Alexandra Primary School

Online Safety Newsletter: Sept 2018

Setting up Parental Controls

BT

Log in and click on the 'Manage your extras' button. Click 'Setup BT Parental Controls.' BT will then activate your Parental Controls. Once activated, you can change your filter level from a range of filters such as Strict, Moderate and Light. There is also the ability to block categories or sites as well as add a Homework Time setting that can block e.g. social media and gaming at certain times. More information available here: https://www.internetmatters.org/parental-controls/broadband-mobile/bt-broadband

Virgin

Log in and select 'My apps,' scroll down and select the 'Web Safe' tile and choose 'overview.' Click the 'Add web safe' button and then click 'Activate your security.' Turn 'Child Safe' tab to on. *This will be turned on by default*. You then have three options, categories which allows you to choose the type of content to restrict, websites which allows you to manually add websites that you don't want to be accessed and timing restrictions to allow children to only use the internet at certain times. More information available here: https://www.internetmatters.org/parental-controls/broadband-mobile/virgin-media-broadband-web-safe/

Sky

Log in and click on the 'My Sky' tab and select 'Broadband Shield'. You can then select the age group you want to be restricted too, choose either PG, 13 and 18 or customise it yourself. There is also a watershed feature that allows you to use different settings depending on the time of day. More information is available here: https://www.internetmatters.org/parental-controls/broadband-mobile/sky-broadband/

TalkTalk

Log in and hover over 'My services' and click on 'View HomeSafe settings.' You can then choose/mend which filters you would like. More information available here: https://www.internetmatters.org/parental-controls/broandband-mobile-networks/talktalk-homesafe/

Omegle

You must be 18+ to use or 13+ with parental permission.

Omegle is a social networking/chat site that connects two strangers together for either a text or a video chat. Chats are anonymous unless a user provides this information. Omegle state that "**predators have been known to use Omegle, so please be careful.**"

No registration is required (therefore no age verification) to use Omegle and there are no reporting facilities, although Omegle do advise to set up parental controls through your Internet provider.

Users are given an option to save the chat's log and share the link. It is always possible for other users to take screenshots of text and video chats.

We recommend that Omegle is *not* used by children due to the language used which can be particularly explicit.

Facebook and Instragram – new time limit tool

Facebook and Instagram are implementing a new tool so you can monitor how much time you spend on each app. This follows concerns that excessive use can have a negative impact on mental health. To use these tools, go to the settings page on either app and select "Your Activity" on Instagram or "Your Time on Facebook". You can also set a reminder for when you've spent a set amount of time on each app.

Grandparents in charge?

Internet Matters have created a Grandparents Guide to Online Safety to help grandparents get to grips with life online.

The guide includes lots of advice and information about online gaming, cyberbullying and useful tips.

Read the guide here: https://www.internetmatters.org/advice/grandparents-guide-to-online-safety/

Tik Tok including Musical.ly

(intended for users 13+, free to download but in-app purchases allowed)

Music.ly was closed by its owners on 2nd August 2018 and users were automatically migrated to a similar app called TikTok (owned by the same company) following an update. In Tik Tok, users can watch musical clips, record 60 second clips, edit them and add special effects. Users can choose from a list of music and then the app records them do whatever they want. Please be aware that due to the nature of this app, videos may be inappropriate for some users to view, for example containing offensive language.

We recommend users having a private account so they can control who can see their videos and who can send them messages. All users can block others from contacting them at any time. Even with a private account, profile information (profile photo, username and bio) is seen by all users so ensure your child understands not to reveal any personal information in their profile.

It's important to check your child's privacy controls and **we advise you to set their account to private**. To do this:

- Go to your profile page
- Tap on the top right corner and select "Privacy and Settings"
- Select "Privacy and Safety" option and toggle "Private Account" on/off

Tik Tok includes a 'Digital Wellbeing feature' to control the amount of time your child spends on the app and a 'Restricted mode' to limit the appearance of content that may be inappropriate. To set this:

- Select "Digital Wellbeing" under the app settings
- Tap "Turn On" and set a passcode
- Toggle "Screen Time Management" and/or "Restricted Mode"

More information is available here: http://support.tiktok.com/?ht_kb=for-parents

Ready for a challenge? Scroll Free September

The Royal Society for Public Health are asking all social media users to take a break from their social media accounts during September. If you can't go 'Cold Turkey' then there are a few other challenges such as taking a break each evening after 6pm. Visit https://www.rsph.org.uk/our-work/campaigns/scroll-free-september.html for more information. Good luck!