**The shocking statistics**

- **Nearly half** of young people (47%) have received intimidating, threatening or nasty messages online
- There is a connection between intensive social media use and mental ill health.
- Of children currently experiencing a mental health problem, **over 2/3** (68%) **say they experienced cyberbullying in the last year**.

**What can we do about it? Useful links and documents**

- If you wouldn't let your child leave the house without knowing where they were going or who with, this video is worth watching:
  https://www.youtube.com/watch?v=-ApfDVJbcS0

- Conversation starters:
  https://d1afx9quaogywf.cloudfront.net/sites/default/files/Safer%20Internet%20Day%202020/Parents%20and%20Carers%20-%20Conversation%20starters.pdf

- Quick activities:
  https://d1afx9quaogywf.cloudfront.net/sites/default/files/Safer%20Internet%20Day%202020/Parents%20and%20Carers%20-%20Quick%20activities.pdf

- Family internet plan template:
  https://d1afx9quaogywf.cloudfront.net/sites/default/files/Safer%20Internet%20Day%202020/Parents%20and%20Carers%20-%20Family%20internet%20safety%20plan.pdf

- Useful websites/resources:
  https://d1afx9quaogywf.cloudfront.net/sites/default/files/Safer%20Internet%20Day%202020/Parents%20and%20Carers%20-%20Resource%20sheet.pdf

**Safeguarding Alert – VPNs** (from safeguardinginschools.co.uk)

A virtual private network (VPN) gives you online privacy and anonymity by creating a private network from a public internet connection. For example, this means you can bank securely. VPNs are not difficult to install and use, and there are many apps that can offer this service. Like many things, VPNs can be used for a good...and for bad.

'It has come to light that children are circumnavigating their parental controls via VPNs. There are VPN apps that can be downloaded that allow children to have a virtual private network. This allows them to access adult sites and, because the VPN can make it look like you are in another time zone, they can be accessed at any time of the day. **We have had quite a few children accessing a site called Porn Hub this way.** When children have been questioned as to how they found out about VPNs they have said it's either by word of mouth from their peers or it has popped up whilst watching YouTube.'

Useful links suggested by safeguardingforschools.co.uk:

- Digital Parenting (Vodafone) https://www.vodafone.co.uk/mobile/digital-parenting/resources-category
- Digital Parenting Magazine https://cdn.flipsnack.com/widget/v2/widget.html?hash=fh90zaf97
- Parental Controls (Internet Matters) https://www.internetmatters.org/parental-controls/
- The Best Parental Control Software for 2019 https://uk.pcmag.com/parental-control-monitoring/67305/the-best-parental-control-software
- Best parental control apps for Android and iPhone 2020 https://www.tomsguide.com/uk/us/best-parental-control-apps,review-2258.html