



# Overview of online risk and protective safety measures

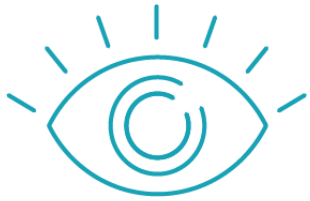
Megan Haldane  
Cyber Protect Officer



**Where do we start?**

# The four key questions

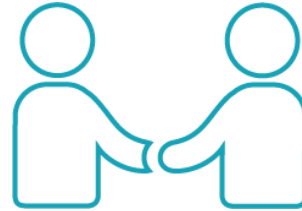
---



Viewing



Sharing



Friending



Chatting

# App Icons

---



# Decoy Apps



< Search



## Calculator# Hide Photos Videos

NewSoftwares.net

GET

In-App Purchases



3.1K RATINGS

4.4



AGE

17+

Years Old

CHART

No.162

Utilities

DEVELOPER



NewSoft



CARING



COURAGEOUS

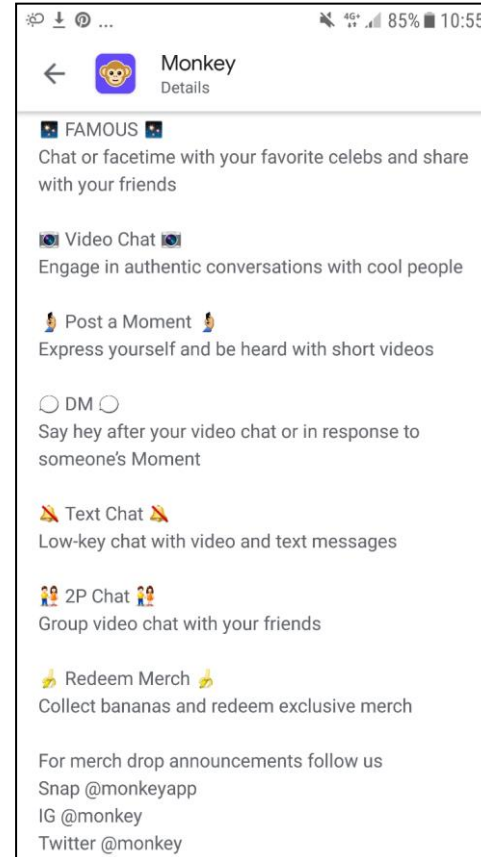
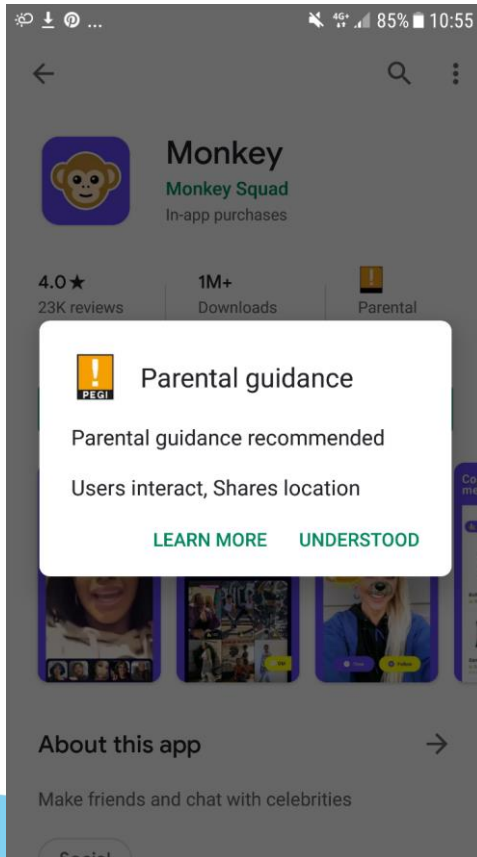


INCLUSIVE



LEARNING

# Understanding Apps



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**



# PEGI content descriptors



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# App store ratings



4+	Applications in this category contain no objectionable material
9+	Applications in this category may contain mild or infrequent occurrences of cartoon, fantasy or realistic violence, and infrequent or mild mature, suggestive, or horror-themed content which may not be suitable for children under the age of 9.
12+	Applications in this category may also contain infrequent mild language, frequent or intense cartoon, fantasy or realistic violence, and mild or infrequent mature or suggestive themes, and simulated gambling which may not be suitable for children under the age of 12.
17+	Applications in this category may also contain frequent and intense offensive language; frequent and intense cartoon, fantasy or realistic violence; and frequent and intense mature, horror, and suggestive themes; plus sexual content, nudity, alcohol, tobacco, and drugs which may not be suitable for children under the age of 17.



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# Google age ratings



# Google Play

ESRB (USA)	PEGI (EU)	RARS (Russia)	ACB (Australia)	USK (Germany)
			General	
			Parental guidance recommended	
			Recommended for mature audiences	
			See website for sample under 15. Under 15 must be accompanied by a parent or adult guardian RESTRICTED	
			Restricted to 18 and over RESTRICTED	
			Restricted to 18 and over RESTRICTED	



**CARING**



**COURAGEOUS**



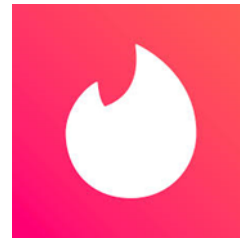
**INCLUSIVE**



**LEARNING**

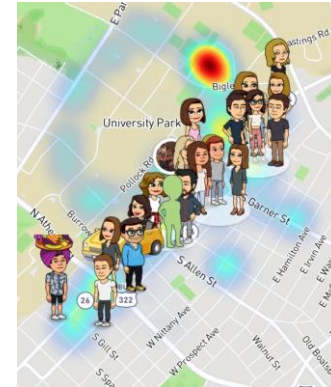
# Social Media

---



# Snapchat

- 'Snap Map' feature allows others to view your exact location.
- Recent update calculates how long it will take to drive to that destination.
- Can be disabled by using 'Ghost Mode' or turning off the location sharing in the phone settings.



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# What is 'Money Muling'?



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

**DON'T BE FOOLED**

**Easy money  
with no strings  
attached?**

# Consequences of 'Money Muling'

---



Contributes to...

- Money Laundering
- Human trafficking, Drug Cartels and Modern Slavery



**CARING**

As a result they may...

- Have a bank account closed
- Be added to Fraud database
- Have difficulty opening another account
- Find it hard to get a job, as you can't get on payroll
- Not be able to access credit
- **14 years imprisonment!**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# Sexting

---

- Definition:
- The action or practice of sending sexually explicit photographs or messages via mobile phone.
- **17% of children aged 15 and over have sent a nude or sexual photo of themselves**
- The Law behind sexting:
  - A young person is breaking the law if they:
    - Take/make/share an indecent photo or video of themselves or a friend
    - Possess, download or store an indecent image or video of a child



**CARING**



**COURAGEOUS**

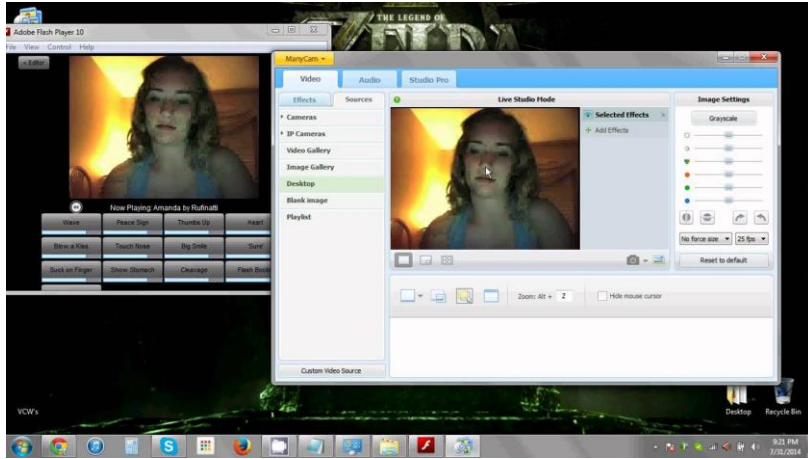


**INCLUSIVE**



**LEARNING**

# Sextortion and Revenge Porn



**Are you worried about online sexual abuse  
or the way someone has been  
communicating with you online?**

**Make a report to one of CEOP's Child Protection Advisors**



**One hour - that's all it can take to remove victims'  
images after responding to your report**

The Helpline is open from 10:00 to 16:00 Monday to Friday (excluding bank holidays)



**Have you had your intimate images shared online without  
your consent?**

**You are not alone and we are here to help**

**Get in touch today**



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

**How can we help you?**

We are a UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as, revenge porn.

The Helpline was established in 2015 alongside the legislation which made it an offence to share intimate images or videos of someone, either on or offline, without their consent with the intention of causing distress. The Helpline is run by a small team of passionate and motivated individuals who are here and ready to help.

# Sextortion Advice



**SEXTORTION**

! DAVE PACEY 2016

**DON'T PANIC.  
DON'T COMMUNICATE.  
DON'T PAY.**

Avon and Somerset Police  
SERVE.PROTECT.RESPECT.  
www.avonandsomerset.police.uk | Follow us on [social media icons]

## What is sextortion?

Sextortion is webcam blackmail.

Criminals can befriend a victim online by using a fake identity and often use a video of an attractive woman to entice the victim to perform sexual acts in front of their webcam. They then record this and threaten to share the video with the victim's friends and family, unless the victim pays them money.

## How to avoid becoming a victim

Be cautious about who you befriend online, even if you have mutual friends.

Avoid getting naked on webcam. There's always a chance this could be recorded and shared.

## What to do if you're a victim of sextortion

### Don't panic

Contact your local police immediately. No one will judge you, it will be dealt with in confidence, and it will be taken seriously.

### Don't communicate further with criminals

Take screenshots, then delete and block offenders. Consider changing your name online so they can no longer locate your profile.

### Don't pay

Many victims who have paid, have continued to get more demands for higher amounts of money.

J15694\_10/2022

Avon and Somerset Police  
SERVE.PROTECT.RESPECT.  
www.avonandsomerset.police.uk | Follow us on [social media icons]



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# VR Headsets

---



**CARING**



**COURAGEOUS**



**INCLUSIVE**



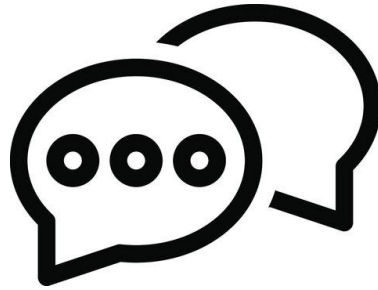
**LEARNING**



# Mitigating the threat

# Creating a safe space and open environment

---



**CARING**



**COURAGEOUS**



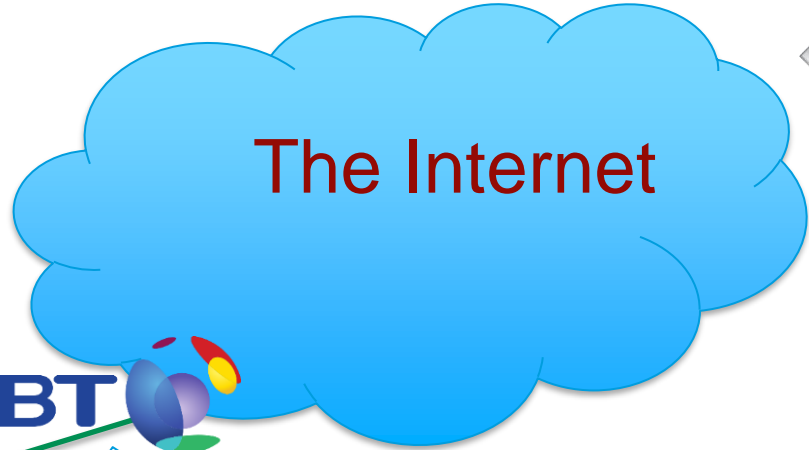
**INCLUSIVE**



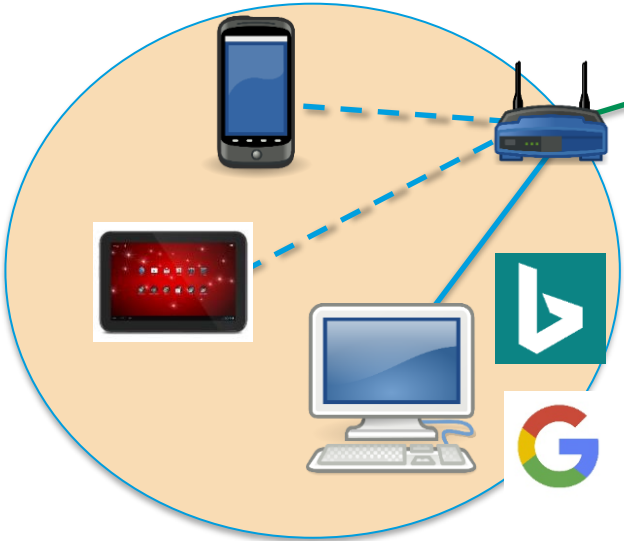
**LEARNING**



All the main network providers allow you to set up a degree of Parental Control.



BT



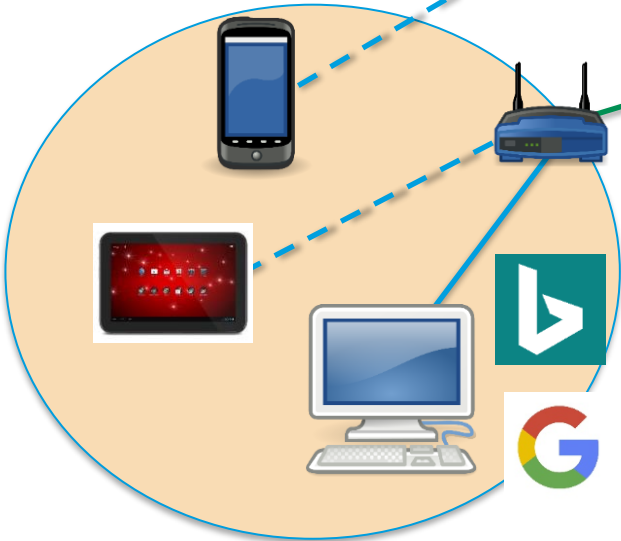
Give me the IP Address for "HotStuffDating.com"



# The Internet



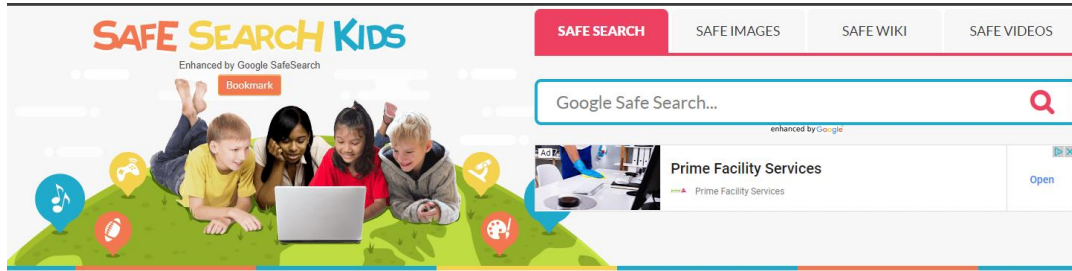
Give me the IP Address  
for  
"HotStuffDating.com"



Circumventing controls from your broadband provider is as simple as using mobile data rather than your home network.

Remember to include mobile network providers in parental controls.

# Use a safe search engine



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**



Safe Search for Kids, by Kids!

Kids  
Parents

© 2019 KidRex.org

# Search Engine Filtering

---

- Settings can be changed in search engines to allow for safe search results.

## Google

### SafeSearch Filters

Turning on SafeSearch helps hide explicit content, like pornography. SafeSearch preferences may be set by your device or network administrator. If you can't turn it off, check with the administrator of your network or device.

Turn on SafeSearch [Learn more](#)

## Bing

### SafeSearch

- Strict  
Filter out adult text, images and videos from your search results
- Moderate  
Filter adult images and videos but not text from your search results
- Off  
Don't filter adult content from your search results

[Still seeing inappropriate content?](#) ▾



**CARING**



**COURAGEOUS**



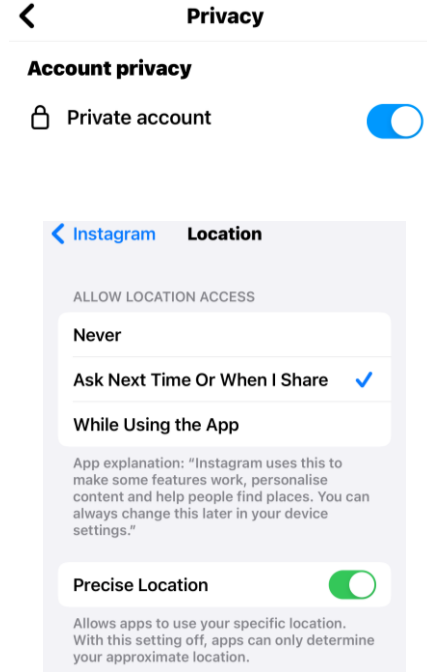
**INCLUSIVE**



**LEARNING**

# Settings within apps

- Set up privacy controls within the app or game itself.
- This can stop people finding out locations, user details, profile photos as well as preventing messaging.
- Many apps also offer the ability to block or mute other users.



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# Monitoring Apps

---

@ Net Nanny<sup>®</sup>

 OurPact

 **Norton**<sup>™</sup>  
Family



Qustodio



**bark**



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

## < Digital Wellbeing >

Daily screen time Off >  
Get notified if you reach your time on TikTok.

Screen time breaks Off >  
Get reminded to take breaks from the app.

Weekly screen time updates Toggle  
Stay updated on your time from your app Inbox.

Restricted Mode Off >  
Limit potentially inappropriate content.



### Keeping TikTok family-friendly

Family Pairing allows you to customize your teen's TikTok settings for a safer experience.

Set a limit on your teen's watch time

Limit who can send messages to your teen

Manage your teen's privacy and safety settings

Choose whether your teen can have a private or public account

Continue



Firework



CARING



COURAGEOUS



INCLUSIVE



LEARNING

# Instagram and Facebook

Meta Family Centre

Supporting a positive online experience for your teen

Go to Family Centre

Scroll to learn more

Introducing Family Centre

Help Centre

Using Facebook

Managing your account

Privacy, safety and security

Your privacy

Staying safe

Abuse resources

Suicide and self-injury resources

Crisis Response

Safety resources for parents

Info for law enforcement

Keeping your account secure

Search help articles...

English (UK)

Privacy, safety and security > Staying safe

### Safety resources for parents

- What steps does Facebook take to keep minors safe?
- How can I help my teen use Facebook wisely?
- How do location settings work for minors on Facebook?
- What should I do if someone is threatening to share something on Facebook that my child wants to keep private (e.g. messages, photos, videos)?
- How can I get an image of my child removed from Facebook?
- Report a photo or video that violates the privacy of your child
- Why was an image that I posted of my child removed?
- Minors and tagging on Facebook.
- How do location settings work for minors on Facebook?

Was this helpful?

Yes No



## A Parent and Carer's Guide to Instagram

In partnership with

LORRAINE CANDY parentzone THE MUX UK Soldier Internet Centre



CARING



COURAGEOUS



INCLUSIVE



LEARNING



## Restricted Mode



This helps hide potentially mature videos. No filter is 100% accurate. This setting only applies to this app on this device.

A screenshot of the YouTube Kids website homepage. The page has a white background with a blue navigation bar at the top containing "YouTube Kids", "Safer Experience", "Parent Resources", "Family-Friendly Videos", and "Fun on Every Screen". A blue "WATCH NOW" button is on the right. The main content area features an orange background on the left with the text "A safer online experience for children." and a photograph of a woman and a child looking at a tablet. Below this is a "Frequently Asked Questions" section with the question "How do videos get into YouTube Kids?". At the bottom, there is a small text line: "This site uses cookies from Google to deliver its services and to analyze traffic." with links for "Learn more" and "OK, Got it".



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# Fortnite – Epic Games Store



**PLAYER SUPPORT**  
**PARENTAL CONTROLS**

**CUSTOM SETTINGS**

Filter Mature Language	◀	On	▶
Auto Decline Friend Requests	◀	Off	▶
Hide Your Name From Non-Squad Members	◀	Off	▶
Hide Non-Squad Member Names	◀	Off	▶
Voice Chat	◀	On	▶
Text Chat	◀	On	▶
Weekly Playtime Reports	◀	Off	▶

**MORE SETTINGS**

Use the button below for additional information about the Parental Controls and Settings on your platform, including restrictions on purchasing, playtime, communication, content viewing and sharing, and other social features.

**MORE SETTINGS**

**SAVE**

**TEXT CHAT**  
While in a party with friends or when teamed up with random players during a match, a text chat channel becomes available. This setting controls whether or not this account can receive or send messages in the text chat channel.

**NOTE:** This setting disables the Fortnite's in-game text chat. The platforms you are playing on may have additional communication features that must be restricted separately. For information on platform specific controls please use the "More Settings" button.

**ON:** You can send and receive text chat messages from your teammates.

**OFF:** You cannot send or receive text chat messages from your teammates.



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

GENERAL

COMMUNICATIONS

PAYMENT MANAGEMENT

TRANSACTIONS

**PARENTAL CONTROLS**

SUBSCRIPTIONS

PASSWORD & SECURITY

EULA HISTORY

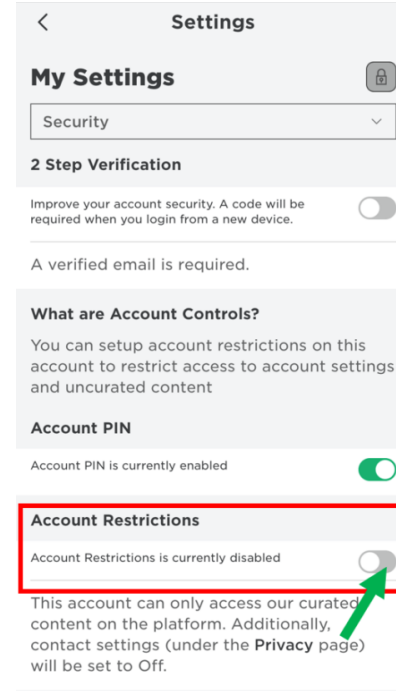
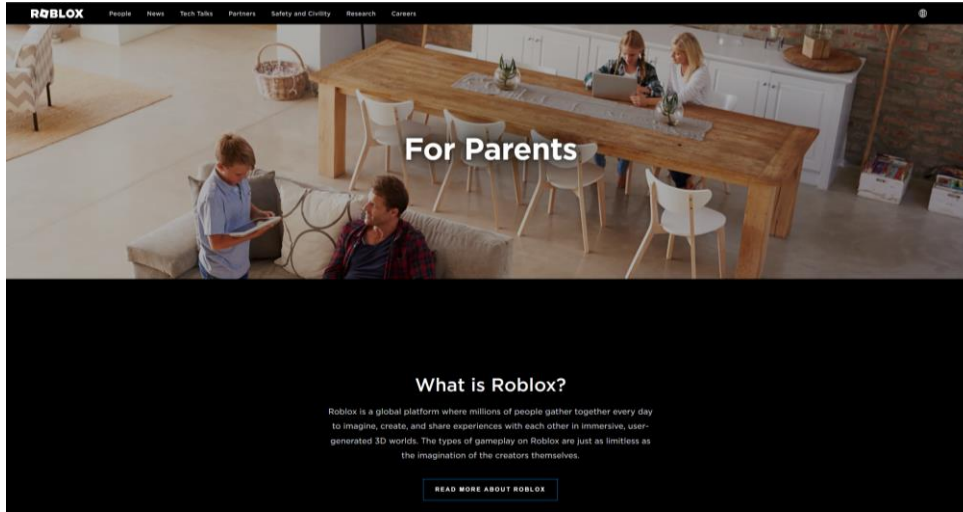
CONNECTIONS

### SET PARENTAL CONTROLS PIN

Parental Controls allow you to manage this account's access to social features, purchases, and mature games. To enable Parental Controls for this account, please set a 6-digit Parental Controls PIN.

□ □ □ - □ □ □ □

CREATE PIN



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**



# Cyber Awareness

# What makes a strong password?

- Add complexity
- 3 random words
- For example:
- WaterPhilosopy7Zebra
- MfcwaBffaihif 3y
- Password policies



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# How do we remember them all?

---



**CARING**



**COURAGEOUS**



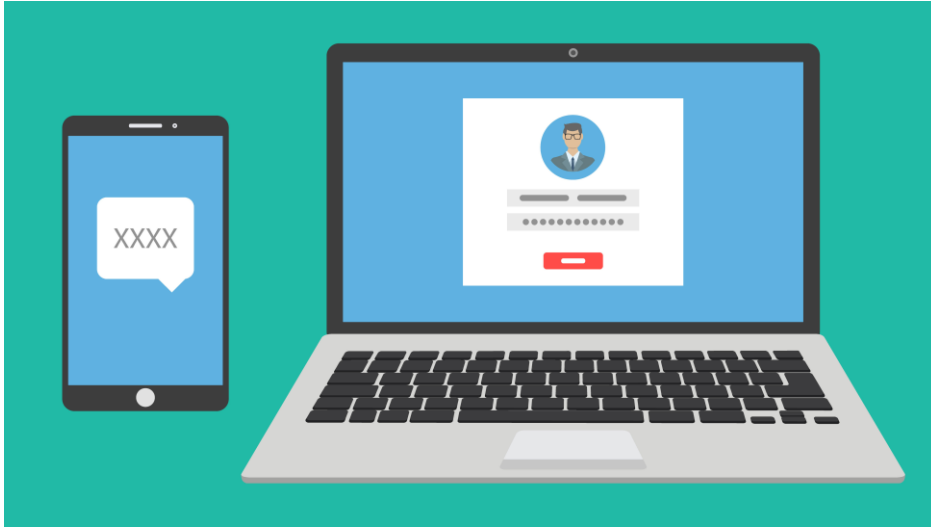
**INCLUSIVE**



**LEARNING**

# What about if someone knows the password?

---



Two-Step Verification  
(2SV)



**CARING**



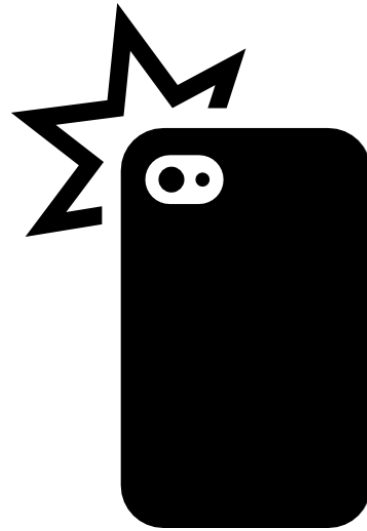
**COURAGEOUS**



**INCLUSIVE**



**LEARNING**



# Resources

# Cyber Sprinters for kids



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# Social Media Checklist



**Facebook Checklist**  
Downloadable booklets to guide you through your profile settings in Facebook



**Twitter Checklist**  
Downloadable booklets to guide you through your profile settings in Twitter



**Instagram Checklist**  
Downloadable booklets to guide you through your profile settings in Instagram



**Snapchat Checklist**  
Downloadable booklets to guide you through your profile settings in Snapchat



**Roblox Checklist**  
Downloadable booklets to guide you through your profile settings in Roblox



**TikTok Checklist**  
Downloadable booklets to guide you through your profile settings in TikTok



**Netflix Checklist**  
Downloadable booklets to guide you through parental controls



**CARING**



**COURAGEOUS**



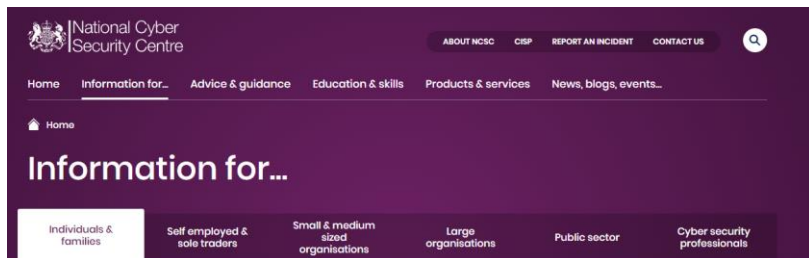
**INCLUSIVE**



**LEARNING**

[swgfl.org.uk/resources/checklists/](https://swgfl.org.uk/resources/checklists/)

# National Cyber Security Centre (NCSC)



## Individuals & families

The NCSC's cyber security advice to protect you and your family, and the technology you rely on.



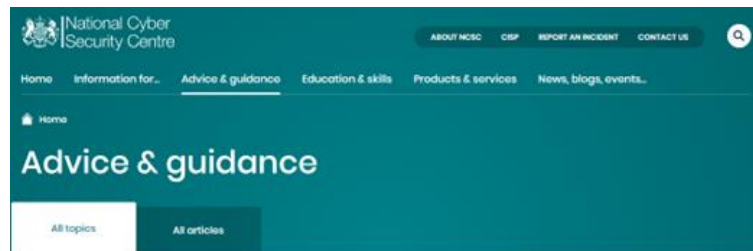
iStock.com/frazooStudio



### Cyber Aware

Cyber Aware is the government's advice on how to stay secure online.

[Head to Cyber Aware](#)



← All Topics

## Education

The NCSC provides cyber security guidance and resources for the education sector to help protect everyone from schools to universities.

57 Items

Sort by Most recent

Filter by

ARTICLE TYPE	
<input type="checkbox"/> Blog post	20
<input type="checkbox"/> Guidance	6
<input type="checkbox"/> Information	30

RECOMMENDED

### Cyber Security for Schools

Practical resources to help schools improve their cyber security.

Section



CARING



COURAGEOUS



INCLUSIVE



LEARNING



Cyber Aware 

 National Cyber Security Centre

Advice on how to stay secure online from the UK's National Cyber Security Centre



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

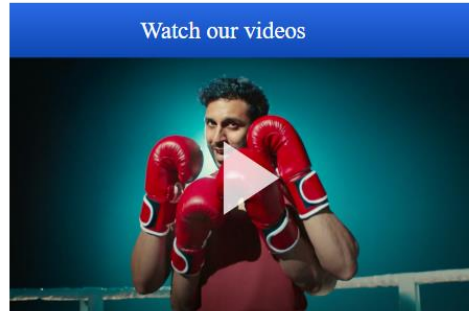
## Take your email security to another level

Your email is where you keep your most personal and financial information.

If a cyber criminal accesses your email, they could:

- access your other online accounts using the 'forgot password' feature (which often sends you an email)
- access personal or business information and use this to scam you or people you know

Watch our videos



# Internet Matters



Digital resilience toolkit 6 – 10 year olds



Digital resilience toolkit 11 – 13 year olds



Digital resilience toolkit 14+ year olds



Online grooming Guide



Online grooming guide



Online safety guide 0-5 year olds



Online safety guide 6-10 year olds



Online safety guide 11-13 year olds



Online safety guide 14+ year olds



Conversation starter tips



Screen time 5-7 years old



Screen time 7-11 years old



Screen time 11-14 years old



Screen time 14+ years old



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

[www.internetmatters.org/resources/esafety-leaflets-resources/](http://www.internetmatters.org/resources/esafety-leaflets-resources/)

# Digital Parenting by Vodafone



[www.vodafone.co.uk/news-centre/app/uploads/2021/10/digital-parenting-7.pdf](http://www.vodafone.co.uk/news-centre/app/uploads/2021/10/digital-parenting-7.pdf)



**CARING**



**COURAGEOUS**



**INCLUSIVE**



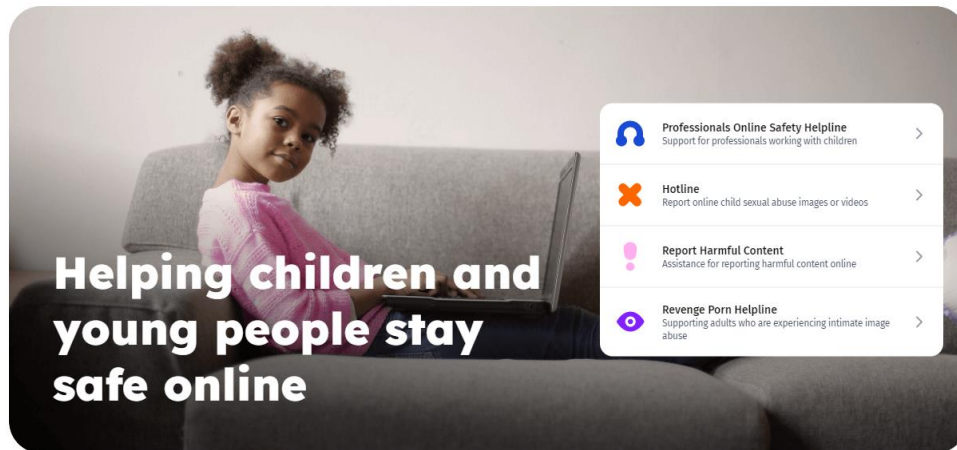
**LEARNING**

# UK Safer Internet Centre







UK Safer Internet Centre

[Online issues](#) [Guides and resources](#) [Training and events](#) [Safer Internet Day](#) [Blog](#) [Research](#) [About](#)



**Helping children and young people stay safe online**

-  **Professionals Online Safety Helpline**  
Support for professionals working with children
-  **Hotline**  
Report online child sexual abuse images or videos
-  **Report Harmful Content**  
Assistance for reporting harmful content online
-  **Revenge Porn Helpline**  
Supporting adults who are experiencing intimate image abuse

I need help with...



Search by any keyword...

[Reporting](#)

[Cyberflashing](#)

[Livestreaming](#)

[Misinformation](#)

[See all 12 topics](#)

[saferinternet.org.uk/](https://saferinternet.org.uk/)



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**



## Roblox

Website review by [Erin Brereton](#), Common Sense Media



Common Sense says

age 13+

Chance to design games, but also potential for iffy content.

<http://www.roblox.com>

Save

Rate website

Parents say

age 10+



Based on **1933**  
reviews

Kids say

age 9+



Based on **4646**  
reviews



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

## A few more resources...

---

- [www.how-to-geek.com](http://www.how-to-geek.com)
- [www.lifewire.com](http://www.lifewire.com)
- [www.getsafeonline.org](http://www.getsafeonline.org)

**How-To Geek**

**Lifewire**  
Tech Untangled



**CARING**



**COURAGEOUS**



**INCLUSIVE**



**LEARNING**

# Action Fraud

---



Action Fraud – UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber crime in the UK - [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040



# Thank you for listening

CyberProtect@avonandsomerset.police.uk

