



ONLINE SAFETY

Your comprehensive guide to keeping your
child **safe** online

5 WAYS TO TALK TO YOUR KIDS ABOUT ONLINE SAFETY

1

SPEAK TO YOUR CHILDREN IN A REASSURING MANNER

This topic can be difficult and frightening for children. Speak reassuringly to your children about their online security, ensuring they take precautions, as the digital world is a part of the wider world.

2

DON'T QUIZ YOUR CHILD, HAVE A CONVERSATION

Talking regularly to your child about their favourite online activities will help them to open up to you. Especially because everyone hates to have their activities questioned.

3

HIGHLIGHT THE RISKS IN YOUR CONVERSATION

Always have age-appropriate conversations with your children about the risks of internet scams, data and virus breaches, grooming, and internet risks.

4

DISCUSS WHAT IS WRONG OR RIGHT WHEN POSTING ON SOCIALS

This is the point at which discussions about selfies, written postings, videos, and opinions are relevant. Talk about their digital footprint and the need to constantly think before posting anything, even a comment.

5

SHOW AN INTEREST IN THEIR ONLINE SAFETY

It's necessary to demonstrate a sincere interest in their activities as a whole, not just in their online safety. Whether it be watching them play games or asking what to post on social media, doing so will make your kids feel more comfortable talking to you and show them that you care.

15 APPS PARENTS SHOULD KNOW ABOUT



TIKTOK

TikTok is a mobile device app favourite among kids and is used for creating and sharing short videos. Users have very few privacy controls, making them more open to harassment and explicit content.



INSTAGRAM

Available on iPhone and Android, Instagram is a free picture and video-sharing app. It allows users to post photographs and videos to share with their followers or a small group of friends.



WHATSAPP

WhatsApp is a popular messaging app that allows users to send texts and photos, make calls and video chats worldwide. WhatsApp uses an internet connection on smartphones and Computers.



YOUTUBE

Users of YouTube can watch, like, share, comment on, and publish their own videos on this video sharing platform. Mobile phones, tablets, laptops, and PCs can all access the video service.



BEREAL

BeReal, a photo-sharing app, allows users to publish one photo daily, promoting unfiltered glimpses of their lives, setting it apart from other social media platforms.



FACEBOOK

With Facebook, you can interact and exchange content with loved ones online whilst using the social networking service. You can change your status, send messages, and review various content.



THREADS

Instagram's Threads is a text-based chat app. With Threads, users can keep up with current events and initiate new conversations. The user can unfollow, block, limit, and report profiles, giving them full control over their interactions.



SNAPCHAT

The software is incredibly well-liked by both children and adults of all ages. People submit videos and pictures of their daily routines while applying various filters.



X - TWITTER

A blend of blogging and instant messaging, X (formerly known as Twitter) allows registered users to post, share, like, and reply to tweets with brief messages.



PINTEREST

Pinterest is a social bookmarking website where users can share and organise pictures they find online. The website is referred to as a visual bookmarking site in its material.



DISCORD

Discord is a social platform for VoIP and instant chatting. Users can talk alone or as a member of groups known as servers and communicate using voice, video, text, and file transfers.



REDDIT

Users can submit links, photographs, and text articles to Reddit, a social news collecting and discussion platform, and other users can vote and comment on those entries.



TWITCH

With a focus on gaming and interactive content, Twitch is a huge platform for live-streaming various activities. By visiting the website or downloading the app, users can view streams on Twitch for free.



OMEGLE

On the online chat platform Omegle, users can speak with others without signing up. Users are paired up in one-on-one chat or video sessions at random by the service.



HINGE

Hinge is a dating app that works on both Android and iPhone devices. It matches you with individuals your friends know and can recommend. The app focuses on building relationships.

TOP TIPS FOR PARENTS

1 LEARN THE LATEST APPS AND GAMES

Today's smartphones are dominated by apps and games. For online security, it is crucial to be aware of what your child has access to. Learn about the newest applications, games, and websites that kids and teens want to use.



3 SET EXPECTATIONS AND BOUNDARIES

In terms of your child's online activities, it's important to establish rules and expectations. This involves having restrictions on the activities they can engage in and the amount of time they can spend on their devices, as well as what websites and apps they are not allowed to use.

5 EDUCATE YOUR KIDS ON PRIVACY

Children need guidelines for what is appropriate and inappropriate behaviour. Therefore, make sure your child is aware of how their data can be collected for any of the apps they may use. Set up restrictions on their app downloads, so they must request your permission before downloading anything.

2 TALK ABOUT CYBERBULLYING AND ONLINE PREDATORS

Although it's unpleasant to consider the negative aspects of technology, it's necessary to talk to your children about cyberbullying and online predators. Tell them what it is, what might happen if they engage in these behaviours, and how to keep safe if they ever come across either of these situations online.



4 EXPLAIN WHY PARTICULAR TRENDS ARE DANGEROUS

Online trends are one way that risky behaviour is promoted among kids and teenagers. It's crucial to explain why these trends are risky or unsuitable, as well as how they might endanger people. This will aid your youngster in making wiser choices regarding whether or not to engage in particular internet activities.

6 MODEL APPROPRIATE ONLINE BEHAVIOUR

By setting a good example for your child online, you can help them navigate the digital world safely. Teach your child that it's acceptable to take breaks from technology, engage in meaningful interactions offline, and show respect to others online.



SCREEN ADDICTION

Almost every parent stresses about how many hours their kids log on their tablet, smartphone or TV each day. It might be challenging to determine whether a child is dependent on their devices, without being familiar with the signs of screen addiction. Children and teenagers are developing technology-related dependency as technology becomes more pervasive. The warning signs of a child's screen addiction are listed below.



1

THEY CAN'T CONTROL THEIR SCREEN TIME

Researchers call "unsuccessful control" when children struggle to stop using technology, often due to a brain link between devices and immediate, interesting content, making it automatic for them to gaze at devices.

2

LOSS OF INTEREST IN OTHER ACTIVITIES

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3

IT INTERFERES WITH SOCIALIZING

Social media and online gaming can enhance socialisation but can also discourage engagement. Screens can obstruct family activities, and some kids may avoid spending time with friends for gaming.

4

THEY SHOW SIGNS OF WITHDRAWAL

If your child exhibits any signs, such as irritability, mood swings, difficulty sleeping, headaches, depression, and anxiety, when they are not on their devices, they may be experiencing withdrawal.

5

THEY'RE DECEPTIVE ABOUT IT

A warning sign is if your child is lying about how long they've been playing a video game or sneaking a tablet into bed at night. To help minimise their use at night, you can consider charging phones and other gadgets in a different room.

WHAT IS ONLINE BULLYING?

Bullying conducted online is known as **cyberbullying**. Social media, messaging platforms, gaming platforms, and mobile devices are all potential places. It is a pattern of behaviour intended to scare, anger, or shame those who are the target. Cyberbullying includes using any internet platform to harass, threaten, demean, or embarrass another person.



WHAT ARE SOME EXAMPLES OF ONLINE BULLYING?



1

SPREADING LIES

Creating false information about someone or publishing embarrassing images or videos of them on social media.

2

BEING THREATENING AND ABUSIVE

Using messaging services to send offensive, threatening, or abusive texts, photos, or videos.

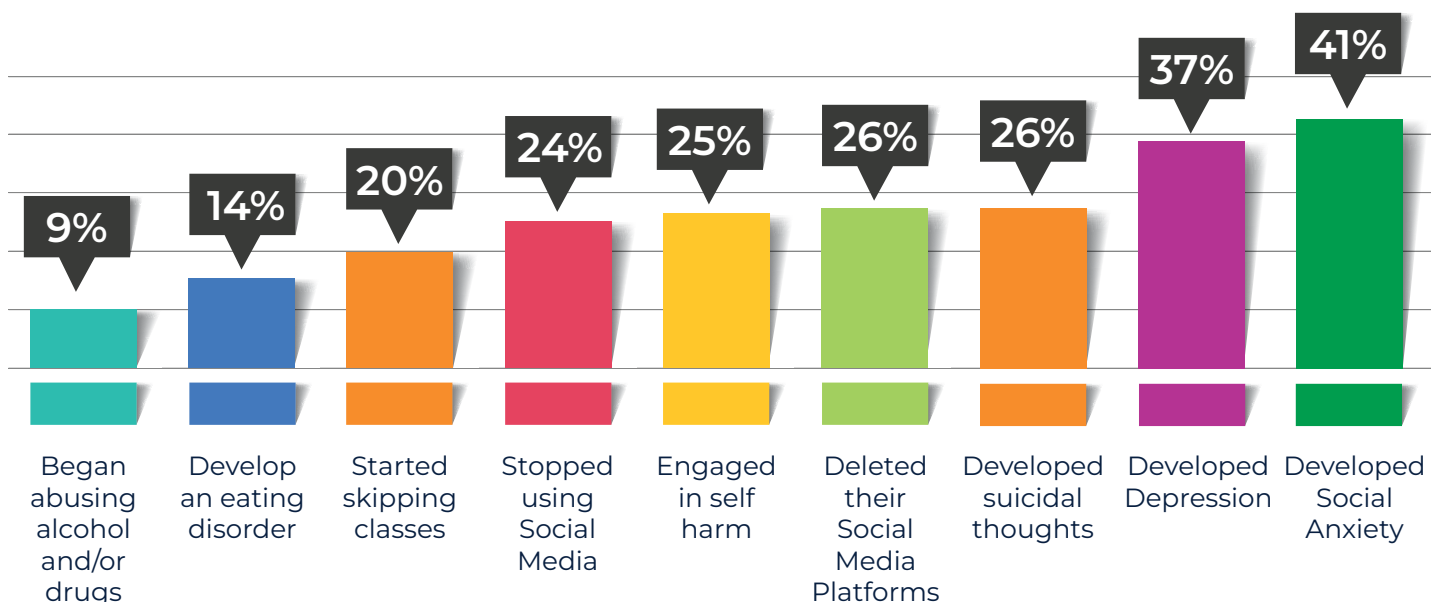
3

IMPERSONATING SOMEONE

Using a false identity to send obscene messages to others on that person's behalf.



ISSUES THAT KIDS DEVELOPED DUE TO CYBERBULLYING



Source: <https://www.broadbandsearch.net/blog/cyber-bullying-statistics#post-navigation-0>

IMPORTANT QUESTIONS AROUND CYBERBULLYING

Am I being bullied online? How do you tell the difference between a joke and bullying?

Friends often make fun of each other, but it's challenging to distinguish between joking and bullying, especially online. If the joke wears out, you may feel offended or believe others are laughing at you, rather than with you. If the behaviour persists even after you've requested the offender to stop and you're still upset about it, bullying may be taking place.

What are the effects of cyberbullying?

Online bullying can make you feel as though you are under attack everywhere, including at home. There might seem to be no way out. The consequences can be severe and have a wide range of effects on a person mentally, physically and emotionally.

Who should I talk to if someone is bullying me online? Why is reporting important?

The first thing to do if you believe you are being bullied is to ask for help from someone you can trust, such as your parents, a close relative, or another trustworthy adult. You can get in touch with a therapist, the sports coach, or your favourite teacher at your school in person or online. Consider banning the bully and formally reporting their activity on the social media platform if the bullying is occurring there. Social media firms have a responsibility to protect their users.

How can cyberbullying affect my mental health?

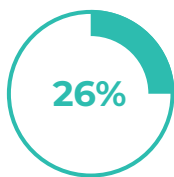
You could start to feel embarrassed, frightened, anxious, and uneasy about what people say or think about you when you are the victim of cyberbullying. This may result in withdrawal from friends and family, negative self-talk, regret about actions you took or did not take, or the perception that you are being unfairly judged. Feeling isolated or overburdened is common, as are recurring headaches, nausea, or stomachaches.

Even though grooming is a problem that exists everywhere in the real world, the internet gives abusers a platform where they can simply pretend to be someone else because online profiles are anonymous. Knowing that there are kids out there who do not comprehend the dangers of speaking with someone whose identity they do not know gives these perpetrators more confidence.

WHAT IS ONLINE GROOMING?

Online grooming frequently involves an older person reaching out to a child to sexually abuse, exploit, or harm them. The older person may manipulate the youngster into meeting up with them so they can abuse them in person, or the abuse may occur online.

Online grooming typically entails an abuser earning a young person's trust before taking advantage of or hurting them. This injury may take place concurrently with the abuser's pressure on the victim to remain silent about what is happening so that the abuse can go on.



of children with social media profiles are friends or are followed by people that they don't know

MOST COMMON ONLINE GROOMING WARNING SIGNS.

Acting secretive about their activities and the people they are interacting with.

Use their phone or another device more frequently than normal.

When questioned about their actions, they display more reticence or defensiveness.

Increasing the amount of time they spend away from home without cause.

Appearing eerily upset, distant, and depressed

Possessing greater wealth than usual or receiving presents they can't explain

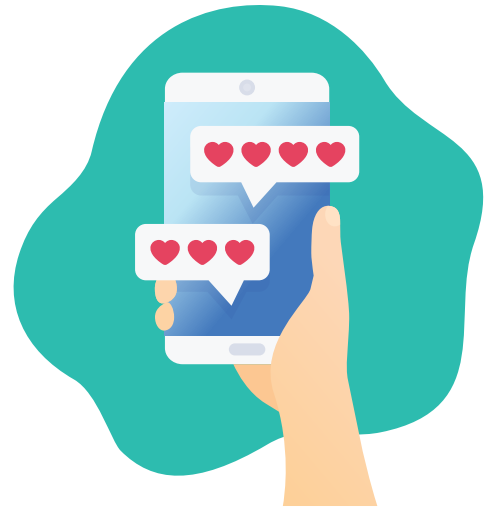
Start drinking or doing drugs right away.

Engaged in sexual activities that seem inappropriate for their age, acting sexualized, or using sexual terminology.

WHAT IS SEXTING?

Through the use of a smartphone, computer, tablet, video game, or digital camera, sexting is the sending or receiving of sexually explicit photographs, videos, or text messages. It's not something any parent wants to consider their child doing, and talking about it could be awkward.

However, the truth is that kids will eventually learn about sexting. This is why it's crucial to have an early conversation with your child about sexting so they have the knowledge they need to make wise choices.



WHEN & HOW TO DISCUSS SEXTING WITH YOUR KIDS

1

START THE DISCUSSION.

Ask about your child's perception of sexting and whether they have heard of it. It's critical to first understand how your youngster views the situation. Then, if necessary, provide age-appropriate information.

2

USE EXAMPLES THAT FIT YOUR CHILD'S AGE WHEN GIVING THEM INFORMATION AND GUIDANCE.

Inform your children about the dangers of texting containing sexually explicit images or videos, and ask if they have been exposed to nude or semi-nude photographs or sexual actions.

3

BE VERY SPECIFIC ABOUT THE RISKS

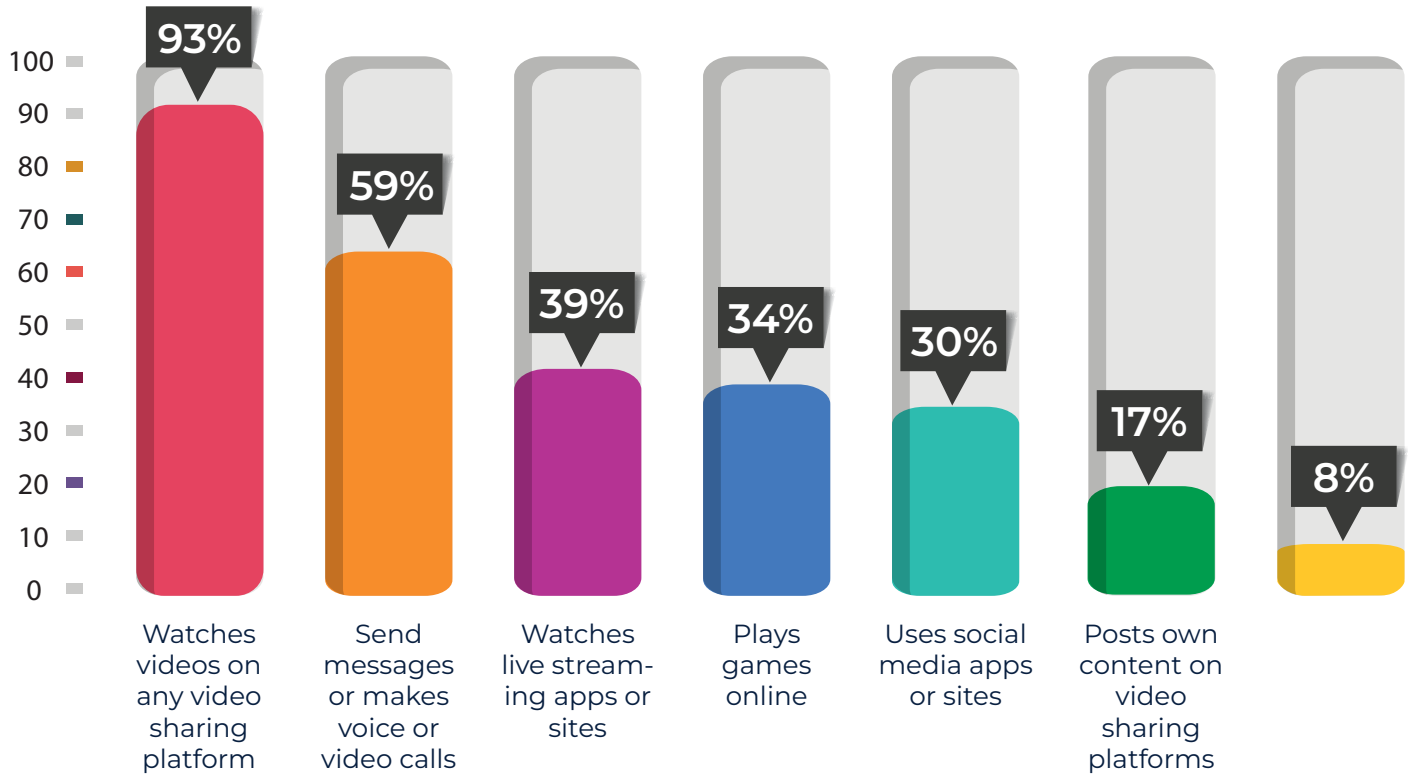
Sexting, often containing explicit sexual content, can lead to permanent marks on teenagers' records, potentially affecting their college enrollment and job prospects, and can include school suspension.

4

INFORM YOUR CHILDREN THAT TEXTS, IMAGES AND VIDEOS ON THE INTERNET CAN REMAIN THERE FOREVER

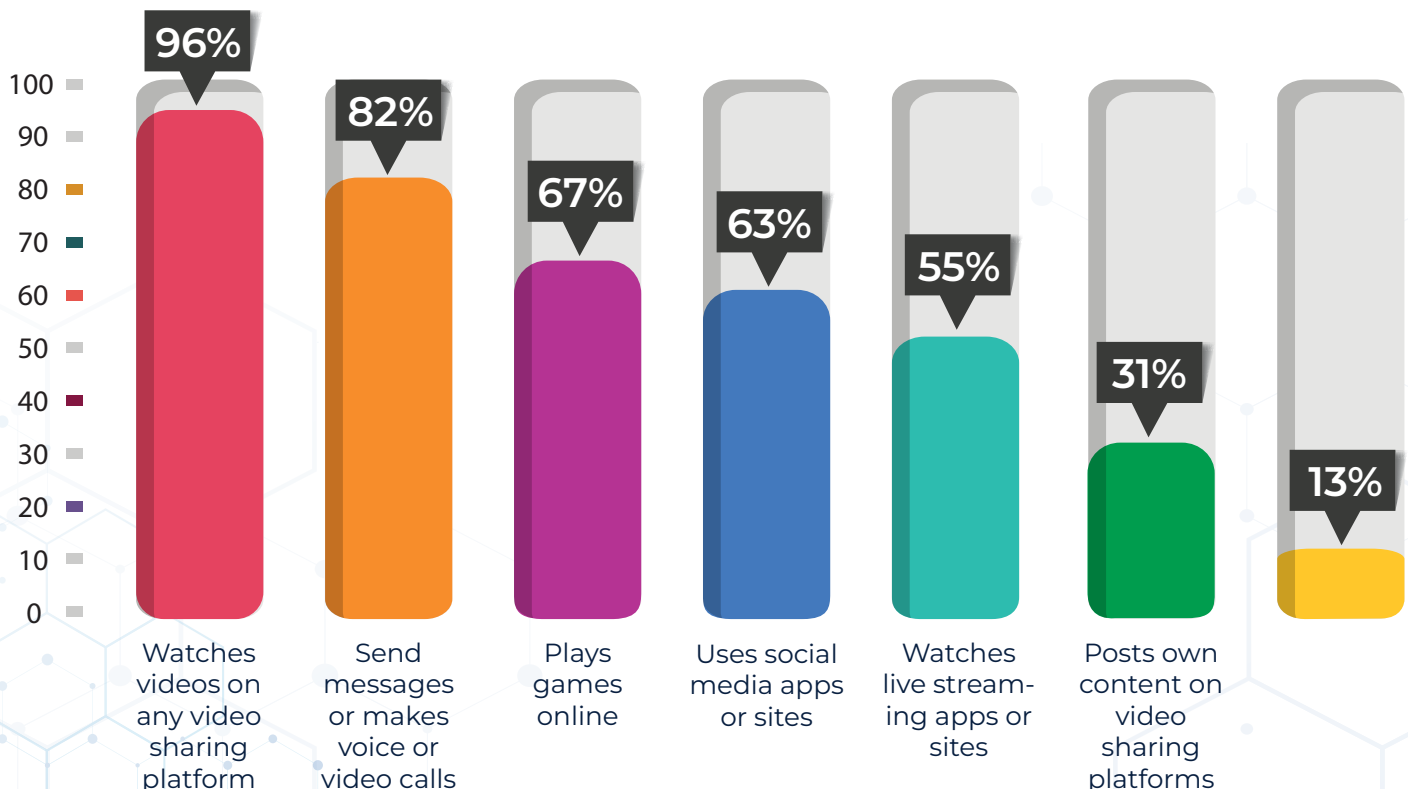
Sexting can be harmful, even on deleted apps, and can go viral. Parents can help their children avoid peer pressure by advising them not to engage in sexting and not to share any sexts they view or receive.

ONLINE ACTIVITIES OF 5 - 7 YEARS



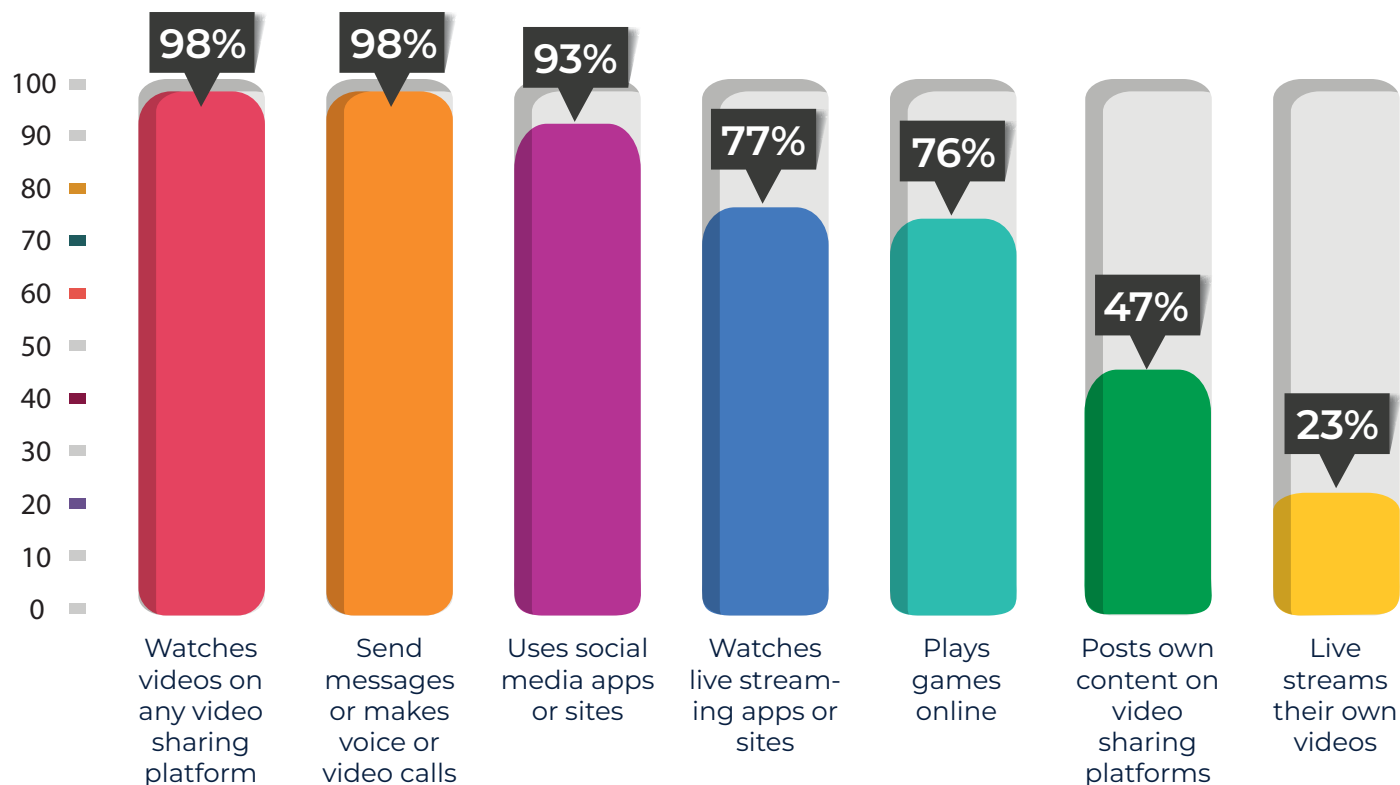
Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0027/255852/childrens-media-use-and-attitudes-report-2023.pdf

ONLINE ACTIVITIES OF 8 - 11 YEARS



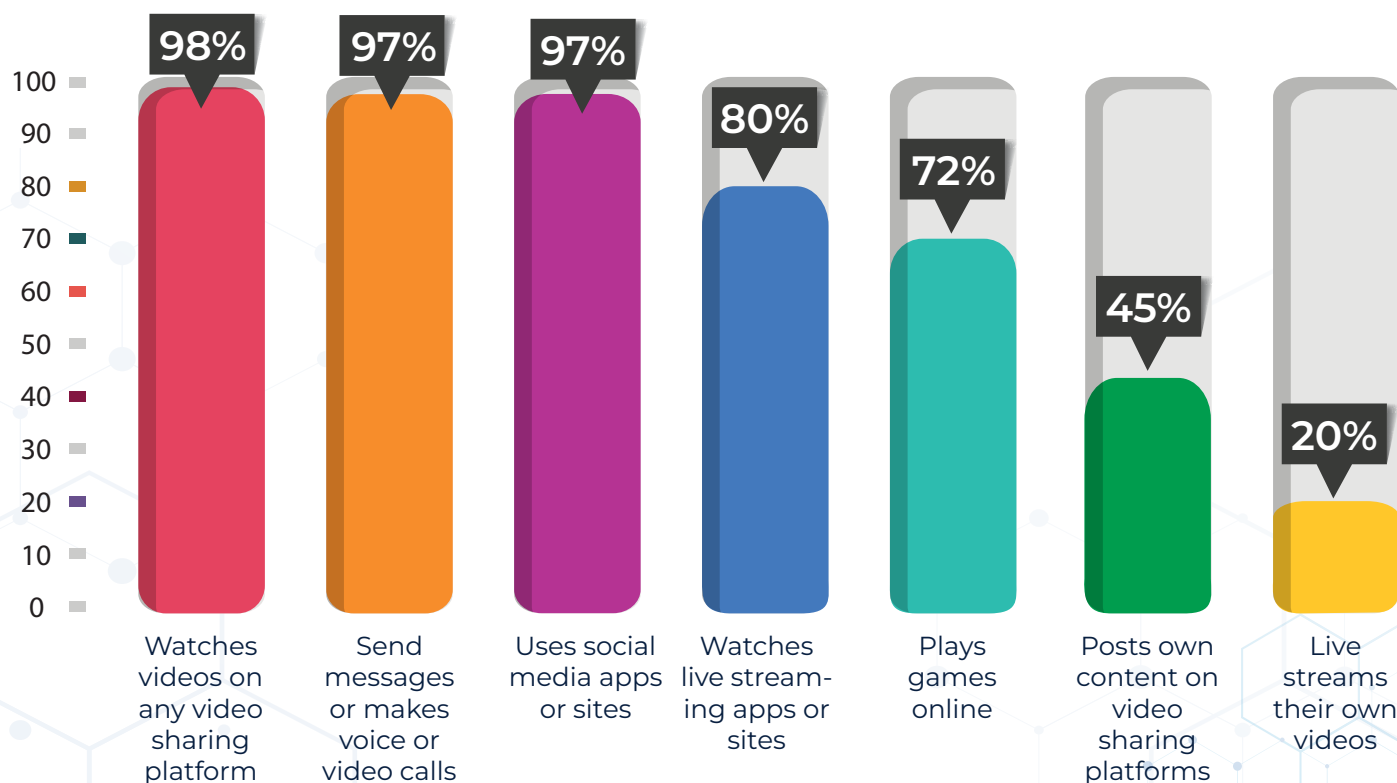
Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0027/255852/childrens-media-use-and-attitudes-report-2023.pdf

ONLINE ACTIVITIES OF 12- 15 YEARS



Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0027/255852/childrens-media-use-and-attitudes-report-2023.pdf

ONLINE ACTIVITIES OF 16 - 17



Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0027/255852/childrens-media-use-and-attitudes-report-2023.pdf

DANGERS OF SHARING IMAGES OF YOUR KIDS ONLINE

Sharing photos of your children on social media is a way many of us connect with friends and family members around the world. What we don't realise is that this often has potential negative consequences:

1

PRIVACY CONCERNS

Posting a pictures of your child online could potentially compromise their privacy. Once an image is on the internet, you can lose control of who sees it and how it is used.

2

SAFETY RISKS

Sharing information regarding private information about your child's location, routines, or activities may be a potential safety risks. Individuals with malicious intent could use this information to harm your child.

3

FUTURE EMBARRASSMENT

Your child may feel embarrassed or violated when they become old enough to understand their online presence you have created on their behalf. You should consider how your child might feel about the content you are sharing when they are teenagers or adults.

4

DIGITAL FOOTPRINT

The information you post contributes to your child's digital footprint. This footprint can affect their online reputation, including how they are perceived by peers, teachers, and potential employers in the future.

5

POTENTIAL FOR EXPLOITATION

Photos that you have posted of your children can be taken out of context, misused, or exploited. You should be very cautious about sharing images that could be taken and used for inappropriate purposes.

6

CYBERBULLYING

Your child could become a target for cyberbullying based on the content that you shared about them. Be mindful of the potential for negative comments or actions from others when you post photos of your children.

7

LEGAL ISSUES

Posting pictures of other people's children or violating privacy laws could lead to legal issues.

8

IDENTITY THEFT

Information you share online can be used for identity theft. Especially with the rise of deepfakes, malicious actors can grab an image posted on social media and create different images with your child's face. Avoid sharing sensitive details that could be used maliciously.



The background of the entire page features a blurred image of a young child with dark, curly hair, wearing a white shirt, looking down at a smartphone. Overlaid on the left side of the image are several white circular icons: a play button, a speech bubble with a telephone handset, and a magnifying glass. A blue semi-transparent rectangular box is positioned in the center-left, containing white text.

REPORT CYBERCRIME

CYBERSECURITY

If you are worried about someone you may know may have fallen victim to a cybercrime, you can report your concerns to the South African Cybercrime Unit at: cybercrime.org.za

If you suspect that your child is being groomed online or sexually exploited, you can report your concerns to:

- childprotect@saps.org.za
- SAPS Crime Stop (Tip-off Line): 0860 010 111
- 08000 55 555
- www.childlinesa.org.za

For more information, follow CYBER1 Solutions:

