



Preventing Child Abuse

PARENTS SURVIVAL GUIDE FOR SCREENS AND TEENS

HOW TO TEACH YOUR CHILDREN TO THINK AND TO BE A GOOD DIGITAL CITIZEN

We do not need to know how a car works we just need to ensure our BEHAVIOURS keep us safe. It is the same with the Internet “how it works & screen shots” won’t prevent harm it is HOW YOU OPERATE IT which will keep you safe – **KNOW THE RULES**

IMPORTANT

PLEASE parents put Parental Locks on your devices to control your child’s devices! Its essential to prevent harm and not to allow devices in the bedrooms and supervise the access. **TALK TO THEM**

Access to the Internet is advised no younger than 11 yrs old

Keep ALL webcams covered – so nobody can see or film you. Webcams on new I pads and smart phones are working all the time unless your power runs out, or you switch off the device

BE REAL app – French social media

Like any app or platform where users might interact with strangers, BeReal has some features that parents should be aware of:

- **Pictures are unmoderated:** this means that if your child is scrolling through the Discovery feed, they may come across an item someone posted that features inappropriate content. Additionally, RealMojis could feature the same kind of content. It’s important that users report this kind of content if seen for review.
- **No parental controls:** because of the nature of this app, there are minimal privacy controls and no parental controls. That doesn’t

mean it is unsafe. However, if your child is under the age of 13, they may not understand the nature of the app and misuse it.

- **Photos use the front and back camera:** although the user might point at one thing to photograph, the camera will also take a picture of the user themselves. It's important for young people to be aware of their surroundings to avoid posting anything they don't want online
- **Some people are photographed without their permission:** scrolling through BeReal reveals images that users have taken that feature other people who may not be aware they are being photographed. This is an issue of consent that some young people might not consider.
- **It's easy to connect with strangers:** some young people may send or receive friend requests from strangers through the Discovery tab if they are sharing with everyone. Once another user is on the 'Friends' list, they are able to comment on photos. They may also receive notifications about your posts. However, users can delete others from this list very easily.

NOVEMBER 2022 – SAFEGUARDING ALERT – TWITCH

It has come to our attention that explicit sexualised content has been broadcast on the popular livestreaming platform, Twitch, frequently used by children and young people. The livestream showed a young woman (although we have not yet been able to verify her age) masturbating on camera. The video has since been removed from Twitch for breaking its community guidelines and the user has been banned.

We are concerned that additional posts and articles about the livestream have since emerged on Reddit, Twitter and TikTok. These include Tweets that claim to link to the original broadcast, screenshots from the livestream, TikTok posts and articles discussing the incident and subreddits containing clips from the broadcast.

SEPTEMBER 2022

Latest Tik Tok challenge

The eye colour challenge – teenagers are putting bleach in bags on their eyes to change the colour . If they use Finish dishwasher liquid it will cause blindness as does Bleach. But it doesn't change the colour !!

Pinterest – Originally as a pin notice board for baking, healthy interests, beautiful images of life, lifestyles etc.

HOWEVER – here is what Molly Russell who sadly took her own life aged 14 in 2018 watched . in court evidence today 26/9/22 :

P interest executive said “he is sorry for content causing the death of Molly “ he admitted the site is unsafe. Mr Hoffman global Head of community operations said he was unable to answer how children could agree to potentially being exposed to content inappropriate for child . Russell family barrister Oliver Sanders KC asked “ bearing in mind it might be children opening the account when a user does so they have to agree there may be content inappropriate for a child, if the user is a child how can they agree to it “ Hoffman said he couldn't answer that question

Sanders said there is no risk option of not allowing children on Pinterest. Hoffman went on to agree **there was harmful content which should have been removed and hadn't .**

TIC TOC

Cannabis sweets being sold to children on Tic toc

These are sweet packets as any you would see in supermarkets, but the poor cannabis also has THC is the chemical in cannabis that makes you feel “high”, it reaches the liver faster and then breaks down into another psychoactive compound

Children as young as 8 yrs old have been admitted to hospital

AUGUST 2022

The Mum of ARCHIE BATTERSBEE believe me may have been attempting this social media challenge on Tik Tok . **It has been around 16 years but very much trending now on social media**, also known as the “ choking challenge “

What Is the Blackout Challenge?

The blackout challenge, also known as the "pass-out challenge" or "choking challenge" among many other names, encourages people to use belts, rope or similar items to deprive themselves of oxygen.

The "blackout challenge" two families filed a lawsuit against Tic Toc over the deaths of their children. The dangerous challenge, in which people are encouraged to choke themselves until they pass out, has become popular on a number of social platforms in recent years—and has been linked to a number of deaths and serious injuries among children.

Arriani Jaileen Arroyo, a 9-year-old girl from Milwaukee, and Lalani Erika Walton, an 8-year-old girl from Temple, Texas, both died in 2021.

The wrongful death lawsuit, filed by their families and the Social Media Victims Law Center, states that the two girls "died of self-strangulation after being presented with and encouraged to take the 'TicToc Blackout Challenge' on [the company's] social media product."

Matthew Bergman, founder of the Social Media Victims Law Center, told [ABC](#) News the legal action was about "saving kids." He added: "Let's be clear, children are sent to these challenges by the TikTok algorithms. This is not an accident and it's not a coincidence."

The lawsuit was filed on July 5 in the Superior Court of California, County of Los Angeles.

Newsweek has contacted TicToc and the Social Media Victims Law Center for comment.

JULY 2022 – FIND MY FRIEND APP

Teenagers using this app may be accused of STALKING under the new government guidance on Domestic abuse

JULY 2022 ALERT – SNAP CHAT – “ MEET UP”

What is Meet Up?

Snapchat's newest feature adds an extra layer to their existing Snap Map feature by allowing users to get directions to their friend's exact location. It pairs with Apple Maps and Google Maps apps, which show how long it would take someone to walk, drive, or use public transport to reach the address. Essentially – with the click of a few buttons, anyone is able to gain access to your workplace, school, or home address and the fastest route to get there.

'Meet Up' is accessed by visiting a user's profile to look at their location on Snap Map (a feature that is on by default). Once on the map, a user can access Meet Up by pressing the user's Bitmoji (a cartoon version of the user that appears on their live location on the map) and choosing directions from either Apple or Google Maps.

There has been wide spread backlash at the release of this feature from people of all ages online, with many labelling it as 'creepy' and warning others of its existence.

To switch it off :

They will find in here a section on 'Users can' which highlights four actions to prevent / restrict people being able to see your location:

- Only use this feature with their in-app friends.
- Restrict who is able to see their location on Snap Maps.
- Choose to exclude certain friends, only show certain friends, or show no one their live location (also known as 'Ghost Mode').
- Decide to pause or turn off location sharing at any time. Doing so will not notify the other user – however, they may still have access to the address through Apple/Google Maps.

The only way to turn off the feature is to apply the 'Ghost Mode' privacy setting, this means that you will come off the Snap Map completely & no one will have access to your live location.

**ALERT - IMPORTANT INFORMATION ABOUT ON ONLINE
OFFENDERS AND WHAT TO**

- A new report published by the Internet Watch Foundation (IWF) has revealed a disturbing rise in online child sex offenders coercing and grooming children into filming their own sexual abuse
- Ofsted's report into sexual abuse in schools and colleges revealed that **some girls are contacted by up to 11 boys a night asking for nude images**
- The amount of self-generated child abuse material obtained via online grooming and/or coercion has risen 117% from 2020 to 2021, according to the IWF
- Self-generated child abuse material obtained via online grooming and/or coercion has risen 77%. This now accounts for half of all imagery which IWF analysts took action on last year
- A new study published by the IWF has found that online child sex offenders are manipulating and tricking children online to involve siblings and/or friends in this form of self-generated child sex abuse imagery
- Referrals from the public and industry reached record highs during the peak months of the pandemic
- Child Sexual Abuse Material (CSAM) has been detected at record levels during the COVID-19 pandemic within Europe. US authorities have warned of a 106% increase across the world
- Offenders are likely to use existing images of children and young people to extort children and young people into sharing more of their own abuse, by threatening to share the victim's images with their social networks
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What to do if you're worried a child or young person has shared an image online

It's helpful to have a clear understanding of what you can do if a child or young person in your care loses control of an image before it happens

Taking Back Control

Here are some practical steps you can use if a child tells you that they have lost control of an image:

- Support the child in your care by helping them understand what's happened. Thank them for telling you and calmly explain that there are some steps you can take together to ask for the image to be removed
- You should encourage the child to seek support from Childline, who can explain the process to them. Adults can speak to the NSPCC Adults Helpline for support
- Childline and the IWF have released an online tool to help children and young people regain control of any nude image of themselves online. You can access this [here](#)
- Try to gather a list of where the image has appeared or who has received it
- Adults can make an online report to CEOP (Child Exploitation and Online Protection Command) or contact the local police force for support if they have concerns a child is being groomed or sexually abused online
- Adults can also report the URL of images for removal directly to the Internet Watch Foundation
- Always save the URL instead of the image. It is important not copy or send the image to anyone, even the police – the image will constitute an indecent image of a child and should not be shared or saved.

- Young people can upload their own image or URL to the Internet Watch Foundation's Portal via their Childline account for removal
- **If you have concerns about the immediate safety of a child, you should call 999 (emergency number)**

A URL is the web address for online content. This could be a video, image, post or a web page (like the one you're reading this on!). There are different ways you can copy a URL to report it:

- Click the URL at the top of a web browser window, select all of the text, right click and select 'copy'
- Right click an image and select "copy image address"
- Click the three dots (...) on an Instagram post and select "Copy Link"

LATEST ALERT ! – 4 APRIL 2022

Poppy playtime and new characters – from INEQE

Although Poppy Playtime was released last year, there has been a recent surge in the creation of Huggy Wuggy-related content, alongside reported playground-style challenges based on the character.

The Dorset Police Cyber Protection Officer has recently released a statement, warning parents that children may be viewing graphic fan-made videos that are popping up on platforms such as YouTube and TikTok.

Some created videos feature songs alongside animation, designed to be upsetting and 'creepy'. Others feature jump-scare animations. The videos appear across several popular platforms, in particular on TikTok and YouTube. The hashtag 'huggywuggy' has over 2.9B views on TikTok.

Police have also reported that some schools have seen children recreating scenes in the playground, hugging and whispering "nasty things" in the recipient's ear.

New Game Release Expected

One potential reason for the recent increase in content and popularity may be that a second version of the game is rumoured to be getting released very soon. A new trailer has been released, alongside 'teaser' clips and many fan-made videos on YouTube discussing the potential changes.

Amongst the information that developers have released, is the addition of new characters, including **Mommy Long Legs and Kissy Missy. Like Huggy Wuggy**, these new characters have arguably 'innocent' names that may sound child-friendly but could be visually disturbing and upsetting for children.

Due to the name of the character, these videos are often 'slipping through the net' of platforms' safeguarding measures like content filtering and age-restrictions.

Metaverse – age rating 13 yrs up

The latest invention by Mark Zuckerberg. It is a virtual reality chat app = VR. Using head set you can choose your own AVATAR as can anyone else i.e. someone of 30 acting out as 13. During the game there are lap top dancers and nudity, it ;leads into YOUR own Avatar being groomed and sexually abused .

Facebook say there take no responsibility for the content of any games

NEW ALERT – FROM INEQE – HENTAI APP – FEB 2022

After being alerted to the term 'hentai machine' being discussed amongst young children, our Online Safety Experts have researched and produced a digital threat assessment to help school staff and safeguarding professionals understand this complex topic.

This briefing document is available to download below.

It outlines the areas of concern, associated safeguarding risks and provides practical tips on how to respond effectively, if the children and young people in your care are discussing Hentai.

Hentai is adult pornography that uses a Japanese style of animation. It is essentially cartoon-ised images of a sexually explicit nature. However, our research shows that hentai can go far beyond this. Some material can be classified as child sexual abuse imagery, bestiality, and other forms of extreme sexual violence.

Context is key: hentai may appear ‘cartoonish’ and therefore child-friendly and easy to dismiss but the content is sexual in nature and can normalise violent, harmful, and illegal content.

NEW ALERT – LOCKET – FEB 2022

What is Locket?

You may not have heard of Locket but there’s a strong possibility the young people in your care have. This guide to Locket will provide you with all the information and advice you need to keep young people safer.

This widget is all about photo sharing; it’s designed to let people share photos instantly with other users they have connected with. Instead of sending photos via an app like Snapchat or WhatsApp, the photos automatically appear on the other person’s phone screen. It’s a bit like a private social media platform right there on your home screen. Locket is free to download and does not include in-app purchases.

Users can choose up to ten friends to connect with, all of whom must also have downloaded the Locket widget app. Once connected, the users’ photos are shared with each other via their phone’s home screen widget. **Essentially, users are allowing contacts to place pictures directly onto each other’s iPhone home screen.** It’s currently only available on iOS.

What are Widgets?

Widgets are little pieces of software that run on your tablet or phone home screen, displaying bite-sized information without making you open an application, for example the weather forecast or a media player.

How does Locket work?

- Locket syncs with your phone contacts (numbers) to let you invite friends. Once you add a friend, Locket will then sync whatever name and profile picture you have saved for that person in your contacts.

- When you share a photo on Locket, it will be sent to all the contacts you have added on the app or to selected contacts, and open right on their home screen.
- Your contacts will be able to see this photo in real-time in their Locket widget. The photo will also be added to yours and your friends' history section.
- Photos you have shared in the past are not visible to new contacts you add as friends, e.g., if you have added a photo to your locket last week and add a new friend today, your new friend won't be able to see that photo you sent last week. They will only see new photos you've added to your Locket widget since becoming your friend on the app.
- Locket does not let you share videos. Locket only lets you take photos within the app, rather than share photos from your camera roll.

Safeguarding Concerns

Our online safety experts researched the Locket widget to see how safe it was for children and young people. They found several areas of concern that we believe parents, carers, and safeguarding professionals should be aware of:

Age Verification

Locket's terms of service says that a user must be **13 years of age or older** to create an account or use the services. However, there is no age verification process. Users simply have to check a box agreeing that they have parental permission to use it. For children who are eager to use the widget, they could simply check this box and continue on to use Locket.

With no parental controls, a child or young person could be vulnerable to seeing inappropriate images – remember, the photographs will appear instantly on their phone, without further permissions needed to send, receive, or view them. This means that inappropriate images could be shared with no warning.

Image Sharing

Once an image is sent, there is no way to retrieve or delete it. The other user will have access to the photo in their history and on their widget. Once it has been sent, there isn't a way to take it back via the widget.

There are many reasons why a child or young person might send an image and then regret doing so, including coercion, grooming or simply by mistake. They may feel they can trust the person they're sending it to but there are no guarantees about what the other person will do with that image – it does not remain 'in the widget' and could be shared with others on other external platforms and apps.

Find out more about what to do if a child loses control of an image online.

Our online safety experts also noticed during testing that in the terms and conditions, it states that all photos uploaded can be reused by Locket for other purposes, such as for marketing use. Although this may not be a likely scenario, it's worth noting as children and young people may not realise this or fully understand how their images may be used.

Safety Settings

Locket doesn't contain many privacy or safety settings. There are measures in place to delete or block a contact. However, you can decline being added as a contact or remove a contact from your friends list.

Locket Widget App Deletion

Deleting a Locket account isn't straightforward; unlike most other apps or widgets, Locket require users to send an email and request an account termination. It is unclear how long this process takes in total.

New alert BUT not a new app (2015) DISCORD

Pupils themselves have informed us of the grooming and unpleasant issues – recommend 13+ age group – HIGH RISK

The Dark Sides of Discord

- **No official verification of age.** When the kids sign up with the Discord app there is no proper procedure to check their age. Poor verification process led the kids below 13 to enter into this chat platform easily.
- **Possibility of chats related to adult content:** The kids may communicate adult chats like sex, porn, etc. It brings a great threat to innocent minds. Consistent usage of this chat platform becomes an addiction to young kids. Discord app converts into an addictive application for children.
- **Cyberbullying:** When the communication between kids has controversies then it will lead to bullying. There is a high risk of bad words usage, unethical speech, etc can occur at any time.
- **Kids can wander:** In this app, the children can wander around the server and get access to crude and offensive languages easily. There is no option to restrict the entry of users to another forum. The users can view all the threads available on this app without any difficulty.
- **A quick flash of Adult content without search:** Kids need not search for adult content instead of the lewd words with porn images appear within 15 minutes of your sign in. This scenario is highly dangerous for kids below 18 years. This app gives easy access to sexual content.

November 2021 - WORRYING RISE IN INCEL in schools of a subculture communities online

"A member of an online community of young men who consider themselves unable to attract women sexually, typically associated with views that are hostile towards women and men who are sexually active"

THE INTERNET WAS NEVER CREATED FOR YOUNGSTERS WHICH IS WHY IT IS NOT SAFE !

NEW ALERT ON ROBLOX and SLENDER MAN – JAN 2022

Slender man

While there are multiple interpretations, the reoccurring narrative is that Slender Man haunts abandoned places (such as buildings, playgrounds, and forests) and abducts unsuspecting humans – especially children. There have been multiple horror video games and films made using his image. He is a popular horror character on Roblox, YouTube, and TikTok (with over 1.2 billion views on the hashtag #Slenderman).

Slender Man is not a current hoax or challenge. He is a fictional creation, like Huggy Wuggy, Jeff the Killer, Siren Head, and numerous others specifically

created to frighten. These characters have an online life that is often made up of rumours and tall tales which resurface every few years for new generations.

As Slender Man is a popular character, it is extremely easy to find related content on Google, YouTube, and most online platforms – even with parental controls switched on. This content can be disturbing if a child is not expecting it or if they are more vulnerable to this genre. There are multiple risks that may arise from children and young people being exposed to frightening content before they are prepared.

Roblox - ALERT

A notable risk factor is that Roblox has almost 24 million games within the platform. As many of the games and 'dress up' items are user-generated, it can be difficult to establish the intent behind every game or guarantee that games follow Roblox age restrictions.

Our Online Safety Experts reviewed popular footage from the game where avatars were seen simulating sex acts, using the power of suggestion and in-game chat functions.

For example, characters can use different moves, such as giving CPR. While this is innocent, when this action is paired with outfits and words from chat, it can be used to simulate sex acts.

Our experts are aware that in some games a culture of 'online dating' exists between avatars where users may in some cases form 'relationships'.

The games that we reviewed were not designed to facilitate sex, but it is possible to simulate sexual activity by other means. For example, dressing a character in swimwear, followed by bringing them upstairs to 'cuddle' or performing CPR in underwear. In some cases, it was possible to simulate ejaculation and bondage activities using collars and dog leashes.

NEW ALERT DEC 2021

Poppy playtime Video game

An “introduction to horror.” Videos, versions of the game, and associated material are becoming increasingly popular on YouTube, Roblox, and other platforms used by young children.

Poppy Playtime features frightening images and themes that are paired with child-friendly items. This may be especially upsetting to children who have not yet developed the resilience to deal with disturbing content.

UPDATE SEPTEMBER 2021 – SQUID GAME

Harmful Content – Squid Game age 15 + rating

Due to the popularity of Netflix’s most recent viral show, Squid Game, our online safety experts have received several questions about it from concerned parents, carers, and teachers. We decided to release a Safeguarding Update that highlights the main risks and concerns our experts found when researching the show.

What is Squid Game?

Squid Game is a South Korean television series streaming on Netflix. The plot centres on a group of adult debtors, thieves, and gamblers competing against each other in a series of childhood games for a grand cash prize. However, there is a dark twist to these seemingly innocent games – losing competitors are violently killed off in ways that grow more twisted as the games grow more intense.

Since its release in September 2021, Squid Game has become number one across 90 different countries in Netflix’s ranking of most watched TV shows. It has been number one in the UK for thirteen consecutive days since its release.

Harmful Content in the Show

Currently, Squid Game has **a rating of 15+ as the visual content includes high levels of gore, death, violence, gambling, debt, sex, and physical assault. It also has graphic depictions of suicide, murder, and sexual assault.**

Children and young people are likely to know about the show via word of mouth and because it is so popular on social media. They may be unaware of the extent of **gore, death, and violence the show**

contains. It also focuses on adult themes that are not appropriate for younger sensibilities. For young people who live with mental health issues, they may be triggered by some of the content.

The aesthetic of Squid Game, especially in promotional images and material, appears innocent and childlike. This is to provide a clash with the excessively violent content that is meant to be jarring and unsettling to viewers.

Parents and carers should be aware that video content from this show is found on **TikTok**, which could also increase their interest in watching the show. Remember: even if you restrict the young person in your care from watching Squid Game, they may be able to access content on other social media platforms.

Additionally, **Roblox and Fortnite** has seen a sharp increase in user designed games **recreating those in Squid game**

UPDATE – ROBLOX – 21st September 2021

On September 21st, 2021 Roblox announced they will be rolling out optional age verification to all accounts. Users will need to upload a photo of government ID or a passport before they are prompted to capture a live selfie on the spot. Roblox have said they will be capturing “liveness and likeness” with their technology to ensure the ID matches the person signing up. Roblox have confirmed they will not store any ID document or selfie scan in their system.

LATEST & CONTINUING – caution: March 2021

LIVE STREAMING continues to be a critical risk for children who are increasing making self-generated images to those they do not know. These images are sent directly to the Dark Web and sold

LOCKDOWN – Europol and IWF (internet watch foundation)

In October 2020 alone in the UK there were 8.8 million attempts to access child abuse images

Self generated images have escalated during lock down

Parents PLEASE do not post images of your children these can be accessed and stolen and used for child images. Please remove devices from bathrooms and bedrooms where self-generated images are being created.

LOOT BOXES - Loot boxes are virtual collections of items such as weapons or characters that can be used in the game. The boxes can be purchased by children for significant amounts of money, sometimes without the knowledge or consent of their parents

TELLONYM – anonymous bullying messages being sent

DOKEY DOKEY LITERATURE CLUB - police have warned about the threats of “dark writing” leading to suicide

AVOID ALL ENCRYPTED APPS AND ACCOUNTS FOR YOUR CHILD I.E. What's app – anything encrypted cannot be accessed by Police when help or the law is required

ON LINE and OFFLINE abuse is now fused – no longer separated

Chief Constable Simon Bailey - 450 arrests a month of men in UK involved in IIOC Indecent Images of Children, and over 100,000 regular viewers of IIOC in UK.

It is VITAL parents step up to the line and LEARN about the threats when using Internet and devices

On Line offenders have multiple conversations grooming potential victims and “scatter bomb” until they find one

18.4 million referrals GLOBALLY IN 2018 of Child abuse images

UK is one of the top 3 consumers for Live streaming from Philippines.

IWF – Internet Watch Foundation has taken down 100,000 URL's in 2018 large Internet companies are NOT operating a moral or social responsibility to protect children online

Children are in fact overwhelmed by social media and need more INTENTIONAL use and time out

Tink Palmer CEO of the Marie Collins Foundation :

Once the images are “out the bag ” the impact of online abuse and taking of images and releasing them, profoundly and intrinsically changes the deep psychological harm and is a greater risk for the victim

www.mariecollinsfoundation.org.uk

June 2019 from Karl Hopgood e-safety expert :

49% children won't tell if something untoward has happened on social media

48% worry they will be blamed

43% say they don't want to be a snitch and are fearful of being banned

Donald Findlater of Lucy Faithfull Foundation and Stop It Now who manage offenders - if you know of anyone with interest in viewing Child sexual abuse images online go to www.get-help.stopitnow.org.uk

Do you know the age limits for social media?

- Facebook, Instagram, Twitter; Tumblr, Reddit, Secret, Snapchat, Pinterest, Habbo, Google+ – AGE LIMIT 13 YEARS OLD
- Linked in – AGE LIMIT 14 YEARS OLD
- What's App – AGE LIMIT 13 YEARS OLD
- Vine – AGE LIMIT 17 YEARS OLD
- You tube, Wechat, Kik, Keek, Foursquare, Flickr - AGE LIMIT 18 YEARS OLD, but 13 to 17 years old with Parental permission.

50% of parents are unaware of the social media age limits and only 1 in 5 parents did know there WERE any social media age limits (source 17th March 2017 NSPCC)

Safeguarding risks from INEQE – sept 2021

REACTION VIDEO

Safeguarding Alert

Our online safety experts have been alerted to a potentially viral TicToc trend. The trend focuses on people recording “reaction videos” while searching for a term that brings them to a specific type of illegal, sexual online content.

From what our experts have discovered, the explicit material found in this trend is NOT hosted on TicToc.

What is a Reaction Video?

Put simply, a reaction video is a recording of a person or group of people reacting to something they are watching online or offline. This can be reacting to anything from an episode of a hit television show to highly anticipated film trailers to popular YouTube videos. Channels on YouTube such as [“REACT”](#) expanded the concept into ‘YouTuber Reacts’, ‘Kids React’, ‘Parents React’ and ‘Grandparents React’. In 2013, the concept of reaction videos was adapted into the TV Channel 4 show Gogglebox.

Why Do People Watch Reaction Videos?

The responses of those watching the videos stimulates curiosity. That curiosity combined with the fear of missing out prompts others to participate especially when the reactions they have seen are funny or shocking.

GACHA HEAT & GACHA LIFE– SEPT 2021

What is Gacha Life?

Gacha Life is a roleplaying and story board creation game. Users can create storyboard scenes, add text bubbles, props, and backgrounds on Gacha Studio. Gacha life has a rating of 9+ on the Apple App Store and ‘E’ for Everyone on Google Play.

What are the risks?

- The content in 'Gacha Heat' videos presents a risk to children and young people that is not immediately obvious to parents and carers unless they watch the entire video and inspect the narrative.
- Themes of 'Gacha Heat' videos include racism, sexism, homophobia, transphobia, child sexual abuse and exploitation, fetish/kink/BDSM/incitement of sexual violence, 'shock core', glorification of suicide, terminal illness, incest (parent/child and sibling) and teacher/student relationships.
- These themes can normalise abuse and harmful sexual behaviour among children and adults.
- 'Gacha Heat' content has been populating the general #Gacha and #GachaStory hashtags on TikTok which exposes children to the inappropriate content without it being sought out.

Top Tips & Advice

- **Ensure Google SafeSearch is enabled on your child's devices. It will help filter out any explicit material from initial searches and protect them**

Among Us

In Australia recommendation is for 7 yrs plus but European PEGI recommends 10 yrs plus , BUT warns it is risky due to the public chat function and children should therefore use it with PRIVATE MODE or with an adult present

Avakin life – Jan 2021

2 million using it ; 500,000 every day

Our online safeguarding experts at INEQE have reviewed and tested the game and discovered a number of potential risks to young people. The major risk is that users can easily access children and young people online via private and public chats.

New addition from Instagram – March 2021

“live rooms”

- **Users can buy ‘badges’ in Live Rooms to support their favourite creators** (1 per person). Users who purchase a badge get an icon beside their name, which makes them more visible in the comments section of a Live Room and unlocks special features. Badges cost up to **(£3.58)**. Children and young people who are inspired to become social media influencers **may feel pressured to do ‘whatever it takes’ to gain more followers**, such as Live Streaming in less clothing or sharing personal information for ‘authentic’ interactions with strangers/fans
- Although Instagram has offered several safety and moderation mechanisms, **online bullies may still target users on Live Rooms**, by screenshotting or writing abusive messages.
- The risk of **disclosing personal information** is amplified when using any live features due to the online disinhibition effect and increased pressure from fans where users make ‘in the moment’ decisions
- Children may spend **increased periods of time online** using Live Rooms to potentially ‘go viral’.
- Live Rooms **require people to be on-camera**, this may pressurise or influence young people to conform to a particular look or to construct an environment aimed at pleasing and increasing their audience.

NEW APP – DISPO – March 2021

Safe guarding risks from INEQE

- Anyone can follow another user, and there are no settings to prevent this from happening or to make profiles entirely private.

- A user can view other users' public photographs and read their bio, even without following them.
- Any user can view other users' public photographs and read their bio, even without following them.
 - A user can go on to any other users' profile and share photographs from that profile internally (i.e., on Dispo) or externally (on another platform such as Instagram or via WhatsApp).

Latest 4 apps causing harm – Aug 2020

Play station messages – age 18+

Exposed to harmful sexual and adult content. You are able without gaming, to send voice texts and stickers and videos, and inadvertently share personal info

Bunch - age 13+

Very similar to HOUSE PARTY, and can make video calls

Only fans - 18+

Share and subscribe and pay for content and increasingly used for sexual content and adult images. **Young teens are selling nude selfies to fund drug habits**

Triller – 13+

Able to see and hear inappropriate content and searchable; inappropriate purchases may encourage activity to gain followers n&earn currency. To block and report users you need to have an account and be logged in

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A self-reported survey data from nearly **12,000 teenage participants** in the U.K. Millennium Cohort Study. The study found a wide range in how many hours per day teens are spending on social media. Girls overall were more likely to be heavy users. At the low end, 22.8% of females and 43.8% of males used social media for less than an hour per day, and at the **high end, 28.4% of females and 13.7% of males used social media for five or more hours per day.**

Ask.fm—One of the Most Dangerous Apps for Teens : This app for ages 13 and up provides a question-and-answer format. Thus, users can interact via Q&A with friends, peers, and anonymous users. Hence, the app has become the site of cyberbullying, which has been linked to suicides. Furthermore, loose regulation and lack of monitoring increase the danger. First popularized in Europe, the app has now become well known in the United States.

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AfterSchool : This teen chat app connects students at the same school. And users can download and join the conversation while remaining anonymous. Consequently, they can post anonymous pictures or videos for other students to see. As a result, this increases the potential for cyberbullying.

Strava: A live GPS location could give away the area or exact location of where a user lives or spends time. If a user runs the same routes every day, a stranger could learn where you live and where you are at certain times in the day. Relaxed privacy settings could result in identifying personal information being public.

Bigo Live : On Bigo Live, teens stream live video of themselves. Other users can see and comment on the footage. In addition, users can also receive and send “beans,” virtual gifts that cost real money. Therefore, the focus is on status, spending money, and collecting “gifts.”

BitLife : This simulation game assigns teens an identity, or avatar. Subsequently, their characters “age” from infancy to death. Throughout the process, teens can choose how their avatars make money, spend time, and form relationships. As a result, their characters attain various levels of happiness, health, knowledge, and appearance. What makes this one of the

dangerous apps for teens is that kids can choose to “hook up” with other characters, drink, do drugs, gamble, and even commit crimes.

Blendr : On Blendr, teens send each other messages and exchange photos and videos. In addition, they rate the “hotness” of other users. And this type of superficial social comparison can undermine teen self-esteem and identity formation. In addition, there is no age restriction on Blendr. Hence, teens may potentially be having conversations with adults via Blendr.

Discord : Online gamers use this app and site to connect via text, voice, and video. The problems with Discord include accessible adult content and the ability to chat privately with strangers. Kids who are under 18 can easily click through to view mature content.

Holla : Holla is all about connecting with strangers. Teens can sign up using a phone number or Facebook account. Next, they are matched with a stranger for a video chat. Plus, they can scroll through and choose people they want to talk to. And they can use the location tracking to find people on the app who are nearby. According to testers, both nudity and violence are common on this app. Hence, this can be one of the most dangerous apps for teens.

Houseparty : Houseparty is a video chatting app. Therefore, friends can communicate through live video. In addition, they can “talk” with each other in group chats. Because there is no screening, inappropriate content is not filtered. And, just like at a real party, teens can end up connecting with people they’ve never met before.

IMVU : Like BitLife, IMVU lets teens create avatars. And as with Bigo Live, they can also use real money to buy objects for their avatars, such as outfits and furniture. Or they can “earn” money by taking surveys or watching ads. Using the website or the app, users then interact through their avatars. The red flag with IMVU is the focus on sexuality. The avatars’ appearance is highly sexualized, and avatars can have virtual sex.

Kik—High on the List of Dangerous Apps for Teens : Kik is a messaging app that allows teens to connect with others using only a username. Hence, users

can text photos, drawings, or pre-designed greeting cards to individuals or groups. Because there is no age verification, experts report that Kik is popular with sexual predators. Moreover, Kik has also been used for cyberbullying. Rebecca Sedwick, the Florida teen **who committed suicide as a result of bullying**, reportedly used Kik and Voxer (see below) in addition to Ask.fm.

Like—Magic Music Video Editor : With Like, teens create short videos with lip-synching. They collect “likes,” in order to move up the list of popular users. In addition, they can send messages and give other users virtual “gems”—purchased with real money. In addition, Like allows strangers to interact with each other, which presents a danger for teens.

Lipsi : Lipsi users can give others feedback without revealing their identities. Instead, they stay in “ghost mode.” Thus, cyberbullying is common on this app for teens. In addition, users can link Lipsi to their Instagram profiles. As a result, all the comments appear in their Instagram feeds.

Omegle : Like Holla, Omegle is designed to facilitate online conversations with random strangers. That’s why experts agree that it’s one of the most dangerous apps for teens. Users can text or video chat with people from more than 190 countries. According to **Common Sense Media**, interactions on Omegle “can easily result in conversations that are filled with explicit sexual content, lewd language, and references to drugs, alcohol, and violence.”

Sayat.Me : This app is also built around anonymous feedback. The site advertises itself as a place for “honest feedback and opinions from your friends.” However, the anonymous interaction gives users a free pass to criticize others without consequences.

SnapChat : **ALWAYS** have the **Ghost mode switched on** or you can be geo located . App is used by dealers to sell drugs, regularly used to cyberbully. About **59% of interviewed kids connect with strangers via social apps**, while 1 out of 12 kids meet them in person. Such online behavior can get young people into real trouble, as predators often hide behind **fake Snapchat** accounts.

Socratic Math & Homework Help : This app pulls answers from the Internet when teens post their homework questions.

Hence, the biggest risk is cheating. While this app can be useful for gathering information, teens might be tempted to use it to get answers without learning the associated concepts.

Tellonym: This is yet another anonymous messaging app. And as with many other dangerous apps for teens, it invites users to get and give anonymous feedback. Teens can also link their Tellonym accounts to their other social media accounts. Again, online bullying is frequent.

Tic Toc : A Chinese video app, no security, to share short videos to promote products, lip syncing and dancing to music. Heavily populated by those with inappropriate interest in children . Sadly ,also used for sinister items of risk to children i.e. cannabis sweets, pepper spray (illegal), Laughing gas, blackout challenge, eye colour change challenge

Vora : Vora is a dieting app. Hence, the technology allows users to track their fasting activity. As a result, Vora has become popular with teenagers who struggle with eating disorders. In addition, the app connects users with other dieters and fasters who then can encourage each other in this life-threatening behavior.

Voxer : Voxer is what's known as a "PTT" or "push-to-talk" app. Hence, it works like a walkie-talkie, allowing users to exchange short voice messages. Some adult users find Voxer helpful for work purposes. But for teens, it can become a forum for delivering hurtful messages via both texting and talking.

Yubo (FORMERLY YELLOW) is aimed at 13 to 17-year-olds and is meant to allow Snapchat users to meet "friends" in their area, but could equally be used to arrange sexual hook-ups or for predators to pose as teens and lure children to meet in person,

Zepeto : Zepeto combines features of teen chat apps, social media, and avatar-based apps. The primary problems with this app are the ability to connect with strangers and the focus on image and appearance.

MyLol – dating website for 13 yr olds and teens – heavily accessed by paedophiles

Advice and damage limitation

- Create a rule book so you have a compass
- If YOUR name is on the phone contract YOU are legally responsible for the traffic of communication
- Limit screen time TURN OFF GAMES ETC AN HOUR BEFORE BEDTIME
- Try to keep screens in a public place
- If your child is becoming socially withdrawn and showing signs of anxiety - ACT !
- Agree no screens before school; at mealtimes; no screens at bedtime
- LESS time on screens means less absorption of inappropriate content, advertising messages, inane celebrity gossip; bullying and sexualisation
- Give your child a half hour warning IN ADVANCE of the curfew
- Be CONSISTENT explain you are NOT ruining their fun and DON'T BACK DOWN – TRY NOT TO LOSE YOUR TEMPER - walk away but stay to your rule
- If you see the tell-tale shaft of blue light from under the bedroom door that screen is ON
- “Catfishing” is the name used by offenders to lure young people into harm on social media and on line gaming
- Musical.ly now called TIC TOC– highly dangerous and greatly accessed by paedophiles in disguise wanting more videos of dancing
- Instagram now rated the worst app causing mental health issues
- Sexting is illegal. What may seem a private photo in your relationship can easily be turned into a hate speech and used against you for all to see when the relationship ends
- SnapChat earns your child STREAKS a darkly ingenious way to keep your child engaged. They gain points every time they communicate and lose them if they don't reply. SnapChat is highly pervasive into the child's

psyche. SnapChat also reveals where your child is located, unless it is switched to “ghost mode”

- ON LINE GAMING is a real and present threat and easily becomes an addiction. MANY participants will not be known to your child. Gaming addiction is REAL and highly destructive
- Parents download OUR PACT or KIDSLOK an app allowing you to switch off the apps on your child’s phone, and to a schedule
- Parents access CIRCLE WITH DISNEY – just released and claims you can manage all devices in your home setting time limits and turning off individual apps.

Young people can download **FOREST** helping them to control their own screen time. They plant a seed and a forest grows in the app, the more time you spend on your phone less trees grow. Proving popular with young people to help focus during exam times.

Harm to health

- Extremes of blue light is potentially hazardous to the back of the eye
- Short sleep causes – obesity; low cognitive function; lower immunity to colds etc; heart disease; diabetes
- **Royal college of Paediatricians March 2019 recommend STOP devices AN HOUR BEFORE BEDTIME . Have a break every 2 hours is essential**

Text or Internet Codes:

These are used to send messages out quickly, hoping that most of them are not understood by supervising adults:

BUT do you know a cat’s face image and a knife and fork image means – open invite for sex; thirsty means - desperate for sex ; rape shed means – somewhere to go to be raped

- **LMIRL**- let's meet in real life
- **IWSN** – I want sex now
- **8** - oral sex
- **IMEZRU** - I am easy, are you?
- **TDTM** - talk dirty to me

- **CU46** - see you for sex
- **MPFB**- my personal f**k buddy
- **SORG**- straight or gay
- **WYFM** - would you f**k me?
- **NIFOC** - nude in front of computer
- **KOTL** – kiss on the lips
- **182** – I hate you
- **WTTP** - want to trade pictures
- **MIA** – talking about Bulimia
- **KMS** – kill myself
- **420** - marijuana
- **XTC** - ecstasy
- **DRT** – death in real time
- **MOOS** - member of the opposite sex
- **AITR** - Adult in the room
- **MOS** - mom over shoulder
- **POS** - parent over shoulder
- **PIR** - parent in room
- **CD9, CODE9** - parents are nearby
- **KPC** - keeping parents clueless
- **P911** - parent alert
- **PAL** - parents are listening
- **PAW** - parents are watching
- **ASLP** - Age, sex, location, picture
- **A3** - Anytime, any place, anywhere
- **COBRAS** - Come on by right after school
- **9** - Parent watching
- **99** - Parent no longer watching
- **NP** - nosy parents or no problem
- **121** - One to one
- **143** - I love you
- **53X** - Sex
- **LOL** - Laugh out loud
- **Emojis of crying tears and an aubergine means – ejaculating penis and forwards kids to porn hub**

TAKING BACK CONTROL

Practical Tips on Taking Back Control FROM INEQE

What to do if you're worried a child or young person has shared an image online

It's helpful to understand what you can do if a child or young person in your care loses control of an image before it happens. You might want to talk to the children in your care about who they would talk to if they were worried about something online. You might hear '*what goes online stays online*' – **but this is not true and can remove all sense of hope from a child.**

Here are some practical steps you can use if a child tells you that they have lost control of an image:

- Support the child in your care to understand what's happened and thank them for telling you, explain that there are some steps you can take together to ask for the image to be removed
- You should encourage the child to seek support from Childline who can explain the process – adults can speak to the NSPCC Adults Helpline for support
- If possible, try to gather a list of where the image has appeared or who has received it
- Adults can make an online report to CEOP (Child Exploitation and Online Protection Command), or contact their local police force for support if they have concerns a child is being groomed or sexually abused online
- Adults can also report the URL of images for removal directly to the Internet Watch Foundation
- Do not copy or send the image to anyone, even the police – the image will constitute an indecent image of a child and should not be shared or saved
- **Young people can upload their own image or URL to the Internet Watch Foundation's Portal via their Childline account for removal**

- **If you have concerns about the immediate safety of a child, you should call 999 (emergency number)**

PARENTAL LOCKS AND CONTROL

Family Link lets you set time limits and a bedtime for their device, so you can help them find a good balance. Tuesday. 2 hr 15 min. Apply. **Lock** their device. Whether it's time to go play outside, have dinner, or just spend time together, you can remotely **lock** a device whenever it's time to take a break.

Family Link will ease a bit of the stress from managing your child's screen time by helping you lock your child's device automatically in different situations. (You can still have manual control over what they access, don't worry.)

Google has rolled out screen time and app management features to the **Chrome OS** version of its parental supervision app, **Family Link**, so now you can remotely manage and monitor your child's activity on laptops and tablets running the OS, as well as on any Android device running Android 5.1 or higher.

Safer Families is another good one

FOR FURTHER SUPPORT PLEASE CONTACT - we have a wealth of experts on our team

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