

PARENT & CARER GUIDE



TO THE ONLINE WORLD

*The benefits, the risks and
where to get support...*



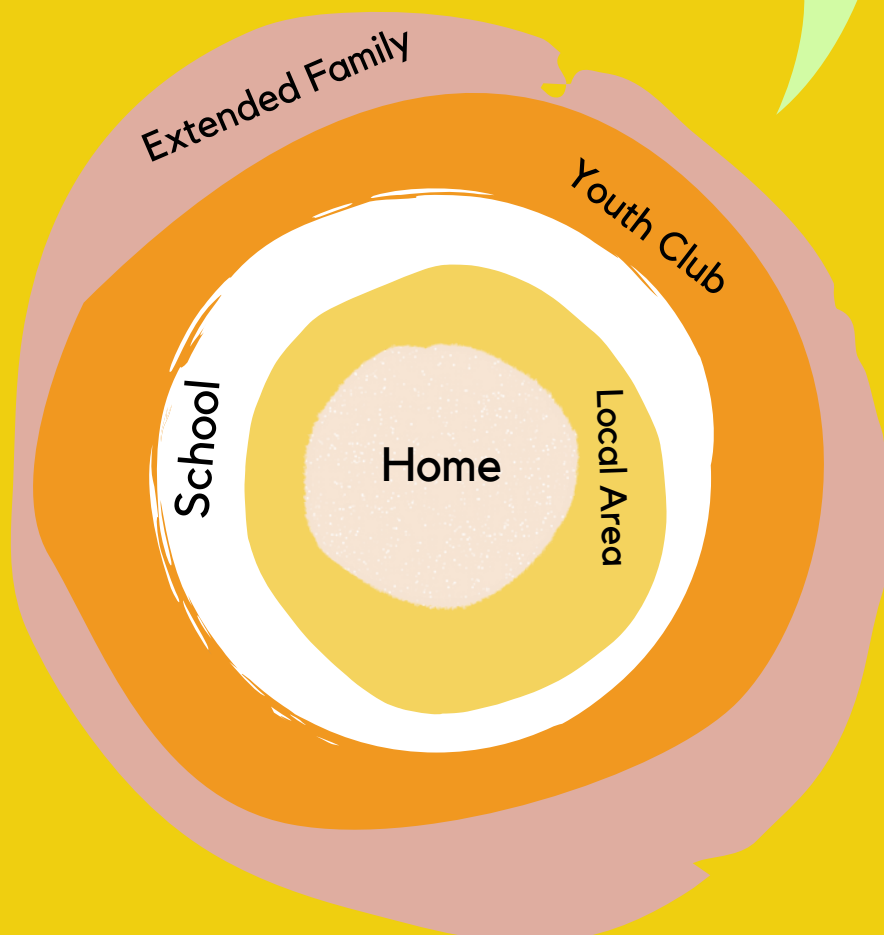
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TO THE ONLINE WORLD

People & Places

There are many different people in a young persons life. This includes family, friends and professionals. There are many environments; the home, education, youth clubs and parks.

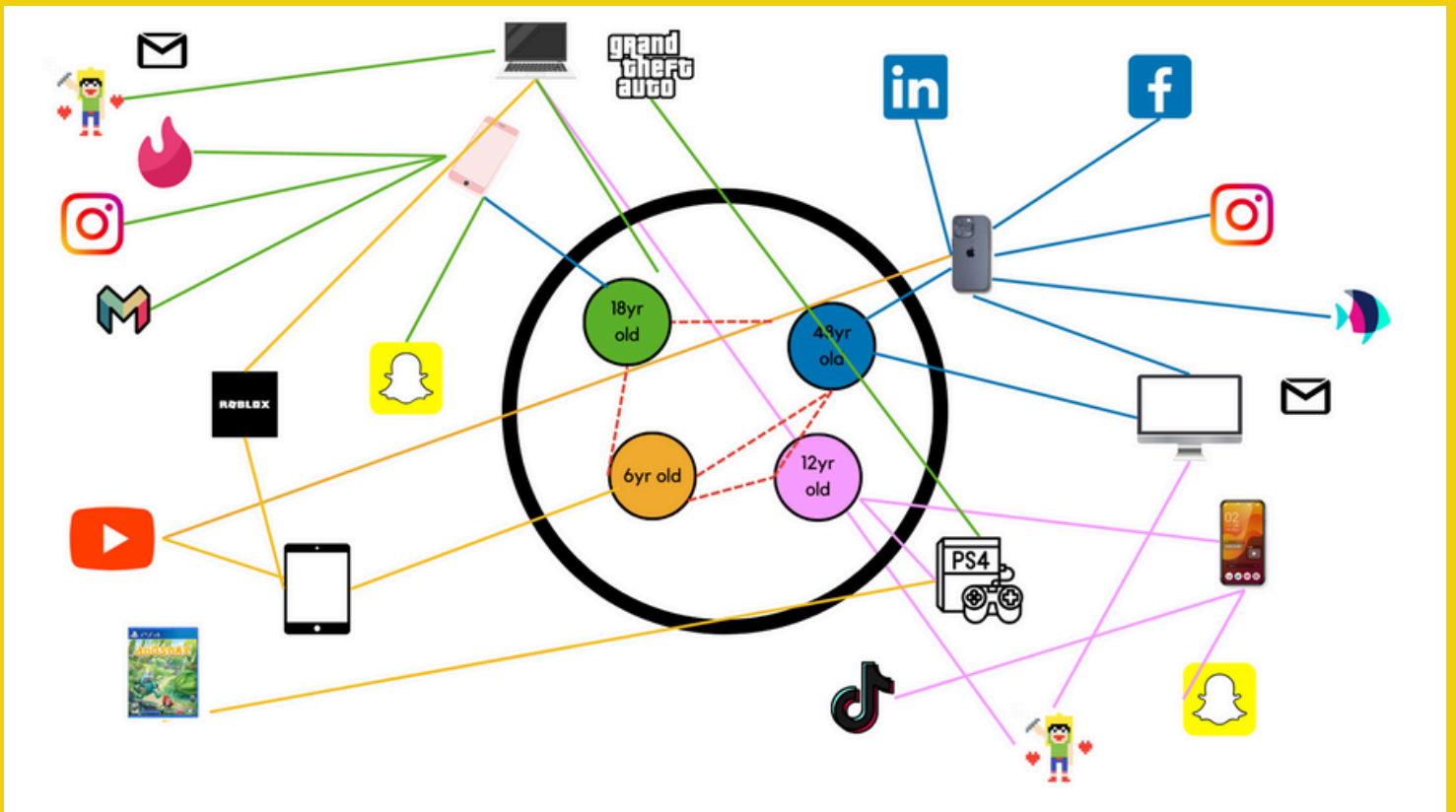


ONLINE WORLD

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Digital Environments



A young person may also have a complex online world. Young people may have multiple devices and use a range of apps and platforms to interact with other children, young people and adults. They may upload as well as consume content. There can be benefits to the internet, but there can also be risks...



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Social Media:

Snapchat, Instagram, Yubo

Video Sharing:

TikTok, YouTube

Online Gaming:

PlayStation Network, Xbox Live, Discord

Adult Dating Sites

Tinder, Grindr, Bumble

This is not a complete list. There are many different apps and games that allow image/video sharing, location sharing or the ability to talk to strangers.



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Online Positives

Connections with people

Talking to friends, relatives, or creating new friends or social situations that they may find hard in real life.

Useful Information

There is useful information about physical and mental health as well as support services.

Fun & Entertainment

Videos, movies and games.

Education

Useful information for school as well as life skills.



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Online Risks

Grooming

Young people may get groomed by adults or other young people for the purposes of criminal or sexual exploitation.

Porn

Young people may access or accidentally come across pornography which can become addictive and give unrealistic and harmful expectations of sex.

Radicalization

Young people may view extremist content and interact with people who may groom them into extreme & harmful behaviours.

Bullying

Young people may be bullied, humiliated or harassed online. They may also behave this way towards others.



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Online Risks

Body Issues

The use of filters and photoshop create unrealistic body expectations.

Overuse of Screens

Compulsive scrolling/gaming can result in children not getting the sleep they need. It can lead to being isolated and not engaging in education and social activities.

Harmful Content

Content may include self harm, suicide or eating disorders.

Sextortion

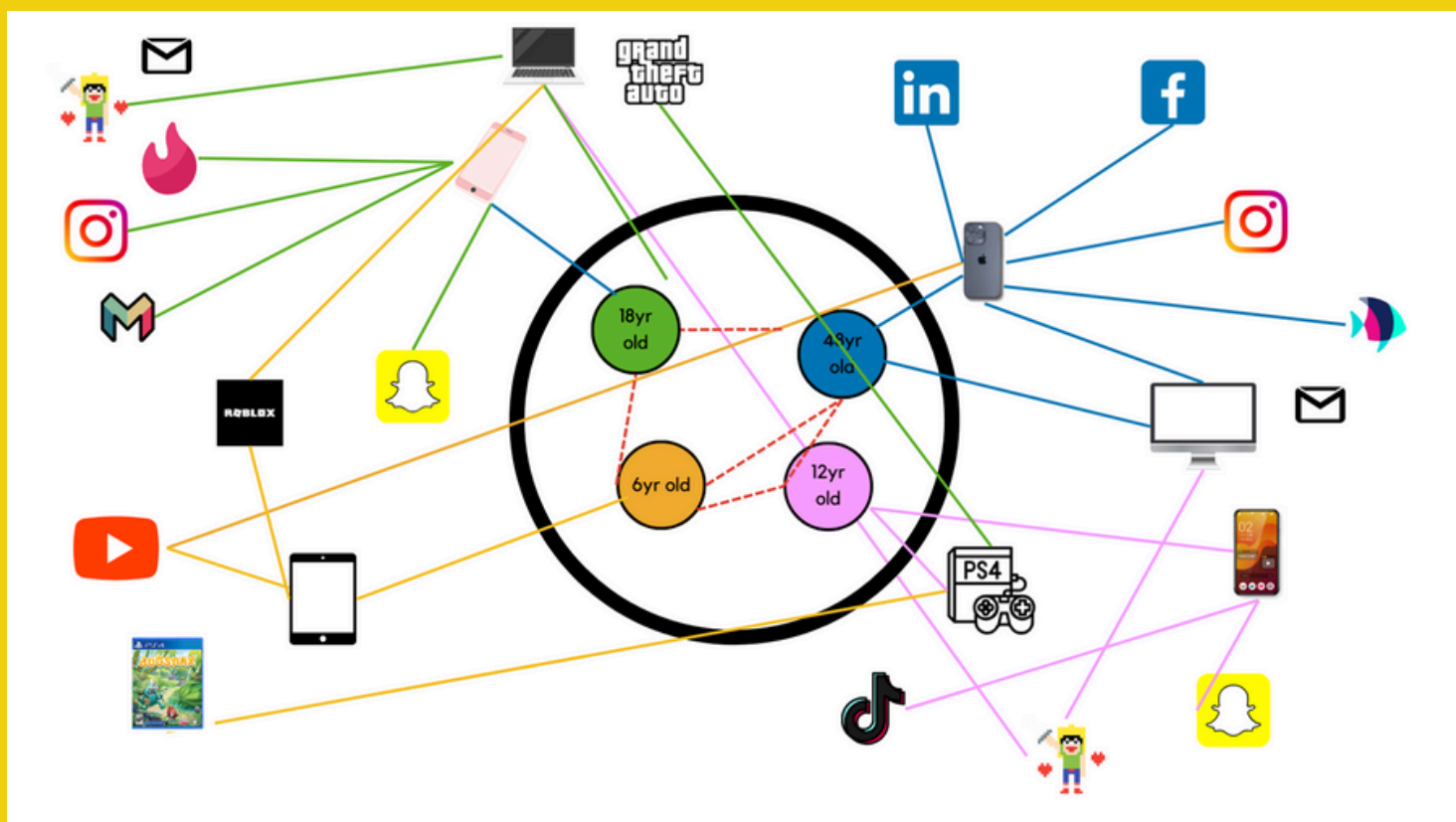
Young people may be groomed or coerced into sending sexual images and then be blackmailed for money or to keep sending photos/videos.

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EXPLORING THE ONLINE WORLD



Harmful Sexual Behaviour



Exposure to harmful online content e.g. pornography, misogynistic influencers/content may negatively influence a young persons ideas about sex and relationships.

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Understand the Online World

DEVICES

What devices do they own e.g. phones, tablets, laptops etc. Can they access other devices e.g. from friends

INTERNET ACCESS

How do they access the internet? e.g. at home, mobile data, McDonalds, the bus.

WHERE ARE THEY USED

Where do they use the devices? e.g. in the living room, bedroom etc.

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Understand the Online World

APPS

What apps do they use?
e.g. Social Media, messaging apps,
video apps, gaming platforms,
chatrooms.

HOW APPS ARE USED

Do they just consume content?
Upload content? Use it for messaging
friends, meeting new people?

CONTENT

What type of videos do they watch?
What celebrities & influencers do
they follow?

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Understand the Online World

RELATIONSHIPS

Who do they talk to? How many online friends do they have? Do they talk to strangers? Adults?

PRIVACY SETTINGS

What are their privacy settings? Do they have location enabled? Do they have information that indicates where they live?

PARENTAL CONTROLS

Are there parental controls, are there boundaries e.g. no phone in the room overnight.

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Apps & Risk

SAFETY PLAN

Create open dialogue about online risks, how to reduce them and encourage your teen to speak to you if they are worried.

SETTING BOUNDARIES

What boundaries can you put in place? No phones in the bedroom overnight? No access to age inappropriate apps?

KEEPING UP TO DATE

Technology is always evolving, try to keep up to date on current online concerns.



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Further Information

INTERNET MATTERS

www.internetmatters.org

Find information and safety settings for your child's devices and apps, along with guidance to tackle online issues they may face.

CEOP

www.ceop.police.uk

Child Exploitation & Child Protection
Report online child protection concerns.

SAFER INTERNET

www.saferinternet.org.uk

Support and services to children and young people, adults facing online harms, and professionals working with children.



YMCA WISE PROJECT

Supporting children and young people
to stay safe in their relationships

***SPECIALIST SUPPORT FOR CHILDREN & YOUNG PEOPLE AT
RISK OF SEXUAL EXPLOITATION
ACROSS BRIGHTON & HOVE, EAST SUSSEX AND SURREY***

YOUNG PEOPLE (UP TO 25YRS OLD)

EARLY INTERVENTION WORK

LONGER TERM CASEWORK

BOYS AND YOUNG MEN'S WORKER

CONSULTATIONS

TRAINING

