



How to Make an EMERGENCY SOS CALL on an iPhone



The iPhone's emergency SOS feature lets you call for help quickly and easily, should you need to. When you activate the SOS, your iPhone immediately calls the local emergency number. Hopefully, your children will never have to use the emergency SOS call. However, it's crucial that they know how to do it in case they ever need to. Teach your children how to use the SOS call and how to make your emergency contact with our easy-to-follow steps.

Making an Emergency Call iPhone 8 or later

- 1 Press and hold the side button and one of the volume buttons
- 2 Swipe the Emergency SOS slider to open
- 3 Alternatively, continue holding down the buttons. An alert will sound and a countdown will begin. Keep the buttons pressed until the end of the countdown
- 4 Your iPhone will call the local emergency services
- 5 You can also send an Emergency SOS by quickly pressing the side or top button five times. You'll hear the alert sound, and when the countdown ends you'll be connected to the emergency services



How to Add Emergency Contacts

- 1 Open the Health app
- 2 Tap your profile picture
- 3 Tap 'Medical ID'
- 4 Tap 'Edit' and scroll to 'Emergency Contacts'
- 5 Tap a contact and select their relationship to you
- 6 Tap 'Done' to save your changes

Location Services

After you make an emergency call, your iPhone will send your current location to your nominated emergency contacts via text message (you can cancel this option if you wish). This temporarily activates your location services if they were disabled. Your emergency contacts will receive an update if your location changes.

Making an Emergency Call iPhone 7 or earlier

- 1 Press the side or top button five times quickly
- 2 Swipe the Emergency SOS slider
- 3 Your iPhone will call the local emergency services



Source: <https://support.apple.com/en-gb/HT208078>



How to Set up EMERGENCY MODE on Your Samsung



Emergency mode conserves your Samsung phone's power to extend the battery life for as long as possible. Although other areas of your device may be disabled or run slower (to help save energy in emergency mode), you will still be able to contact an emergency service number, call your emergency contacts and share your location via text messages.

How to Turn on Emergency Mode

- 1 Press and hold the power button
- 2 Tap 'Emergency Mode'
- 3 If you are using emergency mode for the first time, you will need to agree to the terms and conditions
- 4 Tap 'Turn on'
- 5 Your Samsung will now display the emergency mode home screen



How to turn on SOS messages

- 1 Go to 'Settings'
- 2 Tap 'Advanced Features'
- 3 Tap 'Send SOS Messages'
- 4 Agree to the terms and conditions
- 5 Tap 'Add' to add a contact to your emergency contacts
- 6 Tap 'Done' to save your changes

Alerting Your Emergency Contacts

Your Samsung's SOS feature quickly notifies your specified contacts if you have an emergency. When this feature is enabled, you can press the lock button three times to automatically send an SOS message (including a link to your location) to your emergency contacts. You also have the option to send a photo and/or voice message to your emergency contacts, providing them with more information.





How to Prepare for an EMERGENCY with Your Google phone



If you need to provide emergency services with personal medical information (such as medication, allergies or blood type) during an emergency, you can present it on your Google phone's lock screen. It is crucial to provide emergency services with your specific medical information so that they can provide effective care while responding to your call.

How to Add Emergency Contacts

- 1 Go to 'Settings'
- 2 Tap 'About Phone'
- 3 Tap 'Emergency Information'
- 4 Enter the information you want to display
- 5 For medical information, tap 'Edit Information' or 'Info'
- 6 For emergency contacts, tap 'Add Contact' or 'Contacts'

Location Services

If you dial an emergency number, your Emergency Location Service will automatically share your location. This will allow the emergency services to locate you easily and provide help as soon as possible. The Emergency Location Service may also provide additional information to the emergency services such as the language in which your Google phone is configured.

How to Turn Emergency Location Services on

- 1 Go to 'Settings'
- 2 Tap 'Location'
- 3 Tap 'Advanced'
- 4 Tap '(Google) Emergency Location Service'
- 5 Turn on Emergency Location Service





What Parents & Carers Need to Know About

SIGNAL

12+
App Store
Rating

Signal is a multimedia messaging service (previously known as TextSecure) which provides secure chats between users. It is encrypted, so any intercepted communication cannot be read by attackers. Users can send one-to-one messages or set up group chats. The service is free, has no adverts and doesn't track users' location like many other messaging platforms. The app experienced a popularity boom in early 2021 as large numbers of users left WhatsApp over perceived privacy issues.

Disappearing Messages

Messages on Signal can be set to disappear (from both the sender and the recipient's devices) a specified time after they are first opened – potentially as little as five seconds. So it is difficult to monitor the app and see what your child is talking about. Should someone behave inappropriately towards them, unless they record evidence instantly there is no way to prove what has happened – making it difficult to take the proper action.

Risk of Screenshot

Because messages can be set to disappear on Signal, some young people assume that nobody else will ever see them and let their guard down as a result. But a recipient could still capture a screenshot of your child's message before it vanishes from their device. This screenshot – which might be of something inappropriate or deeply personal – can then be shared with others or even made public on the internet.

False Sense of Security

The feeling of total privacy and security within the app can make young people feel like they are invulnerable – and possibly that they could get away with behaving in ways they normally wouldn't. This behaviour could range from the harmful (such as participating in cyber bullying or sharing age-inappropriate images or videos) to the extremely dangerous: perhaps chatting to strangers, who might potentially be predators.

Vulnerability to Hackers

Like virtually any piece of software, Signal has been shown to have flaws in its security. One hacker was able to make a call to a target device using the app and could then listen in on the victim through their phone – without needing them to even answer the call. Afterwards, the hacked user was completely unaware that the eavesdropping had taken place.

Advice for Parents & Carers

Gather Any Evidence Quickly

If your children are old enough to use Signal, they will likely already know how to take a quick screenshot on their phone. It's best to confirm this with them, however, because if they're sent something inappropriate or offensive, they will only have a very short opportunity to screenshot it as evidence of misconduct before the message disappears. Once they've captured the screenshot, they should then come to you or another trusted adult.

Talk about Online Bullying

Before your child downloads Signal, have an open discussion about the potential risks of this app and others like it. Ensure your child is aware of the possibility of bullying or hurtful messages on such platforms. They should understand that the app makers themselves do not help with investigating incidents – and that it may be difficult to prove someone has done something to upset them.

Think before Sending

The messages a young person sends on Signal don't last forever, but the effects of those messages very well might – for your child and for others. You could suggest to your child that, if they're unsure whether to send a particular message, they should ask themselves if they would be comfortable showing the content to you. And if they wouldn't, should they really be sending it at all?

Stay Updated

It's wise to make sure your child knows how to keep their software up to date by downloading the latest version. Developers will often release software updates that (as well as occasionally adding new features or improving functionality, etc.) help to fix any security flaws and stop hackers from exploiting possible weak points in the app.

Consider Online Reputation

Talk to your child about the implications if a message they sent was made public without their consent. Remind them that once an image (for example) is out there, there's no way to control what happens to it or erase every single copy. It's a good way to get young people to start considering how their digital footprint might have repercussions on their future prospects.

Meet Our Expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



NOS
National
Online
Safety®
#WakeUpWednesday

SOURCE: <https://smartsofial.com/signal-app/>, <https://www.signal.org>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.03.2021

10 Top Tips for ... KEEPING CHILDREN SAFE FROM CYBER CRIME

We all want to continue being informed and inspired by the ever-expanding capabilities of the internet. But we also need to be able to safeguard ourselves against the growing amount of online hazards. Knowing what is fact, understanding what dangers exist and taking appropriate steps can go a long way towards protecting yourself and your family. National Online Safety has collaborated with the Yorkshire and Humber Regional Cyber Crime Unit to compile 10 pointers to help you keep your children safe from cyber crime.

1. Spot Phishing Bait

Phishing messages are untargeted mass emails asking for sensitive information (e.g. usernames, passwords, bank details) or encouraging recipients to visit a fake website. It's safest to learn the warning signs of phishing and increase your child's awareness. Too good to be true? Spelling or punctuation errors? Odd sense of urgency? These are all red flags. Don't click on links or follow demands: if you're unsure, contact the official company directly online to enquire further.

3. Encourage Strong Passwords

Weak passwords make it faster and easier for someone to gain access to your online accounts or get control of your device – giving them a route to your personal information. For a strong password, national guidance recommends using three random words (e.g. bottlegaraqepylons). Consider paying for your child to access a password manager. Encourage them to have a separate password for their email account. Ensure the whole family uses two-factor authentication where possible.

5. Back up Your Data

Some cyber attacks can lead to the theft or deletion of important (and possibly sensitive) data or loss of files (like photos and videos) that can't be replaced. Backing up your data to the cloud – or to another device – will help prevent data loss if you ever become the victim of a cyber attack. Where possible, set your child's devices to back up automatically. Also encourage them to back up their data prior to installing any updates.

7. Take Care When Chatting

Criminals may look to manipulate others online and coerce them into using their talents or cyber skills for unethical means. Try to get your child to be open about who they are talking to online. Communication tools such as Discord are popular among gamers – but be cautious of the other people using them, and ensure you know who your child is chatting with.

9. Understand Their Motivations

Those being influenced online to use their skills unethically may display certain key warning signs. Sudden evidence of new-found wealth (unexplained new clothes or devices, for example), secrecy around their online behaviour or boasting of new online friendships are all causes for concern. If in doubt, refer through to your regional cyber crime team.

2. Don't Over-Share

Is your child sharing too much on social media? Do they post things about their private life, upload images of your home, or discuss their friendships and relationships online? Criminals will gather this information and may try to use it for identity theft or other offences such as fraud. To combat this, ensure your child's privacy settings mean they are only sharing information with family and close friends. Use parental controls where appropriate.

4. Stay Updated

People often put off installing updates to apps or software because they don't feel it's necessary, it can be time consuming, or could cause problems with programmes they rely on. But updates help protect users from recently discovered vulnerabilities to malware. You can usually set them to run automatically – encourage your child to select this option. Ensure updates are installed as soon as possible after you're notified they're available.

6. Be Wary of Public WiFi

Free public WiFi is commonplace – but it's often not secure and sends unencrypted data via the network. A hacker on the same network could access personal data (like financial information) without you even realising they'd done so. To avoid this, suggest to your child that they use their 3G or 4G mobile data when they're out and about, rather than free WiFi. Consider purchasing a VPN (Virtual Private Network) where possible.

8. Recognise Warning Signs

Often, budding cyber experts will relish the challenge of testing themselves or earning recognition from peers for their exploits. Even principled 'white-hat' hackers will look to test their skills online. If you think your child is interested in hacking, try to understand what their motivation is. You could encourage their participation in ethical competitions such as bug bounties.

10. Know the Consequences

Many young people may feel that hacking is essentially a light-hearted prank, and not especially serious. So make sure your child is aware of the implications of a conviction under the Computer Misuse Act – not only the possibility of a criminal record, but also lifelong travel restrictions and damage to their future career or educational prospects.

Produced in Partnership with

The Yorkshire & Humber Regional Cyber Crime Unit (YHRCU) works with the National Crime Agency (NCA) and other partners, in the UK and abroad, to investigate and prevent the most serious cyber crime offences.



Yorkshire & Humber
REGIONAL CYBER CRIME UNIT



National
Online
Safety

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.

2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at www.childrensmentalhealthweek.org.uk



What Parents & Carers Need to Know About



EBAY



eBay is the world's biggest online auction platform: a digital emporium where you can buy practically anything, new or used. Although eBay has made huge strides with protecting buyers in recent years, there are still dangers to be mindful of: particularly when it comes to children using the site. Here's how to minimise the risks.

Shop by category

Search for anything

All Categories

Search

Advanced

It's not for Children



Although many items on the site – toys, video games, DVDs, etc – will appeal to them, it isn't intended for children. eBay's policy does state that "a person under 18 can use an adult's account with the permission of the account holder" – but note the next line: "the account holder is responsible for everything done with that account". So you could be liable for bids made on your account, which might result in unexpected bills or an account suspension. Think carefully before letting an under 18 loose on eBay.

17 People are watching your item

+£3.00

+£4.50

+£2.00

Counterfeit/Illegal Items



Despite tightening restrictions, eBay is still rife with counterfeit, unlicensed or illegal items. It's not uncommon, for example, to find cheap internet TV boxes for sale that promise access to premium sports and movie channels, often using illegal streams. Some listings are deliberately misleading. You might, for instance, find an Xbox box shown – but literally all they are selling is the box the console came in. However, a child might see an Xbox selling for £100 and make a bid, thinking they're getting a bargain.

Overspending

It's easy enough for adults to get drawn into eBay bidding wars – and find themselves paying more for an item than they can really afford. For children, who often aren't aware of the financial consequences of their actions, that temptation could be even stronger. Allowing children to bid on eBay auctions is fraught with risk.



+£20.00

Off-site Communication



Rogue eBay sellers may try and get buyers to contact them away from the site, to avoid paying eBay fees. Any transactions conducted off the site, however, don't offer the protection that you get on eBay itself (in terms of feedback, returns and refunds). Off-site trading can often involve swapping mobile phone numbers or email addresses, which poses obvious risks if a child is using the site.



Advice for Parents & Carers

Visit the Safety Centre

eBay's Safety Centre (pages.ebay.co.uk/safetycentre) publishes good advice on how to avoid scams. Pay particular attention to the guidance on fake 'second chance offer' emails, which often arrive when you've just missed out on an item. Again, children who desperately want a product are more susceptible to such tricks and could inadvertently infect the computer with malware or hand over personal details to fraudsters.

Use Two-Factor Sign-in

eBay has a security facility that requests confirmation from the eBay mobile app when you sign in. That way, even if your child (or someone else) knows your password, they won't get access to your account. Install the eBay app on your smartphone, then on the computer click the 'Hello, [your name]' link at the top of the screen. Select 'Account Settings', then 'Sign-In and Security'.

Adjust Content Filters

If you don't use eBay, you can block it using the filters provided by all leading internet providers. Instructions on how to implement these filters vary, but all will offer the facility to block certain sites to any user on the Wi-Fi network. These filters aren't foolproof, however; they won't stop access if your child visits eBay using 3G/4G mobile data on their phone.

Secure Your Account

Remove temptation and don't leave your signed-in account accessible on a family computer. Ideally, give your children separate accounts on the computer so you're not sharing the same web browser and apps. Alternatively, ensure you log out after an eBay session, so it's not possible for your child to make bids or sell items using your account. You're left logged in by default, so make sure you click on the 'Hello, [your name]' link in the top left of the screen and sign out.

Meet our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on BBC *Newsnight*, Radio 5 Live and ITV *News at Ten*. He has two children and has writes regularly about internet safety issues.



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Part of our Online Information Series



What you need to know about ...

FAKE NEWS



est. 2017

£FREE - TODAY ONLY

Brought to you by



WHAT IS FAKE NEWS

Parven Kaur, Kids N Clicks Founder

Fake news can be false information, photos or videos purposefully created to confuse or misinform. It can also be genuine information that has been manipulated to deceive. It is important that children learn how to distinguish between real news and fake news, so that they don't inadvertently share something which isn't true or believe something which could be misleading.



KNOW THE RISKS

SHOCK VALUE

Fake news can cause upset or shock to readers or viewers. Many fake news stories are written with appealing headlines and have content designed to create 'shock value', so the news spreads rapidly (common examples include the 'death' of a celebrity, company giveaways, news relating to supernatural events, or terror-related posts that provoke reactions).

EMBARRASSMENT

Fake news is often deliberately created to misinform people – whether for fun, out of malice or to support an ideological or political agenda. As it's often difficult to tell the difference, young people can easily believe what they see and then share something which is a hoax or a joke, leading to embarrassment or ridicule.

INFLUENCE BEHAVIOUR

Ultimately, fake news is designed to shape people's beliefs, thoughts and decisions: influencing them into believing something which has been misrepresented or which simply isn't true. This can shape how children think, behave or act in real life. It can especially affect their trust in the media or even in democracy itself.

FURTHER SUPPORT

REPORT THE CONTENT

Google and many social media platforms now have dedicated methods for fake news stories to be reported to them. This can range from sending a feedback message to Google via the page itself to the 'Report Post' buttons on Facebook and Twitter.

PROVIDE REASSURANCE

If your child feels as though they have been negatively impacted by a fake news story, or has suffered some form of embarrassment because of fake news, it's important to be supportive and reassuring. Discuss with them how not everything that's posted online is true.

IMPROVE THEIR DIGITAL LITERACY

If your child has been tricked by a fake news story, try to encourage them to think more rationally about what they see and hear on the internet. Advise them to question the motivation behind a story – such as why it's been written, and if it's trying to make them form a specific opinion or influence their actions.



SPOT THE SIGNS

CONSIDER THE SOURCE

Fake news stories can sometimes be identified simply because they are too ridiculous or outrageous to believe. Make sure that the website that published the story is a credible source, like a major news network or local paper which has the resources to fact-check published stories.

CHECK THE URL

Does the website address at the top of the page look real? An easy way to spot suspect stories is if they're located on a news site with an odd domain name. So check the URL. Some shady websites try to incorporate a legitimate news source into their URL (such as www.therealbbc.co.uk) or will slightly misspell a popular domain name.

VERIFY FACTS AND IMAGES

Authentic news is usually backed up by official data or surveys and previous, similar instances of the occurrence being reported. Similarly, fake news stories often include photos which have been manipulated. Perform a Google reverse image search to see if the picture has been stolen from another source and doctored.

RESEARCH THE WEBSITE

Be wary when a big story comes from a news organisation that you've never heard of. Some hoaxers will quickly set up a website just to spread fake stories and so-called 'breaking news'. Use the internet archive to research how long a site has been running – and check if the same story is being reported by more credible news outlets.

ARE ALIENS HARVESTING OUR WIFI?!



Supposed footage of alien craft

Our groundbreaking exposé on page 4 ...

OUR EXPERT PARVEN KAUR



Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

TikTok Update

Family Safety Mode and Screen Time Management

TikTok has been around for a while now and most people are aware of it, yet it is one of the fastest growing social media platforms around the world and is essentially a subculture allowing users to create short videos with music and filters to express themselves creatively.

If you've had a look at TikTok you can see how easy it is to be drawn into it and why many would describe it as addictive (in the loose sense of the word).

To understand the scale of TikTok, it has been downloaded over 1.5 billion times in the Apple App Store and the Google Play store. It has over 500 million active users (of which 150 million active daily users are in China and use the Chinese version of the app called Douyin).

With that scale of user and content you can see that there are going to be some pretty significant concerns. To be fair to TikTok they do seem to act fairly quickly to wide scale concerns and criticism and there are some good features within the app to help you as a parent or carer:

How to enable Family Safety Mode

1. To enable Family Safety Mode you first of all need to have the TikTok app on your (parent/carer) device and be logged in to your account.
2. At the top right you will see 3 dots. Tap on these which will take you into the Privacy and Settings menu.
3. Scroll down to Digital Wellbeing and tap, you will be presented with the 3 options.
4. Firstly, tap on Family Safety Mode in order to activate the feature. Tap on parent and your child will then need to scan the QR code in order to link the two accounts.
5. You can now activate the screen time management feature, where you can manage the amount of screen time you allow (40, 60, 90 and 120 minutes). You will then set a password which prevents your child going over their allocated time.
6. Once this is done I would recommend you activate Restricted Mode which is a feature to prevent your child seeing inappropriate content. However I have yet to come across a restricted mode on any app or service (e.g. YouTube) which is good. I recommend you activate Restricted Mode, but don't be lulled into a false sense of security and safety.
7. I would also recommend you limit who can send messages to the connected account or turn off Direct Messaging completely and also ensure your child's account is set to Private.

TikTok has a number of short videos on their Resource Centre which can be really useful for you and your child, such as 'choose who can duet with you', reporting inappropriate behaviour', 'blocking a user' and many more. Well worth a look if you're new to this:

<http://bit.ly/tiksafety>

Instagram update

You should be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but this isn't verified). Instagram is used to post photos and videos and users can also DM (direct message), add to their stories (these disappear after 24 hours) and broadcast using IGTV.



A guide to Instagram

If your child is using Instagram, then download a copy of 'A Parent's Guide to Instagram' here: <https://help.instagram.com/377830165708421>

Wellbeing toolkit

Instagram have collaborated with The Jed Foundation (JED) and Internet Matters to create a toolkit which includes tools and suggestions to make your child's experience of using Instagram more positive. The toolkit is designed to help you start conversations with your child about how they use Instagram.

More information can be found here:

<https://www.internetmatters.org/resources/wellbeing-and-safety-on-instagram-advice-for-parents-and-carers/>

Additional Links

More tips from Instagram including how to manage privacy:

<https://help.instagram.com/154475974694511>

Ensure that your child knows that they should talk to you or another trusted adult if they have any concerns.



Omegle

Omegle is a social networking / chat website that connects two strangers together for either a text or video chat. Chats are anonymous unless a user provides this information.

What should I be aware of ?

No registration is required to access Omegle (therefore no age verification) and there are no reporting facilities. Users are given an option to save the chat 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 potential imagery shared and language used which can be particularly explicit.

Further information is available at <https://www.thinkuknow.co.uk>