EAST PRESTON FAMILY RESOURCE CENTRE

SEXUAL VIOLENCE PREVENTION COMMUNITY ENGAGEMENT

May Issue: Cyberviolence

The internet is a fantastic place to learn, create and have fun, but when online, you may occasionally have to deal with a variety of sometimes challenging issues.
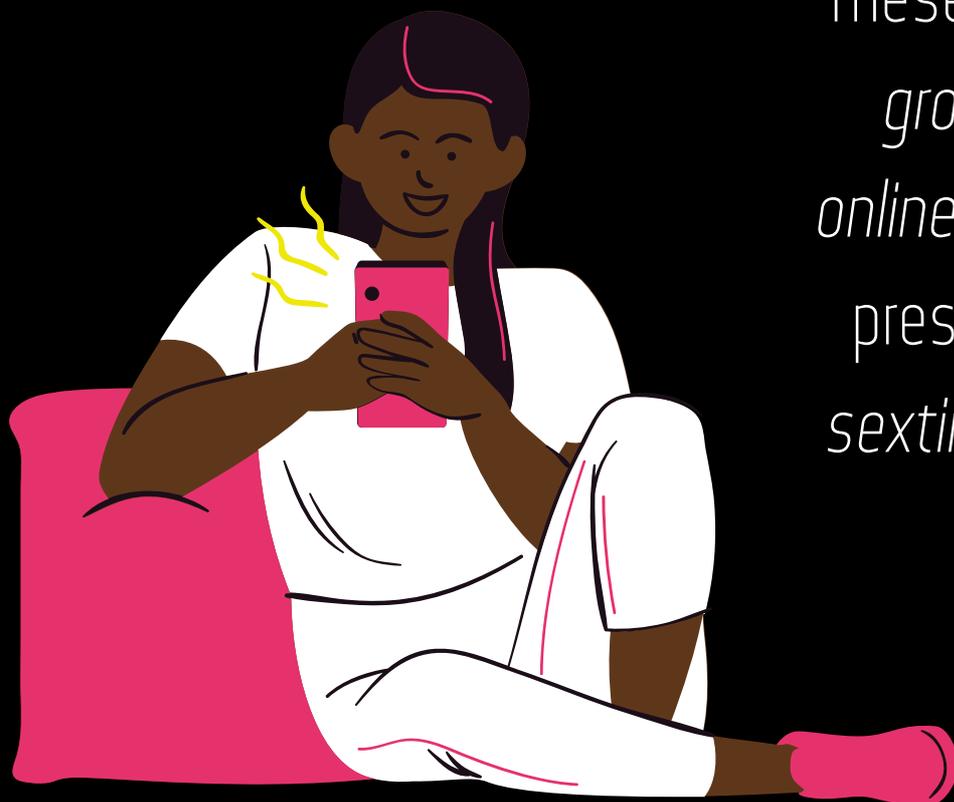
These might include *online grooming*, exposure to *online pornography* and the pressure to take part in *sexting*, along with various others forms of cyberviolence.

Types of Cyber Violence

Online Pornography

As a result of their curiosity, or by accident, children can find pornography fairly easily on the internet. Dependent on their age, it can be upsetting or confusing as pornography portrays an unrealistic image of sex and relationships.

Online Grooming

Grooming is when someone seeks to build an emotional connection with a child to gain their trust for sexual purposes. Once groomers have gained a child's trust, they may encourage/blackmail the child to share sexual images or videos of themselves, live stream or arrange to meet

Groomers are not always strangers and sometimes children may not be aware that they are being groomed, believing they are in a relationship with the person.

Sexting

Sending and receiving of sexually explicit photos, videos, and messages by text, email or online (social media).

FACT - Creating, having, and/or distributing a sexual image of a person under the age of 18 is against the law even if taken by the child.

**For more information, please visit
https://www.internetmatters.org/**

Ways to prevent Cyberviolence

Talking openly about gaming sites, social media and apps with your children and family offers opportunities to explore how to use the internet safely. Open conversations will help open the floor for concerns you or your child might have. Awareness of how your child engages with a particular app or game is also beneficial.

Discuss where and how they interact with friends online including how and what they share with others.

Inform them to NOT share private information that may identify them: name, age, address, school name.

They should never arrange to meet with someone they only know online. Encourage only interacting online with people they know in real life.

Watch for changes in behavior: increased curiosity about sex, use of sexual language.

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Online Safety Guide

Children's use of the internet is becoming more mobile and interactive offering young people more opportunities to interact and meet new people, so it's never been more important to make sure you are helping your child stay safe in the digital world.

15 hours a week

Children's internet use has reached record highs, 5-15 year olds spend 15 hours a week online

2x

The number of children with a social media profile doubles between the age of 10 and 11. 43% of 11 year olds have a social profile

44%
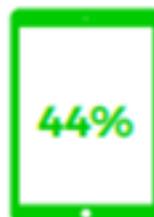
44% of 5-15 year olds have their own tablet and together with smartphones are the most popular for going online.

Get in control of parental controls

If using a smartphone, check content lock is set

Set parental controls on your home broadband

Control app downloads and purchases

Make the games console safe and secure

Use safety mode on YouTube and Google

If using social networks, check privacy settings

Go to **internetmatters.org/controls** for step-by-step guides

Managing privacy settings on apps

11-15 year olds use on average 5 different websites and apps to communicate with friends at home, the most popular being Instagram (60%).
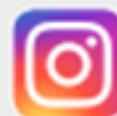
Whatsapp   Snapchat   Instagram   YouTube

If your child is using these networking sites and respective apps, get up to speed on how they can manage their privacy settings with our "How to guides".

Go to **internetmatters.org/ back-to-school** to download our "How to guides".

Helping parents keep their children safe online.

internet matters.org

Get familiar with regular conversations

☑ Start a conversation when your children will be more receptive and engaged, such as on the way to or from school

☑ Ask them for advice on how to do something online and use this as a conversation starter

☑ Make sure they know they can come to you if they're upset by something they've seen online

☑ Be sensitive and encourage them when they share their online experiences with you

☑ If your child talks about an issue with you, stay calm and listen without judging them

Check they know the rules

☑ Don't share personal information like their phone number or email address online

☑ Only talk to real life friends or family if they are on sites with a social media element

☑ Explain that people they meet online might not be who they say they are

☑ Tell them to be a good online friend and not to say nasty things even if it's just a joke

☑ Use secure and legal sites to download music and games

☑ Make sure they check with you before downloading any programs to avoid viruses

Key issues you may want to discuss

Cyberbullying

Prevention is always better than the cure when it comes to this issue. Help your child understand the consequences of what they share online and encourage them to be "kind online". If they are the target of cyberbullying, be sure to keep all messages as evidence and block the bullies on social networks.

For more advice about cyberbullying visit internetmatters.org/issues/cyberbullying

Sexting

There are many reasons why young people get involved in sexting: exploring sex and relationship or pressure from a partner or friends. Having an open and honest conversation about it can help them understand the implications of sending a nude image and highlight that it is illegal.

If your child has sent a nude image and it has been put online, report it to CEOP and contact Childline who can help you get all known copies removed from the internet internetmatters.org/issues/sexting

Want more help?

For step by step guides and advice go to internetmatters.org

To report an issue around a sexual image of a child visit ceop.police.uk/Ceop-Report/

Statistics were sourced from: Ofcom's Children and Parents: Media Use and Attitudes report 2016, Techknowledge for Schools: How Children use Mobile Devices at School and at Home report 2015.