



ONLINE SAFETY TIPS – National Police talk – La Luz – 22 January 2019

Important factual points:

1. Children spend long hours online. They stop doing everyday essential activities needed for their healthy development: sleeping, eating, etc as they have “to be with” their mobile, or their tablet.
2. Youngsters believe you can do anything online, Internet for them is a parallel reality where there are no consequences.
3. In their ordinary reality children play to be the main characters on their favourite videogame: in many cases these videogames depict violent scenes that children transfer then to their interactions with people in their life.
4. Passwords: it’s very important to teach them to use strong passwords and different ones **for each** of the social networks they use.
5. Social networks: more and more youngster are choosing to have two accounts: one, the one they show you where they write polite comments and ordinary photos and another one they keep secret where they exchange all types of conversations and pictures.
6. When their social networks profiles, which most children of 11 years old have, are set to private, accepting strangers as friends means they do not have any form of security on their accounts. Those strangers have now access to all the contents on your child’s profile and can use them as they pleased.
7. When online, children can come across what are known as “dangerous communities”. These are online groups that encourage racism, xenophobia, advice about ways to measure how slim your body is, and also organize meetings with the purpose of inflicting harm on a person or group of people.

ADVICE given by the police:

-Check your child’s whatsapp messages regularly. Nowadays most bullying cases take place over this application.

-Limit the use of the tablet to family rooms and stop your child from using it in their bedroom where you cannot see or hear what they are doing.

-Ensure they do not accept strangers as followers on their social profiles.

-Take screenshots of inappropriate conversations or photos in case you need to report the incident to the police at a future time.

-Use parental controls on your children’s devices:

- **Qustodio:** by installing it on your child's and your mobile you will be able to see what they do online.
- **Net Nanne** – allows you to see what they download and the amount of time they spend online.
- **YouTube kids** – gives you the option to choose what age group videos you want to allow your child to access.
- **Key Logger** – an application that registers all the activity on the device's keyboard.

REMEMBER: Everything your child does online is YOUR responsibility.