

NSG ONLINE SAFETY



In this issue:

- Introducing CEOPs new 11-18 website
- Nude selfies
- Tik Tok - what you need to know
- #AskTheAwkward - having a conversation with your child
- Resources from the experts
- Who to contact when things go wrong



NSG Online Safety

In this issue we highlight CEOP's new website designed for 11-18 year olds. This site provides information and guidance appropriate for that age group. We also focus on TikTok and what you need to know to protect users.

There is also advice on communicating with young people and establishing regular conversations about their use of online services.



Advice for Parents

What Parents and Carers Need to know about TikTok.

A 2022 Ofcom report showed that children as young as 3 yrs are using TikTok. The age restriction is 13+ and certain features are restricted for 16 and under, over 18s have more freedom of usage. Ofcom report:

https://www.ofcom.org.uk/data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf

What is TikTok

It's a free social media platform that allows people to watch, share and create short videos which can be 15 seconds to 10 minutes long. The app is available in 75 languages and 1 billion people use it. It started off as fun, it's a great place of trends, dances, celebrity cameos. The people who use it most are the under 16s.

Users can browse different videos on TikTok via a personalised feed known as the 'For You Page'. You can also search for content using topics or hashtags.



Age Appropriate Content

Providing the correct date of birth is given tik tok can add some protective features for example 13-15 years old will stop receiving push notification after 9pm and this is to encourage healthy sleep. Setting the account automatically to private for this age groups means unsuitable material will rarely get through but some do.

Dangerous Challenges

Due to the popularity of tik tok many young people have taken on suggested challenges/trends which have led to two fatalities. Not so long ago two parents sued tik tok because their children took on the challenge to hold their breath until they "blackout": from a lack of oxygen. - the blackout challenge.

Contact with strangers

With 1.1 billion users of tik tok the potential for someone being contacted on tiktok is high especially as most young people do not always give their correct age and tik tok works on the basis of age restrictions material - although sometimes things do slip through.

Advice for Parents

What Parents and Carers Need to know about TikTok.

In App Spending

Although tik tok is free - there is an option to buy tik tok coins which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they created. The value of these coin bundles range from £9.99 to £99, according to tik tok these can only be brought by over 18s unless of course a fake birth

Addictive Nature

Tik tok is addictive and studies have shown that young people in the UK spend 102 minutes a day on it where in contrast to 53 minutes on youtube.

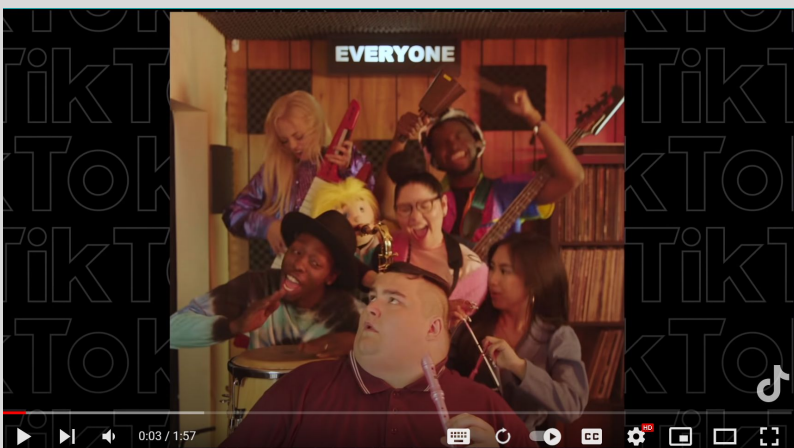
Private or Public accounts

Under 16s will automatically have their account set to private; ,16+ tik tok will set it to public but there is the option to make your account private/public and any tik tok created can be set as private,

How can parents support their young people to keep safe:

- Speak to your young people about the dangers of tik tok
- Parents link your tik tok account to your childrens and ensure its always on private for the under 16s and review it regularly .
- Limit in-app spending
- Know the signs that all is not well with your young person.

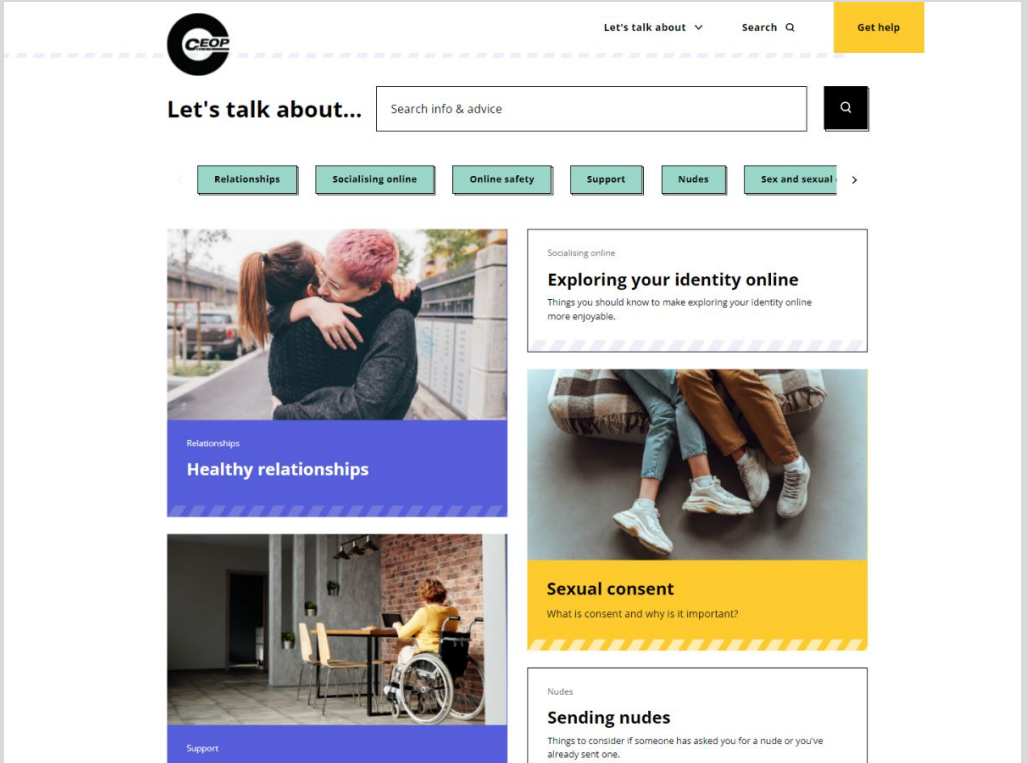
This video might help click on the picture



CEOP



Introducing CEOP's New 11-18s website



The new [11-18s website](#) offers information and guidance which is appropriate and relevant to the experiences of young people aged 11-18.

The website offers advice articles and signposts clear ways young people can access help and support across 7 key categories:

1. Relationships
2. Socialising online
3. Nudes
4. Sex and sexual content online
5. Sexual abuse
6. Support
7. Online safety

CEOP



Introducing CEOP's New [11-18s website](#)



Adolescents (10 to 18)

What's happening at this age? Tweens (10 to 13) is when young people start to become aware of social pressures and expectations. They become more self-image conscious and know what is 'cool' and what's not. Teenagers (14 to 18) may start to actively explore relationships and sexuality online. This includes sending or sharing nude images.

What does research tell us? The [Digital Romance](#) research project used a sample of 69 young people aged 11 to 20. They found that 26% of 14 to 17 year olds had sent a nude or sexual selfie to someone they were interested in, and 48% had received one of someone else, sent by that same person.

What can parents and carers do? Sharing nudes and semi nudes can be a normal part of young people growing up, experimenting or having fun. Talking about nude image sharing might be a bit embarrassing at first but our series of short parents films on [nude selfies](#) can help. They suggest some ways for parents to get talking, especially if they don't have any first hand experience or knowledge of the topic. We know that being pressured to send a nude is never okay. Our article helps parents and carers to support a young person if they have been asked for a nude image, or if they are worried about a nude they already sent and some steps they can take to help the situation.

CEOP



Introducing CEOP's New [11-18s website](#)



Top tips for having a conversation with your child

Parents and carers can find information on our dedicated [website](#) or through the highlighted articles: [#AskTheAwkward](#) and [having a conversation with your child](#).

Find a good time and place. Pick an opportunity when you know you're not going to be interrupted and you are both going to feel comfortable. Make sure you have enough time, without turning it into one of those 'special talks' moments.

Keep it age appropriate. Make sure the topic you want to discuss is explained to your child in an age appropriate way so they can understand it.

Avoid the 'big talk'. Talk little and often. It is more effective and helps build trust and support between you.

Prepare yourself. Have knowledge about the conversation topic and ways to keep communication flowing.

Keep conversations positive. Talk to connect with your child and to show interest, not to interrogate them. **Ask** open questions, **wait** for their response, and **listen** to what they have to say. Don't be afraid to embrace the awkward silences.

Don't give up. If your child doesn't want to talk right now, try another time or find a different way to start the conversation. Be patient.

Remember, having conversations with children and young people should be ongoing as they grow throughout their lives and not something that is dropped on them when they reach a certain age. This way, children and young people are given the right information at the right time and when they need it. This helps build their understanding and develops trust and support between you both.




CEOP



Reporting Routes for Parents and carers



If you think a child is in immediate risk of harm, then phone 999. All the agencies below can offer additional support.

	<p>Parents and carers can report concerns about child sexual abuse and exploitation to the National Crime Agency</p>
	<p>Parents and carers can seek advice from NSPCC's safeguarding experts if they are concerned</p>
  <p>Nude image of you online? We can help take it down.</p>	<p>Adults can anonymously report child sexual abuse images and videos. Caregivers can also support their child to report and remove nude images.</p>
	<p>Parents and carers can seek confidential support if they are worried about a child or young person's sexual behaviour</p>