E Safety Booklet

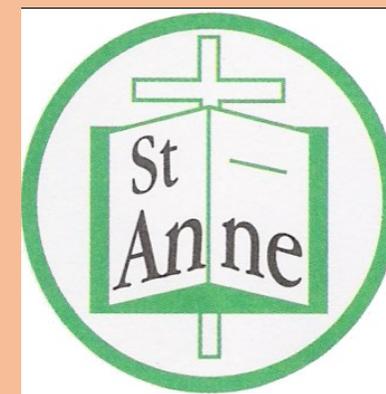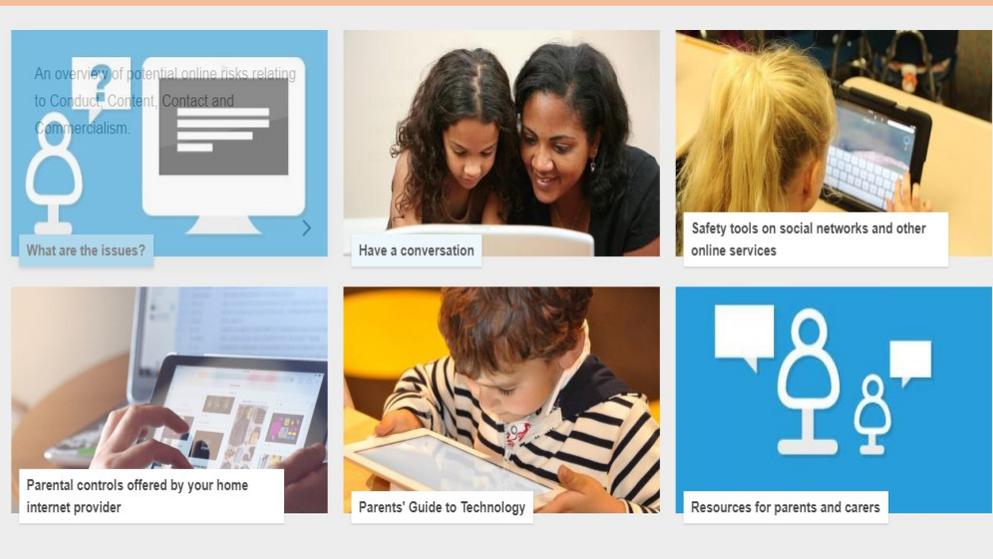**UK Safer Internet Centre**

For tips for parents visit :

https://www.saferinternet.org.uk/
advice-centre/parents-and-carers

An overview of potential online risks relating to Conduct, Content, Contact and Commercialism.

What are the issues?

Have a conversation

Safety tools on social networks and other online services

Parental controls offered by your home internet provider

Parents' Guide to Technology

Resources for parents and carers

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IPhone

Set Content & Privacy Restrictions

Go to Settings and tap Screen Time.

Tap Continue, then choose "This is My [Device]" or "This is My Child's [Device]."

If you're the parent or guardian of your device and want to prevent another family member from changing your settings, tap Use Screen Time Passcode to create a passcode, then re-enter the passcode to confirm. In iOS 13.4 and later, after you confirm your passcode you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.

If you're setting up Screen Time on your child's device, follow the prompts until you get to Parent Passcode and enter a passcode. Re-enter the passcode to confirm. In iOS 13.4 and later, after you confirm your passcode you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.

Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy.

What to do about harassment or unwanted Snaps

If your teen's settings are set to "My Friends" but they are still receiving abusive Snaps from another user, they should block the user and report them to Snapchat's Safety team.

Block. Snapchat allows users to block Friends from sending them Snaps or Chats or viewing their Story. Press and hold on to the person's name and tap More and then Block.

Report abuse. Press and hold on the Snap and tap the flag icon. If anyone receives inappropriate photos or someone's harassing him or her, contact Snapchat's Safety team .

Snapchat

Turn off location services Snapchat

Method 1

Step 1: Go on your profile and click snap map. It will take you to a new window.

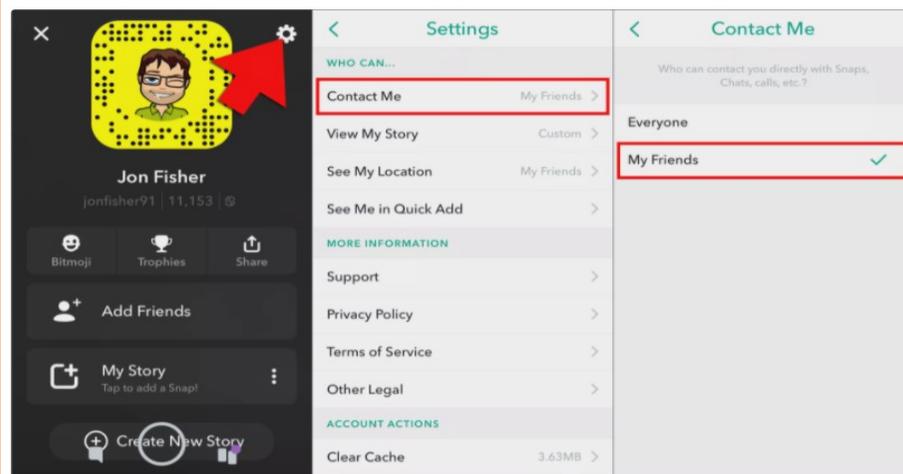Step 2: On that window, disable ghost mode

Method 2

Step 1: Go to your profile and click settings at the top right hand corner of the app.

Make sure only friends can contact your child

Prevent explicit content and content ratings

You can also prevent the playback of music with explicit content and movies or TV shows with specific ratings. Apps also have ratings that can be configured using content restrictions.

To restrict explicit content and content ratings:

Go to Settings and tap Screen Time.

Tap Content & Privacy Restrictions, then tap Content Restrictions.

Choose the settings you want for each feature or setting under Allowed Store Content.

Here are the types of content that you can restrict:

Ratings For: Select the country or region in the ratings section to automatically apply the appropriate content ratings for that region

Music, Podcasts & News: Prevent the playback of music, music videos, podcasts, and news containing explicit content

Music Videos: Prevent finding and viewing music videos

Music Profiles: Prevent sharing what you're listening to with friends and seeing what they're listening to

Movies: Prevent movies with specific ratings

TV shows: Prevent TV shows with specific ratings

Books: Prevent content with specific ratings

Android

Method 1: Use Google Play restrictions

The first method of how you can make sure that your kids are protected online from potentially harmful content is to turn on the restriction on Google Play on their Android devices. This will prevent children from downloading apps, games and other web resources that are not appropriate for their age.

First of all, you have to choose Google Play Store icon from the app list on child's device.

Then you need to open 'Settings'. You can do this by tapping the menu sign in the upper left corner of the Play Store home screen and choose 'Settings' from the window that will open.

From the 'Settings' screen you need to choose 'Parental controls'

After taping it you will go to 'Parental controls' screen where you have to turn the feature on.

After doing that you will be offered to create PIN and block the content you don't want your child to have an access to. You will use it to change parental control settings for this account. Do not tell PIN code to your child.

Control Screen Time

Instagram (and Facebook) have launched tools to help users better understand and manage how much time they're spending on the services.
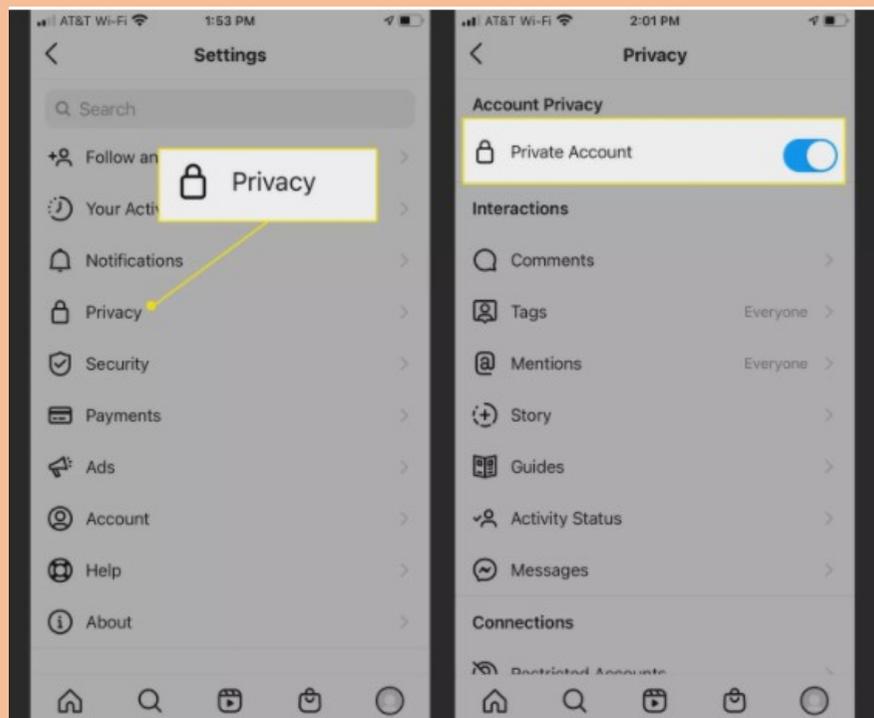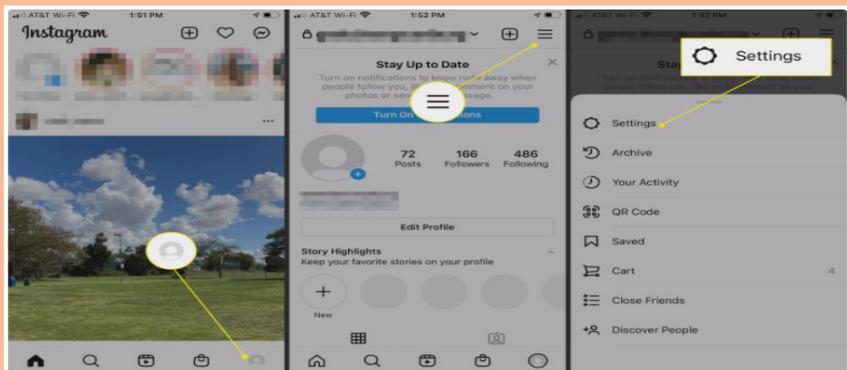
- Access these controls on Instagram by tapping Your Activity in the settings menu.
- At the top, you'll see a dashboard showing your average time on that device. Tap any bar to see your total time for that day.
- Below the dashboard, you can set a daily reminder to give yourself an alert when you've reached the amount of time you want to spend on the app for that day.

You can change or cancel the reminder at any time. You can also tap on Notification Settings to quickly access the new Mute Push Notifications setting.

How to block on Instagram

1. Open the Instagram app.
2. Locate the account you want to block by using the Search feat by scrolling through your list of followers.
3. Press the three horizontal dots at the top-right corner of the s
4. Press Block.

Instagram

Make account private

Method 2: Enable safe search

Another method is not letting kids find out the stuff they aren't ready for accidentally when they are browsing the web using Google Chrome app on their devices.

To do this tap the Chrome icon in the app list.

And then press the "three dots" sign it the upper right corner.

Then choose 'Settings' in the new window.

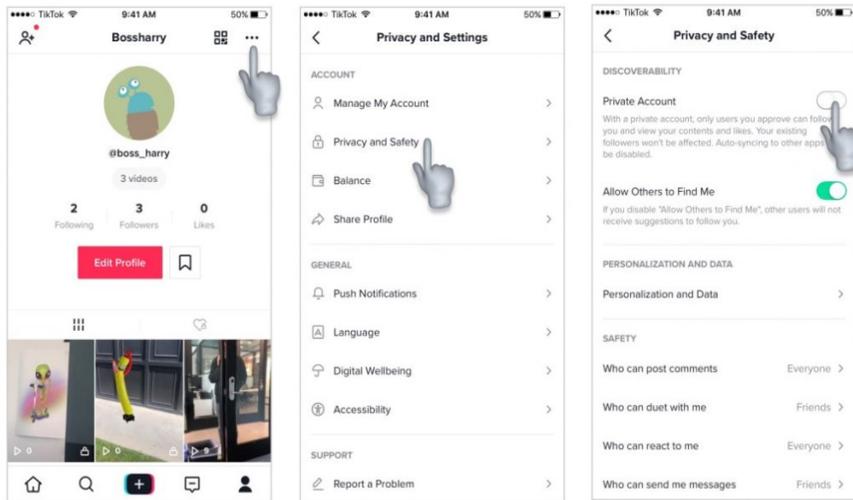Choose 'Privacy' subcategory under 'Advanced' section.

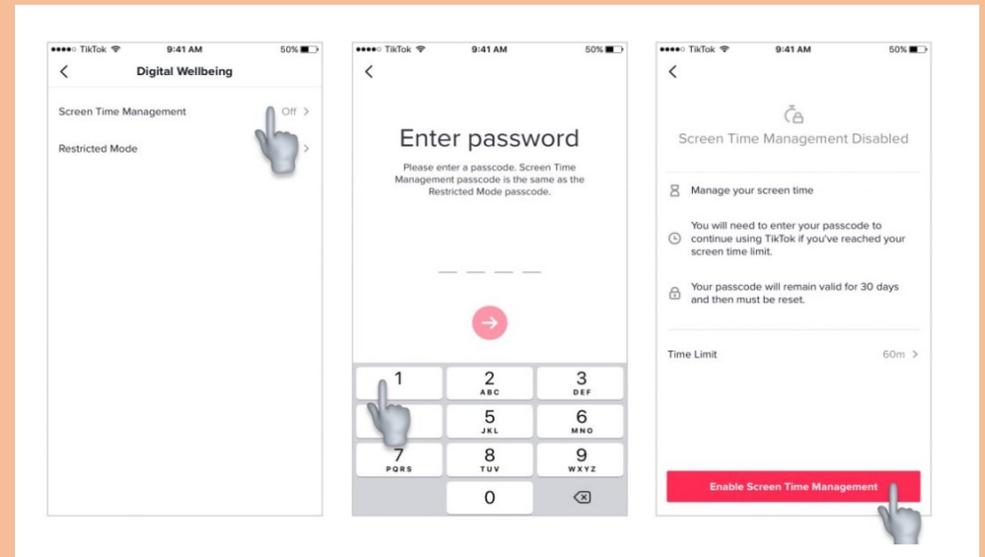And enable 'Safe Browsing' in the next window.

TikTok

Set account to private

Option for a private account

Restricting content and screen time. TikTok provides users (or their parents) the ability to filter out more mature content by enabling Restricted Mode. The app states that Restricted Mode will "limit the appearance of content that may not be appropriate for all audiences." Our testing shows that use of Restricted Mode removes videos containing violent and sexual content, resulting in a more PG experience.

Block user

Blocking users. TikTok gives users the ability to block another user for any reason. A blocked user will not be able to follow you. They also will not be able to view, like, or comment on your videos. To block another user:

Go to Profile tab of user you want to block > Tap Settings icon (top right corner) > Tap Block

To set restricted mode tap on restricted mode and enable restricted mode.