



Preventing Child Abuse

PARENTS SURVIVAL GUIDE FOR SCREENS AND TEENS

HOW TO TEACH YOUR CHILDREN TO THINK AND TO BE A GOOD DIGITAL CITIZEN

We don't need to know how a car works we just need to ensure our BEHAVIOURS keep us safe. It is the same with the Internet "how it works & screen shots " won't prevent harm it is HOW YOU OPERATE IT which will keep you safe – KNOW THE RULES !

LATEST – caution:

TELLONYM – anonymous bullying messages being sent

DOKEY DOKEY LITERATURE CLUB - police have warned about the threats of " dark writing" leading to suicide

AVOID ALL ENCRYPTED APPS AND ACCOUNTS FOR YOUR CHILD I.E. What's app – anything encrypted cannot be accessed by Police when help or the law is required

Up to date information from Speakers at the Marie Collins Foundation Conference – JUNE 2019

ON LINE and OFFLINE abuse is now fused – no longer separated

Chief Constable Simon Bailey - 450 arrests a month of men in UK involved in IIOC Indecent Images of Children, and over 100,000 regular viewers of IIOC in UK.

It is VITAL parents step up to the line and LEARN about the threats when using Internet and devices

On Line offenders have multiple conversations grooming potential victims and "scatter bomb" until they find one

18.4 million referrals GLOBALLY IN 2018 of Child abuse images

UK is one of the top 3 consumers for Live streaming from Philippines

IWF – Internet Watch Foundation has taken down 100,000 URL's in 2018 large Internet companies are NOT operating a moral or social responsibility to protect children online

Children are in fact overwhelmed by social media and need more INTENTIONAL use and time out

Tink Palmer CEO of the Marie Collins Foundation :

Once the images are “out the bag ” the impact of online abuse and taking of images and releasing them, profoundly and intrinsically changes the deep psychological harm and is a greater risk for the victim

www.mariecollinsfoundation.org.uk

June 2019 from Karl Hopgood e-safety expert :

49% children won't tell if something untoward has happened on social media

48% worry they will be blamed

43% say they don't want to be a snitch and are fearful of being banned

Donald Findlater of Lucy Faithfull Foundation and Stop It Now who manage offenders - if you know of anyone with interest in viewing Child sexual abuse images online go to

www.get-help.stopitnow.org.uk

Do you know the age limits for social media?

- Facebook, Instagram, Twitter; Tumblr, Reddit, Secret, Snapchat, Pinterest, Habbo, Google+ – AGE LIMIT 13 YEARS OLD
- Linked in – AGE LIMIT 14 YEARS OLD
- What's App – AGE LIMIT 13 YEARS OLD
- Vine – AGE LIMIT 17 YEARS OLD
- You tube, Wechat, Kik, Keek, Foursquare, Flickr - AGE LIMIT 18 YEARS OLD, but 13 to 17 years old with Parental permission.

50% of parents are unaware of the social media age limits and only 1 in 5 parents did know there WERE any social media age limits (source 17th March 2017 NSPCC)

Statistics (source: Saturday telegraph – 23 September 2017)

- 72% of 12 to 15 year olds have a social media profile
- 9% of 11 to 15 year olds are communicating via social media at 10pm
- 42% of 8 to 11 years olds prefer watching You Tube to watching a TV set
- 51% of 12 to 15 year olds use SnapChat
- 32% of 8 to 11 year olds have a smart phone
- 17% of 12 to 15 year olds have deleted their browser history
- 34% of 12 to 15 year olds have encountered “hate speech” on online in last year
- 21% of 12 to 15 year olds play games with people they have never met
- 64% of 12 to 15 year olds have a good balance between screen time doing other things
- 41% of parents admit they find it hard to control their child's screen use

Advice and damage limitation

- Create a rule book so you have a compass
- If YOUR name is on the phone contract YOU are legally responsible for the traffic of communication
- Limit screen time TURN OFF GAMES ETC AN HOUR BEFORE BEDTIME
- Try to keep screens in a public place
- If your child is becoming socially withdrawn and showing signs of anxiety - ACT !
- Agree no screens before school; at mealtimes; no screens at bedtime
- LESS time on screens means less absorption of inappropriate content, advertising messages, inane celebrity gossip; bullying and sexualisation
- Give your child a half hour warning IN ADVANCE of the curfew
- Be CONSISTENT explain you are NOT ruining their fun and DON'T BACK DOWN – TRY NOT TO LOSE YOUR TEMPER - walk away but stay to your rule
- If you see the tell-tale shaft of blue light from under the bedroom door that screen is ON
- “Catfishing” is the name used by offenders to lure young people into harm on social media and on line gaming
- Musical.ly now called TICK TOCK– highly dangerous and greatly accessed by paedophiles in disguise wanting more videos of dancing
- Instagram now rated the worst app causing mental health issues
- Sexting is illegal. What may seem a private photo in your relationship can easily be turned into a hate speech and used against you for all to see when the relationship ends
- SnapChat earns your child STREAKS a darkly ingenious way to keep your child engaged. They gain points every time they communicate and lose them if they don't reply. SnapChat is highly pervasive into the child's psyche. SnapChat also reveals where your child is located, unless it is switched to “ghost mode”
- ON LINE GAMING is a real and present threat and easily becomes an addiction. MANY participants will not be known to your child. Gaming addiction is REAL and highly destructive
- Parents download OUR PACT or KIDSLOK an app allowing you to switch off the apps on your child's phone, and to a schedule
- Parents access CIRCLE WITH DISNEY – just released and claims you can manage all devices in your home setting time limits and turning off individual apps.

Young people can download FOREST helping them to control their own screen time. They plant a seed and a forest grows in the app, the more time you spend on your phone less trees grow. Proving popular with young people to help focus during exam times.

FIFTEEN APPS

PARENTS SHOULD KNOW ABOUT

MEETME



MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

GRINDR



GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSCENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.

SKOUT



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

TIKTOK



TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

BADDOO



BADDOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

LIVE.ME



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.

HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

HOT OR NOT



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE. CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

Sleep DEPRIVATION: from the National Sleep Foundation and the NHS - Oct 2017

Requirements of sleep for good health –

New born 18 hours a day; Prepuberty 11 hours a day; Teenagers 10 hours a day

- 9 out of 10 young people are exposed to blue light just before bedtime
- 50% of teenagers are not getting enough sleep for good health and study
- 68% of young people using phones at night after going to bed negatively affects school work
- Under 25's on average are likely to check their mobile phone 32 times a day
- Young people need a digital blue screen detox 90 mins BEFORE going to sleep
- 48% of youngsters check their phones having gone to bed
- 10% of young people will check their phones 10 times during the night

Harm to health:

- Extremes of blue light is potentially hazardous to the back of the eye
- Short sleep causes – obesity; low cognitive function; lower immunity to colds etc; heart disease; diabetes
- **Royal college of Paediatricians March 2019 recommend STOP devices AN HOUR BEFORE BEDTIME . Have a break every 2 hours is essential**

Text or Internet Codes:

These are used to send messages out quickly, hoping that most of them are not understood by supervising adults:

BUT do you know a cat's face image and a knife and fork image means – open invite for sex; thirsty means - desperate for sex ; rape shed means – somewhere to go to be raped

- **LMIRL**- let's meet in real life
- **IWSN** – I want sex now
- **8** - oral sex
- **IMEZRU** - I am easy, are you?
- **TDTM** - talk dirty to me
- **CU46** - see you for sex
- **MPFB**- my personal f**k buddy
- **SORG**- straight or gay
- **WYFM** - would you f**k me?
- **NIFOC** - nude in front of computer
- **KOTL** – kiss on the lips
- **182** – I hate you
- **WTTP** - want to trade pictures
- **MIA** – talking about Bulimia
- **KMS** – kill myself
- **420** - marijuana
- **XTC** - ecstasy
- **DRT** – death in real time

- **MOOS** - member of the opposite sex
- **AITR** - Adult in the room
- **MOS** - mom over shoulder
- **POS** - parent over shoulder
- **PIR** - parent in room
- **CD9, CODE9** - parents are nearby
- **KPC** - keeping parents clueless
- **P911** - parent alert
- **PAL** - parents are listening
- **PAW** - parents are watching
- **ASLP** - Age, sex, location, picture
- **A3** - Anytime, any place, anywhere
- **COBRAS** - Come on by right after school
- **9** - Parent watching
- **99** - Parent no longer watching
- **NP** - nosy parents or no problem
- **121** - One to one
- **143** - I love you
- **53X** - Sex
- **LOL** - Laugh out loud

WE can't change the world of screens BUT we can help young people navigate a healthy path, and use the Internet for the excellent platform it is when used responsibly.

We hope this short document gives you some helpful pointers. Please contact www.freedom-abuse.org or call Marilyn 07484 541727 marilyn.hawes@freedom-abuse.org