



# A DIGITAL WORLD, SAFER



Online Safety UK Newsletter  
Christmas 2021



HAPPY CHRISTMAS!

**CONVERSATION AS A FAMILY IS  
STILL ONE OF THE BEST WAYS TO  
KEEP YOUR CHILDREN SAFE  
ONLINE**



## CAN INNOCENT SCROLLING TURN INTO DANGER?

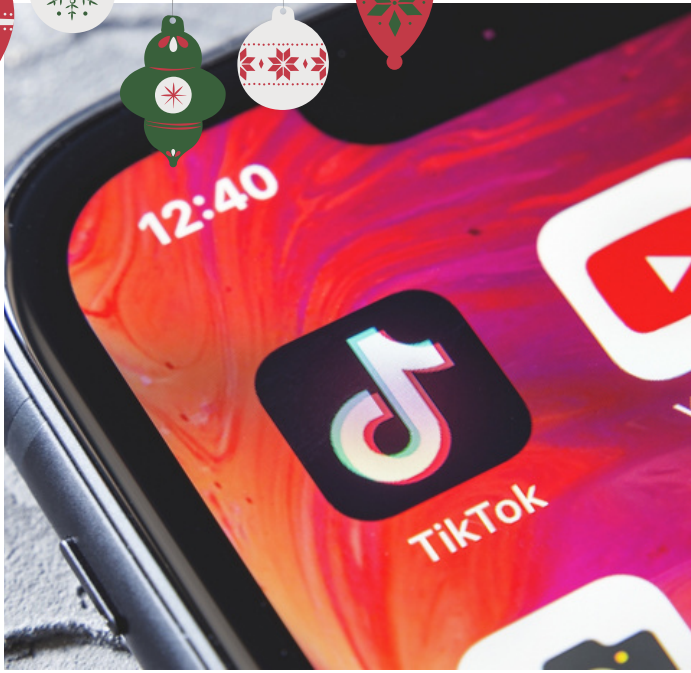


We are seeing a rising number of incidents where children are using social media apps appropriately but the content they're watching, is leading to curiosity about other platforms, websites or games. As any natural child, with Google at their disposal they're finding out about these platforms and accessing them.

Unfortunately we are finding an increasing amount of Adult 18+ sites being accessed through genuine curiosity, but this could have led to serious Online Harm being caused to the user.

How can you help prevent this? We encourage conversation about their interests online and if they're curious, to share that curiosity with you so if they stumble across something they shouldn't, you're already available to deal with it, with them. [Find out more...](#)

# ONLINE SAFETY - PARENTS



## TIKTOK PARENTAL CONTROLS EXPANDED

TikTok has expanded its parental controls to give you more options to keep you and your children feeling better and safer whilst using the app. As always, the app requires you to be age 13, but no matter their age, having a parent who can oversee what is happening and how much time is being spent is imperative to the safety of users online. [Find out more...](#)

## CYBERSURVEY REVEALS TEENS ARE LESS HAPPY AFTER LOCKDOWN

We have been privileged to be a part of a national research project looking into the changes and effects of those changes on younger people, during the lockdowns and over the entirety of the pandemic so far. Unfortunately, some of the findings are worrying and with no end in sight just yet for the pandemic, action right now is essential to support the younger generation as they turn to technology for escape and find things that negatively impact them further. [find out more...](#)



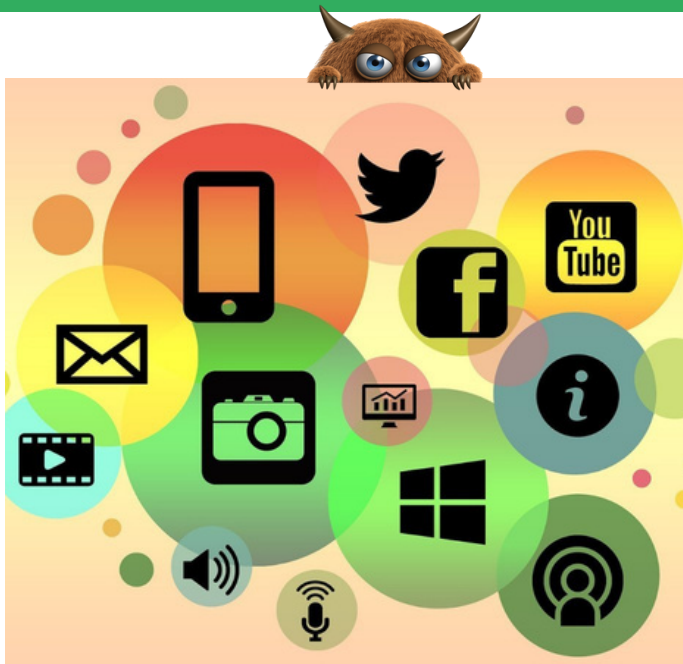
## PARENT EVENT: SETTING UP DEVICES FOR CHRISTMAS

Christmas is always a time of new devices, "hand me down" phones and the introduction of new paid for games that are saved until the Christmas period. We are running some workshops on how to address the increase in time spent on said devices and how best to 'manage from a distance' where you don't need to grab hold of their devices to check up on them, you can do it all, from the comfort of your sofa with just your phone. No technical skills required, just some simple step-by-step instructions to guide you.



**BOOK NOW**

# ONLINE SAFETY - PARENTS



## ONLINE SAFETY BILL

The brand new, long awaited "Online Safety Bill" or "Online Harms Bill" as it's known, is likely to bring some real responsibility and importantly a "Duty of Care" to it's owners. With it's release we should see less "fake ads", the promotion of self harm, the sending of unsolicited naked images and huge changes in the algorithms that point it to content that is inappropriate for our ages. [Find out more..](#)

## FORTNITE: CHAPTER 3

The new chapter of Fortnite has been marketed and released just before Christmas and it includes Marvel Superheroes among other things. This has already seen a huge increase of players who left the game, coming back. This is just very good marketing and campaigning. The features within the game have no changed, it is just a new map and new "skins". Be aware of the Battle Pass that will need buying again for £11.99, as per each season change. Encourage young gamers to think about how they're feeling when playing games. Fortnite is notoriously linked to "rage play".



## ONLINE SAFETY APP RE-RELEASE JANUARY 2022

We have revamped and remarketed our Online Safety App, to allow you to download our app for free and access key features through your school, from January. This will be in the form of a 'school login' that grants you access to videos on how to set up devices, manage certain apps and ongoing it will provide you with 60-second updates on changes that have occurred in apps, such as the TikTok changes. [Find out more...](#)



**Online Safety**

# MOTIVATION & POSITIVITY IS KEY TO ALL LEARNING

#MondayMotivation

"IF YOU CARE ABOUT SOMETHING ENOUGH, IT'S GOING TO MAKE YOU CRY. BUT YOU HAVE TO USE IT. USE YOUR TEARS. USE YOUR PAIN. USE YOUR FEAR. GET MAD."

Sherman Alexie



Online Safety UK

”

"Those who know, do. Those who understand, teach."

ARISTOTLE



Online Safety UK



PEOPLE PRETEND TO BE SOMEONE THEY ARE NOT ONLINE SOMETIMES.

DO YOU FEEL UNSURE ABOUT SOMEONE?

ASK AN ADULT FOR ADVICE!



Online Safety UK

A friends list full of strangers can be **dangerous.**

Keep the number of people on your friends list low, to just your **friends in real life.**

STOP - BLOCK - REPORT



KEEP IT TO REAL LIFE FRIENDS



Follow



Follow



Follow



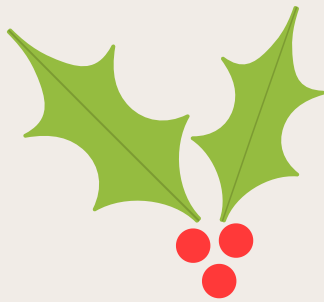
Follow

## NEW USEFUL GUIDES

Every month we produce new guides and blogs about important topics. Take a look at these five for this month.



[Nintendo Switch How To Setup](#)



[TikTok Parental Controls](#)



[Playstation How To Setup](#)



[Merge Fables](#)



[Xbox - How To Setup](#)

# CAN INNOCENT SCROLLING TURN INTO DANGER?

*Lee Haywood*

Over the last decade we have seen scrolling become muscle memory for all generations, from those that are grandparents to babies picking up devices for the first time the art of flicking your flicking up or down on a screen has become so normal we hardly ever think about it. In particular with handheld devices, scrolling is a way of accessing new video content or reading through comments, or maybe reading an article you're interested in.

Crucially, what has come with scrolling is the immediate access and consumption of the media or information before our eyes.



We are finding that this completely innocent scrolling, through apps like Instagram, YouTube, TikTok and so many more is providing users with what many would call age-inappropriate content such as violence or gore, sexual videos and the promotion of seemingly "fun" or "friendly" apps, games & websites which once they access them, brings them to a higher probability of online harm and they won't even know it, until it happens.



## 71% OF 14-16 YEAR OLDS ARE USING SCREENS UNTIL THEY FALL ASLEEP


According to our survey in Spring 2021, 71% of teens aged 14-16 are using screen until they fall asleep. We would suggest this is likely involving a lot of video content as well as scrolling through TikTok. This scrolling sometimes leaves suggestions to visit "webcam" sites that we choose not to name here as to not drive more curiosity, it can lead to adult content sites and on occasion there are extremely distressing / harming of humans or animals witnessed on these apps that no-one ever means to see, but it's not something you can un-do once it's happened.

### **What can you do?**

- Openly discuss about a way your children can come to you with questions or concerns around the things they read / watch on the internet, where they won't be judged and that you can hopefully talk it through with them.
- Be mindful of endless scrolling leading into the late hours of night and early hours of the morning. Use the built-in control features where you can set bedtimes, called "downtime" on their device at a time that is reasonable to you.
- For younger users (under 13), consider how suitable the videos on TikTok are for a young mind, for even younger users (under 9) be sure to weigh up the benefit of using YouTube Kids, rather than standard YouTube, to avoid the adverts and content not suitable for them that can still exist on YouTube.

# TIKTOK PARENTAL CONTROLS HAVE BEEN EXPANDED

We are openly impressed in the way TikTok conduct themselves when it comes to listening to it's user base and providing more features to help parents and age 13+ users of the app to manage their use of the app, protect themselves and report harmful content swiftly. That said, there is plenty more that can still be done going forward in which the Online Harms Bill should aid the pace of that change somewhat.

Remember, if you haven't already done so, you need to "Family Link" your account and their account, it's really simple, and you don't need to actively use TikTok to manage their settings. For more information - [TAP HERE](#) 

So, what's changing this time? Firstly, this is for ages 13-15, you can't sign up with a lower date of birth, the age restriction is 13 for TikTok.

- **Default Privacy Mode:** For users ages 13-15 (who don't lie about their age!) the account is set to Private by default, they will also be turning off the "suggest my account to friends" popup feature.
- **Comment Restrictions:** Parents now get to choose between just two options, whether to allow friends, or No-One to comment on their videos. The option for "Everyone" to comment is being removed.



- **Limited Downloading:** Within TikTok, users can save / download your video onto their phone. With this new feature, if you're under the age of 16, that option is simply not available and ages 16-17 the default is for the feature still to be off, but you can change this.
- **Duet (Video Collaboration Feature) / Stitching (Video Remix Tool) Restrictions:** These will now only be available for ages 16+, so users aged 15 and under will not be able to use these features at all.
- **Search Bar:** Parents can now turn off the Search Bar for their children, stopping them from actively searching for particular content or users. TikTok say it's to stop children stumbling across content parents may find inappropriate.
- **Controlling "Liked" Videos Visibility:** Parents can also choose to now turn on or off the ability for other users to see the teen's "Liked Videos" on their profile. And they can limit who is allowed to comment on their teen's videos by selecting either "Everyone," "Friends" or "No One."
- **Setting Their Account To Private:** You control, as the parent, the account privacy settings. So they can't just make their account public, you can choose whether it is public or private.

# LOCKED DOWN AND ONLINE

The huge national survey that we contributed to, is now out! And it has some stark findings.

## Teenagers' wellbeing and online lives in the COVID winter lockdown 2020.

'Life's gone digital' said a boy of 13 during the winter lockdown. What has this meant for young people? While they depended on their phones, tablets, games consoles and laptops as a lifeline to friends, fun and support, this is not all they found online. Many encountered harmful content talking about suicide, anorexia and misinformation about COVID. Teens also report online environments filled with sexist, homophobic and racist comments.

Young people were worried and anxious and described worries so overwhelming, 'they affect my life'. 20% feel alone. Sleep and appetite were affected.

## The annual Cybersurvey compared answers from 2019 with those from 2020.

### Worries Increase year on year 2019/2021

- Almost 2/3 of young people say, 'I worry a lot' (6% up)
- 45% feel 'My worries affect my life' (5% up)
- 68% feel nervous or anxious (5% up)
- Twice as many worry about life at home

### They come across more harmful content in 2020

- 31% saw online content talking about suicide (up 6% on 2019)
- 27% saw online content about anorexia (up 4% on 2019)
- 34% saw content about bulking up the body (up 6% on 2019)
- 42% saw misinformation about COVID

### Happiness reduced or became sporadic

- Only 46% of teens feel happy most of the time (6% down on 2019)

### Young people were already worried and anxious in 2019 and remain so

- 53% cannot 'make my worries go away'
- 56% are 'afraid bad things might happen'
- Only 1/3 feel positive about things most of the time

### Friends were lost due to missing school

In 2019, 62% of both boys and girls strongly agreed that they had good friends. By the end of 2020 this decreased to 54% of girls and 57% of boys. Among those who prefer not to state their gender, the difference was more marked, from 54% in 2019 to 35% in 2020.

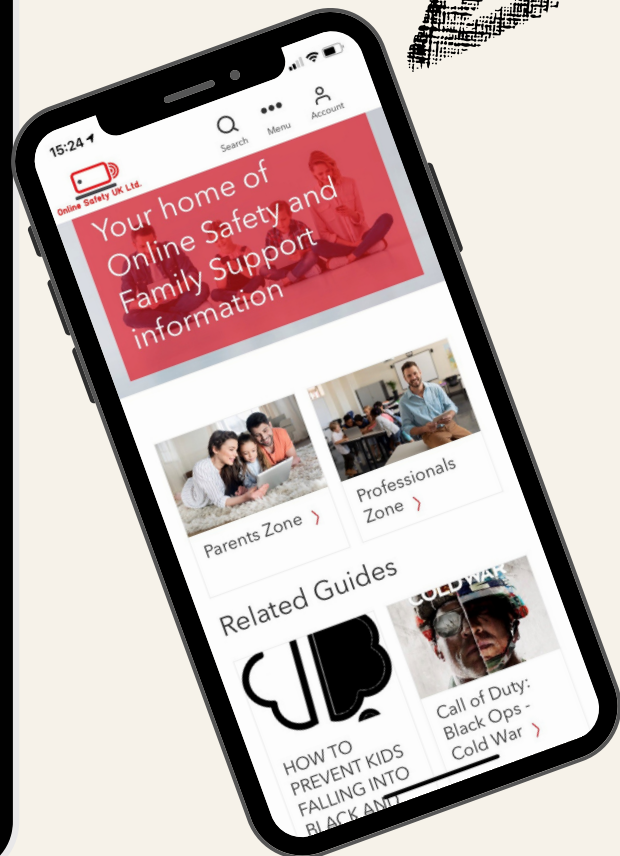
Young carers were 5 x more likely than other teens to say 'I have lost my friends due to missing so much school.'





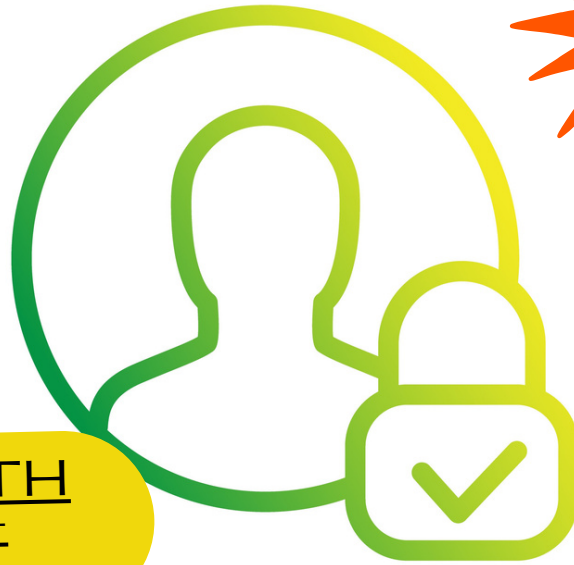
RE-RELEASE JANUARY  
2021

WANT TO STAY IN  
CONTROL OF YOUR  
CHILD'S SAFETY ONLINE?



***Live Alerts, Setup Guides,  
Apps / Games info & so  
much more***

ASK YOUR SCHOOL  
FOR THE LOGIN  
DETAILS JANUARY



SATURDAY 18TH  
DECEMBER -  
19:30 - 20:15

## Christmas & Consoles Parent Event

Spend 45 minutes talking about the options available to you, to help stay in control of console usage, whether there are new consoles for Christmas, new games or just the increased use of existing ones over the Christmas Period, take a look at how to stop unwanted payments from games, and limit the time on the games where necessary.

[BOOK YOUR FREE SLOT NOW](#)



### Did you know...

Xbox, Playstation and Nintendo all have their own, free, downloadable parental control apps where you never have to touch the console, to put these settings together? It's so easy!



**SATURDAY 18TH  
DECEMBER -  
20:30 - 21:15**

## Decorations & Devices Parent Event

A 45 minute session on setting up Devices correctly, in particular how to stop transactions from occurring without your knowledge and restricting certain apps or games being downloaded, without your knowledge.

[BOOK YOUR FREE SLOT NOW](#)



### Did you know...

You can authorise every transaction, without ever touching the device, ever again? Please, bed times, screen limits and the right apps / games to download can all be handled from your own device!



Online Safety UK



Assessed  
School



"PASSIONATE & POSITIVE"



## WHAT DO WE DO?

- International All Year Round School Support
- Foster / Social Care Professionals Support
- Educate Children
- Empower Parents / Carers
- Inform & Encourage Professionals
- Research & Develop new products / identify new trends
- 24/7 Safeguarding Support & Technical Advice for families within our schools
- Spread positivity whilst tackling these issues

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