



## Information for parents

### About your trainer

Matt Lovegrove is a leading eSafety and online child protection trainer and speaker. He has worked extensively with children, parents and school staff over many years to promote the safe and responsible use of technologies and online services and is particularly interested in the prevention of online abuse. Matt is an Ambassador for the National Crime Agency's CEOP (Child Exploitation and Online Protection) Command, an Associate Member of UKCCIS (UK Council for Child Internet Safety) and a qualified teacher. He has recently written a series of blog posts on eSafety for BrainPOP UK.

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### Approaching eSafety

Try to avoid scaremongering when talking to children about the risks that the Internet poses; scare tactics may not be as beneficial as they seem at first. It's important to discuss online dangers, but in a supportive way and whilst acknowledging the benefits of being online. The best way of understanding how children use the Internet is by sitting with them whilst they're online and observing their behaviour. Ask lots of questions. Even if you feel that children have a technological advantage over you, remember that you have more experience of the world and of people than them.

Where possible, avoid taking away a child's access to technology in response to them seeing something inappropriate online as doing so may stop them talking to you about future issues. Instead, talk to them openly about what they saw. Remember that children are curious; they may search for content that they don't understand or find embarrassing. Only remove access to technology if you feel that a child is at risk.

Tell children that it's never too late to tell an adult if something they see or someone online makes them feel uncomfortable. Never get angry.

### Too much time?

Below are some tips to help reduce Internet/gaming time if this is an issue.

- Reduce your own time with technology first – set the example
- Acknowledge that disconnecting from devices/games can be hard
- Start with small time reductions first; agree on daily time limits
- Leave devices at home when going out
- Set up a device-free space and/or time at home
- Plan to watch TV or do activities together at regular times
- Use parental control tools to restrict access if needed

### Safe searching



[www.kiddle.co](http://www.kiddle.co)

Child-safe search engine  
(recommended for younger children)

To turn on Google SafeSearch, visit [www.google.com/preferences](http://www.google.com/preferences) on the computer or device that you wish to activate it on. Select 'Turn on SafeSearch' (computer) or 'Filter explicit results' (mobile device.) You may wish to select 'Lock SafeSearch' too. Remember to save the changes you made.

## Learn about apps and services

Use the NSPCC Net Aware website to learn about any apps or online services that you are unfamiliar with.

[www.net-aware.org.uk](http://www.net-aware.org.uk)

## Chat lingo

<b>ASL</b> – age, sex, location	<b>ILU</b> – I love you	<b>UR</b> – your
<b>BFN</b> – bye for now	<b>IRL</b> – in real life	<b>WTGP</b> – want to go private?
<b>BRB</b> – be right back	<b>LOL</b> – laugh out loud	<b>WU</b> – what's up?
<b>CU</b> – see you	<b>M8</b> – mate	<b>WUU2</b> – what you up to?
<b>F2F</b> – face to face	<b>NP</b> – no problem	<b>YOYO</b> – you're on your own
<b>FYEO</b> – for your eyes only	<b>PAW</b> – parents are watching	<b>143</b> – I love you
<b>GNOC</b> – get naked on camera	<b>PM</b> – private message	<b>5sx</b> – sex
<b>GTG</b> – got to go	<b>POS</b> – parents over shoulder	<b>*H*</b> – hug
<b>H&amp;K</b> – hugs and kisses	<b>THNX</b> – thanks	<b>*S*</b> – smile
	<b>TTYL</b> – talk to you later	

Visit [www.engageesafety.com/chat-lingo](http://www.engageesafety.com/chat-lingo) for a more extensive list.

## Grooming

To help prevent grooming, talk to children about:

- The importance of keeping their personal information, including profiles, private online
- Blocking and talking to a trusted adult about people who make them feel uncomfortable
- Only accepting online friend requests from real friends
- How easy it is for someone to pretend to be someone else online
- Never meeting someone offline that they originally met online without taking a trusted adult with them
- Never taking off their clothes on webcam or sending anyone sexually suggestive or naked photos

Signs of grooming:

- Chat logs show sexualised language
- Children become secretive about who they're talking to
- Sudden changes in behaviour, such as increased emotional volatility

Reporting grooming:

Report any grooming concerns to [www.ceop.police.uk](http://www.ceop.police.uk).

## Cyber bullying

To help prevent children being bullied online, teach them to:

- Not reply to bullying messages (apart from saying 'stop' once)
- Keep the evidence
- Report any messages that are upsetting them and block the people who are sending them
- Talk to ChildLine if, for some reason, they can't talk to you

## For more information

Follow us on Facebook: [www.facebook.com/engageesafety](http://www.facebook.com/engageesafety)

Read our advice and tips on: [www.engageesafety.com](http://www.engageesafety.com)

## Help us improve

After your session, please complete our quick feedback form at [www.tinyurl.com/enfbml](http://www.tinyurl.com/enfbml) to help us improve. Thanks.

