



***Awareness raising session for  
Parents and Carers***





•• Money management

Communication skills

Confidence

Computer skills

# Learning Online?

Research

Creativity



Get help if you are...

5-7

8-10

11-16

A Parent  
or Carer

Working with children



Other sources of help and advice

CEOP is a member of



## Need immediate help?

Do you need immediate help or have a real emergency? If so call 999 or contact your local police here:

[In England or Wales](#)

[In Northern Ireland](#)

[In Scotland](#)

### When should I report to CEOP?

We help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it to us below.



[Make a CEOP report](#)

### Other people who can help

For advice and to seek help on a range of issues, from hacking to cyberbullying, [click here](#).



# Risks



- Unwanted contact/grooming
- Cyberbullying
- Harmful content/illegal material
- Privacy/digital footprints

## Positives, Risks and Actions

- Social networking
- Instant messaging
- Online gaming
- Mobile technology





### Simone De la Tour

Studied at preston primary Lives in London, United Kingdom From Versailles, France  
Born on September 1, 1997 Add your current work information Edit Profile

Edit Profile

Share: Status Photo Link Video Question

can't wait for my parrrrrrtay tonight!

Share

#### Wall

Photos

Notes

Friends

#### Find Friends

Best Friends

Coworkers

Classmates

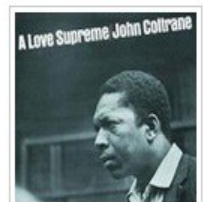
#### Friends (8)

Jess McTagging

Liv Chatslott

Ed Loadsamates

Finbar Pattinson posted a photo to your Wall.  
Love to you girl on your birthday, from me



Yesterday at 2:13pm Like Comment See Friendship

Simone De la Tour created an event.

**My birthday parrrrrtay**  
Tomorrow at 5:30pm  
Allyshack

Yesterday at 2:04pm Like Comment Share Invite guests

Simone De la Tour added a new photo.



#### Wall Photos

Yesterday at 2:02pm Like Comment Share

Simone De la Tour Memphis. Just like I pictured it...  
Yesterday at 2:02pm Like

#### Visit Your Wall

Post status updates, questions, links, videos and photos, or see what friends post on your Wall.

#### Sponsored

See All

#### Arrive In Style!

holthousecarriages.co.uk



Our fleet of cars includes: Rolls Royce, Jaguar, Daimler, Capri, Cortina, MGB. Call us TODAY on 01622 710804

#### NEW Monkey Quest Game!

monkeyquest.com



Discover a new land in an ALL NEW online game, create a Monkey and

**Louise Flockhart**

Today

Hey Lou

Simone!

you coming tonight?

Chat (1)

## Control Privacy When You Post

You can manage the privacy of your status updates, photos and profile info using the inline audience selector — when you share or afterwards. Remember: the people you share with can always share your information with others, including apps. Try [editing your profile](#) to see how it works or [learn more](#).

What's on your mind?

### How You Connect

Who can look up your profile by name or contact info?

Who can send you friend requests?

Who can send you Facebook messages?

Who can post on your Wall?

Who can see Wall posts by others on your profile?

[Learn more](#)

Everyone

Everyone

Everyone

Friends

Friends

Done

Post

## Control

This settir  
doesn't ha

ook app that



## How You Connect

Control how you connect with people you know.

[Edit Settings](#)



## How Tags Work

Control what happens when friends tag you or your content.

[Edit Settings](#)

# Gaming







# Tips



- Leave all gaming devices in a family space
- Open up communication - talk to your child about the sites they are using and why they like them
- Explain that people lie online and they are not always who they say they are
- Explain that people can be mean online and don't always have their best interests at heart
- Ask them to never give out personal information
- Set parental controls
- Set time limits on how long they can game for. Allow time for non-technology based activities and allow an hour 'screen free' time before bed

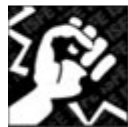


# PEGI



**PEGI (The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices**

- 3+
- 7+
- 12+
- 16+
- 18+



**Violence** - Game contains depictions of violence



**Discrimination** - Game contains depictions of, or material which may encourage, discrimination



**Sex** - Game depicts nudity and/or sexual behaviour or sexual references



**Drugs** - Game refers to or depicts the use of drugs



**Fear** - Game may be frightening or scary for young children



**Bad Language** - Game contains bad language



# Tips



- Ask your child to never accept people they don't know and trust in the real world
- Inform them that giving out personal information can be dangerous. They need to treat personal information such as the school they go to or their location like their tooth brush and not share it with anyone!
- Ask them not to webcam with people they do not know from the real world and turn the webcam off after use!
- Teach them how to report a problem and delete people that make them feel uncomfortable



# Mobile Technology





# Tips



- Is my child **old enough** to have a mobile phone? Set boundaries
- Before buying your child a mobile, find out what **functions** it has – Internet, private messaging, built in applications
- Set **parental controls** where required
- Set **mobile rules** - no mobile phone in the bedroom at night, mobile free time before bed, no use after lights out



# Parental controls



## How can they help?

- Block sites that are not age appropriate
- limit inappropriate and illegal material
- Set timings – automatic switch off at bedtime
- Monitor activity



# Support and Report



**Report suspected online grooming** – this could be sexual chat, a child being asked to do something that makes them feel uncomfortable or someone insisting on meeting up

[www.ceop.police.uk](http://www.ceop.police.uk)



**Peer to peer support network for young people who are being bullied**

[www.cybermentors.org.uk](http://www.cybermentors.org.uk)





Questions???



Thank you

[education@ceop.gov.uk](mailto:education@ceop.gov.uk)