E-SAFETY UPDATE

LIONHEART EDUCATIONAL TRUST

HALF TERMLY UPDATE

Welcome to our latest update! Lionheart Educational Trust is now sending out an e-safety update every half term, prior to the school holidays, in order to support parents and students. Due to the nature of widespread internet use at the moment, you will find this is a bumper edition this half-term, containing advice and support from a wider range of sources.

This update will feature resources by the National Online Safety organization;

TOP TIPS FOR SETTING BOUNDARIES AROUND GAMING

Behind video-sharing platforms (like YouTube) and streaming TV shows and movies, gaming is the third most popular online activity for children in the UK. In fact, according to recent data from Ofcom, an overwhelming 89% of children aged 3 to 17 play video games. Of those, more than one in five (22%) talk to other players online who they don't know outside the game.

The risk of contact from strangers is just one of the reasons that many parents are concerned about their child's gaming: increased screen time, inappropriate content and in-game spending also figure among the most frequent fears. Agreeing on some rules around your child's gaming activities can certainly help, and our guide has some useful tips for establishing these boundaries.

A FREE ONLINE SAFETY GUIDE ON LIVE STREAMING

Like a lot of digital services, live streaming really found its niche during the pandemic – think of Joe Wicks' at-home fitness classes, Billie Eilish's virtual gigs and Miley Cyrus' chat show, for example. Real-time broadcasting of video content over the internet isn't solely the province of celebrities, however: anyone with a device and something to say (or show) can take part.

With platforms such as YouTube, Facebook, TikTok and Twitch all offering routes to a vast online audience, young people have enthusiastically taken up the baton – streaming on subjects from gaming to sports to live shopping (yes, really!). Potentially having strangers among one's viewers, though, is just one of many concerns. Our #WakeUpWednesday guide has the key information.

A FREE ONLINE SAFETY GUIDE ON THREADS

With the power and credibility of Meta (including a ready-made relationship with Instagram) behind it, plus users' increasing frustration with Twitter and – for the moment, at least – no adverts, Threads struck an unprecedented social media 'sweet spot' when it launched in July 2023. "Way beyond our expectations," was a delighted Mark Zuckerberg's early verdict.

While Threads is currently relatively basic in terms of features, some concerns have already been raised over the sheer volume of users' data the platform collects, the possibility of algorithms recommending unsuitable content and, as always, other people's spiteful behaviour. Our #WakeUpWednesday guide brings parents and carers up to speed on this notable new arrival.

Top Tips for
SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.

Source: https://hipal.app/about/privacy.html

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#WakeUpWednesday

What Parents & Carers Need to Know about
LIVE STREAMING

Live streaming involves broadcasting and watching videos online in real time, often on social media or via platforms like YouTube and Twitch. Viewers can interact through comments, chats and reactions during the broadcast: such instant engagement makes this an exciting way to share experiences, learn from others and build digital communities. Despite the many positives, live streaming also creates a potential platform for unsuitable content and poses some risks to children: it's essential to keep privacy and safety in mind and comply with each site or app's age restrictions.

AGE RESTRICTION
13+ 16+ 18+
Age varies by platform

WHAT ARE THE RISKS?

LACK OF AGE VERIFICATION

Despite their age restrictions, some platforms don't require proof of age at sign up – meaning that anyone can register for an account (and potentially pretend to be older or younger than they actually are). In many cases, this means that young live streamers can never be totally certain exactly who they are broadcasting to and who is engaging with their live stream.

DISCLOSING PERSONAL INFO

A characteristic of live streaming is the ability for videos to be instantly shared worldwide. Without the correct privacy settings enabled, a child could inadvertently reveal personal information or their location, making them vulnerable to online predators or identity theft. It's wise to regularly check the privacy settings (and what data is being shared) on any apps your child has signed up for.

ANYTHING COULD HAPPEN

As the video streams are live, children might encounter (or inadvertently share) inappropriate content. Most live-streaming apps have rules to prevent this and monitor their services, also providing report buttons where content can be flagged for review. It may not be dealt with instantly, however, meaning that your child could be further exposed to harmful content during a live stream.

UNAUTHORISED RECORDINGS

Each live streaming platform stores completed videos for different periods (Twitch saves broadcasts for 60 days, for example, while Facebook and YouTube remove them only at the creator's request). Deleting a video, though, doesn't always stop it from being shared: in some cases, streams have been illegally recorded (or screenshots taken) by certain viewers and redistributed on other sites.

ROGUE CONTENT CREATORS

Children can also watch other people's live streams, which could potentially contain *anything* at *any* time (such as nudity, drug use or profanity). Most apps claim to monitor live streams and will stop any that don't adhere to their guidelines – but with millions of streams per day, it's complicated to regulate them *all*, so children could be exposed to inappropriate content without parents knowing.

DANGER OF GROOMING

There are increasing reports of children being coerced into performing "suggestive acts" by strangers on some live-streaming apps. Due to the lack of verification required for certain apps, almost anyone can sign up to these services (including anonymously or under a fake identity). It's vital, therefore, to ensure the correct safety measures are in place before your child begins live streaming.

Advice for Parents & Carers

PUT PRIVACY FIRST

Through the streaming app's settings, switch your child's account to 'private', so only their friends and followers can see their broadcasts. You could also turn off the live chat, shielding your child from any upsetting comments – although viewers' feedback is often seen as an integral part of the fun. Identify any nearby items (such as school uniforms or visible landmarks) that could give away your child's location.

MANAGE MULTISTREAMING

Some apps and sites let users stream their content through multiple social media platforms at once. A broadcast on SteamYard, for example, can be shared on YouTube, Twitch, X and Facebook if the accounts are linked. The privacy settings can differ on each of these, so we'd suggest only streaming via one platform at a time to maintain greater control over who's watching your child's videos.

GET INVOLVED YOURSELF

Research suggests a significant number of streams show a child on their own, often in a supposed safe space like their bedroom. If your child wants to live stream, ask if you could be present because you're interested in how it works. You could even set up your own account to gain a more detailed knowledge of what your child talks about in their live streams – and who they're broadcasting to.

TALK ABOUT LIVE STREAMING

Try to start with positives before discussing potential risks. You could ask which live streaming apps your child likes and how they use them. Do they just watch streams or create their own? Explain why it's unwise to reveal personal information while streaming (even to friends). If you feel your child's too young for live streams, explain your reasoning to them and perhaps agree to review this decision in the future.

CONSIDER THEIR ONLINE REPUTATION

As the broadcasts are live, it often causes the misconception among young people that whatever happens in their video simply 'vanishes' once the stream ends. However, videos can stay online indefinitely or be recorded by other users. It's important that your child understands what they do and say in a live stream could potentially damage their online reputation and, quite possibly, be seen by prospective future employers, colleges or universities.

Meet Our Expert

Rhodri Smith is Head of Digital Learning at Thomas's Kensington, London. Recognised in the EdTech 50 UK Awards Yearbook 2021/22 for his efforts in the digital transformation at Cubitt Town Primary School and Tower Hamlets, he is also a Google for Education Certified Trainer and guest lectures at University College London on the integration of technology across the curriculum.

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What Parents & Carers Need to Know about
THREADS

AGE RESTRICTION
12+
However, Threads' reliance on an Instagram login effectively makes it 13+

WHAT ARE THE RISKS?

Threads is currently the number one trending social media app. Developed by Meta, the company behind Instagram and Facebook, Threads is a clear rival of Twitter (now known as X) in that it's a text-based conversation platform which allows posts of up to 500 characters, with the option to include links, photos and short videos. Threads is connected to a user's existing Instagram account, which lets people get started on this new app straight away: their followers and favourite creators will be imported from Instagram to their freshly created Threads account.

DIFFERING OPINIONS

Meta claim they will encourage friendly, positive engagements but haven't specified how they plan to moderate this. As we have already seen on the likes of Twitter, Facebook and so forth, any app where users can talk freely about topics meaningful to them also contains the possibility of offence being caused or hatred being spread.

ENDLESS SCROLLING

Threads doesn't currently have the facility to search for content – only for other users. Someone's feed, therefore, is made up of either threads from people they follow or content that Meta's algorithms have recommended. This could result in users absent-mindedly scrolling for long periods of time through nothing of particular interest, simply in search of that feeling of connectedness.

ACCOUNT DELETION IS COMPLEX

As Threads is linked to a user's Instagram account, it's comparatively tricky for someone to completely remove their Threads profile without automatically deleting their Instagram as well. Most 'Insta' users, having spent considerable time building up a bank of posts and followers, will absolutely not want to lose them and could therefore feel pressured into keeping their Threads account active.

OPEN NETWORKING PROTOCOLS

Reportedly, Meta's plan is for Threads to be compatible with ActivityPub, which will allow users to connect and share content more easily across different apps. If your Threads account is set to 'public', therefore, your posts would be accessible from other linked apps. What's more, people using these compatible apps would be able to interact with Threads users without needing an account.

DATA COLLECTION

In Threads' privacy policy, Meta states that certain data about users will be collected and linked to that person's identity, including details relating to (among other things) health and fitness, financial information, browsing history, usage data, purchases, location and contacts. This can paint a very detailed picture of a person's life, and Meta does not explain why it needs all this information.

POTENTIAL FOR EXCESSIVE TRACKING

Its tracking of every interaction, engagement and activity gives the impression of Threads being a sophisticated data-collection tool. There are no adverts on the platform right now, but – given the sheer volume of information being gathered *and* Meta's history of selling data for advertising purposes – it may not be long before ads start appearing on young people's Threads feeds.

Advice for Parents & Carers

READ THE SMALL PRINT

Privacy policies for apps are usually long and probably the last thing young people read (if at all) when signing up for a trending new platform. However, we'd advise parents and carers to take time to look through Threads' policy and see if they agree with their child's data being collected. Think critically about why Meta needs all that personal information, where it goes and what's done with it.

HIDE THE LIKES COUNT

Research has shown that young users often feel anxiety over how many likes they receive for their social media posts – and question whether this reflects their real-world popularity. Through the settings menu, Threads allows users to hide the likes count on their (and others') posts. While your child's posts won't display an exact number of likes, they'll still be able to see who *did* like their post.

FILTER OUT OFFENSIVE WORDS

Like Instagram, Threads has an option to hide replies that contain offensive words, phrases or emojis. These are predetermined by Meta, but you can also customise the list with terms that you deem offensive or which you don't want your child to read. Usefully, there's a crossover between the two apps, so words that you select to screen out on Instagram will also be hidden on Threads.

GO PRIVATE, AND STAY ALERT

Even if your child's Instagram account is already set to private, they'll need to select this option again in Threads (it's one of the first things the app asks at sign up). You can also edit who can mention them in a comment. Try to keep a regular eye on your child's account: as Threads' popularity and number of features increases, so will opportunities for potentially harmful content to slip through the net.

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.

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