



The Nelson Thomlinson School

Online Safety Newsletter: January 2019

Sexting and Nude Selfies

Sexting is sending an explicit image or video of yourself to somebody else. It can also be called 'pic for pic' or 'nude selfies'.

The risks

Once you send an image/video you no longer have control of it, it could be posted online or shared with others. Remember that even if you use a webcam or an app like SnapChat to share it, somebody could take a screenshot of it. Sexting can also leave you exposed to potential bullying and blackmail.

Start a conversation

We understand that some conversations can be awkward but it's important to chat to your child about the potential risks of sharing explicit images, the law and where they can get help. Perhaps start the conversation by relating it to something in the news. Ensure that they know they can talk to you if they need to.

The law

Whilst sexting can be seen by teenagers as harmless fun it is actually **illegal** to create or share an explicit image, even when the person doing so is a child themselves. It's important to remember that whilst the age of consent is 16, the age in relation to explicit images is 18. **You are breaking the law if you:**

- **take** an explicit photo or video of yourself or a friend.
- **share** an explicit image or video of a child.
- **possess, download or store** an explicit image or video of a child.

If under-18s are found to be engaging in sexting, then whilst the matter will be investigated, police can choose to record that a crime has been committed but that taking formal action isn't in the public interest.

Need help?

If you need help in getting a sexual image of your child removed from the internet, you can get in contact with Childline or the Internet Watch Foundation (IWF).

Further information

There's lots more advice available online about sexting, for example what to do if you get asked to send a nude selfie or what to do if your child has been affected by this. Here are some additional links for further guidance.

- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/>
- <https://www.esafety.gov.au/education-resources/iparent/online-risks/sexting> (Office of the eSafety Commissioner website for Australia - please note the law section is not applicable to the UK)
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>

5 Tools for Using Your Phone Less

Commonsense Media have created this short video and article showing you some of the tools available on the most popular platforms to help you use your phone less:

<https://www.commonsensemedia.org/blog/use-your-phone-less-with-tools-from-apple-google-snapchat-and-more>

Digital Footprint/Online Reputation

you ready?

Play the Parents vs Kids Alexa quiz from O2 & NSPCC. This is great for starting conversations about staying safe online. The whole family can play to see who knows the most about the online world. Play here:

<https://www.o2.co.uk/help/nspcc/parents-vs-kids>

Your Digital Footprint is what somebody can find out about you by searching online. If you have 'public' profiles, every time you post or comment online you are adding to your Digital Footprint. Some employers are now looking online to see what they can find out about potential employees, **does your child understand the long term impact of what they are posting today?** Encourage your child to search their own name regularly to see what they can find.

Online Reputation Checklist

Childnet have produced this simple checklist to help you manage your Online Reputation, show your children and talk to them about it:

<https://www.childnet.com/ufiles/Online-Reputation-Checklist.pdf>

Minecraft (PEGI Rating 7 to 13 depending on version)

Minecraft remains ever popular with it being played by 91 million people every month. Minecraft is a great learning tool and is often used in

Tips to help kids create a good digital footprint

Internet Matters have produced this great infographic with tips on how to create a good online reputation:

https://pwxp5srs168nsac2n3fnjyaa-wpengine.netdna-ssl.com/wp-content/uploads/2018/10/OnlineReputation_guide_IM.pdf

Safer Internet Day next month

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www.saferinternetday.org.uk



do if anything upsetting happens. In addition, chat to your child and discuss the importance of maintaining their privacy online by using a nickname (don't include age/birth year) and also discuss how to make sure that when they're online they know not to tell others personal information.

More information is available here:
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/minecraft-a-parents-guide/>

Safer Internet Day 2019 will be celebrated globally on **Tuesday 5th February 2019** with the theme: **Together for a better internet.**

To help you talk to your child about having a positive and safe time online, they have created a pack for you which includes conversation starters, a factsheet and family pledge card. Available here:

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2019/education-packs/education-pack-parents-and-carers>