

Welcome to the February 2020 Scomis Online Safety Newsletter for Parents

Safer Internet Day 2020 Top Tips for Parents and Carers

Safer Internet Day 2020 is being celebrated around the world on Tuesday 11th February 2020.

The global theme is **'together for a better internet'**, this year in the UK the focus is on how young people explore and express their identity online.

Everyone has their part to play in making the internet a better place, including **parents and carers!**

Tips and links below include some suggestions on how to get you started and help you to stay safe and positive online.

Help create an Internet where we are:

1. **Free to talk** - Talk regularly with your child about how they use technology. Not sure where to begin? Have a look at the suggested **'Conversation Starters'** for parents and carers
2. **Free to explore differences** - Talk to your child about being respectful to everyone online, and what to do if they feel their own identity is being targeted. Use the **'Quick Activities'** as a family and unpick this topic together
3. **Free to make the internet work for your family** - There are lots of tools to help you manage the devices used by your family For advice and guidance on how to make use of parental controls and other safety features on devices, check the **free Parents' Guide to Technology**.
4. **Free to get involved** - As parents and carers, it's natural to feel worried about the risks posed by your child being online, but for young people the internet offers a wealth of exciting and fun ways to explore and experiment with their identity. Spend some time with your child looking at, or interacting with, the things they do online.
5. **Free to seek help and support** - Remember – you are the life experts. Find out how to get more support by visiting Childnet's **'Need Help?'** page Watch the video [here](#) and find out how to talk to children about their online lives



Ofcom publishes Children and parents: Media use and attitudes report 2019



The latest report published by OfCom identifies Popular platforms and activities:

- YouTube remains firm favourite among children aged 5 -15 years
- Children's social media use is diversifying. WhatsApp in particular gains popularity, joining Facebook, Snapchat and Instagram
- Newer platforms such as TikTok and Twitch are gaining in popularity
- Girl gamers are on the increase



Read the report in detail [here](#)

NB. Age recommendation for **TikTok:13yrs**

Have you checked your SMART devices are safe?

Smart devices' are the everyday items that connect to the internet – like speakers, security cameras or fitness trackers. If unprotected, smart devices can be hacked to put your data and privacy at risk.

In the most extreme situations, this could even leave the device brought into your home at the control of a hacker.

1. **Use a strong password** – change the password of any devices that come with a default password, set a new password if you're given the chance. Make sure you don't have passwords like '12345' or 'admin'
2. **Turn on two-factor authentication (2FA)** - such as using your phone to get a code. This is called two-factor authentication (2FA) – and you should set your settings to switch it 'on'. 2FA provides a way of 'double checking' that you really are the person you are claiming to be. It makes it much harder for criminals to access your online accounts, even if they know your password.
3. **Always accept automatic updates** - make sure all your devices, tablets, phones and laptops are set to automatically update their software
4. **Perform a factory reset if returning / trading in** - before you return your purchase or pass them on to somebody else, you should first perform a 'factory reset'. Check your manufacturer's website if you need to find out how to perform a reset.
5. **What to do if something goes wrong**—If you think someone has malicious control of or access to a device in your home, you should perform a factory reset.

Check the National Cyber Centre's website for advice [here](#)

Have you heard of Yubo?



Formerly Yellow—Recommended Age 13+

Has privacy and safety concerns. Yubo is a social media app for iOS and Android devices that lets users create a profile, share their location, and flip through images of other users in their area.

Read review by CommonSense Media [here](#)

Remember to check Recommended Age and Terms and Conditions

Visit the NSPCC's Share Aware website and check the T&Cs plus Age Recommendations [here](#)

Visit CommonSense Media's website to review videos, games and Apps [here](#) Review before your children!

For a range of Tips, Advice and guides from age-specific online safety checklists to guides on how to set parental controls on a range of devices, visit InternetMatters' website [here](#)

HELP is at hand!

Remember **FREE** advice is just a phone call away from the O₂ and NSPCC helpline **0808 800 5002**
Or visit any O₂ Guru in an O₂ store