SHUTTLEWORTH COLLEGE

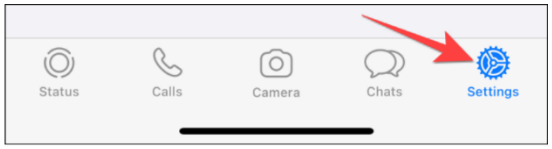
Online Safety Guide for Parents

WhatsApp

Creating a ‘safe profile’ *hiding profile picture and status*

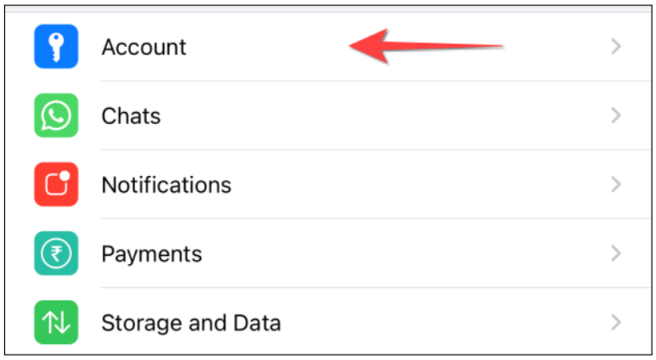
1.

Tap on the “Settings” button in the bottom-left on iPhone. On Android, you’ll have to tap the three vertical dots and select “Settings.”



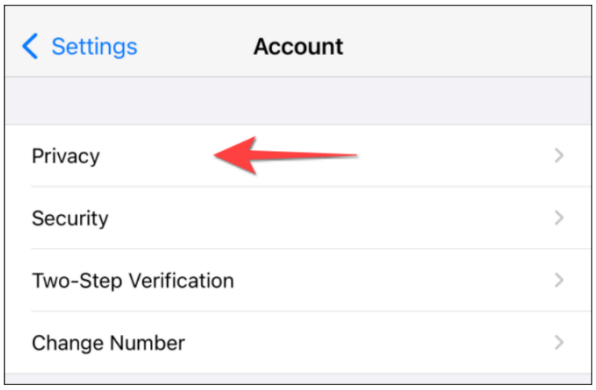
2.

Select “Account.”



3.

Next, tap “Privacy.”



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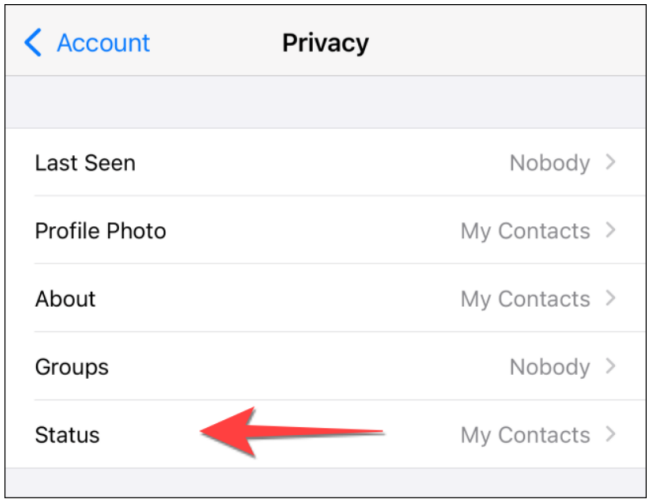
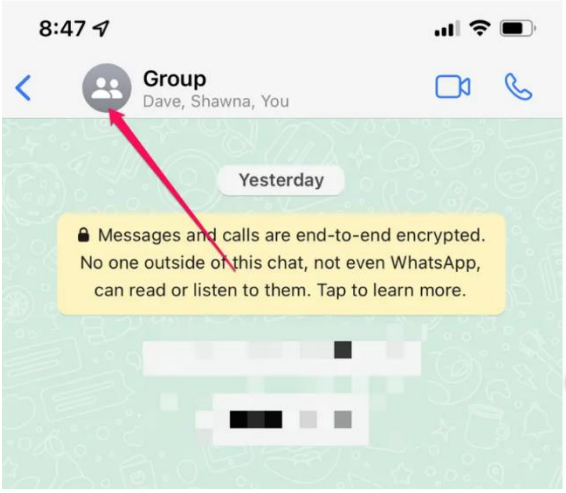


Select the “My Contacts Except” option, and you’ll then need to pick the specific friends from whom you want to hide your future WhatsApp status. You can scroll and select the contacts or search for them by name.

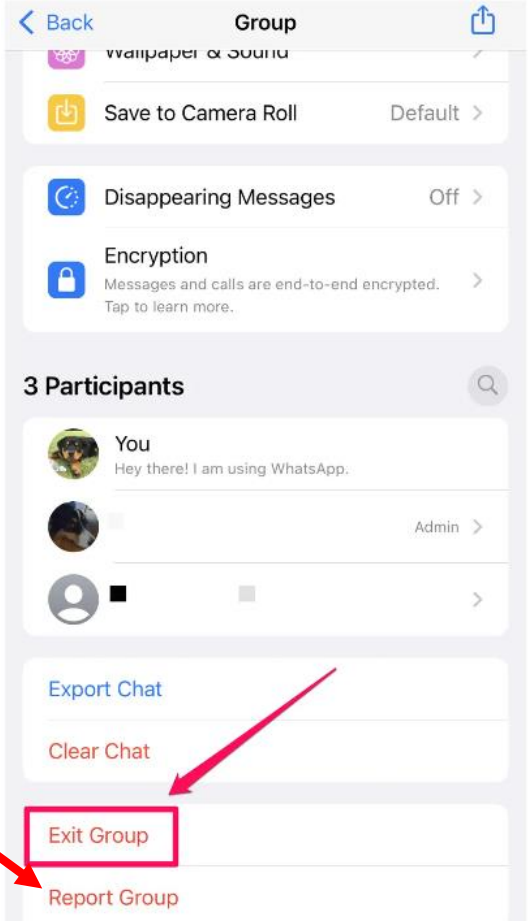
Leaving a group

You may have to do this twice - you can be added back into the group when you have left once. Upon leaving a second time, it’s permanent.

1. *Find the group you want to leave and on the conversation page, tap the group name at the top of the screen.*



2. *Scroll down and tap 'Exit Group' You'll silently leave the group and Members will not be notified apart from the group admin.*

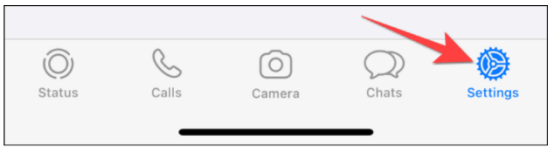


3. *From this screen you can also 'Report Group'. Should you take this step, all chat history will be deleted from your phone. If you wish to Report anything to school, you may wish to take screenshots before taking this step.*

Blocking contacts

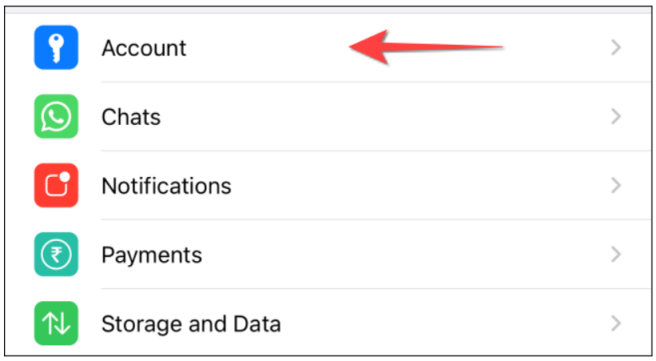
1.

Tap on the "Settings" button in the bottom-left on iPhone. On Android, you'll have to tap the three vertical dots and select "Settings."

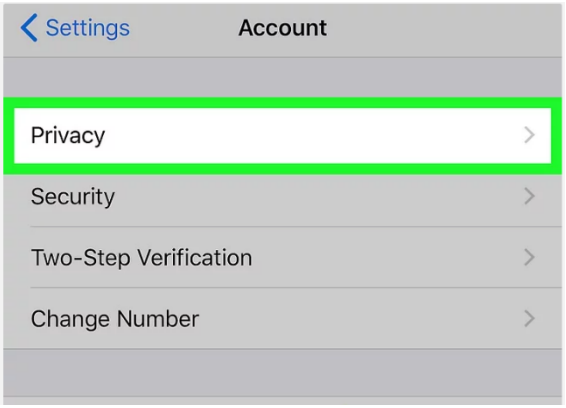


2.

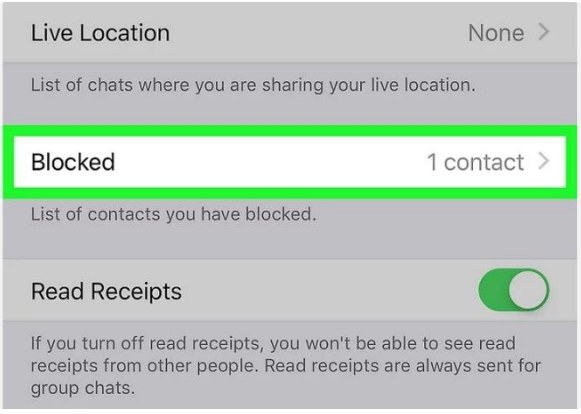
Select "Account."



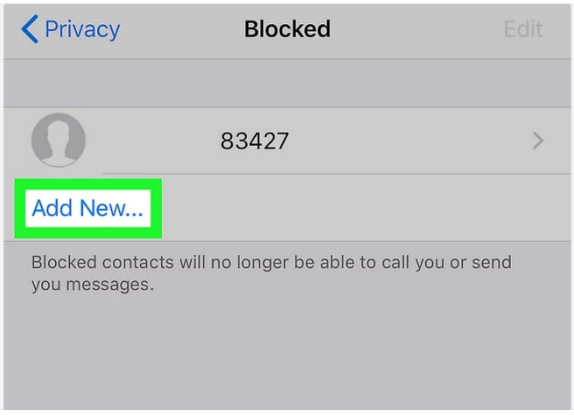
3. Tap ‘Privacy’



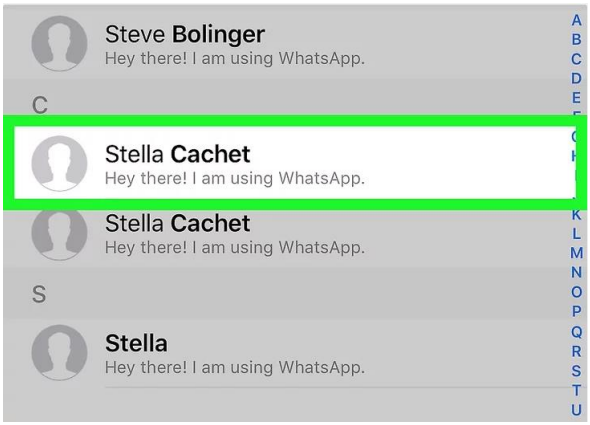
4. Tap ‘blocked’



5. Tap ‘add new’



6. Select a contact to block

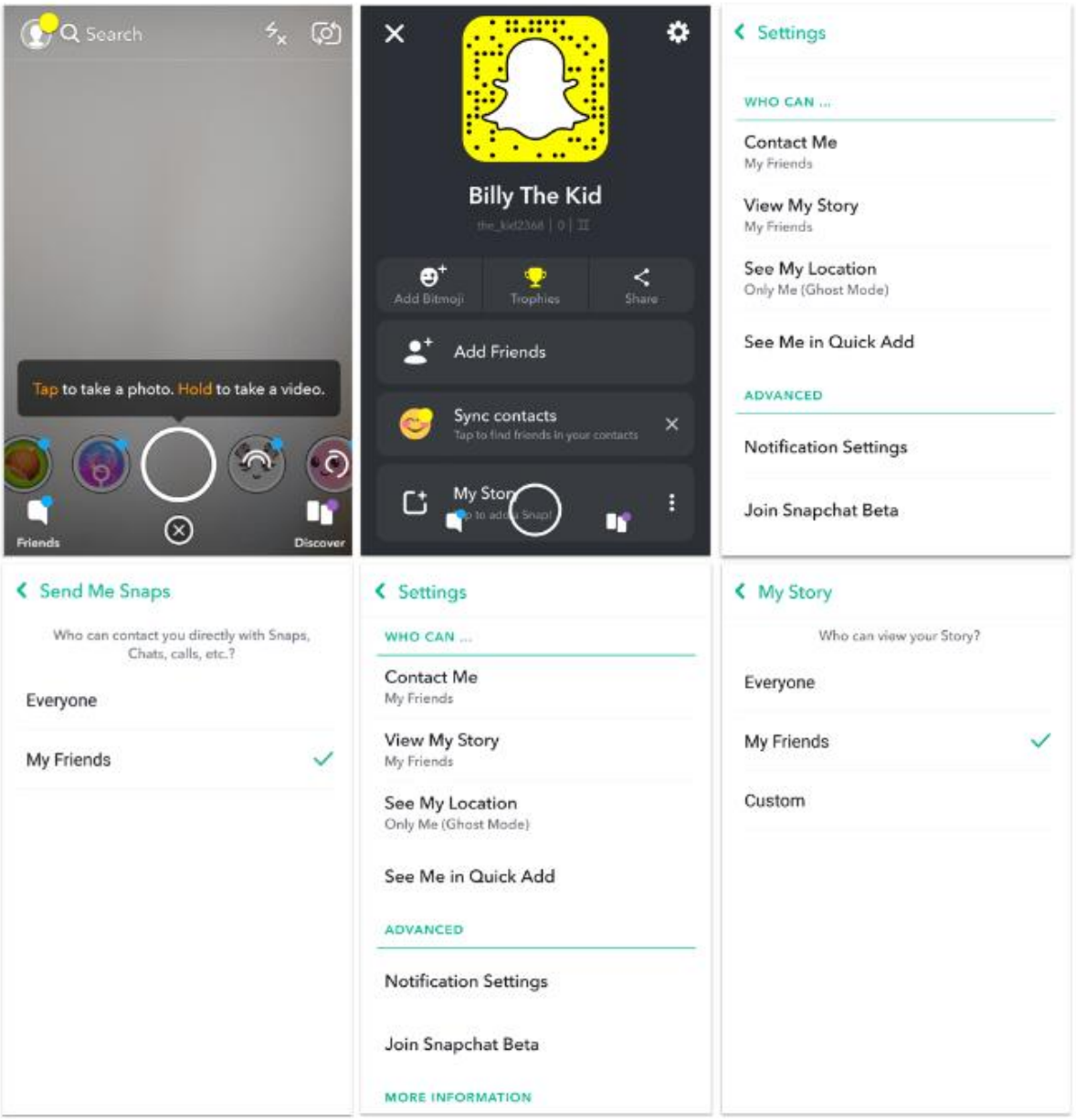


Blocking someone on WhatsApp means you will no longer receive messages and calls from them. Someone you've blocked can't see your "last seen" timestamp or status and profile picture updates. There's no direct way for someone to know you've blocked them – WhatsApp doesn't notify them.

Snapchat

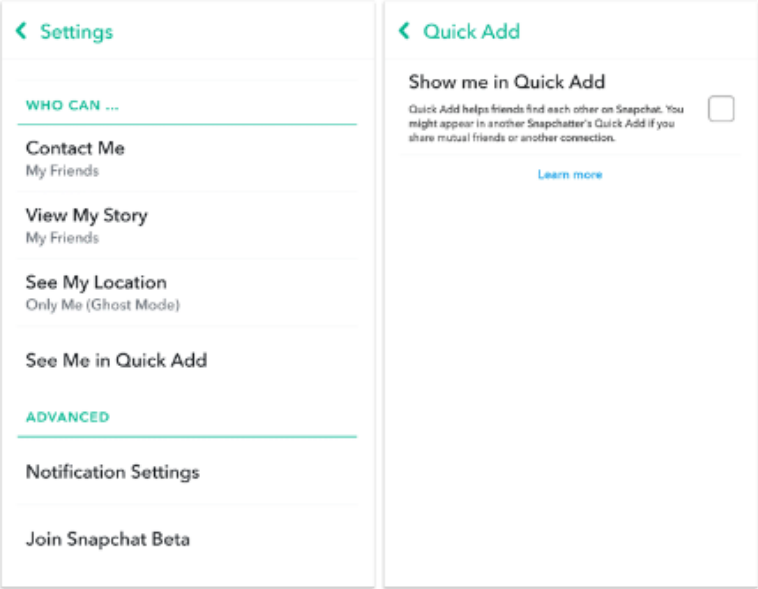
Step 1: Change Contact Settings to ``My Friends``

First of all, make sure that your child can only be contacted by fFriends, or they will be available to contact by anyone on Snapchat. To do that open the profile page, tap on the gear icon, tap on Contact me and make sure that My Ffriends is selected. Then, again in the Who Can section, tap on View My Story and select My Friends, so only friends can see your child's Snaps.



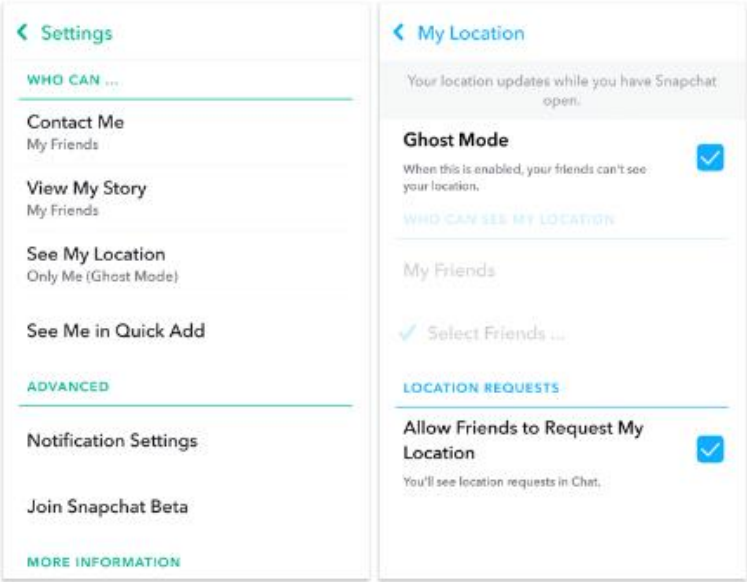
Step 2: Disable "Show Me in Quick Add

Snapchat has a feature that will suggest your child as a friend to other users, it will also do this to subscription channels. So it's best to turn this off on your child's account by going to your child's profile page, tapping on the gear icon, tapping on See Me in Quick Add and uncheck that option.



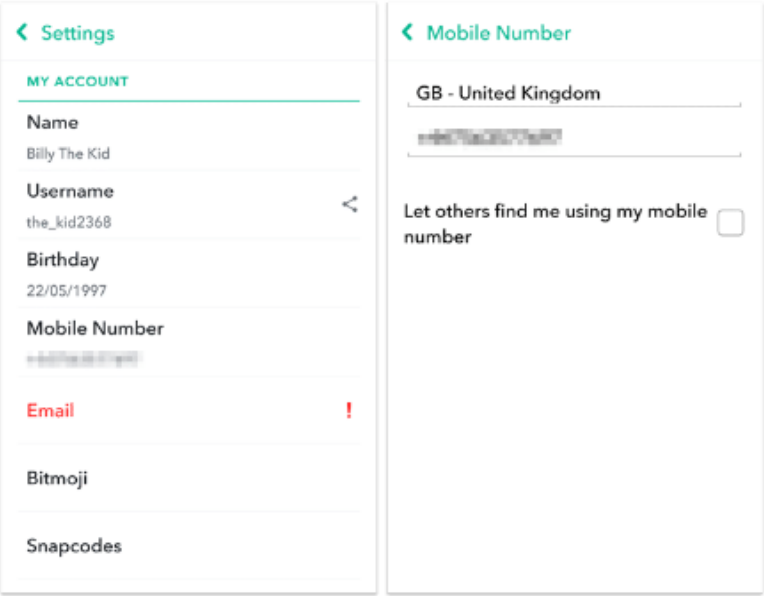
Step 3: Enable Ghost Mode to Prevent Location Sharing

Prevent friends from being able to see your child's location by going to your child's profile page, tapping on the gear icon, tap on **See My Location** and then make sure **Ghost Mode** is checked.



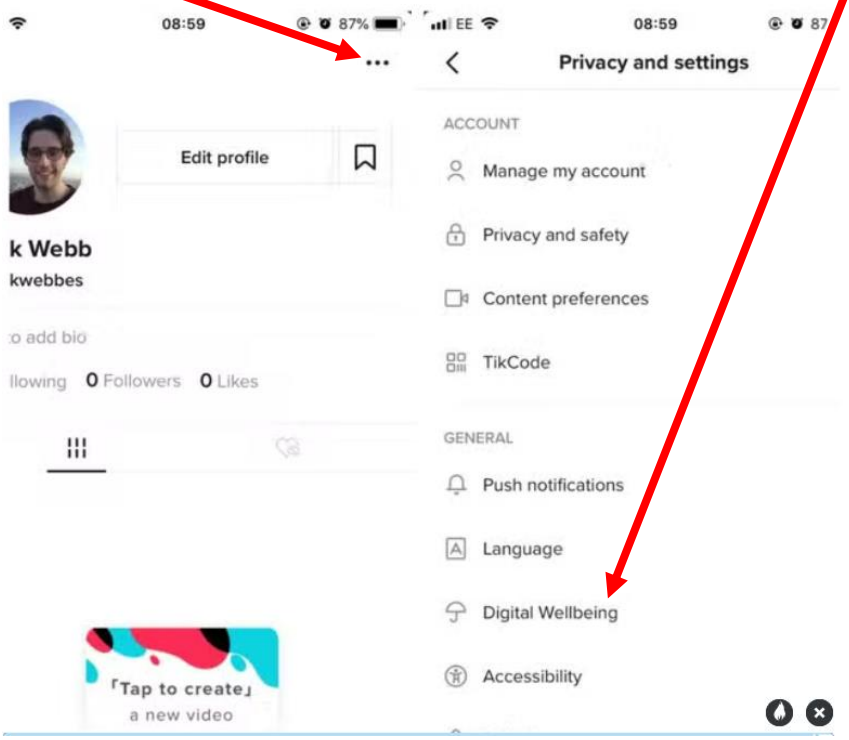
Step 4: Prevent Users From Searching by Phone Number

Stop people finding your child's Snapchat profile using their phone number. Open your child's profile page, tap on the gear icon, tap on **Mobile Number** and uncheck Let others find me using my mobile number.

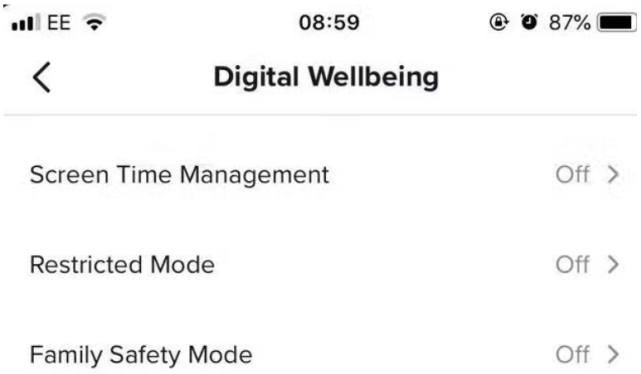


TikTok

1. *Go to your profile by tapping the bottom right of the screen and then tap the top right to bring up 'Privacy and settings'.*
   From there, you'll see this menu shown below. Tap on 'Digital Wellbeing'.



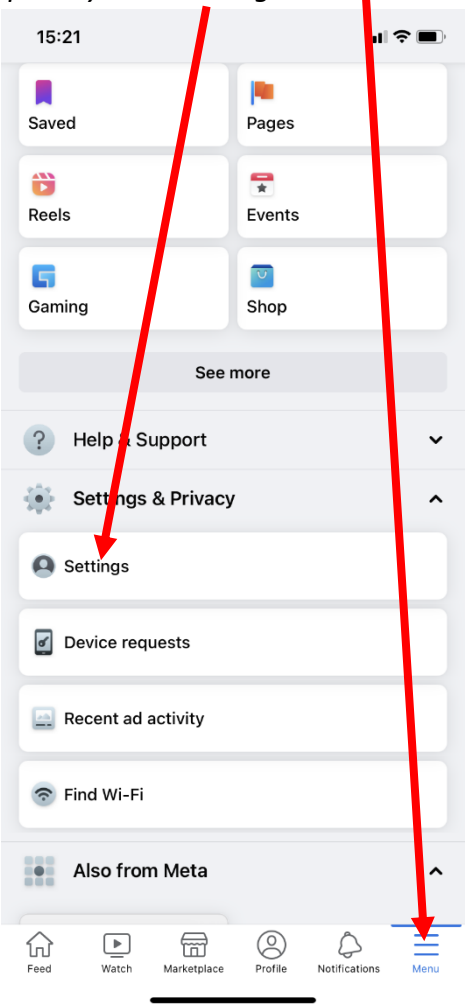
2. *Once in the digital wellbeing menu, there will be three options to choose from. Here is where you can manage screen time, restricted mode and family safety mode (where you can link your account to your child's).*
   As you tap into each section, it will walk you through setting it up. You can set time limits between 40 minutes and two hours on screen time, set a passcode for restricted mode and link your accounts together with the family safety mode.



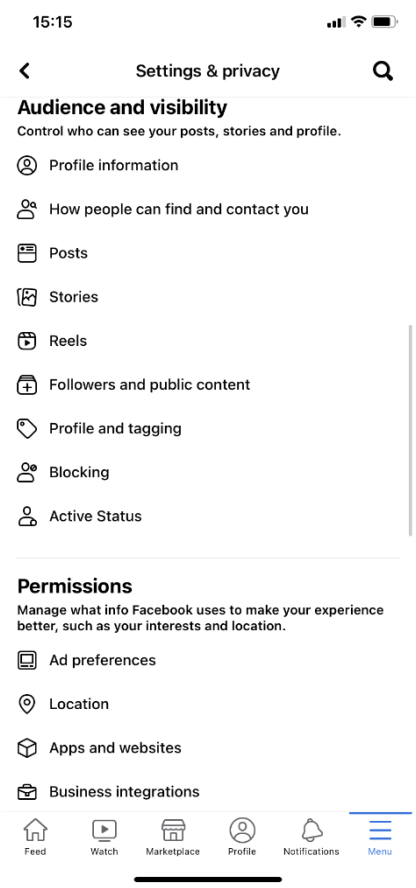
Facebook

Privacy Check-up

1. *From the home screen click the three horizontal lines in the bottom right hand corner and tap 'settings and privacy' and 'settings'*



2. *Scroll down to 'audience and visibility' and you can select each element to control who can see your information.*



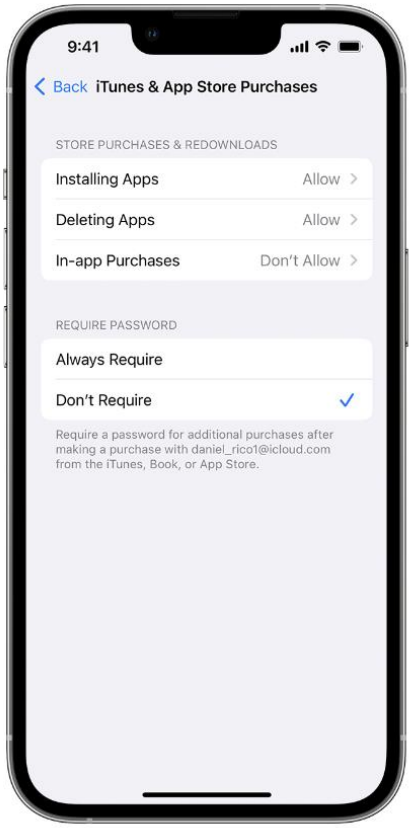
General Parental Controls

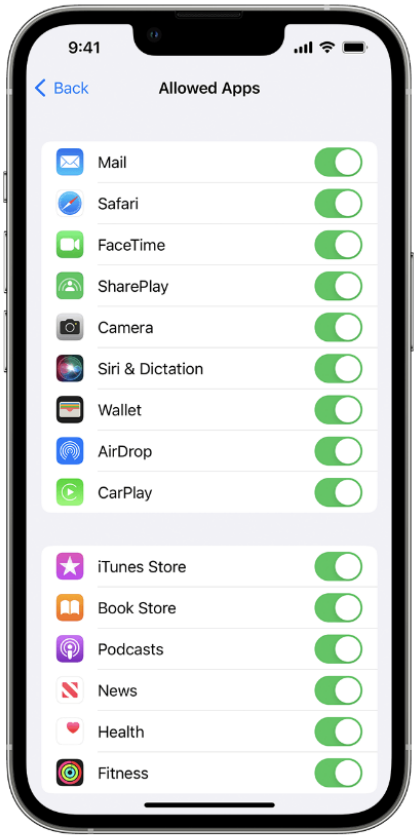
Prevent iTunes & App Store purchases

You can also prevent your child from being able to install or delete apps, make in-app purchases and more. To prevent iTunes & App Store purchases or downloads:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions. If asked, enter your passcode.
3. Tap iTunes & App Store Purchases.
4. Choose a setting and set to Don't Allow.

You can also change your password settings for additional purchases from the iTunes & App Store or Book Store. Follow steps 1–3, then choose Always Require or Don't Require.





Allow built-in apps and features

You can restrict the use of built-in apps or features. If you turn off an app or feature, the app or feature won't be deleted, it will just be hidden from your Home Screen temporarily. For example, if you turn off Mail, the Mail app won't appear on your Home Screen until you turn it back on.

To change your Allowed Apps:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions.
3. Enter your Screen Time passcode.
4. Tap Allowed Apps.
5. Select the apps you want to allow.

Prevent explicit content and content ratings

You can also prevent the playback of music with explicit content and films or TV programmes with specific ratings. Apps also have ratings that can be configured using content restrictions.

To restrict explicit content and content ratings:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions, then tap Content Restrictions.
3. Choose the settings you want for each feature or setting under Allowed Store Content.

Here are the types of content you can restrict:

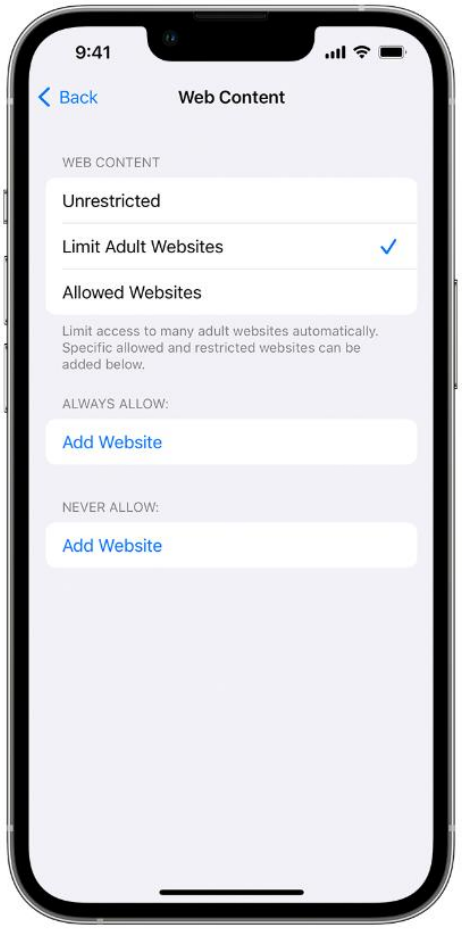
- Music, Podcasts, News, Fitness: prevent the playback of music, music videos, podcasts, news and workouts containing explicit content
- Music Videos: prevent finding and viewing music videos
- Music Profiles: prevent sharing what you're listening to with friends and seeing what they're listening to
- Films: prevent films with specific ratings
- TV Programmes: prevent TV programmes with specific ratings
- Books: Prevent content with specific ratings
- Apps: Prevent apps with specific ratings
- App Clips: prevent app clips with specific ratings

Prevent web content

iOS and iPadOS can filter website content automatically to limit access to adult content in Safari and other apps on your device. You can also add specific websites to an approved or blocked list, or you can limit access to only approved websites. Follow these steps:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions and enter your Screen Time passcode.
3. Tap Content Restrictions, then tap Web Content.
4. Choose Unrestricted Access, Limit Adult Websites or Allowed Websites.

Depending on the access you allow, you may need to add information, such as the website that you want to restrict.



Restrict Game Center

To restrict Game Center features:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions, then tap Content Restrictions.
3. Scroll down to Game Center, then choose your settings.

You can restrict these Game Center features:

- Multiplayer Games: prevent the ability to play multiplayer games with everyone, allow with friends only or allow with anyone
- Adding Friends: Prevent the ability to add friends to Game Center
- Connect with Friends: prevent the ability to share a Game Center friend list with third-party games
- Screen Recording: Prevent the ability to capture the screen and sound
- Nearby Multiplayer: prevent the ability to enable the nearby setting
- Private Messaging: prevent the ability to voice chat, or to send or receive custom messages with game and friend invitations
- Profile Privacy Changes: prevent the ability to change profile privacy settings
- Avatar & Nickname Changes: prevent the ability to change Game Center avatars and nicknames

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Allow changes to privacy settings

The privacy settings on your device give you control over which apps have access to information stored on your device or the hardware features. For example, you can allow a social networking app to request access to use the camera, which allows you to take and upload pictures.

To allow changes to privacy settings:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions. If asked, enter your passcode.
3. Tap Under Privacy, then choose the settings you want to restrict.

Here are the things you can restrict:

- Location Services: lock the settings to allow apps and websites to use location
- Contacts: Prevent apps from accessing your Contacts
- Calendars: Prevent apps from accessing your Calendar
- Reminders: Prevent apps from accessing your Reminders
- Photos: Prevent apps from requesting access to your photos
- Share My Location: lock the settings for location sharing in Messages and Find My Friends
- Bluetooth sharing: Prevent devices and apps from sharing data through Bluetooth
- Microphone: Prevent apps from requesting access to your microphone
- Speech Recognition: Prevent apps from accessing Speech Recognition or Dictation
- Apple Advertising: prevent changes to advertising settings
- Allow Apps to Request to Track: prevent tracking activity by apps that you've denied access to
- Media & Apple Music: Prevent apps from accessing your photos, videos or music library

Helpful tools and resources

https://www.internetmatters.org/resources/

https://swgfl.org.uk/online-safety/10-online-safety-tips/

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

https://saferinternet.org.uk/guide-and-resource/parents-and-carers

https://www.thinkuknow.co.uk/parents/