



H0Sted

Welcome to the second edition of Herschel Grammar School's new online safety and digital education publication aimed specifically at parents and carers. Due to the ever-changing complexities of the digital world, Mrs Rodriguez and Mr Devereux thought a monthly magazine bringing you the latest advice and support in helping you navigate the digital world is much needed. The school has a fundamental duty to keep all children safe, but with so much time spent 'online' outside of school, it is hard to protect children and keep them safe. This monthly publication will give you information, advice and guidance on all things digital that can help make your life and hope the lives of those around you just a little bit easier and safer. We hope to provide top tips, how-to, advice and support when things don't go to plan and make the most of the online world, such as great apps and sites to support our learning, wellbeing and make our busy lives a little bit easier. Should you have any requests, please email

hosted@herschel.slough.sch.uk

You can find previous editions and other helpful information on our website at

<https://www.herschel.slough.sch.uk/For-Parents/Online-Safety-2>



Netflix and streaming services **P.1**

Student Safety videos **P.2**

TikTok **P.2**

Shared Images **P.2**

Netflix Settings **P.3**

Digital Family Agreement **P.4**

Netflix – making children safe

Last month I wrote a piece on the issues surrounding Squid Game. Following that, I thought some further information on using Netflix would be helpful.

Netflix is a movie and TV show streaming service allowing users to watch content on any internet-enabled device.

Netflix has a diverse range of content catering for all ages. However, if the account owner does not put in place simple settings, children could be inadvertently exposed to highly age-inappropriate content, especially if you share your login information with them. Our partners, National Online Safety, has put together a practical guide which you can find at the end of this newsletter. The main take-aways I have taken from this are.

1. Make sure your **password** is **strong**. There is no two-factor authentication** on Netflix
2. Set up **additional profiles** for different family members; each account can have up to 5 profiles.
- 3.

Netflix – updating your settings

Manage profile

Go to your Manage Profiles page.

Select Add Profile.

Name the profile.

To use the Netflix Kids experience, select Kids.

Select Continue. The new profile should show on the list of profiles on your account.

3. Create a child profile – the child using this profile will only be able to view suitable content up to 12 years of age.

4. Set up a pin on each profile to stop unwanted access.

** Two-factor authentication or two-step verification is a feature that adds an extra layer of security to your account log-in, such as Amazon or iCloud. When you try to log in, Two-Step Verification sends you a unique security code; you can choose to receive the security code by text, email or through an authenticator app.

Other streaming services that are more child friendly are:

PSB Kids, National Geographic for Kids, KiddzTube, YouTube Kids.

However, we always advise 'over the shoulder' supervision for the very young.

Shared images.

Young people often share images or 'selfies', and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parent's guide](#)

If a person wants to have a nude or semi-nude picture taken down from the internet, use the following tool.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>

It's illegal to take, have or share any sexual images of anyone under 18 (even if the image is self-generated).

It is worth having a conversation with your child, so they know they can talk to you about these issues and if you need advice, please contact the school for support.

This might sound scary, but the law is there to protect young people, not punish them.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Student Safety Videos

To go alongside the Alan Mackenzie Online Safety videos we send to you, the school now shows student versions of these videos during tutor time.

To raise awareness of the issues of being online, we have just launched our first student video. Ten videos will be shown during tutor time over the coming weeks.

Below is a list of topics that are covered in each video. Each video is then backed up with critical questions to aid thought and discussion on this topic, along with links to sources for further information and help.

- Online Bullying
- Radicalisation
- Persuasive Design
- Online Fraud
- Online Disinhibition
- Online CSE
- Mis and Disinformation
- Employment and Uni
- Digital Footprint
- Blackmail and Sextortion

Please talk to your child about these videos. It may spark a helpful discussion and lead to further questions and conversions. The first video due to be shown covered the following issues

Definition and types of bullying.

- Why do people bully?
- Effects on others.
- Tips and advice. <https://anti-bullyingalliance.org.uk>

TikTok

TikTok has announced a raft of changes to its privacy settings as it seeks to make the platform safer for young people.

TikTok is primarily a social media app where users can create and watch short video snippets, often accompanied by music.

Since only launching in 2018, it is getting close to having close to **1 billion** active users.

Users must be 13 to use the service, but the age verification is not very robust.

TikTok can be a great source of entertainment and fun, and in response to criticism, TikTok has made its platform safer.

However, there are a few risks to be aware of.

1. Data collection – TikTok may collect a lot of data if specific settings are not switched off.

2. Unwanted comments from strangers. Those above 16 can receive unwanted comments from other users.

3. Risky challenges. Many TikTokers often promote dangerous challenges that go 'viral'; please make sure children know the potential dangers of replicating these challenges.

<https://parentzone.org.uk/article/tiktok-everything-you-need-know-about-video-production-app>

What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite; the link, however, can also be distributed to people you can't know. A text chat feature enables interaction with the other users in real-time; this represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.



CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.



SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.



SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.



CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®
#WakeUpWednesday

Sources: www.help.netflix.com | www.about.netflix.com | www.dailymail.co.uk



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.11.2021

London Grid for Learning has put together a new digital family agreement which I include below.

From <https://parentsafe.lgfl.net/digital-family-agreement>

"We recommend a family agreement to make clear what is allowed...or not, how much time you can spend on devices, and ground rules like no phones at the table or in the bedroom at night-time. Shared expectations will reduce arguments and keep everyone safe & healthy."

Source : <https://parentsafe.lgfl.net/digital-family-agreement>

Digital Family Agreement



I will:	Why?	Parent/carer will:	Why?
If there are any issues:		If I'm worried by anything:	

Signed: _____

Today's date: _____ Date we will review this: _____

Download me again and find more support for parents at parentsafe.lgfl.net

Digital Family Agreement



I will:	Why?	Parent/carer will:	Why?
Check with mum before getting a new app or game or buying an add-on so she can check it's safe Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry Check with mum or dad before going live and explain what I can do to avoid any risks Not post or share any personal information, e.g. mobile, address, to stay private and safe Put my phone down when we're eating together or mum or dad want to talk, as it's respectful Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep Come off my devices an hour before bedtime to unwind and sleep well	If there are any issues: We will talk about it calmly and respectfully I may have to show you more about what I am doing on devices, or other consequences	Put our devices down when you want to talk to me/us so we can model good behaviour Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy Ask permission before sharing any photos of you, to respect your privacy	If I'm worried by anything: I can tell mum or dad and they won't judge me I can talk to Ms Patel at school I can contact Childline or The Mix

Signed: Sophie Mum Dad

Today's date: 24th March Date we will review this: 24th May

Download me again and find more support for parents at parentsafe.lgfl.net