training camp for schoolboys. When he and his Dad arrived at the training, he was told by the senior coach that owing to previous incidents, no social media permitted between players.

Our young footballer, of course, ignored the advice, soon discovering there was a Snapchat group amongst the players. Two weeks later, he was approached by the Head coach, and was told he was upsetting other lads online. The coach told him, that he had two chances, and that was his first. Next time, he was out.

Some weeks later, they were attending a specially arranged session at Manchester City training grounds. Some of the kids got stage fright in front of the Man City players. Later on the bus, there was some ferocious trolling with some especially vicious memes shared on Snapchat & Instagram.

When the memes were presented to the coaching team, a decision was quickly made to exclude him from the group immediately for the good of the squad. The bus was stopped, the boy and his father were invited to make their way home. His mother broke down in tears on hearing the news. He is no longer welcome back at his home club, the incident had to be reported under bullying protocols, to football authorities.

Snapchat is a real problem in schools especially for kids 12-17 years of age. If bullying is happening, chances are Snapchat is where it is taking place. The key for us is to encourage kids to use their real names and pictures online, this is the best way to promote proper behaviour online. Nasty cases should be referred to the Police.

Comment: Although nowhere near as bad as the sexting, filming story, it is a simple everyday occurrence that was completely avoidable. In this case the father of the kids being slagged took a photo quickly of the offending snap. He printed it on the nearest Wi-Fi printer and brought it immediately to the Head Coach. Hopefully both have moved on from this incident.





## **Snap, Sex, Video, Teenagers, Rule No.1 Delete, Delete, Delete**

These very young teenagers (13,14) accidentally filmed themselves having sex which she forgot to delete from her phone. Rule No.1 delete everything.

Two days later, her phone was on the family kitchen table, when her older 17-years-old brother picked up the phone as teenagers do to see if he could get one over on his little sister. Naturally, he wanted to tease her about whatever silly tittle-tattle or gossip he could find. Only he got way more than he bargained for when he saw the sex video. What happened next, he still doesn't understand and says he never will. In a state of shock, which many say is normal, he shared the video, so the whole school, parents and teachers knew within minutes.

Remember 90% of all illicit materials are shared by friends or family

Like most teenagers he had no privacy switched on. Seconds later he realised what he had done, which is the second his mother came downstairs also in a state of the shock, screaming “what the hell have you done” at him?

What ensued, was a disaster for everyone, the school had no plan for dealing with such an incident, and the families fell out over it. The two kids were brutally trolled as a result. They stayed home for weeks which did not help matters. The boy aged 13 was completely unable to deal with it, went into a skyrocketing downturn, costing his mother her job in the process trying to save him. The sexual appetite of a man, the coping mechanism of a child.

He moved to another school outside the area in September, as he couldn't face going back to his old school. Sadly the boys in his old school, couldn't help themselves and sought him out using the Snap maps feature in Snapchat. When they found his new school, using a fake account they sent the video to kids in the new school, tagging it 'Paedo'. Not a helpful start to his new school. The trouble with online bullying is how little courage it takes especially when done anonymously.

She made it back into school two months later in May, with the active support of the school, and recovered her composure enough to make it

through to summer. She stayed off her phone for 2-3 months a discipline which took a lot out of her. Luckily, she had some great friends, as two of her best mates started pushing back on the trollers hard, which was incredibly brave of them. By September, the start of the new year, through her friends hitting back fighting her corner, she was able to go back to school. Sadly, some of the trollers were parents,

**Snap Maps** is a very controversial feature in snap maps, which allows snappers to locate friends in a specific location. Users can select Ghost mode which allows them to see who is around a particular area, like a football match, or an out of town shopping centre. However, they can't see you, as you have selected stealth mode using Ghost mode. The whole idea of it is completely bogus. Experts say this promotes over-confidence in teenagers and is for a fact a cause of much online bullying.

**Snapchat is a 13+ App** like most Apps. It allows users to create fake user accounts. Famed first of all for its disappearing messages. 30 seconds after opening a snap (the message), it deletes. Parents, teachers, everyone hates this but Tweens and Teens that use it, love it.

Rule No.1 Delete everything.

## **Stranger Danger – 9-Year-old cleverly tricked into meeting someone**

We all know the advice that kids get when starting on devices, gaming and the internet for the first time, how careful they need to be. They must only socialise online with friends from school, friends, family. We also suggest not mixing those groups either. It is not just names, schools, home addresses, nicknames, friends names, city or town, phone numbers that we need to be careful of accidentally giving out. It is everything, we have a true story from an 8-year-old in West Hampstead, London last summer.

This is a clever entrapment of a young girl who was tricked into giving an interloper her dog's name 'Snowy', which at the time she thought was harmless. Until a year or later, this same guy re-approached asked her how her dog was, referring to 'Snowy' by name. She dropped her guard and agreed to meet him a few days later mistaking him for some long lost relative or old family friend.

Fortunately, as the 9-year-old was leaving the house to walk her dog around the park in front of her house, in sight of her mum, she mentioned she was meeting someone called Sam too. Some quick thinking by Mum led to Uncle Sam being picked up by the police half an hour later. He was duly convicted for abuse of a minor, following a serious investigation.

Comment: This shows the need for vigilance on all levels, that children must simply refuse and not speak with anyone online, that they don't know. A seemingly harmless piece of information almost led to a catastrophe. This man was able to get close to a kid by simply asking her the name of her dog, a very clever tactic.

## **Single Parent Family, Leicester, 2 Kids**

We received the following story via email, the sender wants everyone to be aware. My nine and eight-year-old kids spent £822 via my iTunes account buying merchandise from the online gaming platform Roblox. I hadn't realised my bank card would be available to use on my children's iPads.

When I discovered their madness, I made contact with Apple looking for a complete refund. Their answer was: "Sorry we can't help you but do have a nice day." I then explained my predicament to Roblox.

Their response was to terminate my children's accounts, without any warning because they "take fraud very seriously".

My kids are devastated because they've spent their own money for years on Roblox, building up an incredible collection of armoury and clothing. As my nine-year-old eloquently put it: "My whole life is now ruined." End of email.

Apple, Roblox, Fortnite, are of such scale, they can afford to not worry about the publicity and just focus on profit. We witness this on a daily basis from our own customers. We have noticed a change of tone in recent times. Also, if a refund is denied once, try again with another agent, second time lucky

So, switch off your money everywhere, install genuine parental control. Apple's first line of defence is the incredibly long time it takes to get through on the phone, apparently, nearly 35% of all callers just give up.

Refer to the sections, link about In-App purchasing throughout this eBook.

## **Top Tip**

If refused once, try again immediately with another Apple agent, sometimes the first agent hasn't updated the call/their decision to the system, we know several people that have been successful in getting 100% discounts just for asking twice if not a third time.

## **Pro Level Gamer, nearly died from his addiction**

This true story has appeared in the international press on dozens of occasions, and our company worked with the young man in question to help him kick the habit. He was addicted for more than a decade from the age of 14.

He suffered a serious blood clot, which he said was mainly linked to spending eight hours a day at a desk for his studies in the entertainment industry and compounded by playing video games for hours (days) on end in his free time.

He required surgery to remove the potentially fatal clot and stop it spreading to his heart or brain and has altered his sedentary lifestyle. "That clot nearly finished me off, so I've had to change the way I live to avoid those risks," he said.

Thankfully he had a full recovery, now keeps his gaming in check, and has started his business helping kids and parents deal with a gaming obsession.

He was infected, with the same conditions sometimes experienced by frequent long-haul flyers: deep vein thrombosis

He brings his huge experience witnessing first-hand the bullying and "griefing" that has accompanied the surge in popularity of online gaming, as well as the physical risks associated with excessive gaming.

He advises users to take a break and take a short walk every hour, doing regular exercise and spending no more than an hour or two playing games at a time. This is a must, non-negotiable.

He remains a devotee of gaming - he has pulled back from his past as a "pro-gamer" ranked third in Europe for his abilities, which he said led to him neglecting his final school year studies and had a disastrous effect on his life. His new business helps, control and moderate large Minecraft games especially for young kids. Kids are welcomed to the game, overseen, then gently logged out when time is up.

Games have overtaken the music and movie industries in global sales. In the UK, more than twice the number of young men play online games then follow televised sport. Fortnite is being seriously pushed as a potential Olympic sport. Anyone for dressage?

"They can be so creative, it's like an interactive work of art that lets you play a part in a movie," he said.

Comment: Sitting is the new smoking, that's what they say, and this story is the perfect explanation, this boy's gaming addiction destroyed his school years, denying him college, addicted to online gaming as it took over his life.

## **Overactive | 7 & 9 year old gamers| COVID19 Lockdown**

### **Minecraft, Fortnite Players**

This happens a lot with kids gaming online without protection switched on and credit cards saved into the browser. The Kids were allowed to spend less than £5 without asking, once a week as part of their pocket money.

After lockdown, the boys stopped attending online schooling, playing their games on their gaming time. The parents assumed from what limited information they had about the game that Fortnite were looking after them. That it is a game for kids, therefore that was enough. But they were unrestricted areas, with older boys in longer sessions, sound full on. The kids seemed happy, the parents were just happy they were occupied and not annoying them.

Two things happened, their behaviour, language changed over two months, they were cursing frequently and acting aggressively towards their mum especially. The family dog chewed through a headphone lead which meant his parents could hear the game and what was being said. When gaming, you can't stop the text, but you can turn the sound off, which is strongly recommend by experts. Mum suddenly realised: the boys were playing with much older kids as her boys were advanced players. Advanced players tend to play with older kids.

As she said, she heard more cursing that actual words, extreme profanity, extreme sexual referencing, all common currency amongst older teenagers. Over a two-month period, they went from being good boys, mixing with their friends, good humoured. Fortunately, the parents went for hard stop option. Dad said later, the dog did them the biggest favour ever, and that they were lucky. He presented the kids with one option, one-hour day only, with kids their age or nothing. The upside, he discovered he loved the games with the boys.

Multi-player games with sound are notorious for rough language expletives, the games are built this way, to encourage vocal exchanges, that's exactly what the developers want. So, turn off the sound, so your kid can't hear it.

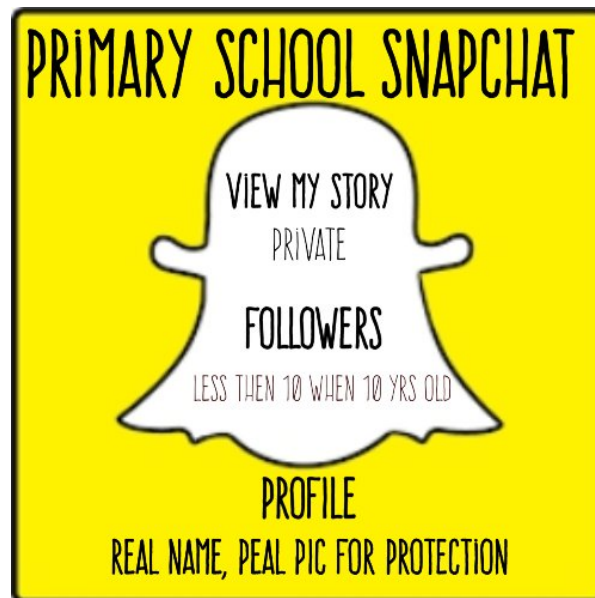


Comments: Fortnite is not the problem, it is the players. Check **pegi.info** for details on any game you are not familiar with before letting kids start new games. Remember Fortnite is a competitive multi-player game. Read the instructions, always switch on parental control, switch off in-app purchasing, turn off the sound so they can't hear or talk to other players. Switch off text if you can. Talk to the kids. Enforce parental control. Remember, if you don't look after your kids, the internet, gaming companies will, happily.

# Social Media Profiles

Facebook research says people who use fake names & profiles are 5 times more likely to bully others. To protect the real Facebook users, they delete over 2 billion accounts every quarter.

We have a simple approach to social media profiles for kids, this approach is based on a straightforward philosophy to protect kids, that kids who only connect with real friends (people they actually know in person), using private accounts using their real names, real pictures. Real true friends don't bully each other, and if they do you can stamp it out.



**Primary Schools** ought to consider this model seriously because:

Excellent way to manage social media

Respect and good behaviour are the core themes

Teachers can check kids' social media, why not!

Align PTA, Teachers & School on one approach

Use to introduce real online safety

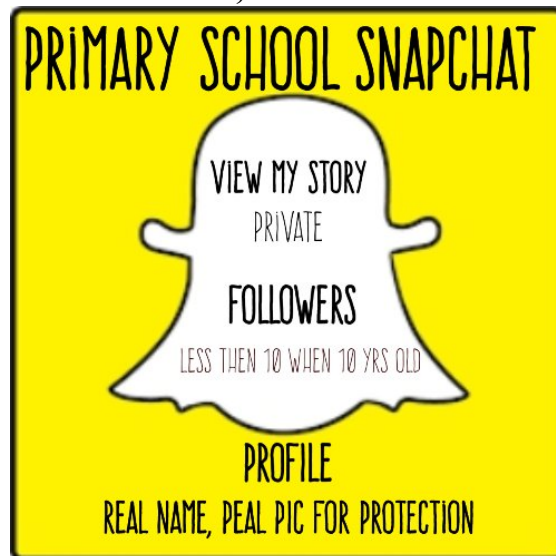
Allows kids to have social media, relieving pressure

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***‘The Internet never forgets, the  
Public never forgives’***

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INTERNET WISDOM, CHRISTOPHER HITCHENS



## **Privacy for Primary Schools**

Profile should be 'My friends only' or 'Private'

Use your 'Real name' and 'Real photo'

Under 10 yrs. - Less than 10 followers

Under 12 yrs. - Less than 20 followers

Under 13-15 years - Less 150 followers

Separate and don't mix the following friends online.

1. School
2. Family
3. Neighbourhood and Sports Clubs

It's important to stick to this approach shown above, if you are not in the class, you can't join that group. That's why it is safe.

## **Instagram Privacy Settings**

Here are the steps to getting it done, for iPhone and Android Phones:

Tap the profile icon in the lower right-hand corner of your screen, and then tap the menu icon in the upper right.

Tap Account Privacy then tap the button next to Private Account.

Also, there is the option to hide 'select photos' on your Instagram account, making them private instead

That's it, your Instagram profile is private.

When the Private Account option is on, only the users who are currently following you, plus any new users you approve, can see your Instagram.

From our website [Make Instagram Private](#)

# Internet Safety is Common sense

Watch your children when they're using a device or online

Purchasing and install online family protection app

Make phone usage a 'treat' to be earned by good behaviour

Give your kids the same devices as you have, may cost more, but easier to manage

Buy [Bitdefender TS Parental Control](#)

# Very Young Children

Young children are the fastest-growing group of smartphone users. Smartphones can damage your kid's mental health. Predators, cyberbullying, sexting, malware, identity theft, and exposure to inappropriate content being just some of the issues

Fake News, toddlers don't have the ability to tell good from the bad. So, you have to protect them

Parents with older children may have no choice when their youngest kids start using phones. When one of the older children gets a new phone, there's a spare phone. You have to control your kid's exposure to the phone, building good online and usage habits now.

As parents and children build mutual trust, there is always the option of confiscating the phone using the that parenting classic, no explanation needed 'Because I said so'

Before your child gets her first smartphone, they'll be playing games, watching videos on your phone. On the next page, there's some simple steps you can take in 30 seconds to protect your kids.

[10 Great Reasons](#) to install parental control.



## **Create a Folder on your Phone**

Put all your kids' games and other stuff into one folder and block the rest of the phone. For instructions on how to do this, go to the Under 4s section.

## **Switch off**

All debit cards

In-game purchasing options.

[Disable/Delete](#) debit cards in browser

Remember it is the gaming industry's job to get their hands on your money, which makes you the Sheriff, protecting your kids and your money.

Chopping off access to the money is your best protection to stop kids wasting/spending money on V-Bucks (money in Fortnite), gems, tokens, weapons upgrades, etc. Fortnite itself is free, but the in-game purchases are expensive

Make it something they have to earn as a treat, building family values and developing trust.

Apple has been fined hundreds of millions for making it too easy for kids to spend your money.

## **Top Tips:**

Learn how to set up privacy options on everything your kid uses

Don't beat yourself up, because your 8-year-old has a smartphone

Give yourself a chance. Install genuine 'paid for parental' control

# Video Games Rating

Apple and Google do not vet all games in their store for kids properly, how could they? It is an impossible task. Most of the checking is done by machines, and it doesn't matter how smart, fully automated, self-learning, all-powerful, the machine is. Machines are not parents.

Portals like TikTok and games like Roblox are being used by predators, weirdos and halfwits to entrap children. The perverts go where the children go, likewise, games like 'Kick the Buddy' sport 4-5-star ratings on iTunes and Google Play while parents checked it were surprised to see explicit violence. This is not uncommon where parents view things differently to developers and providers.

The best advice for parents is to play the games yourself or better still play them with your kids. There is a Regulator in the game's world, check out [www.pegi.info](http://www.pegi.info) which moderates, and rates all published games. Their site is a source of excellent advice.

## Inappropriate Content

Naturally most unwanted exposure for very young children to inappropriate content happens at home. When young kids browse the Internet unsupervised, it's only a matter of time before they see explicit material. Parental control suites can be very effective in guiding children towards appropriate sites away from dangerous ones, for example, Bitdefender.

Apple's ScreenTime feature for iPhones, iPads is a good start. Find it and switch it on, but it is only a start, you still need proper paid for protection. To enable ScreenTime, go to settings, find 'ScreenTime', then set up Downtime, App Limits, Communications Limits, Always Allowed and Content Privacy Restrictions

ScreenTime is available MacBook's, iMac, iPhone, iPod etc.

## Webcam Hacking

Facebook boss Mark Zuckerberg covers his laptop's webcam with tape. Unfortunately, young children are in far greater danger of becoming the targets of [webcam hackers](#).

Smart can mean 'pervy' or vulnerable. The problem isn't just on your laptop, Smart TV, or smartphone. Many smart toys, including baby monitoring devices and gadgets come with embedded webcams.

Microwaves, Smart fridges, and CCTV cameras aren't new. But predators hacking baby monitoring devices to watch young kids is new

One American family in Washington realised their baby monitor was hacked when the hacker spoke to their son through it, saying "Wake up little boy, Daddy's looking for you".

In Yorkshire, a mother heard "Every Breath You Take" playing through her baby monitor accompanied by "sexual noises" A French family in Lille, reported obscene grunting noises, with sexual expletives, following a boundary dispute with their neighbours who were fined and jailed.

### **Here are some suggestions for right now**

Create a limited privileges account for kids using your device  
Disable In-App Purchases, Debit cards  
Rules not guidelines, it's not a democracy, it's your family  
Install a parental control app

Limit their phone privileges to a sensible amount of time daily for example  
30, 60 minutes limit  
Check out the Apps / Games being played even for very young kids  
Set your device to Airplane mode or disable wireless connection when you don't want your children to access the internet unsupervised.

### **Top Tips**

Don't share your work devices with kids.  
Kids can accidentally share sensitive data or can download ransomware spyware which could hurt your business and livelihood.

[10 Great Reasons](#) to install parental control

[Buy Parental Control](#)

## **How to control in-game purchases?**

[Amazon](#)

Switch off in App purchase

[Google Chrome - YouTube](#)

[Mozilla Firefox](#)

[Apple iPod, iPad, iPhone](#)

[Xbox & Windows 10:](#)

[Nintendo:](#)

[Sony Television settings](#)

[PlayStation Network](#)

For PS4

Apple plan to merge all operating systems, the intention is that MacBook, iPad and iPhone will all be the same.

# Parents Ask, Can I control?

The Apps kids use  
When kids go online  
What Children see  
How long per day your kids can spend online  
Who they talk to?  
How they search and Browse

**Yes, to all of the above, and it is possible to.**

Set Time limits per child or per devices  
Control what each kid can see on their device  
45 minutes per day is ideal for Under 4s  
Block access to everything you don't like  
Manage content for age-appropriate access

## Gaming Section

Games are age rated. So, if your kid's not 18, why should he play 18+ games? Some games don't involve shooting, there are 18,000+ titles on Amazon age-rated of 3+.

For very young kids there's Minecraft, LittleBigPlanet, Lego Worlds or Super Mario Maker. Great for imagination, creativity and enjoyment.

### Learn to:

Stop for a break  
Play with your friends online and offline  
Everyone is different, some are builders, others are fighters, a few are sly  
Switch off the sound, no speakers, don't talk, or listen to strangers

### Switch off sound

If online, think about switching off the sound, so kids can't accidentally chat with other players or hear their profanities, especially Dads when they

play online.

## **Top Tip**

Use a kitchen timer to end sessions.

Be clear, an hour is an hour.

Finish on time and be firm.

Find out more about games, check out

[www.pegi.info](http://www.pegi.info)

Learn to use your console's parental controls (Xbox One, PS4 and Nintendo Switch, as do tablets and phones). In case you did not know, the games industry is regulated by [pegi.info](http://www.pegi.info)

Games can be great for all of us, especially kids.

They can inspire, bring out new talents

Help develop emotionally

Develop cunning, planning

How to Win and Lose, important emotions

Games can bring out every emotion under the sun

Learn patience, planning, thinking for yourself

## **GTA (Grand Theft Auto)**

Grand Theft Auto, GTA, the most successful over 18s game ever made features very strong violent language, attitudes and graphic scenes, plays to racial stereotypes. Check it out on YouTube.



# Tips for worried parents

## **Observe age limits on games.**

PEGI ratings are there for a reason - those ranked 18 often contain extreme violence, sex or discriminatory behaviour and should not be played by children or younger teenagers. Other ratings are 3+, 7+, 12+ and 16+.

Medical experts, including most paediatrics, recommend no Screentime - including TV, smartphones and tablets - before the age of two, saying this is bad for their learning, especially how to read, talk.

## **Keep games to a central living area**

Videogame consoles should be in a main family area rather than a child's bedroom to discourage excessive use, promote exercise and alternative activities. It is said, Sitting is the new smoking so put time limits in place.

Smartphone use should be banned outright bedrooms, you could make it a rule that phones have to be left downstairs overnight, or turn off the Wi-Fi.

## **Play games with your kids**

Learn to love the games yourself, most of them are incredibly enjoyable. Get to know what your kids are playing then you will know what's going on. So play the games yourself, spending more time with the kids, what's not to like.

And you will know the best moment to pause to do something else, win-win!

## **Restrict purchases**

Does your kid know your password or PIN code for making game purchases on iTunes or the Google store. Change it.

Use the parental controls built into all consoles. They can restrict gaming by age or time.



## **‘I don’t think he is ready for that yet’**

When you go to collect your kid, at his new friend's house. You discover on arrival that his playdate hosts have let him play GTA (Grand Theft Auto) which you think is irresponsible.

Simply say ‘I don’t think he is ready for that yet’.

That’s what you say when you see your 8-year-old kid is playing GTA with teenagers, on a playdate with his new friends. You made your point, move on!

Hopefully, his parents will sympathise, whilst rolling their eyes behind your back. If it happens again, that's down to you.

# When do Kids start Gaming, Social Media

Kids will start gaming on devices from all most any age. Information about the suitability of any game can be checked and age rated on [www.pegi.info](http://www.pegi.info). Kids on the internet usually start with YouTube for Kids.

If your kids have to start on social media, Instagram is the first port of call. TikTok can be Age 8 upwards, Snapchat is usually slightly later for 11-years-olds. Strongly recommend, you guide your kids towards Instagram first, **not TikTok, or Snapchat**. Keep them on Instagram for as long as possible before agreeing to the others. We are **NOT** recommending social media; this is intended to be practical. By law, children are not meant to be on any social media until 13 years of age.

Kids need to have a good grounding in internet discipline by age 10, 11.

## For the Kids

Should they be allowed to use devices, or social media?

Answer - Can you stop them?

## First Step Guidelines

60 minutes supervised.

Switch off Wi-Fi for Phone

Create a Folder on your Phone, Put the kids' Apps in Folder

One Folder per child – See Under 4s section for instructions

Device-free time for all - No Phone Dinner/ Tea times

## Online based

YouTube - Supervised, Kids version

On YouTube? 'Switch On' 'Restricted Mode'

No Google, Yahoo (search engine access)

Only Games, Apps approved by Parents

Close anything you don't like

If they have a phone, disable Wi-Fi. Block everyone except yourself.

### **Who recommends Parental Control?**

WHO, UNICEF, NSPCC, London's Met Police

WHO World Health Organisation

UNICEF United Nations (unicef.org)

NSPCC National Society for the prevention of cruelty to children.

Buy [Bitdefender TS Parental Control](#)

# **New-born advice**

## **Babies & Toddlers love Devices too**

### Protecting Babies, Toddlers & Pre-Schoolers on Devices

Kids are being introduced to phones/devices in the maternity ward. New Parents have a lot on their plate having to manage new-born, work, phones. Being a new parent is a huge shock to the system. Here's a little help.

Nurses we met in The Portland Hospital tell new mums they must learn to put down phones when holding your baby. Do not reach for your phone immediately on picking your new-born up. New mums really struggle with this and it is much easier said than done.

## **New Parents**

Talk, Play, Hug without your phone

Make eye contact with babies as much as possible.

When your baby sleeps:

Check work emails, check the net

Catch up on social media

The Nurses told us they always reassure new mothers that new-borns sleep a lot meaning parents have lots of time to adapt to your new life. You will be able to find the right time to use your device, nurses always recommend putting baby down to sleep, before using the phone. A great first mutual experience is to share family pictures on your phone. This is a relaxing and bonding experience with your new baby.

New Dads need to do same: Put the phone away and focus on the child.

They're not too small to be affected e.g. by a lack of eye contact, or distracted parents constantly looking away to check a phone.

Your child will be adept at it almost immediately. As a parent, you can guide your child by setting a good example. If your first reaction is to pick up a phone, that will be your child's first reaction too.

Switch off/silence notifications when you are with your baby – with so many more of us are working from home, this can be difficult.

## **Highlights**

New-borns sleep a lot; you will have time to adjust

Switch off notifications, alerts

Don't pick up Phone as soon as you pick up the baby

Share pictures of family on your Phone

Turn the brightness down on the phone, switch off sound

Separate baby time from Phone time



# Under 4s

## UK Government Research

36% play games for nearly 6 hours a week

69% use tablets to go online

80% use YouTube to watch cartoons and funny videos

52% are online almost 9 hours a week

Tips for Parents, Phones & the Under4s

Create separate kids' folder on your Phone for them (see below)

Age sensitive games only

Two kids, Make two folders for the different games

Switch off 'In-App Purchases'

Switch on 'Parental Controls'

Teach the kids to put it down without a fuss. (Not easy)

## Make a kids Folder on iPhone

To make a folder, drag an app onto another app. If you want to rename the folder, tap the name field or and then enter the new name. Now that you have a folder, you can drag apps into it. Folders can have more than one app

## Make a Kids Folder on Android

On your Screen, Long-press one icon and drag it right on top of the other icon. The folder is created. Hit the plus sign to name the Folder.

Continue to drag icons into the folder. You can also drag an icon directly from the app's drawer.

## **Tips & Tricks for the Under 4s**

### **Explore together:**

Have some fun, explore your child's favourite apps and websites together. This is a great way to discover what your child enjoys doing online.

### **Talk to your child about their online experiences:**

Start and continue regular conversations with your kid about what they enjoy doing online, introducing online safety messages.

### **Supervise your Under 4:**

Keep the devices your child uses in areas of the house such as in the living room or kitchen where you can keep an eye on them. If you can manage it, keep your kids near you whilst they're online. Use technology to assist you here.

### **Parental Control:**

Use any parental controls available on your broadband and smart device. Here is a trusted reliable good source of information.

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

### **Set boundaries:**

Agree on the rules, like locations where devices can be used in the house. Times of day your child can use devices. Using your Phone, remember they should only use the folder you set up for them. No internet access permitted.

### **Look at me, when speaking to me**

Putting down the phone or device when spoken too, when speaking or being spoken to. This sounds severe but you need to insist on this one, make sure they look at you when speaking to you. Try it on your teenagers too. Their future bosses will thank you and wonder why they didn't insist with their own kids.

Teach all your kids to respect your phone, absolutely no downloads to be made without your consent. Remember your kid must always ask you before using your phone

# 5-7 Years of Age

## UK Government Research

63% games online up to 7.5 hours weekly

42% own a tablet

70% watch YouTube for funnies, games, cartoons

82% online 9 hours a week

## Remember, rules, not guidelines

Buy your kids the same device as you have, expensive but sensible

Encourage creativity on a device, not just Kids YouTube

Screen time, Downtime - For How long and When. e.g. Not after 8pm, 30 mins/session

Kids this age want their own devices

Device time is a privilege, not a right.

This is a really important age as kids know how to use passwords and are clever enough to remember yours. They can easily remember Wi-Fi codes and establishing good habits around gaming on devices, for which internet access is vital. Kids this age are easily frightened and accept everything on screen as truth. Fake News gets through easily.

## The trouble with Free Family Protection

Apple Screen Time for iOS, OSX is limited.

Google Family Link is buggy and gets poor reviews

Other free apps on Play Store don't score well either

# 8-11 years of Age

## UK Government Research

35% own a smartphone

93% are online almost 13.5 hours a week

75% play games online up to 10 hours weekly

80% watch YouTube for music, games, cartoons etc

## Remember

Kids must know gaming, device, internet basics: for example, never give out name, address, phone number, dogs name online. Never talk to strangers, all social media is at least 13 years old or older, which means your kids will be exposed to advertisers.

## What they're doing

Interested in discovering new information

Starting to use Google.

Stranger Danger – Starting social media looking for new friends

Use child-friendly search engines e.g. <https://wackysafe.com>

70% of parents believe screen usage develops early creativity in children especially dancing for girls. Many parents enjoy joining in.

Nearly half the parents in the UK fear devices, gaming and internet usage leads to kids not taking enough exercise.

## Things to consider about 8-11 years olds

Influenced by media images and personalities, especially those that appear “cool” or desirable.

Exposed to search results with links to inappropriate websites

Feel comfortable online & confident they can protect themselves online

Kids not so worried about being punished

Learning good habits, agree usage time and parameters (consider penalties and bonuses)

Appropriate surfing age for kids, when not supervised.

How to avoid/deal with cyberbullying & developing online etiquette



## **Gaming, Guidelines for Kids online.**

Fake news and misinformation confuse kids easily, for example, simply saying a game is the best game doesn't make it so. Kids this age tend to accept entertainment and games uncritically

Advertisers are active on all platforms, remember advertisers NOT obliged to moderate content to under 13 audience.

Interested in building relationships (especially girls) with online acquaintances –

## **Top Tips**

Kid-safe search 'wackysafe.com'

Warn them about TikTok, Instagram

Learn how to use the net as part of your day

# 12-15 Years of Age

## UK Government Research

85% own a smartphone

93% are online almost 19.5 hours a week

75% play games online for nearly 16 hours a week

80% watch YouTube for music, games, cartoons etc

47% of boys will have visited porn websites

More kids play Fortnite 57% weekly than watch live sport 27% leading many to call for Fortnite to be classed an Olympic sport just like Curling, Dressage. Anyone dropping kids to curling this evening?

## What Experts Say

If you have not established good internet and device habits by this stage, it is too late, as kids become teenagers.

## Parents

This is a vital stage in your teenager's online life and social media. This is when the nasty side in kids and teenagers come out. Especially as they come to the last year of primary schools. Hate messaging, trolling, bullying starts to become commonplace in this age group.

Teenagers love followers, friends, online. It is a popularity litmus test. Teenagers with a thousand plus friends on Snapchat for example will cop a lot of grief online.



### **Why aren't they?**

Willing to show you their phone? Why not!

They will have to in most airports around the world

Where does this expectation of freedom come from?

### **Social Media**

Must learn to limit friends, Privacy option still the only option

Make their friends request access

Snapchat privacy & deletions is not a bush to hide behind

## **What Schools need to do**

Schools should determine and enforce their Phone policy

Parents must play a role and not give up!

Schools need to highlight and drive good online behaviour

Pointing out what is illegal online

## **Online Usage**

Surfing Porn is illegal. Amazingly most kids don't know this

Need to use common sense online

Fake news, Don't believe everything you read online

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***‘If your Teen has several thousand  
followers on social media, she will  
get bullied’***

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**MARK ZUCKERBERG, CEO FACEBOOK**

## **Top Tips**

Ask your kids how they are using Snapchat, Instagram, TikTok

Have they set their social media to private?

How many followers/friends do they have?

# 16+ years of Age

## UK Government Research

97% own a smartphone

95% are online almost 20.5 hours a week

86% play games online for nearly 16 hours a week

80% watch YouTube for music, games, cartoons etc

85% of boys will have visited porn websites

## Why can't your parents look at your Phone?

Porn sites promote a completely unrealistic expectation of people's sex life. Teenagers will not appreciate this, especially boys. Our experience from School talks is that girls need to learn to be kinder online, less reactive, less spiteful. Teenage boys break harder as a rule when bullied and enjoy less support from friends afterwards.

## Police, Legal, Border Control

Be Mindful about legal consequences and don't discuss illegal substances or activities online.

For example, 'I scored D Ket lads!', is hard evidence for the Police.

Encrypted does not mean encrypted anymore for Police.

Don't post lies/untruths about your friends.

## Police take Phones

If the cops take a phone it will be gone for 2 years

They will send a report back to the station, to the investigating officer.

There will be a review with notes of everything on the phone. Everything!

May require an investigation of all devices in the family home

Facebook has been criticised in 2020 for failing to limit drug dealing online in the United States.

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***It is not enough to win, others must  
lose***

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**GORE VIDAL, AMERICAN AUTHOR**

# Sexting

Do not ever take a picture, it will come back to hurt you.

Learn to say 'No' before the boy/girl partner asks you for a photo.

Ask yourself what they will do with the images, when you have broken up.

No Filming/Photographing sexual activity:

Do not take naked photos and share with anyone.

Don't film sexual activity either yours or someone else.

FACT: 90% of all shares of naked pics are shared by your friends

Read the story about the 15-year-old girl on a porn site below.

## **Top Tip**

90% of sexting pictures are shared by your friends, not some weirdo in a faraway land! That's a fact. It's always your mates who let you down.

## **Common Sense for Teenagers**

Worldwide Police, Border Control can look at phones

Surfing porn is illegal

Phones are NOT totally private, and you can't safely say what you like online

Snapchat and WhatsApp are unbreakable. Not true!

## **Consequences of Teenage Sexting**

Induced into doing things for fear of photos being shared

Extorted to pay money, steal etc.

Shame, embarrassment, ignored and teased for months by friends

For Adults, this can mean loss of employment, marriage breakdown

Sometimes it's not just the students, it is the Teacher

**No.1 Rule. Delete, Delete, Delete**

**Dating sites are dangerous**

Plenty of Fish, Tinder & Grindr are off-limits.

Grindr is a gay site.

POF and Tinder are not dating sites.

Adults know this, but a lot of teenagers Do Not realise this.

**Parents should continue to**

Encourage time limits on the use of Phone.

Participate in school initiatives on Phones & Social Media.

Understand that Police can and will take action.

# What is Sexting

Sexting is the sending, receiving, or forwarding of sexually expressive messages, photographs, or images, primarily between mobile phones, to others. the words Sex & Text merge to form 'sexting'. For many, sexting is the reason why the mobile phone was invented. Many kids and teenagers have no idea this is all illegal.

Transmission of illicit electronic materials is illegal in most countries (naked shots, images of a sexual nature, underage abuse, etc), and reason to refuse border entry in many countries including Australia, China, United States, Hong Kong, Middle East countries. Many countries plan on joining this list from 2021 onwards.

There are dozens of stories online of couples, individuals being refused border entry based on illegal sexual images on their Phones. Border Control is entitled to search phones under counterterrorism. We are constantly surprised by the high number of teenagers who think nobody including Police have no right to look at their phone.

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***“Schoolyard bullying has moved  
online, and it has a welcoming new  
home, the internet”***

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**GRAHAM MULHERN, PRINCIPAL, BeSECUREONLINE**



## **DAD SEXTS DAUGHTER INSTEAD OF MUM!**

**>HEY BABY, CAN'T WAIT TO SEX YOU UP TONIGHT, WHAT TIME ARE THE KIDS LEAVING?**

**>>UMM.. WHAT DADDY?**

**>YOU KNOW I LOVE IT WHEN YOU CALL ME THAT I'M GONNA WAS OUT YOUR PU\*\*Y TONIGHT AND SMACK THAT BOOTY OF YOURS :)**

**>>DAD STOP, THIS IS YOUR 15 YEAR OLD DAUGHTER**

**>OH SORRY, SWEETIE, \$30 AND THIS CONVERSATION NEVER HAPPENED!**

**>>MAKE IT \$50 AND WE HAVE A DEAL.**

### **Funny Sext One**

Her>Guess you will have to send me hot texts tonight

Him>If I had 8 arms like an octopus, I'd touch you with all of them.

Her>Ok try again

### **Funny Sext Two**

Him>If you were here in my car, what would we be doing?

Her>Probably arguing

Her>HaHaha

Her>Oh I was supposed to sext back

### **Number One Rule**

Delete, Delete, Delete, Delete.

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***‘The Internet is like chocolate, a  
little is good, a lot is not***

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**WISDOM FROM FOREST GUMP**

## **Social Media Incident in School**

# **SOCIAL MEDIA INCIDENT**

- 1. Inform School**
- 2. Identify other Child involved**
- 3. Don't delete the message**
- 4. Take upset child off social media immediately**
- 5. It's a crime, consider informing the Police, Courts will take action.**

Learn more : [bit.ly/fornite\\_safe](https://bit.ly/fornite_safe)

# What is Snapchat

Experts say that Snapchat's encryption and privacy culture promotes overconfidence in users leading to people using Snapchat to bully, sext, take naked pictures and film sex.

Snapchat, the company, does not have a good record of behaving responsibly

Parents – If you are under pressure to let your kids on Snapchat, here is what you should do.

- See if they would prefer Instagram instead
- Insist on limited friends, followers
- Follow our privacy mode below.
- 30 minutes a day. Can be enforced with parental controls



## **To be Safe.**

Kids and Teenagers need to be aware of the dangers

Don't use Snap Maps or Ghost Mode

Watch out for: - Geotagging.

Snap Maps feature is very controversial

Ghost Mode hides your location on Snap Maps.

U13 users are exposed to advertising / coarse behaviour

Makes teenagers too cocky, sure they won't be caught sexting, bullying.

Everything is stored on the Snapchat Servers, which Snapchat originally refused to confirm. Police and Law enforcement can get access (slowly)

## **Using Snapchat**

Kids & Teenagers love followers, we all like to be liked. Online likes are highly sought after. Limiting Followers to people you know is the best defense. Friends we know and trust are less likely to be mean to you. Who says so, Facebook, owners of Instagram and WhatsApp.

### **Snapchat Privacy Setting in Profile**

Profile – My Friends Only

Photo – A real Photo of you

Name – Your real name

Number of Friends

Under 10 yrs. - Less than 10 followers

Under 12 yrs. - Less than 20 followers

Under 13-15 years - Less 150 followers

## **Snap Talk**

Snap: Photo/Video

Friend: Snap contact

Sticker: Graphic in Snap

Filter: Location-specific graphic

Lens: AR animation on a Snap

Streak: No of Days you've Snapped

Story: 24 hours of Snap

Our Story: Public Snaps

Snap Map: Heat map of public Snaps

Memories: Saved snaps Rules of the Road

## **Snapchat | Why do they get such a hard time?**

The reason it developed this well-deserved reputation as the Teenagers & Bully's favourite was their refusal to confirm issues relating to their disappearing messages.

Snapchat refused to confirm for several years, whether they kept the famous deleted posts on Snap servers, which everyone else including Instagram has since copied. Finally, under scrutiny from German & US Government agencies, Snapchat confirmed they kept the messages.

Snapchat is struggling to compete, but it is still a very, popular platform. They have proved to be smart before with an upgrade they reversed after users including Kylie Jenner said she hated the new features.

Rihanna sued the company, over a poll 'Would you rather punch Chris Brown or slap Rihanna' claiming they had no interest in user wellbeing or domestic violence.

2019 - Snap Inc. staff admitted to spying on high profile snappers like James Corden.

## **Teenagers Reality checklist**

Snapchat will release user details & Snaps when requested by Police  
Deletions are kept by Snapchat



There is international concern that Snapchat is at the centre of online bullying although TikTok is catching up.

# What is Instagram

**Instagram** is a photo and video sharing app available online. You can upload photos or videos to sharing them with their followers or with a select group of friends. They can also view, comment and like posts shared by their friends. Launched in 2010, it was bought by Facebook for a billion dollars in 2012.

Loved for its ease of use, positivity vibe, creativity. It is said to be Teacher's pet in Facebook, the chairman's favourite and is a huge money maker for Facebook. With a billion users world-wide, it is banned in China. It is still much larger than Snapchat and TikTok combined.

Limiting Followers/Friends is a great way to protect people, people you know are less likely to be mean to you, and you have no idea what strangers will do or say. Kids love followers, we all like to be liked.

In 2019, took the historic decision to be the first online portal to curate 'self-harm' content following the tragic death of 14-year-old English girl Holly Russell. Holly had displayed no signs of her suicidal inclinations until her father started looking at her Instagram account. Facebook took action, and Instagram, they announced, would start looking after user wellbeing by blocking/moderating 'self-harm' content.

Recommended: Make [Instagram private](#)

If your kid has to start on social media, Instagram is the one!

## Be Careful of

Geotagging. Switch it off.

U13 user are exposed to advertising / coarse behaviour.

Public profiles can be shared by anyone.

## To be safe

Privacy – 'My Friends Only'

Real Profile – (Chloe Parker, Sean O'Leary)

Follower/Friends limit

Kids Under 10 Less than 10

Tweens less than 30

Young Teenagers less than 200

## **What is TikTok?**

Is TikTok safe? How does it work? And can I do a duet with my kid? Everything you want to know about this popular musical singing & sharing app. TikTok is a free social media app that allows you to watch, create, and share videos -- often to a soundtrack of top 10 music -- on your phone. Formerly known as Musical.ly the two apps merged in August 2018.

Its fame and success and Chinese origin has brought TikTok into controversy with the US President and placed TikTok in the middle of the US/China trade war. Currently, TikTok is scheduled to be banned in the US unless it sells its American arm in September 2020.

TikTok is made in China where Instagram, Snapchat, Facebook and Google are banned. Its simple format of making short-form creative video especially dance and comedy have proven very popular with the under 24s, especially girls.

With more than 500 million users, despite being banned in India, TikTok is incredibly popular, owing in part to its slick mash-up of features from other kid favourites. As with the lip-synching app Dubsmash, users can watch and record videos of themselves lip-synching to popular music and sound bites.

Just like Vine, kids can create short, shareable videos ranging from funny to serious. And just like YouTube, TikTok is an interactive world of videos that lets you connect with friends and admirers through likes, comments, and even duets.

TikTok even spawns its own celebrities. Back before TikTok acquired Musical.ly, overnight sensations like Baby Ariel and Jacob Sartorius gained internet fame on the app, especially with kids and teens. Since then, even more stars have joined the list. 16-year-old American Charli A'amelio is TikTok's biggest star posting mainly dance videos.

But with so much information out there, it can be a challenge for parents to know if it is really safe. While TikTok videos are mostly harmless, creative fun, there are real concerns about kids using the app. Success has brought

weirdos and perverts onto the portal. There are concerns that TikTok makes no effort to control, moderate or ban users for meaningful periods. Following much criticism, the Chinese Government encouraged the company to open a European office this year.

As you have to use privacy settings to limit how much information you and your kids are sharing, Kids can post stuff without reviewing or editing it first. And other issues have dogged the app: reports of online predators using the app to target younger users; a suit for violating children's privacy law; and serious software glitches--including one that could have allowed the company to collect user data.

Comment: Having supported this App for many years, we no longer think that Kids should be on this network. Since 2018, we have heard too many reports from ten-year-olds and older girls that TikTok is too risky and is not Musical.ly anymore, which they loved. If your kid is on it, make sure they **Recommended: Make [TikTok private](#)**

# What is YouTube?

YouTube is where toddlers, kids usually meet the internet first, the first time a toddler makes a decision for themselves.

2<sup>nd</sup> most used site on earth of which 90% is music

1.4 billion viewers/daily

1 billion hours watched/daily

300 hours of video uploaded/minute

38% of users are women, the Average view is 40 mins. Growing 50% y/y

For really young kids, YouTube does its best to protect young kids but their approach to advertising lately has weakened this considerably. Google bought YouTube, in the deal of the century, for \$1 billion in 2006. Google and YouTube are No.1 and No.2 respectively on the internet.

## YouTube is most kids first steps online

Keeping your young child safe on YouTube

Set Up a YouTube Kids Profile.

Enable Restricted Mode.

Use an Ad-Blocker [Ad-Blocker](#)

Disable Search Functionality

Create Playlists for Your Kids

Switch off recommendations

Use [Parental control](#)

## What Parents Should Watch Out For

Inappropriate Videos.

Inappropriate YouTube Channels.

Cyberbullying.

Advertising.

# Is it okay for kids to have a YouTube Channel?

**Yes, It is, but there some rules**

Firstly, ask them the following.

## **Why they want it?**

Lay Out Your Expectations.

Select a Topic to feature.

Start with a basic phone or iPad.

Agree no one is allowed to change their setup

## **Video Channel set up rules**

No Comments

Set to Private Channel

Limit Followers to friends only

YouTube has very limited video moderation, so profanity is on the rise on Video & Live streaming is an issue. It is a competitive space and Google is aggressively pursuing expansion, with revenue drying up on Google Ads.

## **What is Live Streaming?**

Live streaming is live broadcasting; teenagers fighting is an obvious example of this. Viewers can make it live to their friends and followers.

This is literally giving people the power of Television. Again, privacy settings are incredibly important here.

Make sure your child understands this is not to be used lightly or better still not at all.

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***Why the next Olympics should include  
Fortnite?***

***If dressage and curling are Olympic sports,  
why not video games***

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THE ECONOMIST



# What is Fortnite?

Fortnite is an online video game developed by Epic Games in 2017. Available in three distinct versions that share the same general game-plan. There are three versions of the game although Battle Royale is now a paid game. The other games 'Save the world' and 'Creative' sell V-Bucks in-game. It shares a place with **Grand Theft Auto** at the pinnacle of the game's world. It starts free to air; which kids love and is available on mobile. Once hooked, Epic Games makes its money selling V-Bucks which they can use to upgrade their version.

## **For Parents**

Check the security level your kid is using.

The potential alternatives are 'Public, Friends, or Private'

Use 'Private'

## **Report Player:**

Report another player for abuse, bad language, hostile name, collaborating with other, rudeness, or cheating and hacking.

'Shoot em up' game starts with 100 players leaving one victor standing

Switch off 'chat' to avoid bad language,

Text cannot be switched off.

Switch off 'In-App Purchase' V-Bucks are not free

Fortnite is addictive, it is meant to be. It's a good game, needs common sense

Dim the sound.

Take regular breaks.

Report misuse.

## **What makes Fortnite great?**

It is a great game

Promotes strategic thinking

Battle planning, Organisation

Promotes Cunning

**Should Parents worry about Fortnite? No, not in normal circumstances**

# Online Reputation

## Why is this important?

Remember Google, Social Media forgets nothing, they see everything, especially the stuff we wish they forgot. Google can't forgive or forget, (despite your right to be forgotten). It is a computer, that's all. Remember Google has no compassion, soul, has no kindness and can't see the good in you. It's just a computer designed to make money for Google, that's all.

You need to take care of your business because Google is taking care of their business which is knowing what you do, like and want. They control 95% plus of all European internet searches. Then you need to consider what Facebook who also owns Instagram and WhatsApp knows about you.

A quick list of things teenagers want their online reputation and activity to influence:

Summer jobs

College Admission

Team Sports selection

Personal Relationships, Boyfriend/Girlfriend

Coaches

Admission to US, NZ, Australia, HK – Border agencies can legally request phone access

That's just the beginning, all employers, banks, colleges check your social profile before meeting you because they can and it's the easiest, best way to see if you are a reliable, safe, sensible individual. In our internet safety talks to 16-30 years old, we make this very plain indeed with some examples of real impact. One of the biggest parts of internet safety is to ensure that your online reputation is properly nurtured.

## **The Prize**

It's priceless, a good online reputation will give you chances, and maybe win you a job that your interview did not. It's much easier to forgive a poor interview and write it off to a candidate being nervous than it is to forgive a lousy online presence. A great online reputation will open doors all your life.

## **BeSecureOnline – Internet Safety UK**

Our internet safety talks for kids help schools, parents and their kids understand the importance of parental control, social media, online behaviour, gaming and cyberbullying.

It's all about building a real online presence, an online reputation that embraces internet safety – building an online presence that lets you take advantage of the internet and not let the internet take advantage of you. It's just like life, it requires discipline to build it properly, yet you can still have great fun.

Teenagers need to realise that over the next 10 years they'll post more than over the rest of their lives and that it's nearly impossible to reverse their online reputation over the coming years.

## **Understanding Posting**

Find your style, don't post simply to be popular. That doesn't suit everyone. It's not a race to 5,000 followers, choose your friends wisely. If you have nothing to post, don't post.

It's called 'social media' not 'stranger media', they are meant to be your friends in the first place. It is called social media for a reason. It is meant to be friendly, social and positive – not a platform for meanness, bullying and fakery.

## **The written word is so powerful.**

Sometimes we overreact, we see something in a comment that wasn't there. The hardest thing to do sometimes is nothing. In our talks, we always

recommend taking a moment, drawing breath before responding, maybe even sleeping on it. [Online Reputation](#)

## **Review your posts**

There's no substitute for knowing what your online presence says. Some of this you'll know because you created it! However, an online reputation is a two-way street. Sit down one day, see if what you have posted over the last 5 years would pass the 'Grandmother test'. Would your Granny be impressed or annoyed, upset, that's the test? If you are shocked yourself, take heed.

Do you allow comments? If so, what do they say? Remember it is how the world sees who you are. If there are negative comments, read them and consider deleting them.

Remember: Life's fun but do we all need to know? Youth, it is said, is wasted on the young. Unfortunately, the young use social media to bring us their incredible stupidity, yet somehow, they always seem to come through it. Here are some things Teenagers ought to consider whilst using social media. Online Reputation [click here](#)

## **For Girls**

All the nights out, the fake tan, short skirts, all the flesh, all the tattoos, the booze-fuelled fun, middle fingers to the world. It's natural to share with friends. But is this all you share? Is there anything else you could post to create a different, more positive impression.

For example, employers, coaches will look for simple giveaways, do you only post from Thursday evening to Sunday morning. Do you not do anything interesting during the week?

It's important to know that others including your Teachers, Coaches, Employers, Parents, Colleges, future partners will be looking to get an insight into you. 500 posts of nights out and nothing else, is that it?

At least, have a really good answer prepared for when someone asks about your overactive social life, and why you post so much about, are you a heavy drinker etc?

## **For Boys**

Read the above, twice. Then do the same, remember you are not trying to break the world record for internet profanity, stupidity. Before posting something, if you think is a stupid, then it is. Simple test, use it and mind the language, you never know who is watching

## **Law Enforcement**

Remember police everywhere want to look at your phone. If they send your phone away for inspection which can take up to two years, so you will need a new phone. There should be nothing illegal on your phone, like pornography, arranging to buy drugs, etc.

A complete review of everything on your phone will be eventually returned to the station, including a review of all your snapchat or WhatsApp correspondence.

## **Active on Social Media?**

Social media — Facebook, Twitter, LinkedIn, Instagram, Snapchat — influence your online reputation. Be careful with your posting style.

Keep Profanities to a minimum

Occasionally can be ignored but NOT constantly

Learn to hashtag carefully, remember Google records your 500 #Bitch hashtags

Teenagers can post up to 10,000 times a month, hard to learn self-restraint at that level

Post several times a week on social media not just Friday, Saturday, Sunday, posting mainly at night

**At the very least**, make sure **not all** of your photos are of heavy night outs. Employers don't find this endearing.

Make **DELETE** your favourite button.



**For job seekers**

“A good online reputation walks into the interview long before you ever get there”.

TikTok – Popular with young girls first, undergoing huge growth through COVID19.

Snapchat – Very popular with Teenagers, especially boys

## **Most Popular Social Media by Age**

### **Ages 8-13**

Instagram

TikTok

Snapchat

### **Ages 13-18**

TikTok

Snapchat

Instagram

### **Ages 18-35**

Instagram

TikTok

Snapchat

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***The internet is not a shoulder to cry  
on, learn to keep some things  
private.***

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# Facebook settings

The British Government has asked people to be more careful online especially when travelling,

## Here is what they say:

Use Privacy Settings

Don't trust someone, get rid of them as an online friend

Turn off location services

Search yourself online to see what's out there about you

Remove personal details from your profile pages

## Travelling Tips

**John Terry**, former Chelsea FC captain fell foul of this, while posting his French Alps ski holiday snaps on Instagram to the faithful. The faithful returned the love by raiding his house twice, stealing £450,000 worth of gear including his first edition signed Harry Potter book collection. He got a ticking off from the [Judge](#) and the Insurance company didn't pay out. They said he was partially responsible.

Meanwhile, John continues to post holiday snaps, probably locks his front door better now. [News Link](#)

## If You have to tell the world about your holidays

Post updates after you have moved on from a particular place or event.

Never post plans of where you are heading next or where you are staying.

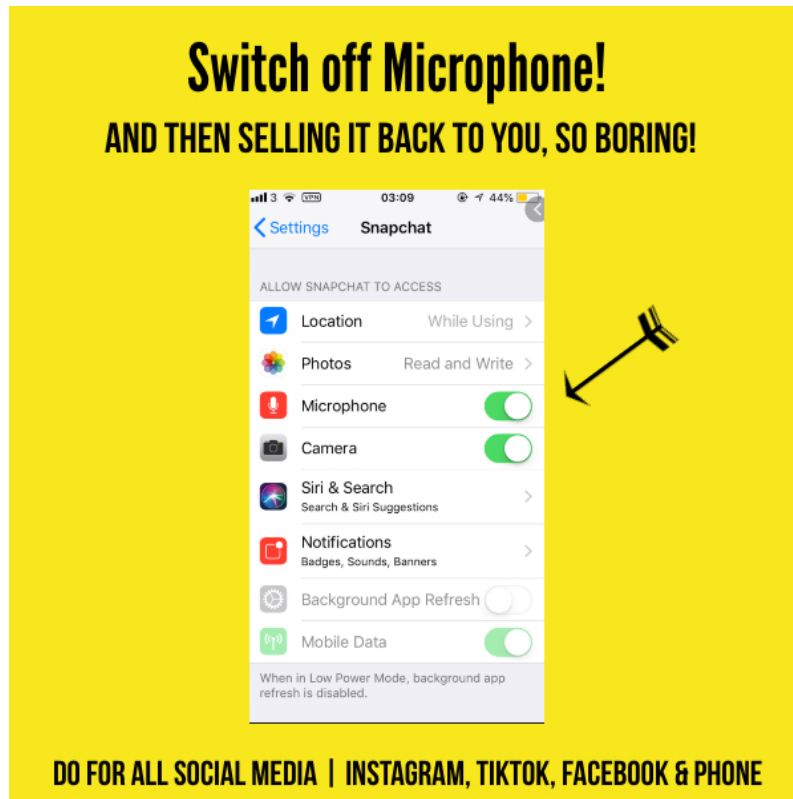
Don't say 'see you next week'.

Best option though is to get home and then post.

The trouble is that Facebook installs with all the privacy setting set to Open. Here is how to set up [Facebook privacy](#).

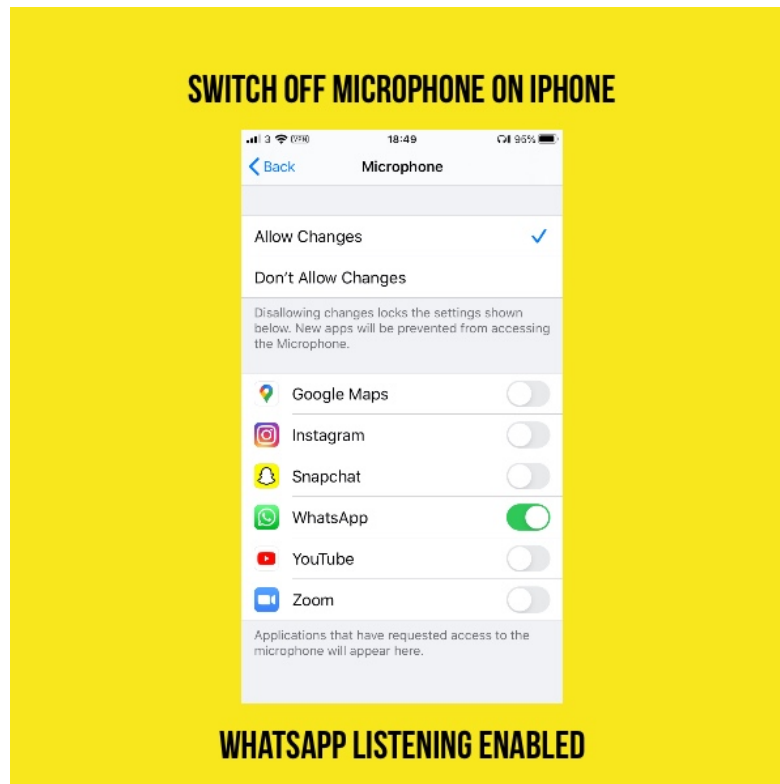
# Stop the internet listening,

Green means Snapchat is listening to you. Switch to grey, and listening is 'Off'



# WhatsApp listening mode

3 social media companies like to listen. WhatsApp doesn't do advertising



# Passwords

Passwords need to be secure, not invitations to rob you blind

This Top 5 list is nearly 11% of all passwords

123456 has been the top password for 25 years

Love Liverpool FC, #YWNWA but it's not a password

3.25% of people still use same passwords since the 1990s

## The 2019 Passwords Hall of Shame

- 1 123456
- 2 123456789
- 3 qwerty
- 4 password
- 5 1234567

There is no need to list the previous 20 years, it is always the same, every year.

**Your Password is incorrect**

**I changed my password to  
'incorrect'**

**so whenever I forget  
my password, it tells me**

**'your password is incorrect'**



# **Building Strong passwords:**

## **12 Characters, Minimum**

You need to Strong passwords these days are a minimum of 12 to 14 characters in length. Longer is better.

## **Mix it Up**

Numbers, Symbols, Capital Letters, and Lower Case letters are great: Use a mix of different types of characters. For example :> 7\_\$6y@

## **Not Real Words or Combination of Real Words**

Any word on its own is bad. For example, “house” is a terrible password. “Red House” is also a really bad idea. Don’t use obvious or common substitutions - for example, “H0use” isn’t strong just because you’ve replaced an o with a 0 (zero).

# Liverpool FC

## **Britain's favourite password**

They may be the best soccer team in the world but LFC is the sports world's favourite password, according to Dr. Ian Levy, Technical Director of Britain's National Security Service. "Nobody should protect sensitive data with your favourite football team or band".

Dr Levy says a good password is the "single biggest control" people had over their online security.

## **The Magic Button – COVID 19 Special**

When someone breaks into your Hotmail, Gmail account. They will look to change your password and lock you out. They'll hit the magic button: 'Reset password'. Then they hit your shopping accounts and from there they can create havoc with you, it can take days to recover your account. Since the COVID19, delivery drivers no longer wait for a verification signature, it's 'drop and go', this makes fraud against you so much easier.

## **Has your email account been hacked**

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

Check to see if your email address has been breached, billions have. If you have, don't delete the email account, just change your password.

## **Highlights**

Separate your passwords into Financial, Social, Work

'Unique, long and strong' is the key

Liverpool FC is the world's best football team, it's not a password

A strong password protects you, your family and your work from the outside world

Birthdays, Mothers Maiden name, Pets Names, Primary Schools, are not passwords

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***The internet is not a shoulder to cry  
on, learn to keep some things  
private.***

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# Reporting Cyber Crime

Some Police services are good at cybercrime, other services not so. It takes time and don't expect a quick result. All bank losses, online theft, identity theft, social media incidents must be reported to the Police. Be persistent with the Police, contact them regularly to follow up. Bottom line: report all cybercrime.

**Here is a helpful list.**

[UK South East Serious Crime](#)

[UK South West Serious crime](#)

[Tarian \(Southern Wales\)](#)

[UK East Crime](#)

[UK West Midlands Regional Crime](#)

[UK East Midlands Regional Crime](#)

[UK North West Regional Crime](#)

[Yorkshire and Humber Regional Crime](#)

[UK North East Regional Crime](#)

[Scotland Police Service](#)

[Police Service of Northern Ireland](#)

[London, The Met](#)

## **Republic of Ireland**

Same as the UK, Contact the Garda in the normal way.

[Garda Cyber Crime](#)

# Useful Resources

[Get Safe Online](#)

[Parental, Schools advice for kids online](#)

[Need to catch up on the web](#)

[Stay Safe Online Service](#)

[Check Your Email Now](#)

[Information about Games PEGI](#)

**Safe Searching for Kids**

<https://wackysafe.com/>

<http://kidssearch.com>

[Parental Control- Buy Now](#)

Most popular Option is 1 Year 10 Devices. Select in Buy Now.