

# #DITTO

STAY SAFE ● HAVE FUN ● REPEAT

EDITION 18 MAY 2019

## *In this edition*

- # DISTORTED SELFIES
- # IWF ANNUAL REPORT
- # JUMBO PRIVACY APP
- # AGE IDENTIFICATION
- # ONLINE HARMS WHITE PAPER
- # DITTO - SAFE SELFIES



## Foreword from **Alan Mackenzie**

### Welcome to Edition 18 of **#DITTO**

**Hi there, I'm Alan Mackenzie.**

I'm an independent consultant specialising in online safety, specifically within education to children, young people, schools and other organizations, and parents.

I'm a strong believer that technology, for the most part, is neutral; behaviour is the most important aspect.

To understand behaviour, we have to be a part of children's lives in order to understand what they're doing with technology and why.

We have to be curious and guide them to realise the wonderful opportunities that the online world gives to all of us, and be there to support them when they need it.

#### Contact **Alan**

☎ 01522 25 30 88

🌐 [www.esafety-adviser.com](http://www.esafety-adviser.com)

✉ [alan@esafety-adviser.com](mailto:alan@esafety-adviser.com)

🐦 [twitter.com/esafetyadviser](https://twitter.com/esafetyadviser)

f [facebook.com/esafetyadviser](https://facebook.com/esafetyadviser)

I hope you had a wonderful Easter break. I went away for a few days to the lovely Welsh coast with my wife for our wedding anniversary and had glorious sunshine. But, as I type this, the good old British weather is back with thunderstorms due imminently, just at the time when I'm about to leave to travel to a school to deliver a parents online safety evening!!

It's common and completely understandable that many describe the world of online safety as very fast paced; it is in some ways and isn't in others. Technology moves very fast, but the tech that children and young people use stays relatively the same for long periods of time, as do their games and social media apps. The behavioural risks within those apps also tend to be fairly constant (although they do evolve), whether that be online bullying or CSE, or more low level (and more common) such as falling out with friends.

What is very fast-paced at the moment is research and reports, and if I'm honest I'm really struggling to keep up with it all.

In this edition I'm going to summarise a couple of the most recent (and most important) reports to keep you up to date.

*Alan*





# DISTORTED SELFIES

I love my photography; I have been taking photographs since the mid 90's; the image above and the front cover of this magazine are recent examples when I was speaking at a conference in London.

Like so many others, I started when our first son was born as I wanted to document our family, particularly our children growing up, and at one time I even developed my own black and whites, long before the days of digital.

A hobby like this is sometimes a great lead-in when talking to children in the classroom. Many children love looking at photographs, but more importantly many like taking them as well, particularly documenting their lives with selfies. That conversation can lead into all sorts of areas, such as where they share those photos, who

with, on what apps, and so much more.

In turn, a conversation like this will now and again reveal concerning activity, such as a few months ago when a Year 6 child who said she took loads of images and shared on various apps. None of those apps were set to private and she didn't care what the school or parents told her; for her it was all about how many likes and followers she could get. It was really concerning to hear a 10 year old talk like this.

I had a discussion with the class teacher who was present during the lesson. She stated that the discussion was very revealing and had contributed to some concerns the school already had about this young girl, which now warranted further investigation.

This is where the beauty of conversations with the children can be really informative; talking about something they really enjoy (that has an online element) and using that as a means to get across online safety information, whilst at the

same time looking and listening for anything that is out of the ordinary.

Back to the photography theme.

I was browsing a few photography articles online a couple of weeks ago and came across an article from a British fashion photographer called John Rankin Waddell. The article was called 'Selfie Harm'; essentially, he took portraits of 15 teenagers aged 13 to 19 and then gave them 5 minutes to edit the pictures to make them 'social media ready'. This is part of a project called Visual Diet, which is a campaign exploring the impact of imagery on mental health.

I can't show the images due to copyright, but if you go to his webpage ( <https://rankin.co.uk/home/> ) and look under Special Projects.

When I looked at the images I found it disturbing; why is it that some of these young people thought their faces were so wrong that they had to distort them with totally unrealistic filters?

It was good to read that the majority of young people preferred their original images, but what I find disappointing is the assumption that for those that did alter their images, social media is to blame.

On Instagram Rankin wrote, "It's time to acknowledge the damaging effects that social media has on people's self-image," following up with, "It's just another reason why we are living in a world of FOMO (fear of missing out),

sadness, increased anxiety and Snapchat dysmorphia.

This assumption is something you read in the media every single day and it's guaranteed to get me on my soapbox. Does social media have a part to play? Yes, certainly. But is it to blame? No, I don't believe so.



This is a much bigger societal problem, particularly in advertising where you see so much photoshopped perfection and hyper sexualisation, which is then being shared across social media platforms; the platform is just the outlet, not the cause. Furthermore, so-called influencers have a huge part to play in this with their incessant quest to make more money. It doesn't just affect girls, it affects boys too, and we're seeing it at younger and younger ages.

This would be a really interesting discussion in school or at home. An open, honest and critical discussion about why some young people feel it necessary to completely alter their natural look.

It's far too easy to blame the ills of society on social media; it is people that do the sharing and, to get to the root cause of the issues we are seeing, we need to engage with young people to find out why there is this pressure, how (or if) it affects their mental health, and only then can we give the best support, advice and guidance available.

*Alan Mackenzie*



**IWF**  
Internet  
Watch  
Foundation

# Once Upon A Year

## IWF Report 2018

**WARNING: THIS ARTICLE AND THE REPORT CONCERNS THE SEXUAL ABUSE OF CHILDREN.**

In my opinion, and I'm sure that of many others, the Internet Watch Foundation carries out one of the most difficult jobs in the world. Yet its importance grows year on year as we can see from their annual reports.

The IWF is a not-for-profit organisation who are supported by the European Commission and internet companies around the world, who work closely with police and governments globally. Their job (in very simple terms) is to eradicate online images and videos of children being sexually abused.

In this article I am sharing some key information from their latest report, released on 25th April 2019. In the full report

there are short articles from a couple of the analysts and the work that they do. There is also a hard-hitting but very real and important story about Olivia, a child who was abused as a baby. If

you are a professional working with children I would recommend you read the full report which can be found on the IWF website - [www.iwf.org.uk](http://www.iwf.org.uk).

*"We've seen a huge rise in child sexual abuse imagery captured by webcams this year."*

*"When we started in 1996, the UK hosted 18% of the known child sexual abuse URL's. In 2018 this figure was just 0.04%"*

**Once upon a year**

## 2018 at a glance

- A webpage was assessed every 2 minutes. Every 5 minutes that webpage showed a child being sexually abused.
- 229,328 reports were assessed. 105,047 URL's confirmed as CSA images or videos.
- 78% of victims were girls, 17% boys, 4% both genders.
- Fastest removal - 4 minutes.

## Self-generated content and livestreaming

The IWF report seeing increasing self-generated content shared online. This is where, in some cases, children are groomed or extorted into producing a sexual image or video of themselves.

An in-depth study was carried out and published in May 2018 (available on the IWF website). Of the 72,954 webpages actioned in the last six months of 2018, 1 in 4 was assessed as containing a self-generated image or video, mostly via livestreaming services.

These images mainly involve girls aged 11-13 years in their bedrooms or another room in the home. Sixteen percent were of children assessed as 10 years or under.

## 2018 at a glance

The report goes into much greater depth; the point of this article was to show you the importance of the work that the IWF do, the incredibly positive impact they are having, but also to show you there is much more work to do by all of us.

Over the last couple of years, myself and other consultants have seen livestreaming gain in popularity with children and young people. It is vital that education, both at home and in school, keeps up with the trends to ensure that our children are as safe as possible.

# Online Safety PRO



Decreasing budgets, time poor, difficulty keeping up with online safety?

Online Safety Pro can help you with this.

A **1-day course** for your online safety lead covering a range of topics including:

- Risks and opportunities related to gaming, YouTube and social media.
- Whole school approach to managing online safety.
- Engaging children and parents.
- Best free resources to use in the classroom
- and much, much more.

**PLUS:**

Unlimited 12 months access to online training for:

- All teaching staff.
- All support staff.
- All governors.
- New joiners during the 12 months.
  
- **Plus** a regular 10-minute video to keep all your staff right up to date.

The course is delivered by Alan Mackenzie and is being held at a range of venues.

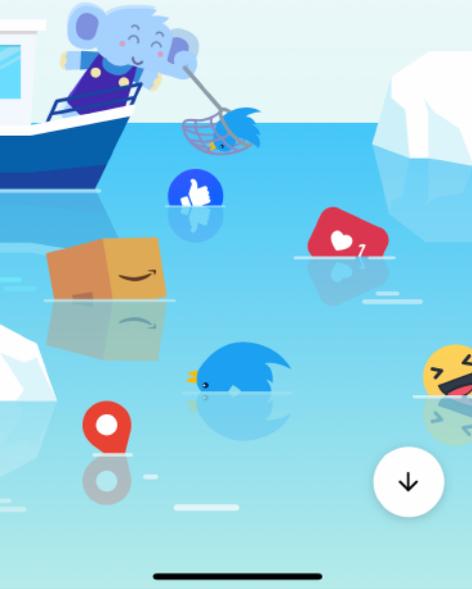
22nd May Manchester  
25th June London  
4th July Manchester

For more information:

<http://www.esafety-adviser.com/onlinesafetypro>

## One app, all your privacy needs.

Your personal information is all over the internet and it's hard to manage. Meet Jumbo, we'll clean up all of your data on social media – in one beautiful app.



## Clean old stuff, save hours and feel better.

It takes a few seconds to say: "Jumbo, remove all my old tweets from Twitter and save them to my iPhone."

We support cleaning Twitter, Google Search and Alexa (and many more apps, like Facebook, Instagram, Tinder, coming soon).



## Secure, because Jumbo will never see your data.

We've engineered a new way to manage your personal information without Jumbo ever seeing it.

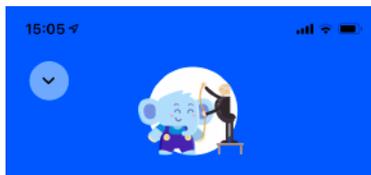
Jumbo does not have any servers that process your data. Everything happens from your iPhone, securely.



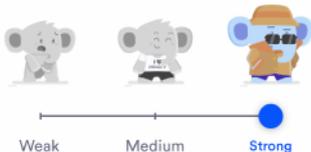
If you use a lot of apps on your phone, setting up and checking all those privacy settings can be a chore, particularly Facebook which has about 40 different settings! Also, that opinion you had 2 years ago, or that post you didn't really mean, can come back to haunt you.

A couple of weeks ago I came across a new app called Jumbo. Essentially it's an app to set your privacy settings to what you want them to be and clean all the old stuff out. It's for Apple devices at the moment but an Android version is apparently coming soon. Currently it only works with Facebook, Twitter, Google Search and Amazon's Alexa, although there are plans to integrate more such as Instagram and Tinder.

I tried it out and it seems okay. Personally I'm happy to set my own privacy settings, and I make a concerted effort to be careful with what I post, but for some it may be useful.



Jumbo, set my smart  
privacy to...



Most of your Facebook information will be only visible by you.  
Jumbo will disable face recognition and restrict ads.  
Also, Jumbo never changes a setting to a less restrictive option.

[Learn more about Smart Privacy](#)

[Log in with Facebook](#)

15:12

Jumbo is scrubbing your  
online activity

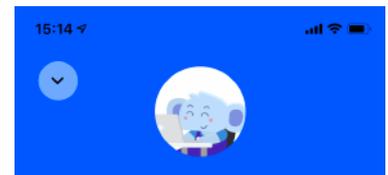


10 / 110



Keep Jumbo open during cleaning

If you close the app, the cleaning process will terminate before being completed.



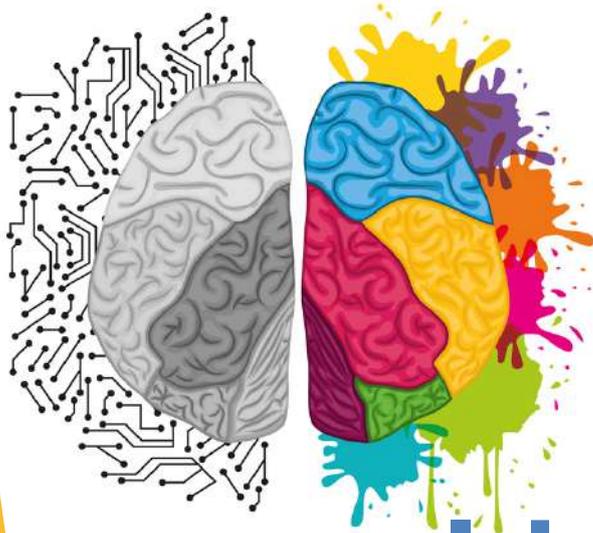
Jumbo, please delete my  
Google searches that are  
older than...

All Searches  
(Recommended)

One Day

One Week

One Month



## Age Identification

Catherine Knibbs (BSc, MBACP (Accred), UKCP Adult Psychotherapeutic Counselling, Doctoral Clinical Researcher, Cyber Specialist Therapist and Cybertrauma Theorist. Cath is the leading researcher on cyber trauma in the UK, specialising in online abuse in all forms and provides consultancy, education and training on this topic.

Web: [www.cybertrauma.com](http://www.cybertrauma.com)

Twitter: @nibzy



The UK will become the first country in the world to bring in age-verification for online pornography when the measures come into force on 15th July 2019.

To some, pornography is a taboo subject; it can cause embarrassment and possibly shame, but I will attempt to speak about this issue without going into detail, and briefly discuss one way some young people may continue to access this material after the 15<sup>th</sup> July.

Let's talk about the implementation of the new intervention by the government to prevent children and young people accessing pornography.

I will say this is a great move to prevent the accidental viewing of this media and bravo for the first attempt to protect children. However, and I think this is the issue, I mostly see in therapy that the access by young people to this media, who actually 'want to' access this material, will render this intervention to an almost null and void process. Let me explain how this is explained to me in therapy and where I have spoken with young people over the last 10 years around this topic.

When young people are prevented access to something it can become all the more desirable, as did alcohol during the prohibition. Nor has 'just say

no' ever really been a satisfactory intervention. Forbidden fruit is a human flaw of seeking the unattainable.

My concerns are due to the holes in the age identification process issue that I have seen in my lifetime relating to alcohol, cigarettes and 'getting into the pub/nightclub' before you were 18.

In the 1980's and 90's there was an attempt to create a new identification card that showed you were 18 so that you didn't have to carry around your birth certificate to prove your age. This was a piece of paper (that could have been anyone's) and to be fair not many people ever took their passport 'uptown'.

So, there was a push to create cards that would identify you as being 18, to prevent young people entering establishments that sold alcohol, had gambling facilities or sexually related activities such as stripping/lap dancing. This card would have your photo on it too, rather like your driving licence (which is the most common piece of personal identification used today).



I distinctly remember seeing shops that would sell the identification card to young people and you would have to take your birth certificate, and I think a number of other documents (I was over 18 at the time so never had to buy this so can't say from experience). But what I did witness was a number of young people buying buckshee (fake) cards, that were being sold for a hefty price at the high school or colleges by young people who had card machine facilities.

This is the similar resolution I propose that will be implemented by some young people from July. There will be buckshee cards/codes available for a price that will enable under 18's to continue accessing the material. This is because the proposed interventions that will come into force will have a two-fold approach which will mean viewers of these sites will need to evidence their age as being over 18 by either the use of a credit card or by an age verification card bought from a shop (which will be verified by the staff at the shop), and these cards will have a unique code that you can enter online.

Therein lies one of the circumnavigation issues from the point of view of quick cash 'entrepreneurs' who are likely to begin selling these codes to young people in order to make money, over values and ethics.

The desire to make money is a high driving force for some. Codes that enable you to access certain

material (e.g. cheat codes for gaming, buying followers on social media, access to adult sites), will be overlooked as to the impact of this material on the buyer, much as the drug industry does towards the takers of the pills and potions sold on street corners (which I now believe is no longer the way this business is primarily conducted since the invention of the Internet). Young people who want to access adult sites will find a way to do so.

I have limited the amount of information here for space, however there are a number of concerning ways this can happen, but the way I have mentioned in this article is one you may hear about.

I am aware that the regulation of the access to adult sites has a feeling of closing the gate after the horse has bolted, yet it is a move in the right direction of protecting children and young people. I am also aware that this article may read like my expectations for it are low, they are not. I do believe we have to make some changes to help protect young people from the exposure to adult material before their brains and bodies are ready, and this article is a gentle reminder to keep our eyes and ears open to the kinds of practice that will sabotage the attempt to keep children safe.

Safeguarding around access to this material is, as always, everybody's business.

Cyber Synapse - by Cath Knibbs

A podcast for parents and professionals for cyber issues.

<http://bit.ly/cysynapse>

# THE ASSOCIATION OF ADULT AND CHILD **ONLINE** **SAFETY** SPECIALISTS

AACOSS is an association of individuals who specialise in the complex and evolving area of online safety. We combine our knowledge, experience and skillsets, working to a specific set of values and a code of conduct, which ensures that the child is at the centre of everything we do to help keep children safer online.

## Why do we exist?

Online safety is a vast area; we believe there is no such thing as an 'expert'. Whilst consultants have a good overview of all of the main subject areas, some also have specific expertise in particular areas, e.g. specific year groups, topics, research etc.

This is why we call ourselves specialists, and by coming together we all benefit from shared experience, advice and individual specialisms so that we can all work to a common set of core criteria whilst keeping learner-focussed.

There is continual recognition at government level which tends to concentrate on a small number of charities and organizations, however there are also many individual consultants and specialists, usually very small companies, that are collectively doing the significant amount of awareness-raising work around the UK and are at the frontline of support to schools.

Collectively we are a stakeholder group in order to collaborate and deliver high quality advice and support individually and within these organisations.

## What do we do?

Our main activities are:

To ensure the delivery of high quality education, advice and support to all schools and organizations around online safety.

To be a conduit for 2-way communication between key organizations (e.g. UKSIC, UKCIS, CEOP etc.) for the passing of information to inform best practice, new research etc.

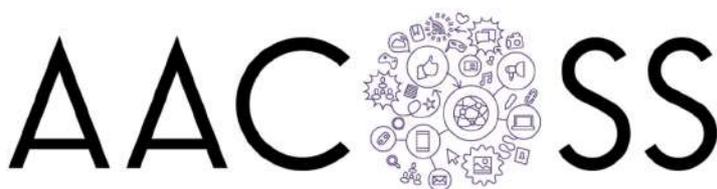
To bring together individuals who are passionate about online safety, enhance support amongst members and upskill each other.

To ensure there is an increase in the level of quality and consistency in the information delivered in schools and other organizations around online safety.

To meet twice annually (July and December) in order to share continuity of key messages and best practice, discuss research and resources, agree on priorities that need to be addressed in schools and more.

## Membership

Membership of AACOSS is completely free and is open to independent online safety specialists, local authority safeguarding and online safety officers, headteachers, teachers and safeguarding/child protection leads, independent safeguarding consultants and others as agreed on a case-by-case basis.



# Online Harms White Paper

“...our challenge as a society is to help shape an internet that is open and vibrant but also protects its users from harm. The UK is committed to a free, open and secure internet, and will continue to protect freedom of expression online.”

“We must also take decisive action to make people safer online.”

This white paper has been expected for some time. At nearly 100 pages in size it goes into a lot of depth, but there is a useful executive summary if you would like to get a little further into what the UK government are proposing. In this article I will summarise the main points of the online harms white paper.

## What is happening?

The government wants the UK to be the safest place in the world to go online. However, there is lots of illegal and harmful content online and public concern is growing. The government believes that a regulatory framework is needed to improve the safety online for everybody.

The scope of online harms is huge, but to give you an idea:

- Terrorist groups spreading propaganda and live streaming attacks.
- Child sex offenders grooming children online, sharing CSA images and live streaming.
- Disinformation affecting the democratic process.
- Gangs inciting violence.
- Harassment, bullying and intimidation.

As you can see from this very small list, the challenge is huge. I think this has been a long time in coming, it's a very welcome step from the government, but it isn't going to be an easy process by a long shot. When you consider that no other country has taken this approach, the challenge is exacerbated considerably and many other countries will be looking very closely at what the UK is doing.

## What is the vision?

- A free, open and secure internet.
- Freedom of expression online.
- An online environment where companies take effective steps to keep their users safe, and where criminal, terrorist and hostile foreign state activity is not left to contaminate the online space.
- Rules and norms for the internet that discourage harmful behaviour.
- The UK as a thriving digital economy, with a prosperous ecosystem of companies developing innovation in online safety.
- Citizens who understand the risks of online activity, challenge unacceptable behaviours and know how to access help if they experience harm online, with children receiving extra protection.
- A global coalition of countries all taking coordinated steps to keep their citizens safe online.
- Renewed public confidence and trust in online companies and services.

## Clarity for Companies

1. **Establish a new statutory duty of care.** Companies to take more responsibility for the safety of users and tackle harm caused by content or activity. Compliance will be overseen by an independent regulator. The regulator will have powers to take enforcement action such as substantial fines and liability on individual members of senior management. The legal duty will be set out in codes of practice.

I totally agree with this. There are many things online that are not illegal, yet are totally inappropriate for children and young people. Freedom of speech enthusiasts will disagree saying the internet should be open and free to everyone; we would all love a free and open internet but the reality is that society simply doesn't work that way and where children are present there should be adequate protections in place. To simply say that children shouldn't be in some of these places is unrealistic.

2. **Terms and conditions should be clear** and accessible, including to children and other vulnerable users.

About time; terms and conditions should be written in a way that can be understood by any person, not pages and pages of useless legal jargon that few can understand. This appears to be in hand already, the Data Protection Act 2018 (section 123) stated that the Information Commissioner (ICO) must prepare a code of practice and have recently released a draft code ([Age Appropriate Design: a code of practice for online services](#)) which is currently under consultation and the Children's Commissioner has also done some work in this area.

3. The regulator will have **the power to require annual transparency reports** from companies in scope. These reports will be published online.

Without transparency, much of this framework will be useless. Companies must show that they are working to the common good. The fact they will be published online is brilliant; the public should have a right to see these.

4. The regulator will encourage.....**the ability of researchers to access their data**, subject to safeguards.

I cannot stress how important this is. Good academic research is pivotal to understanding online harms, and therefore what to do about them. But good research needs huge amounts of data; much of this data is already available as it is collected by many companies all the time (e.g. Facebook).

## Which Companies?

1. All companies that allow users to share or discover user-generated content or interact with each other online..

Think social media, file hosting, discussion forums, search engines, messaging services - it's huge!

2. Initially the government will focus on the companies that pose the biggest and clearest risk of harm to users due to scale or known issues. (Think Facebook, Instagram, Snapchat etc.).

As you can see, the scope is massive, but it is right that the government has to start somewhere, and that start should be those huge tech companies that have the dominant footprint online.

## Empowering Users

1. Users want to be empowered to keep themselves and their children safe online, but currently there is insufficient support in place and many feel vulnerable.

I'm not sure about this; there is plenty of support and a huge amount of really good information. Sadly, there is also a lot of terrible information. Users, parents in particular, need to know where to go for the right information that is appropriate to the age of their child.

2. The government will develop a new online media literacy strategy in broad consultation with others. This strategy will ensure a coordinated and strategic approach to online media literacy education and awareness for children, young people and adults.

I'm sceptical about this one. Many strategies have been tried in the past and money tends to be thrown at the same companies and charities over and over again with no measurable impact. I hope I'm proven wrong for the sake of the children.

## Summary

A white paper is essentially a set of proposals for future legislation; this is a consultation to iron out any points and bring it into law. The consultation began on 8th April 2019 and will close on 1st July 2019.

The report is 100 pages in size and I have briefly touched on the main points otherwise it becomes overwhelming, but as you can see already, this is a huge piece of work. On the next page I have pasted a table of the online harms that are in scope as part of this white paper.

I think it's a great step forward, it's certainly ambitious; there are some things I don't agree with and some parts I feel need a lot of clarification, but that's the point of a consultation.

For a long time tech companies have been getting away with whatever they wanted to do. The odd apology here and there is completely meaningless and their incessant rhetoric that they will 'strive to do more' is getting old and tiresome.

With that said, the blame cannot be laid at the tech companies, at least not all of it. The issues are with society as a whole, and as with any part of society you're going to see the very best and the very worst of human behaviour.

We all have a part to play to get things right for future generations of children, but with so many stakeholders (industry, parents, rights groups, education, charities etc.) and opinions there has got to be a starting point; somebody has got to put that stake in the ground and say enough is enough, and this is what the UK government are doing. There will be tears and tantrums along the way, there will be changes to the proposals, but that's what a white paper is for - to get it right.

# Online Harms in Scope

Harms with a clear definition	Harms with a less clear definition	Underage exposure to legal content
<ul style="list-style-type: none"> <li>• Child sexual exploitation and abuse.</li> <li>• Terrorist content and activity.</li> <li>• Organised immigration crime.</li> <li>• Modern slavery.</li> <li>• Extreme pornography.</li> <li>• Revenge pornography.</li> <li>• Harassment and cyberstalking.</li> <li>• Hate crime.</li> <li>• Encouraging or assisting suicide.</li> <li>• Incitement of violence.</li> <li>• Sale of illegal goods/ services, such as drugs and weapons (on the open internet).</li> <li>• Content illegally uploaded from prisons.</li> <li>• Sexting of indecent images by under 18s (creating, possessing, copying or distributing indecent or sexual images of children and young people under the age of 18).</li> </ul>	<ul style="list-style-type: none"> <li>• Cyberbullying and trolling.</li> <li>• Extremist content and activity.</li> <li>• Coercive behaviour.</li> <li>• Intimidation.</li> <li>• Disinformation.</li> <li>• Violent content.</li> <li>• Advocacy of self-harm.</li> <li>• Promotion of Female Genital Mutilation (FGM).</li> </ul>	<ul style="list-style-type: none"> <li>• Children accessing pornography.</li> <li>• Children accessing inappropriate material (including under 13s using social media and under 18s using dating apps; excessive screen time).</li> </ul>



# DOING IT TOGETHER

## Safe Selfies

A lesson I have done quite often in schools with primary aged children is called Safe Selfies. It's fun, simple, realistic and informative and can easily be done at home.

As I mentioned earlier in the magazine, I'm a keen photographer and just to do something different with the children in the classroom I'll use photography as a focus point for something I want to talk about in relation to online safety.

The way I do it is to show a range of images to the children and allow them to decide whether it is safe, unsafe, appropriate or inappropriate to share online.

The purpose of the lesson is twofold:

- It engages them in an activity they're already aware of (taking selfies) and therefore they can apply the lesson into their real lives.
- It allows me to identify any weak areas, or areas where they may have been given inaccurate information.

To make it fun, I'll use a range of photographs of me at various ages from childhood through to adulthood. and we'll pretend we've just taken them. The children seem to enjoy this and I really don't mind them being a bit cheeky; if anything I encourage it as it gets them to open up and engage more.

For example, the black and white image at the top is of me and my sister many moons ago. Some children will say it's safe. A few will say it's unsafe for a variety of reasons ("someone will be able to find you" being the

most common), a small number will say it isn't appropriate to share unless you have the permission of the other person. Brilliant, that's the correct answer, always ask permission if somebody else is in the photograph. Nobody is going to find me, there's no identifiable information in the photo.

I also use a photo of me standing in the street, with the street name clearly showing. The majority of children get this one straight away, the street name is identifiable so shouldn't be shared, or at the very least blur out the street name using a filter, but check with parents first. There's another one of me standing by a sign on the island of Bermuda and the children come out with some extraordinary answers for this one, mainly because they don't know where Bermuda is, but some of the answers are eye-opening, "someone is going to find you and kill you", "someone will find you and rape you."

Hopefully you get the idea, it's a wonderful opportunity to sit down with your children and reminisce about your childhood using old photographs, but also there's a really simple, practical lesson in there as well. Children can have very over-active imaginations, pick up on something that someone has said or repeat what they've seen in the media, so it's a way of setting them straight in a nice simple way. If you haven't got any appropriate photos, use Google or even better, Pinterest (a free app), to find some.

*Alan Mackenzie*

# RESOURCES FOR PARENTS

I'm quite often asked what the best resources for parents are. Not an easy question to answer as it would depend on what your concerns are, your level of knowledge, or a particular risk that you would like more information on.

I have listed below 4 of what I believe to be the best, current and up to date resources.



## Common Sense Media

To learn more about the games or apps your children are using, Common Sense Media covers thousands, which includes advice and reviews from other parents:

<https://www.commonsensemedia.org/>



## Internet Matters

Tons of age-specific related information created specifically for parents. Includes information to set up devices.

<https://www.internetmatters.org/>



## YouTube

With over 5.5 billion videos, if you need to know something there's a good chance it's here. Use simple searches such as, "What is..." "How do I..."

<https://www.youtube.com>



## School

The school your child goes to is a wealth of information. If you're not sure or don't know where to turn to, they can and will help. Find out what your child does in school about online safety so that you can replicate the same advice at home.



## Contribute to the magazine

I'm always on the lookout for great content to share with schools and parents, but I also know that people have their own individual stories to tell. This information can be hugely beneficial for everybody.

- Are you a parent who has experienced something with your child? What was it and what did you do? Has your child experienced something and would he/she like to share their advice with others?
- Are you a school that has experienced a series of incidents? How did you tackle this? Do you have an innovative way to engage with specific online safety topics in the school?
- Do you have an opinion or a thought-provoking idea?

Drop me an email and let me know your thoughts. Everything can be kept anonymous if you wish.

*Alan Mackenzie*

[alan@esafety-adviser.com](mailto:alan@esafety-adviser.com)

[www.esafety-adviser.com](http://www.esafety-adviser.com)



## Contact Alan

☎ 01522 25 30 88

🌐 [www.esafety-adviser.com](http://www.esafety-adviser.com)

✉ [alan@esafety-adviser.com](mailto:alan@esafety-adviser.com)

🐦 [twitter.com/esafetyadviser](https://twitter.com/esafetyadviser)

f [facebook.com/esafetyadviser](https://facebook.com/esafetyadviser)