



***Helping Parents to keep
their Children Safer Online***



Money management

Communication

Homework

Information

Research

Creativity

Benefits of being online



Risks they might face....



Cyberbullying



Grooming



Inappropriate websites



Parental behaviours





What is Cyberbullying?

How and where can you be Cyberbullied?

[Click here to watch the CEOP video](#)



Top tips



- *Offer reassurance and support. Don't be afraid to ask questions*
- *Tell your child that if they are being bullied to always keep the evidence*
- *Block the bullies*
- *Learn how to report and where to go for further support*



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

www.beatbullying.org



Grooming

What is online grooming?

[Click here to watch the CEOP What is Online Grooming video](#)

What does an online friend mean to your child? Is it the same for you?



Top tips



- *Talk to your child about online grooming – encourage children to look for the uh-oh feeling.*
- *Talk to them about their online friends*
- *Let your child know that you are always there for support and you understand how easy it is for things to get out of control online*
- *Learn how to report any inappropriate contact made to your child online*

The CEOP logo consists of a white circle containing the letters 'CEOP' in a bold, sans-serif font. The letters are white with a black outline, and the 'O' is partially cut off by the right edge of the circle.

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Report and Support

The 'THINK UK KNOW' logo is a stylized graphic with the words 'THINK', 'UK', and 'KNOW' stacked vertically. 'UK' is in a smaller font and partially obscured by a horizontal bar. Below the text is the website address '.co.uk'. The logo is set against a background of overlapping, torn-edge paper shapes.

THINK
UK
KNOW
.co.uk



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



24 hour confidential helpline for children and young people .



What does
'inappropriate'
mean in your house?

Not age appropriate:

- Violence
- Racial Hate
- Pro eating disorders
- Gambling
- Pornographic




Age Ratings and Legal Implications



PEGI (Pan European Game Information) carries out the majority of age rating of video games.



It is important to note that the age ratings 12, 16 and 18 age ratings are mandatory and that it is illegal for a retailer to supply any game with any of these ratings to anyone below the specified age. The age ratings 3 and 7 are advisory only. The PEGI age ratings will enable parents and carers to make an informed choice when buying a game for their children.

 VIOLENCE Contains depictions of violence	 BAD LANGUAGE Contains bad and / or offensive language	 FEAR May be frightening to younger children	 SEXUAL CONTENT Contains depictions of nudity and / or references to sexual behaviour
 DRUGS Contains the use or glamorisation of alcohol and / or drugs	 DISCRIMINATION Can only appear on games rated 18 containing depictions of ethnic, religious, nationalistic or other stereotypes that could encourage hatred	 GAMBLING May encourage or teach gambling	 ONLINE Can be played online

WHAT DO THE PEGI AGE RATINGS MEAN?

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3
www.pegi.info

The content of games given this rating is considered suitable for all age groups. Some violence in a comical context (typically Bugs Bunny or Tom & Jerry cartoon-like forms of violence) is acceptable. The child should not be able to associate the character on the screen with real life characters, they should be totally fantasy. The game should not contain any sounds or pictures that are likely to scare or frighten young children. No bad language should be heard and there should be no scenes containing nudity or any scenes referring to sexual activity.

7
www.pegi.info

Any game that would normally be rated at 3 but contains some possibly frightening scenes or sounds may be considered suitable in this category. Some scenes of partial nudity may be permitted but never in a sexual context.

12
www.pegi.info

Video games that show violence of a slightly more graphic nature towards fantasy characters and/or non graphic violence towards human-looking characters or recognisable animals, as well as video games that show nudity of a slightly more graphic nature will fall into this category. Any bad language in the category must be mild and fall short of sexual expletives.

16
www.pegi.info

This rating is applied once the depiction of violence (or sexual activity) reaches a stage that looks the same as would be expected in real life. More extreme language, the encouragement of the use of tobacco and drugs and the depiction of criminal activities can be included in this category.

18
www.pegi.info

This adult rating is applied when the level of violence reaches a stage where it becomes gross violence and/or includes elements of specific types of violence. In general terms it is where the level of violence is so visually strong that it would make the reasonable viewer react with a sense of revulsion. This rating is also applied where the level of sexual activity is explicit which may mean that genitals are visible. Any game that glamorises the use of real life drugs will also probably fall into this category.

Parental behaviours



Are we putting our children at risk on their behalf?

Parental Behaviours including:

- Adding Photographs of our children on Social Network Sites
- Location Settings
- Privacy Settings and Control
- Mobile Phone usage
- Children copy behaviours around them – how do we use technology in the home.

Model the behaviour you want to see from your children



Parental Controls



Set controls on:

- Computers
- Laptops
- Tablets
- Mobile devices
- Games Consoles – including handheld devices.
- ALL internet enabled devices

Set on all devices
that link to the
internet

The technology will keep changing, it is about how they use it.

Remember... they are not 100% accurate and not a substitute for open communication!

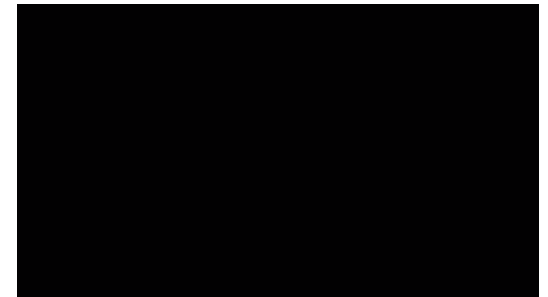


Parental controls



How can you help?

- Block sites that are not age appropriate
- limit inappropriate and illegal material
- Set timings – automatic switch off at bedtime
- Monitor activity
- Limit information to children including wi-fi passwords and pin codes that protect parental access (Sky+ box included...)



[What do young people think...](#)



Conversation starter....



View age appropriate animations and films at - www.thinkuknow.co.uk/parents
www.youtube.com/ceop

5-7



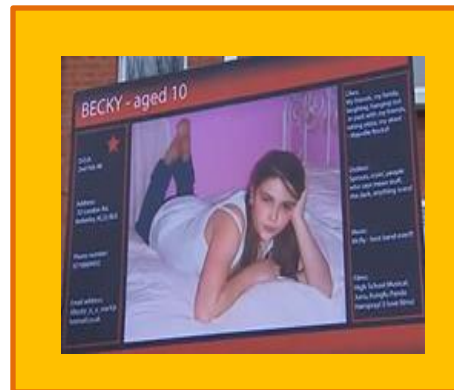
Lee and Kim's Adventure: Animal Magic

- Animation – Be nice to people, like you would in the playground

8-10

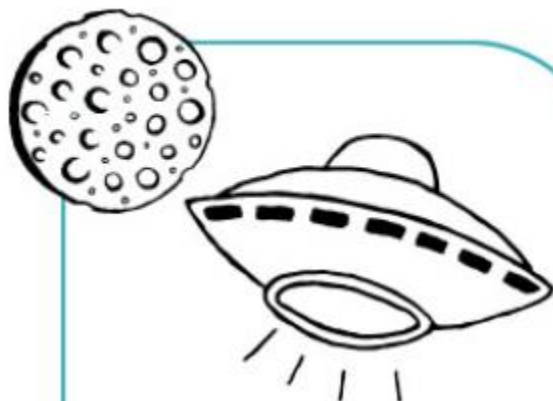
Jigsaw

- 10 minute film about Safe Social Networking





For more information...



Advice if your children are in
Primary Education



Advice if your children are in
Secondary Education

www.thinkuknow.co.uk/parents

www.facebook.com/ceop

www.twitter.com/ceop