Make your interest clear

Ask to see your child's favourite games and apps which will help you spot issues

Be open, honest, and appropriate to their age

When answering questions about puberty, relationships, etc.

Remind your child they can always talk to you

Even when they view harmful content, talking about it openly will help

Discuss that not everything we see online is real

Use examples from your own online world, like posts that show perfect houses

Try to remain calm

Your initial reaction could stop a child from speaking openly about what they've seen

Create a family agreement

About device use including when to use devices, parental controls and why it's good to talk

Keep talking

Online Safety Newsletter | **May 2024**

Increase in sending nude images

A recent survey of 6,000 children shows that 1 in 6 children age 15 and over have shared an explicit image of themselves online. Once shared, these images may be shared further without their consent or used to blackmail the individual.

What should you do?

Why does it happen?

Children in a relationship may share an explicit image because:

-They were pressured to do so
-They think this is normal
-They were sent one first
-They wanted to get a reaction from the other person

What is the law?

It is illegal to share an explicit image that contain someone under the age of 18 to anyone. Even if the child who took the picture consented. Even if it is sent to someone who is the same age.

How to remove images once on the web

For a child or young person, having a sexual image or video of themselves shared online can be a distressing situation. This can be difficult for parents and carers too, but there are ways you can support your child. If they're under 18, they can use Report Remove.

Report Remove is a tool that allows young people to report an image or video shared online, to see if it's possible to get it taken down.

[Report Remove | Childline](#)

Instagram

Instagram is a popular, free social media app that lets users post photos and videos, follow popular accounts and friends, and send messages. It's owned by Meta, the company that also owns Facebook and WhatsApp, but it has a visual format that's more appealing to teens.

What are the dangers?

Private messages
Anyone can private message anyone on Instagram. Recent changes have made it impossible for anyone over 19 to message anyone under 18 who is not friends with them but lack of age verification makes this easy to bypass.

Mature content
The kinds of content that kids will see mostly depends on whom they follow: posts by friends, influencers, meme accounts and targeted ads.

It's likely they'll see mature content (including sexy stuff, swearing, and substance use), mean or sexual comments, and hashtags about suicide, anorexia, and other concerning topics.

Self-esteem issues
Studies show Instagram causes reduce self esteem in both girls and boys as they compare their bodies to other on the platform.

Instagram parental controls

You can set up supervision on your child's (aged 13-17) Instagram account. This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you. Learn more here: https://help.instagram.com/658522825492278

Cyber Bullying

According to the latest research by anti-bullying charity Ditch the Label, 69% of young people under 20 have done something abusive to another person online, while 17% of young people have experienced cyber bullying. It's important to have regular conversations with your child about the online world to help you find out if they have ever experienced or witnessed online bullying themselves. This will also give you the opportunity to support them and reassure them.

Check these suggestions on UK Safer Internet Centre to help you start the conversation: [Have a conversation - UK Safer Internet Centre](#)

Gamer rage

Gamer rage is a state of emotional involvement in a video game that causes a young person to act out their anger by yelling, swearing, or breaking things.

Why does it happen
There are many factors that can cause a young person to become upset in a game, this can include losing multiple times, losing lots of progress in their game, being humiliated by other players online or repeating the action of others they play with or watch.

Steps to take
- Check the game they are playing, is it suitable for their age? Do particular games cause the issue?
- Know who they are talking to online, are they adding to the problem?
- Move console to a common area of the house and not in the bedroom.
- Set restriction of when the console can be used and for how long.