

How to report concerns.....

Encourage your children to talk about what they are doing online. Tell them if they feel uneasy, they can talk to you or tell them to talk to an adult that they trust. They can always call

Childline on 0800 1111

Look at what they are doing online. Save all offensive emails and communications as evidence. Parents can report concerns to the

Police on 101

or if you are worried about online sexual abuse or the way someone has been communicating with your child online, then you can make a report to CEOP's Child Protection Advisors. Their website is

www.ceop.police.uk/safety-centre

Camera phones, digital cameras and web cams are everywhere these days, and children can be victims of their own inexperience with new technology. Many post pictures, videos or notes online that they later regret. Regularly check what your kids are posting on all social media platforms that they use.

**"Think before you post,
because once you do, it is
going to be up there
forever"**

break the
[si]lence.

If you would like to chat through any concerns please email

admin.lossiehigh@moray-edunet.gov.uk

for the attention of Miss Lynne Weir
Depute Head and Lead on Child Protection

Or call
01343 812047

and we will arrange for a call back or even better—arrange for an appointment to chat through your concerns face-to-face

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**Lossiemouth
High School**

Keeping your child safe online.....tips for parents

The World Wide Web is the greatest invention since the printing press. Nothing else has so radically shaped culture, media, commerce, entertainment, and communication. But these benefits come with great dangers all parents should know about.



7 Dangers of the Internet for Children

1. Pornography

Repeatedly viewing pornography, especially from a young age, can radically shape one's sexual attitudes and beliefs. Frequent exposures to sexually explicit material is closely linked to more permissive attitudes about sex, such as having multiple sexual partners, "one night stands", cynicism about the need for affection between sexual partners, casual sexual relations with friends, and even mimicking behaviours seen in pornography.

2. Sexting

Sexting is sending or receiving nude or partially nude photos or videos through the Internet or mobile phones. When children engage in this risky behaviour, many things can go wrong. These images are easy to forward on to others. At times, these images can be considered "child pornography" and some children have already been given criminal charges.

3. Cyberbullying

Bullying happens on both the playground and in the digital world. Hurtful words are exchanged. Rumours start easily and spread quickly. Profiles and e-mails are hacked. These types of activities are common today.

4. Predators

The Internet is a perfect forum to meet new people, but some with malicious intent can use it to "befriend" your child. Internet predators are expert manipulators, able to foster a relationship of dependence with a teenager. Most prey on a child's desire to be liked, their desire for romance, or their sexual curiosity. Often a predator "grooms" a child through flattery/sympathy and by investing time in their online relationship. These can then turn into offline relationships or, in extreme cases, opportunities for kidnapping or abduction.

5. Gaming

While online and console games can be very fun, educational, and interactive, there are also hidden dangers. Much of the content of some games include sexual content, violence, and crude language. Plus, internet-connected games enable children to interact with strangers, some of whom can be bad influences or mean your children harm.

6. Social Networks

Social networks like Facebook are very popular online activities. But parents should be aware of the image their teens are projecting as well as the influences they are absorbing online. Remember—there is a 13-year-old minimum age requirement.

7. YouTube/Tik Tok

YouTube is the world's largest video sharing website. But because anyone can upload anything to YouTube or Tik Tok, often videos can break the Community Guidelines and even those that do not can still be full of sexual innuendo, provocative content, and foul language.

Safety Tips for Parents....

- Ask your children if they use social networking sites. Look at the site together or search for it yourself online. Social networking sites often have age limits. If you want to delete a site, work with your child to cancel the account or contact the social networking site directly. Tell your children not to post a full name, address, phone number, school name and other personal information that could help a stranger to find them.
- Ask them not to send photos to people they meet online.
- Learn about privacy settings that allow children to choose who can view their profiles. Explain that strangers who approach them online are not always who they say they are - and that it is dangerous to meet them in real life.
- Tell them to "instant message" only with family or friends they already know off-line.
- When it comes to internet safety, there is no substitute for parental supervision. Put your computer in a common area of your home, not a child's bedroom, so you can keep an eye on online activities.
- Go to websites that explain the shorthand children use in instant messaging, like "POS" ("parent over shoulder") or "LMIRL" ("let's meet in real life"), so you know what's going on.