



Information for parents

About your trainer

Matt Lovegrove is a leading eSafety and online child protection trainer and speaker. He has worked extensively with children, parents and school staff over many years to promote the safe and responsible use of technologies and online services and is particularly interested in the prevention of online abuse. Matt is an Ambassador for the National Crime Agency's CEOP (Child Exploitation and Online Protection) Command, an Associate Member of UKCCIS (UK Council for Child Internet Safety) and a qualified teacher. He holds a European Pedagogical ICT Licence in Online Safety.

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Approaching eSafety

Try to avoid scaremongering when talking to children about the risks that the Internet poses; scare tactics may not be as beneficial as they seem at first. It's important to discuss online dangers, but in a supportive way and whilst acknowledging the benefits of being online. The best way of understanding how children use the Internet is by sitting with them whilst they're online and observing their behaviour. Ask lots of questions. Even if you feel that children have a technological advantage over you, remember that you have more experience of the world and of people than them.

Where possible, avoid taking away a child's access to technology in response to them seeing something inappropriate online as doing so may stop them talking to you about future issues. Instead, talk to them openly about what they saw. Remember that children are curious; they may search for content that they don't understand or find embarrassing. Only remove access to technology if you feel that a child is at risk.

Tell children that it's never too late to tell an adult if something they see or someone online makes them feel uncomfortable. Never get angry.

Too much time?

Below are some tips to help reduce Internet/gaming time if this is an issue.

- Reduce your own time with technology first – set the example
- Acknowledge that disconnecting from devices/games can be hard
- Start with small time reductions first; agree on daily time limits
- Leave devices at home when going out
- Set up a device-free space and/or time at home
- Plan to watch TV or do activities together at regular times
- Use parental control tools to restrict access if needed

Safe searching



www.kiddle.co

Child-safe search engine
(recommended for younger children)

To turn on Google SafeSearch, visit www.google.com/preferences on the computer or device that you wish to activate it on. Select 'Turn on SafeSearch' (computer) or 'Filter explicit results' (mobile device.) You may wish to select 'Lock SafeSearch' too. Remember to save the changes you made.

Learn about apps and services

Use the NSPCC Net Aware website to learn about any apps or online services that you are unfamiliar with.

www.net-aware.org.uk

Chat lingo

ASL – age, sex, location	ILU – I love you	UR – your
BFN – bye for now	IRL – in real life	WTGP – want to go private?
BRB – be right back	LOL – laugh out loud	WU – what's up?
CU – see you	M8 – mate	WUU2 – what you up to?
F2F – face to face	NP – no problem	YOYO – you're on your own
FYEO – for your eyes only	PAW – parents are watching	143 – I love you
GNOC – get naked on camera	PM – private message	5sx – sex
GTG – got to go	POS – parents over shoulder	*H* – hug
H&K – hugs and kisses	THNX – thanks	*S* – smile
	TTYL – talk to you later	

Visit www.engageesafety.com/chat-lingo for a more extensive list.

Grooming

To help prevent grooming, talk to children about:

- The importance of keeping their personal information, including profiles, private online
- Blocking and talking to a trusted adult about people who make them feel uncomfortable
- Only accepting online friend requests from real friends
- How easy it is for someone to pretend to be someone else online
- Never meeting someone offline that they originally met online without taking a trusted adult with them
- Never taking off their clothes on webcam or sending anyone sexually suggestive or naked photos

Signs of grooming:

- Chat logs show sexualised language
- Children become secretive about who they're talking to
- Sudden changes in behaviour, such as increased emotional volatility

Reporting grooming:

Report any grooming concerns to www.ceop.police.uk.

Cyber bullying

To help prevent children being bullied online, teach them to:

- Not reply to bullying messages (apart from saying 'stop' once)
- Keep the evidence
- Report any messages that are upsetting them and block the people who are sending them
- Talk to ChildLine if, for some reason, they can't talk to you

For more information

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Help us improve

After your session, please complete our quick feedback form at www.tinyurl.com/enfbml to help us improve. Thanks.

