Child Centred Policing
Newsletter

Kent Police

Happy Christmas

We hope you have had a good term and are looking forward to the Christmas break.

This edition of our newsletter will cover some of the work that the Child Centred policing teams have been doing as well as highlight upcoming projects.

As always if you have a general enquiry, please contact childcentredpolicing@kent.police.uk

Child
CENTRED POLICING

News

Safer Internet Day 11th February 2025
The UK Safer Internet Centre have announced that this year's theme is 'Too good to be true? Protecting yourself and others from scams online'. Each year they aim to cover an online issue or theme that speaks about the things young people are seeing and experiencing online. The theme is created in collaboration with young people across the UK and this year will focus on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them. Child Centred Policing have an online safety session in support of "Too good to be true?" theme and your local teams will be coordinating this so please free to make contact for more information.

Christmas
Christmas brings lots of new gadgets and gizmos for young people. Kent police would advise family's that all packaging for these items are disposed of sensibly so as to reduce crime by not highlighting that a household has a new laptop, xbox, tv etc. With these new devices bring the concerns around online safety and how parents keep their children safe online. Please see below links and the additional attachments sent with this newsletter around parental guidance.

Online Safety Guidance for Parents | SWGfL
Parents and Carers - UK Safer Internet Centre
Resources | Childnet
Online Safety Leaflets & resources - Internet Matters
Parental Controls on Smartphones & Other Devices - Internet Matters
Inclusive Digital Safety advice for Parents and Carers | Internet Matters
Guardian's guide to TikTok
Parental Guide for Teens on Instagram | About Instagram
How to guide for parents – snapchat – Internet Matters

Recent Projects

Anti bullying week

During the week of the 11th November, our divisional Child Centred Policing Teams worked tirelessly through the school week, in both secondary and primary schools delivering key messaging about anti-

bullying. Our central team created a bespoke package for delivery in conjunction with the anti-bullying alliance, which the divisional teams presented to over 10,000 students in all corners of the county. Anti-bullying is a key week for our Child Centred Policing Teams as it is a great opportunity to work with students to give them the confidence to recognise the signs when they or a friend are being bullied and also the confidence to be able to speak up and say something when it is safe to do so. Bullying can often sadly lead to more serious crimes if it is not dealt with in the correct way. The theme of this years Anti-Bullying campaign was centred around respect for everyone and carried the key theme of 'The behaviour we walk past is the behaviour we accept.'

Operation Chalkboard

Just a reminder for you on the use of operation chalkboard when calling Police. It relates to serious offences that require urgent assistance where:

- A serious incident occurs to a **child** on the **way to or from school**
- There are trespassers on school grounds who are posing a serious threat to pupils, staff or parents
- There are visitors to the school who are or are perceived to be posing a threat to pupils, staff or parents
- Any other incident occurs whereby there is an immediate risk to the physical safety of any person legitimately on school premises

Parent Teacher Conference

We are pleased to announce that we will be hosting our first online workshop for parents and teachers. The event will be held on Microsoft teams Wednesday 22nd January 2025 1600 -1700 hours. The subject covered will be "sextortian" and will give guidance on what this is, signs to look out for and what to do if you or someone you know finds themselves a victim of this crime type.
Please click here to register for the event

We would like to hear from you on future subject matters. What would you like learn more about and build your knowledge on…..please make contact with suggestions childcentredpoilcing@kent.police.uk

Child Centred Policing
Newsletter

Who to contact across the county

Dartford and Gravesham

PS Nikki Lee Nikki.Lee@kent.police.uk and PS Siobhan Rowe Siobhan.Rowe@kent.police.uk

Medway

PS Raj Dusanjh Raj.Dusanjh@kent.police.uk

Swale

PS Carli Deacon Carli.Deacon@kent.police.uk

Maidstone

PS Andrew Stringer Andrew.Stringer@kent.police.uk

Tonbridge & Malling, Tunbridge Wells and Sevenoaks

PS Ian Loader Ian.Loader@kent.police.uk

Ashford

PS Katie Reed Katie.Reed@kent.police.uk

Canterbury

PS John Woodward John.Woodward@kent.police.uk

Dover

PS Gavin Rolfe Gavin.Rolfe@kent.police.uk

Thanet

PS Sheena Maclean-Bell Sheena.Maclean-Bell@kent.police.uk

Folkestone and Hythe

PS Adam Plant Adam.Plant@kent.police.uk

Online safety information for parents and carers

Online safety is an important part of keeping children safe at school.

All of our pupils are taught how to be safe and behave appropriately online, but we can only be successful in keeping children safe online if we work together.

It's important that as adults, we take an active interest in our children's online lives and show a willingness to engage in the digital world with them.

If you believe a child is in immediate danger, always contact 999 for police assistance.

Think U Know: www.thinkuknow.co.uk

The National Crime Agency Child Exploitation and Online Protection Command (NCA-CEOP) have a website which is suitable for children aged 5-16 and has a section just for parents/carers with advice and information.

NSPCC: www.nspcc.org.uk/onlinesafety

The NSPCC have produced resources for parents. Their website covers excellent advice for parents about issues such as online grooming, nude image sharing and cyberbullying, as well as specific advice for children with special educational needs and disabilities.

Childline: www.childline.org.uk

The Childline website has a wide range of information and advice on both online and offline safety for children. There is information about online gaming, grooming, and the Zipit App which helps children feel empowered when confronted with inappropriate chat online. They also provide a helpline for children to get advice over the phone: 0800 1111

UK Safer Internet Centre: www.saferinternet.org.uk

UK Safer Internet Centre provides a wide variety of advice and guidance to help you discuss online safety with your children. There are useful checklists for privacy settings on social networks and suggestions to consider before buying devices for your children.

Childnet: www.childnet.com

Childnet has resources, including videos and storybooks, to help you discuss online safety with your children. It includes advices on setting up parental controls, cyberbullying and setting up a family agreement for safer internet use.

Internet Matters: www.internetmatters.org
Internet Matters bring you all the information you need to keep your children safe online. It has a tool which guides you through how to set up parental controls on all the different devices in your home to protect your children.

Ground advice

- Discuss and agree as a family how the internet will be used in your home. Let your children tell you what they think is and isn't acceptable for them to do online, such as not being nasty to people, keeping personal information private and speaking to an adult when they are worried. Then add your own rules such as how long they can spend online and when and where webcams can be used.
- You might find it helpful to write these 'ground rules' down as a visual reminder.
- Make sure your child understands that their actions and behaviours online can have offline consequences.
- Remember these are whole family rules, so consider your own use of the internet and think about how much information you are sharing on your social networks about your children and who can see it, such as school photos.
- Agree on what will happen if they don't follow your family rules.

Online safety

- Make sure you apply parental controls to all internet enabled devices in your household, including tablets, phones and games consoles. They can restrict access to inappropriate content and can help you manage how much time your child spends online.
- Make sure your child understands the parental controls are in place to protect them, not restrict them; some children will actively work around parental controls if they feel constrained without knowing why.
- Set up filters on internet search engines to limit the likelihood of your children accidentally coming across inappropriate content when searching online.
- Be aware that internet history can be hidden and deleted, so talk to your children and supervise their online use appropriately.
- Remember filters and parental controls are not 100% effective so you cannot rely on them alone to protect your children. It is important your children understand they should tell you straight away if they see something inappropriate or upsetting online.

Listen

- Take an active interest in your child's online life and talk openly with them about the things they do. Talk to you child about which websites and apps they like to use and why; engage in their online world with them.
- Be aware of any changes in behaviour, language and attitude in your child. These behaviour changes can indicate something is upsetting your child online. Children who are groomed, radicalised, abused or exploited online will often be pressured to withdraw from family and friends.

Dialogue

- Talk to your children – be open and positive when talking about the internet.
- Make sure your child knows they can come to you for help if something happens online that makes them feel scared, worried or uncomfortable. Many children won't disclose online worries because they are scared adults will blame them or remove their access to the internet.
- Ask your child if they know where to go for help, where to find safety advice, information about privacy settings and how to report or block users on their games and websites.
- Explore their games and websites together to ensure your child knows how to block and report anyone who is nasty or inappropriate. Encourage your child not to retaliate or reply and to keep any evidence. If the game/app has a 'parent section', explore the parental controls and reporting systems yourself.
- Ensure your child understands pictures, videos or comments posted online can be very difficult to remove and rarely remain private.
- Discuss the pressures for young people to send inappropriate or nude(indecent) images to each other. How might this behaviour affect their relationship? Do they know what they would do? Young people need to be aware images can be copied, saved and shared without their knowledge and if they are under 18, they may also be breaking the law by making an indecent image of themselves.

Kent Police

THE EDUCATION PEOPLE

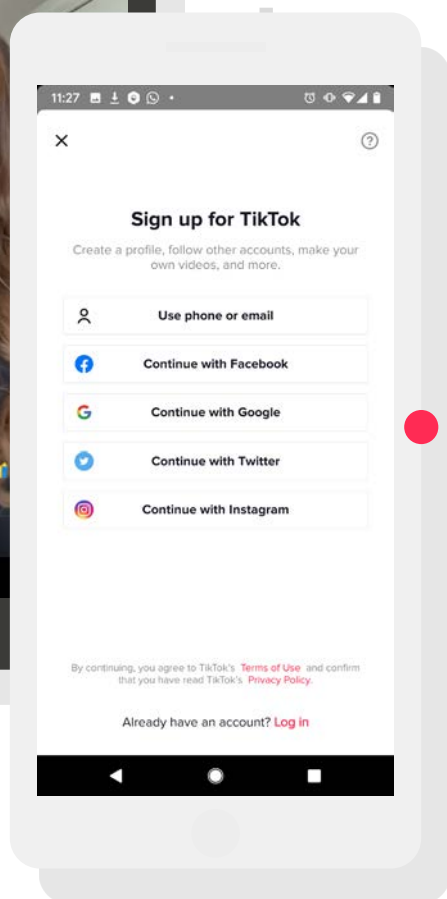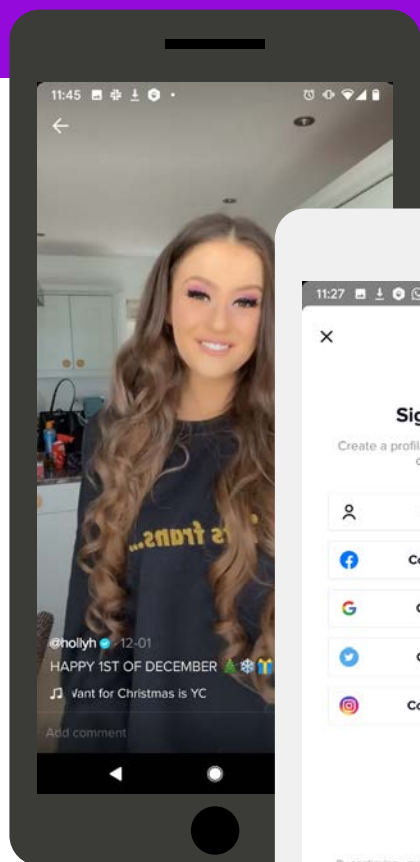# Inside TikTok

A short form mobile video platform available in over 150 countries around the world

13

The minimum age for users is 13

TikTok

Getting started

How does it work?

Once you download the app, you can instantly see the videos that others have posted on the app but to comment, like or share your own you have to set up an account.

Setting up an account

There are two ways to sign up, using an email, mobile number or through an existing account like Google, Instagram, Twitter or Facebook.

1. Choose birthday

2. Click **'Sign up with email or number'**

3. Set your **password**

Sign up for TikTok

Create a profile, follow other accounts, make your own videos, and more.

- Use phone or email
- Continue with Facebook
- Continue with Google
- Continue with Twitter
- Continue with Instagram

By continuing, you agree to TikTok's Terms of Use and confirm that you have read TikTok's Privacy Policy.

Already have an account? Log in

@hollyh ⬤ 12-01

HAPPY 1ST OF DECEMBER 🎄❄️🎁

♫ Want for Christmas is YC

Add comment

Getting creative with videos

TikTok allows users to create short-form video clips with a range of special effects to gain a following and build a community around their passions.

These videos can be shared outside of TikTok on other accounts linked to a user's profile.

How to create videos on TikTok

1. Click the **'+'** button - tap the **'+'** button at the bottom of and then you can choose a video from your album to upload

2. Shoot – tap to shoot – **Hold the red button** to shoot a video. You can split the video into multiple sections. 15s videos are recommended but you can capture up to 60s.
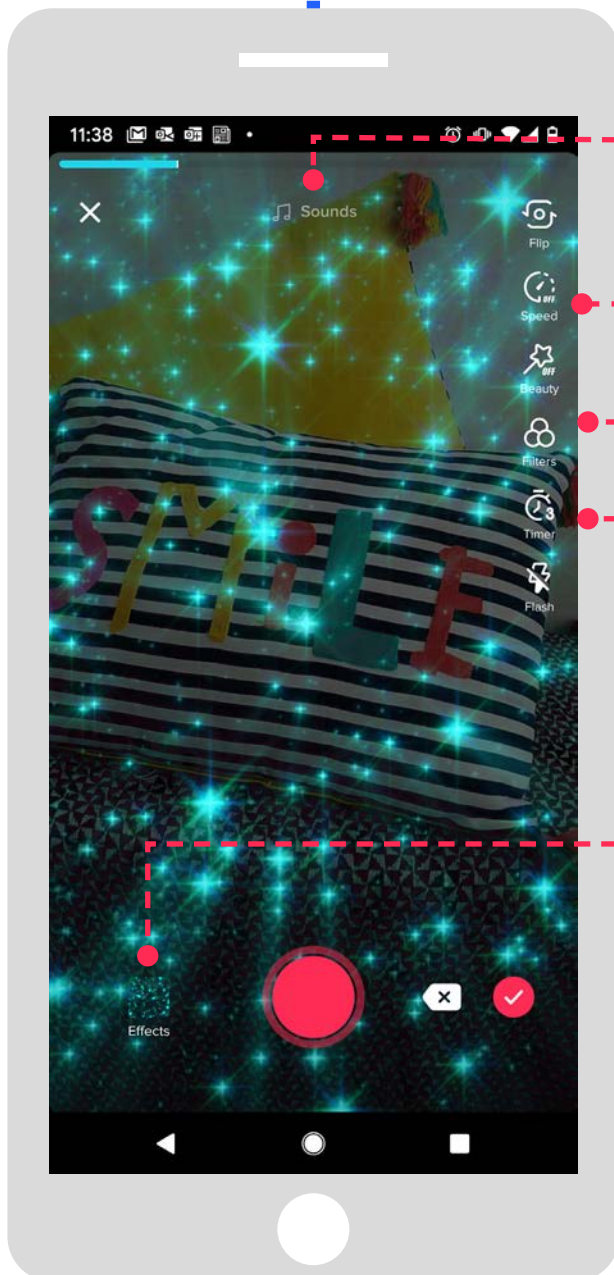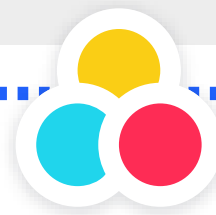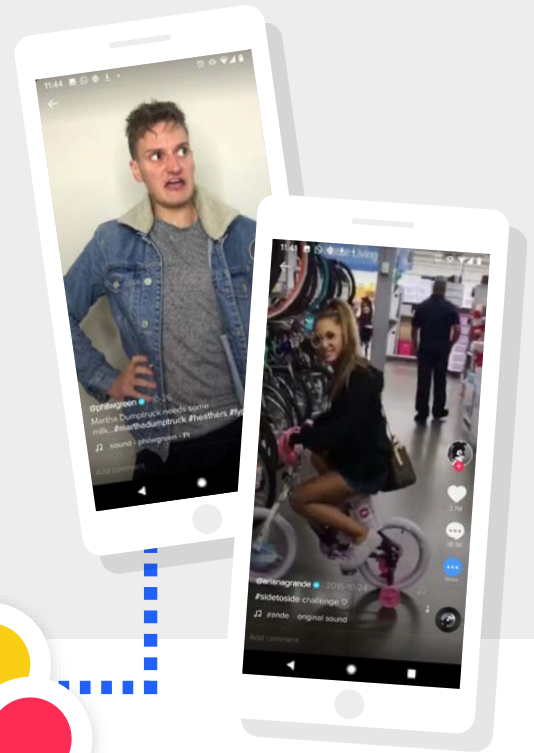
1. Pick a sound

Tap **"pick a sound"** at the top to search for a suitable song.

2. Speed

You can set the speed of your video by tapping this button.

3. Filters

Choose a filter to make an even cooler video.

4. Countdown

If you want to prepare yourself better, you can tap the **"countdown"** button on the right and then the shooting will start after a three-second countdown.

5. Effects

There will be hundreds of stickers waiting for you if you **tap the effects button** on the bottom of the screen.

Edit your video

You can cut sound, adjust the volume, pick a new sound or change a filter on this page

What you'll find on TikTok

In the **For You feed**, you'll see videos our community love alongside the world's trending content. The more you swipe, the more the content becomes tailored to your tastes.

#Challenges

The **'hashtag challenge'** is an online challenge initiated by TikTok to inspire users to express themselves through their creative content.

Note: When you press ♥ on a video you like, you'll get more of the same type of video in your feed
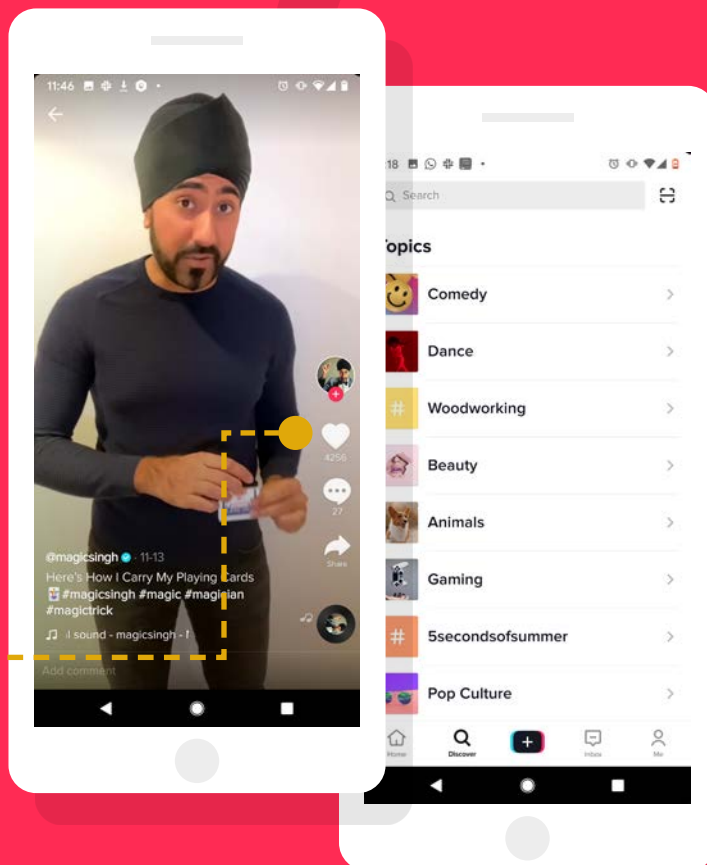
Keeping it positive

There are a number of ways that the app helps users stay creative while staying safe

Safety Centre

TikTok.com/safety – this features a series of policies and tools to promote a positive in-app environment for all.

Safety videos

'You are in Control' video series offers users useful information and safety guidelines on tools available to stay safe.
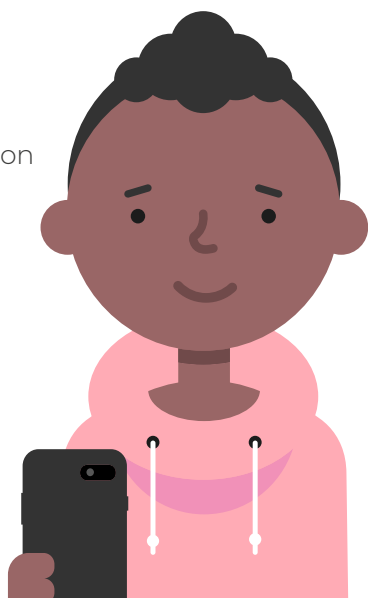
Clear community guidelines

TikTok's Community Guidelines strictly prohibit posting, sharing or promoting the following:

- Harmful or dangerous content

- Graphic or shocking content

- Discrimination or hate speech

- Nudity or sexual activity

- Child safety infringement

- Harassment or cyberbullying

- Impersonation, spam, or other misleading content

- Intellectual property and workplace content

- Other malicious activity
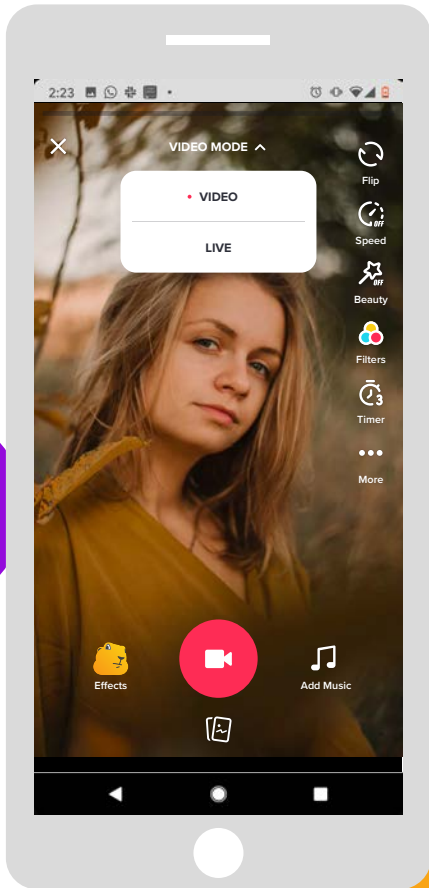
Live streaming

The minimum age limit to host a live stream **will still remain 16+**, however, TikTok has updated their policy so only users aged 18 and over can purchase and give virtual gifts, and also only those 18 and over can receive gifts from their fans
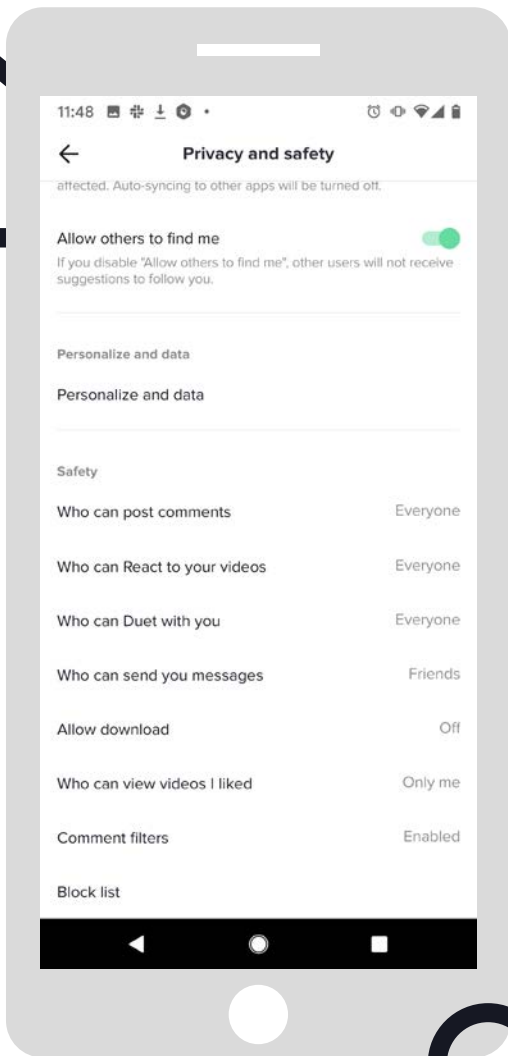
16
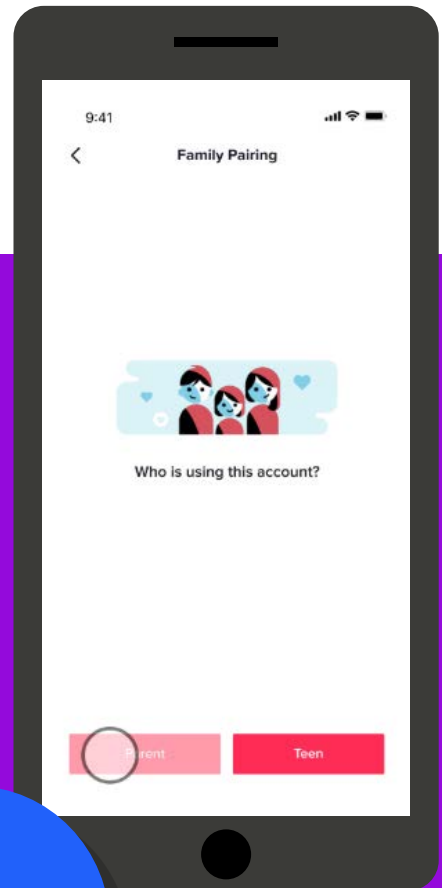
Family Pairing

Family Pairing links a parent's TikTok account to their teen's and once enabled, they will be able to **control Digital Wellbeing features**, including: Screen Time Management, Direct Messages and Restricted Mode.

Making use of privacy settings

You can find the privacy & safety settings within the **"Privacy and Settings"** section on the TikTok app.

Allow others to find me

By disabling this function other users can't find you when searching for your TikTok profile.

Private account

You can set your account to private, so only your friends can see your videos.

Who Can Send Me Comments

Choose who can comment under your videos.

Who Can Duet with Me

Decide who can duet with you.

Who Can React to Me

Decide who can react to your videos.

Who Can Send Me Messages

Choose who can send you private messages on TikTok.

Filter Comments

Use the self-defined comment filter to make sure no one can post comments under your videos using words that you find hurtful.

Allow Download

Disable downloads to ensure no one can download your videos.

My Block List

You can block people on TikTok you don't want to interact with. Moreover, before uploading each video, the app lets you decide who you want to share it with.

Top Tip: *Even after uploading each video you can still make changes to its privacy settings. To change who can see your video after uploading it click on the three dots next to the video and go to* **"Permission Settings"**.
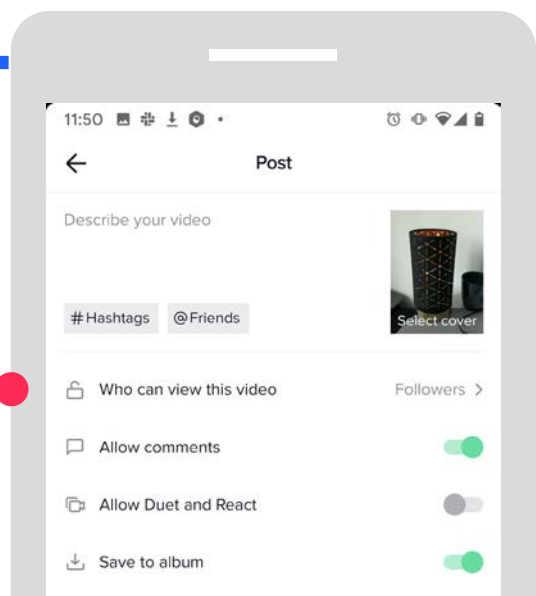
Reporting issues on TikTok

If you find content that seems inappropriate, such as abuse, spam, or anything else that violates our community policy, you can report it directly in the app.

Report an account:

1. Go to the profile page of the account you want to report
2. Tap the **Menu button**
3. Tap on **"Report"**
4. Follow the instructions on the screen

Report a Video:

1. On the TikTok screen, **tap Menu**
2. Tap on **"Report"**
3. Follow the instructions on the screen

Report a comment

1. Tap the comment you want to report
2. Tap on **"Report"**
3. Follow the instructions on the screen

Report a chat

1. Open the conversation you want to report
2. Tap on the **name of the person/ group (iOS)** or on the **Menu button (Android)**
3. Tap on **"Report"**
4. Follow the instructions on the screen
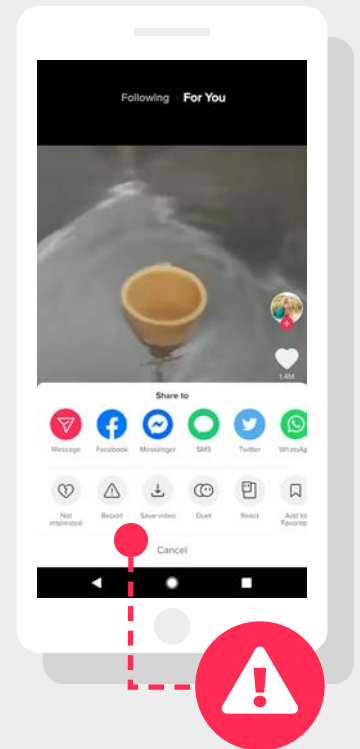
Staying in control of screen time

By enabling the Digital Wellbeing feature, you can control the time spent on TikTok and limit the appearance of content that may not be appropriate for all audiences.

You can find these features in the **"Privacy and Settings"** section within the TikTok app.
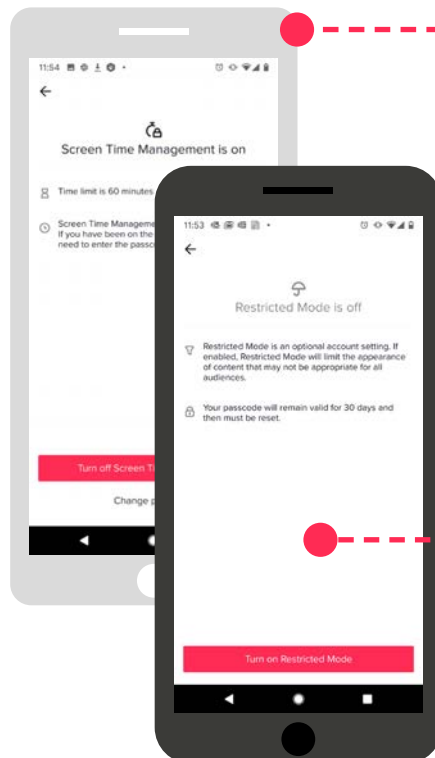
Screen Time Management

With this feature users will be able to select if they want to spend 40, 60, 90 or 120 minutes per day on the app. This feature is password protected. If users reach their screen time limit they will need to enter a password to continue to use TikTok.

Restricted Mode

Once enabled, this setting will limit the appearance of content that may not be appropriate for all audiences. The feature is activated via a password.
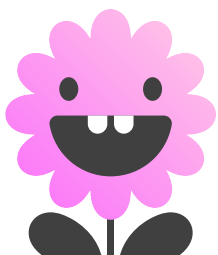
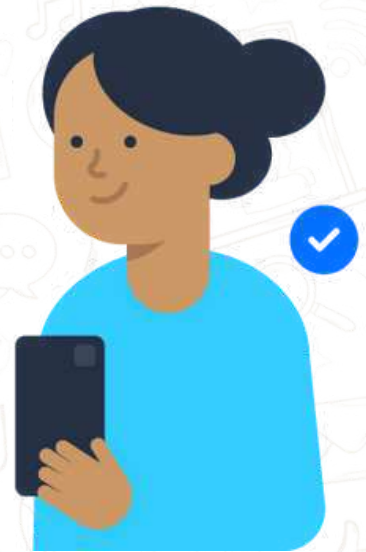# WhatsApp
safety guide for parents

internet matters.org

13+
WhatsApp's minimum age in the UK

58%
Kids aged 3-17 who use WhatsApp

37%
Kids under 13 who use WhatsApp

5 tips to keep kids safe on WhatsApp

1 **Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.

2 **Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.

3 **Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.

4 **Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.

5 **Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

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Snapchat privacy settings

Controls & Settings guide

Snapchat features a number of functions to help your child manage who can see their content and how they interact with others. They can also use the reporting function to flag content that breaks community guidelines and upsets them.

What do I need?

A Snapchat account (username and password)

Restrictions you can apply

Chatting

Inappropriate content

Location sharing

Privacy and identity theft

Sharing Data

Sharing location

Social networking

Step by Step instructions

Notifications

Choose who can contact you

Choose who can send you notificatons

Choose who can view your story

Location sharing

How to report someone

How to report something else

How to block someone

Set up two-factor authentication

1

Notifications

You can choose to enable or disable receiving notifications such as Stories from friends, Mentions, Reminders.

Open Snapchat, tap the circle or your icon in the top-left hand corner of the screen. Next, tap the Settings icon located in the top-right hand corner.
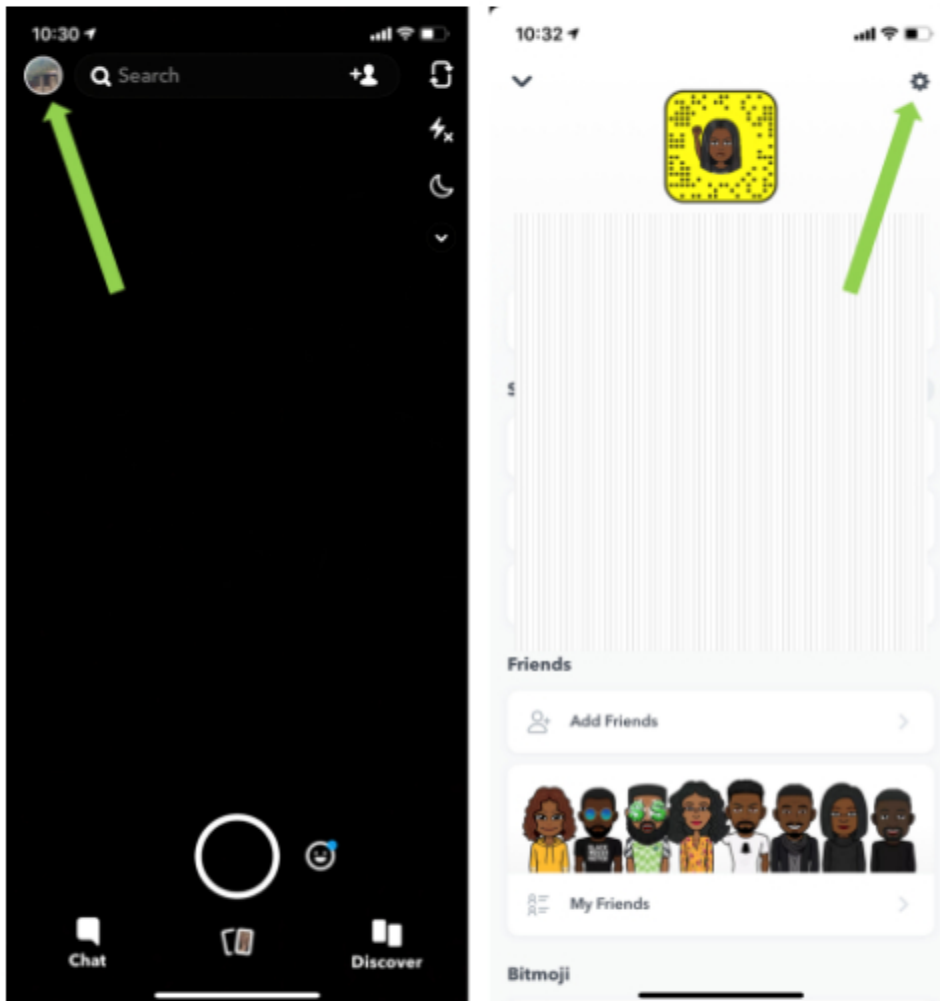
2 Tap 'Notifications' then 'Enable Notifications' (if already disabled) and then swipe on the toggle for whichever feature you want to enable or disable.

Disabling notifications may be good for your teen so they don't get too overwhelmed with lots receiving lots of notifications.
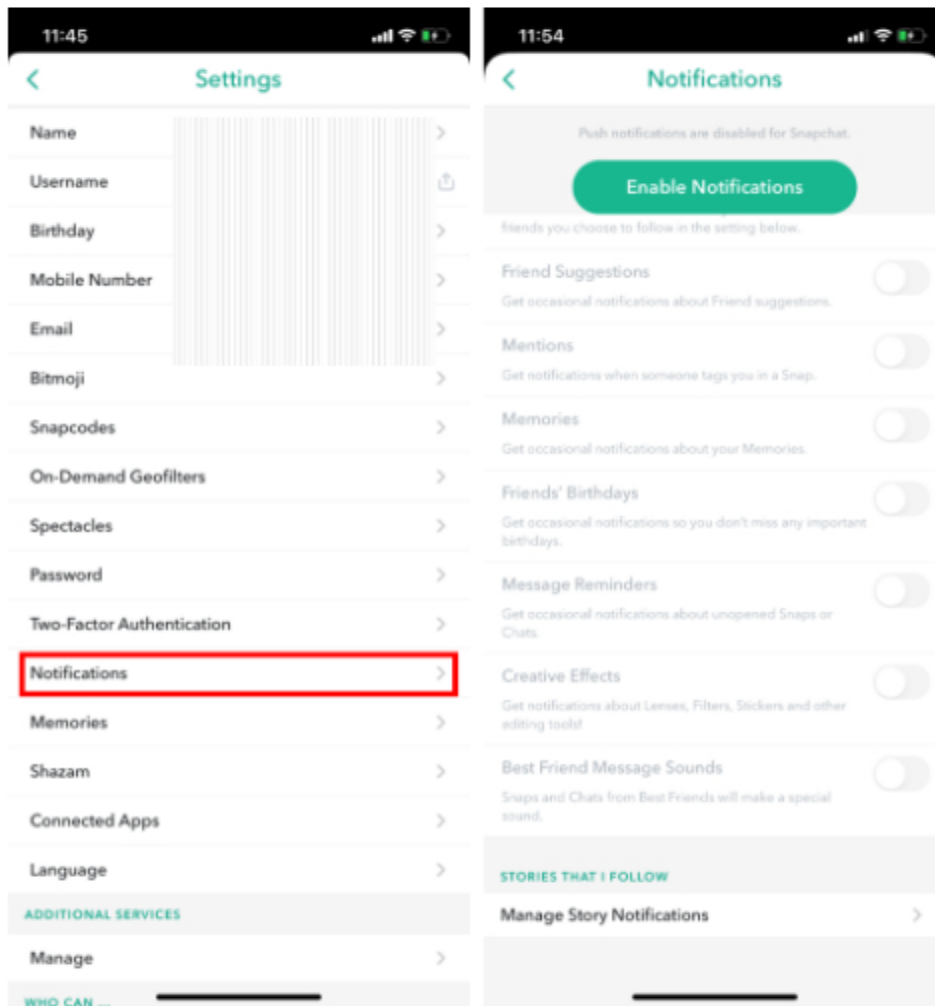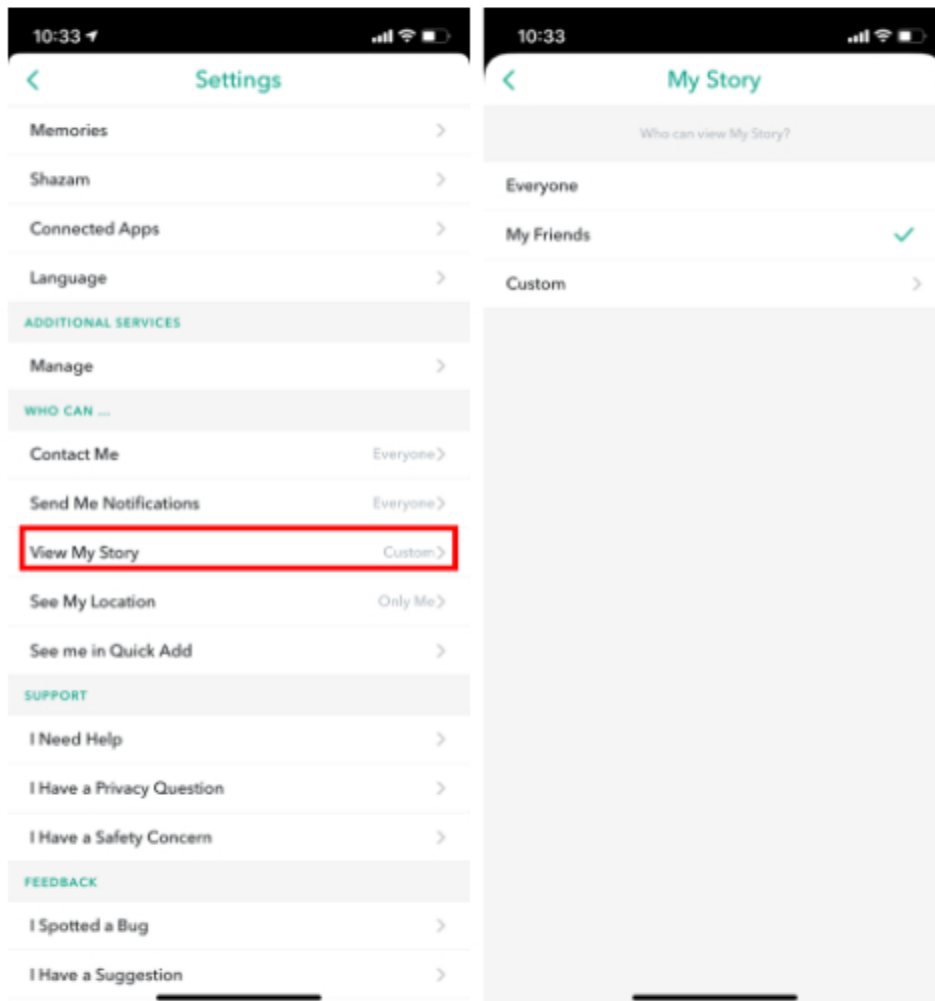
3

Choose who can contact you

Open Snapchat, tap the circle or your icon in the top left-hand corner of the screen. Next, tap the Settings icon located in the top-right hand corner.
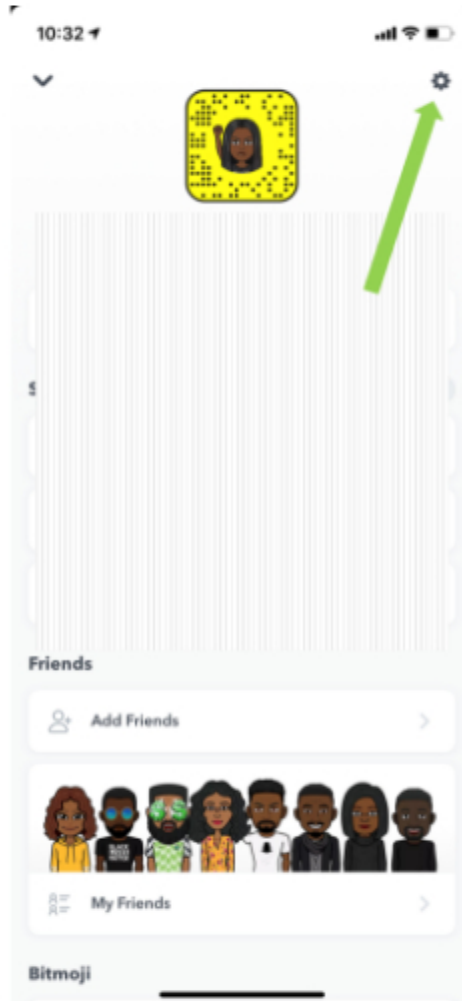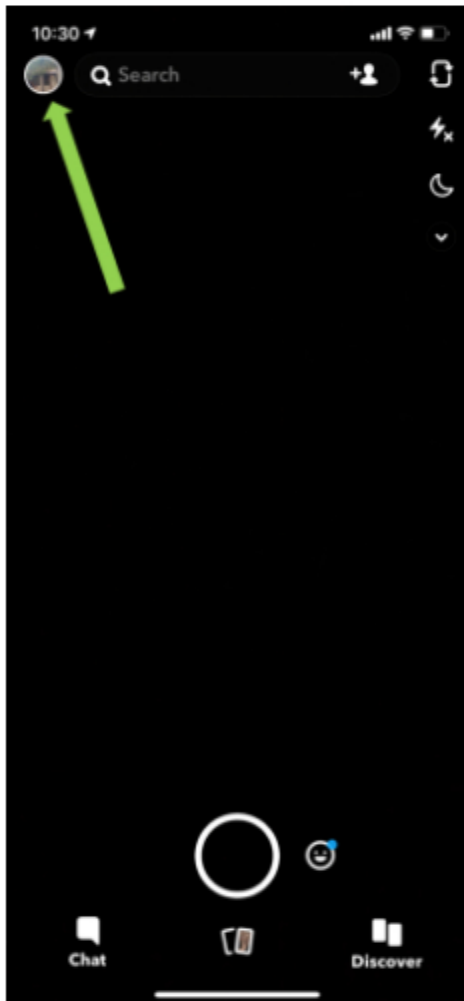
4 Scroll down to 'Who Can', then tap Contact Me, then choose either 'Everyone' or 'My Friends' option.

When choosing this option you are allowing users to contact you directly via Snaps, Chats, calls, etc.
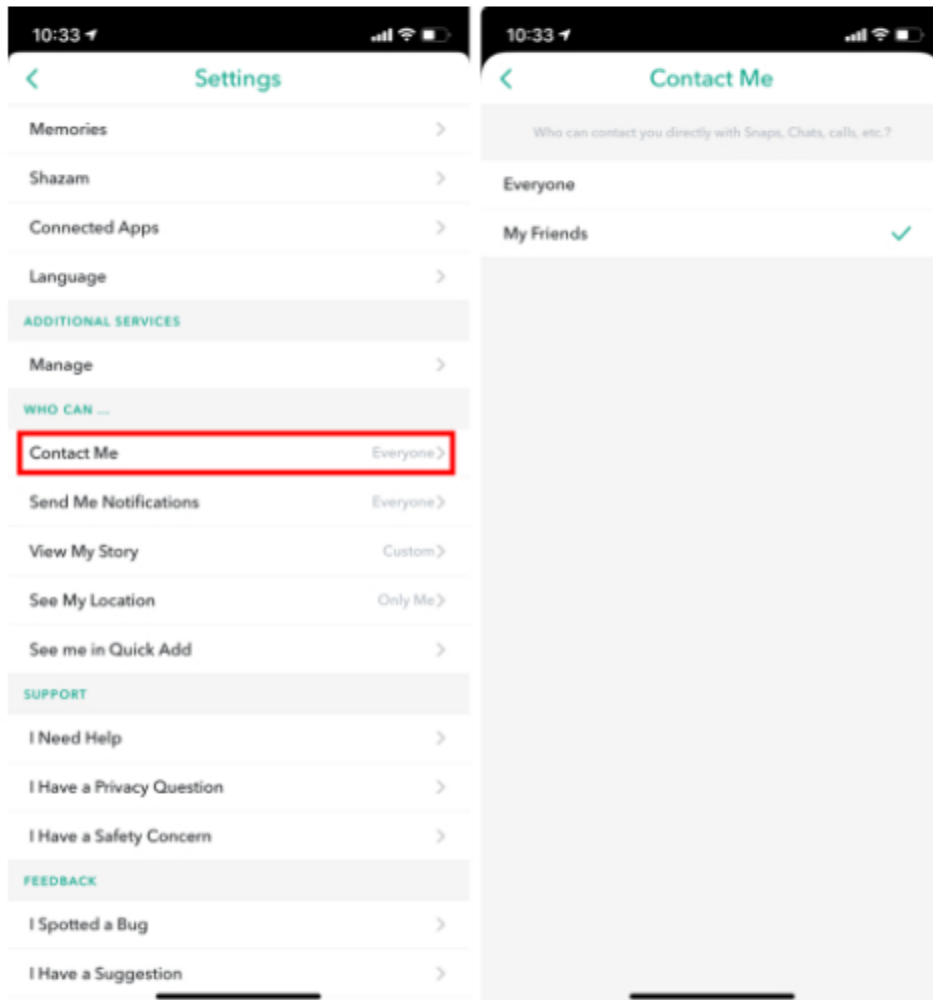
5 Choose who can send you notifications

Open Snapchat, tap the circle or your icon in the top left-hand corner of the screen. Next, tap the Settings icon located in the top-right hand corner.

Next, tap 'Send Me Notifications' then choose whichever option you prefer.
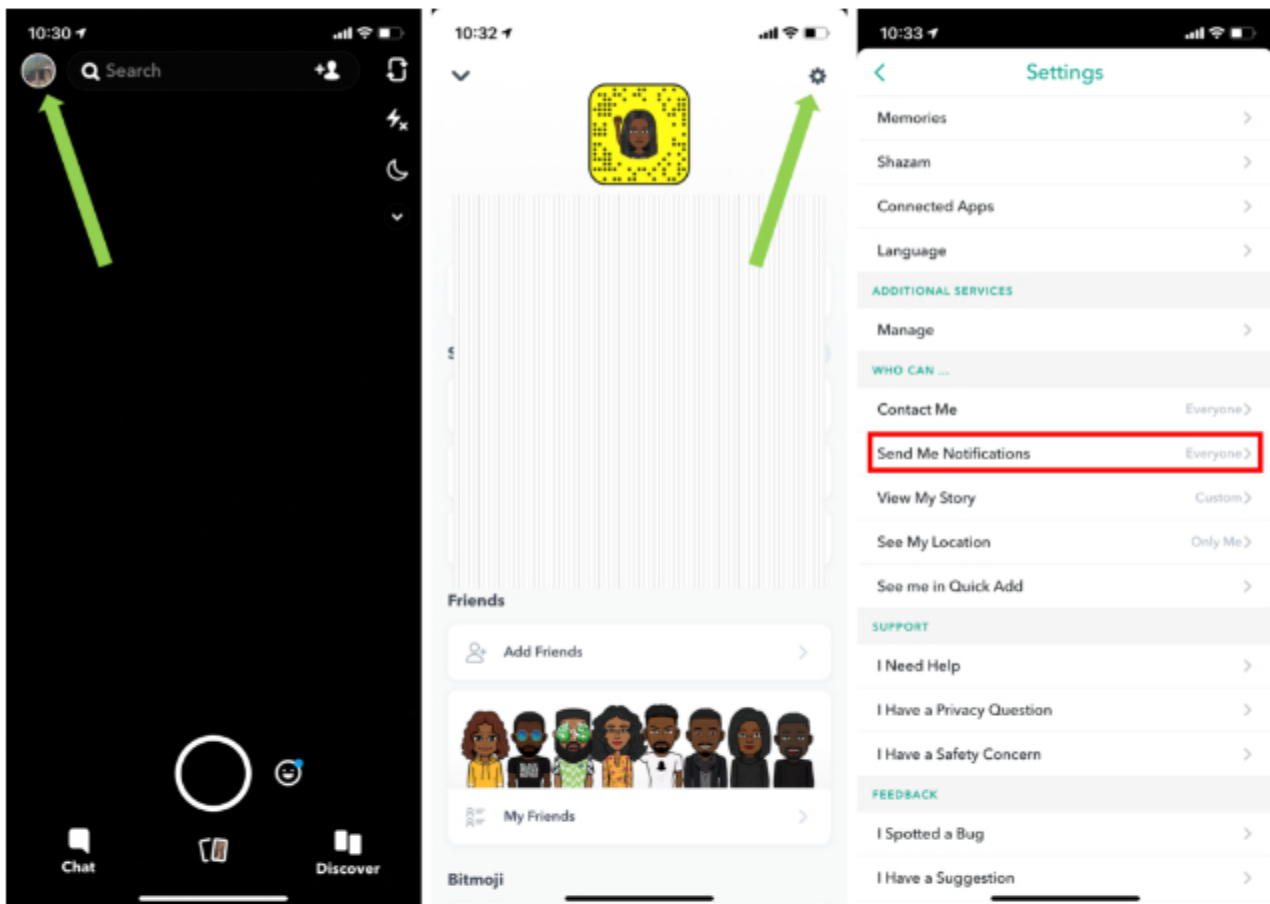
6 Choose who can view your story

Open Snapchat, tap the circle or your icon in the top left-hand corner of the screen. Next, tap the Settings icon located in the top-right hand corner.
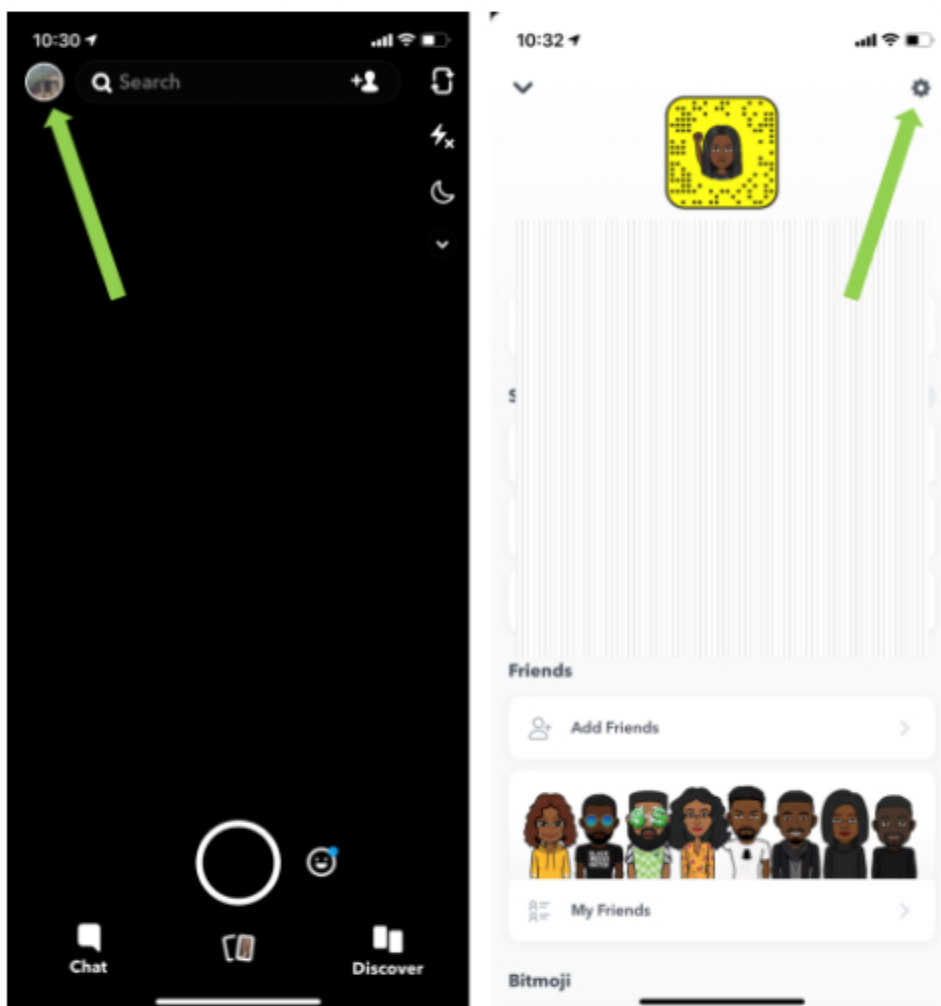
7

Next, tap 'View My Story' then choose whichever option you prefer.

8 Location sharing

It's recommended your teen doesn't share their location. To disable location sharing:

Open Snapchat, tap the circle or your icon in the top left-hand corner of the screen. Next, tap the Settings icon located in the top-right hand corner.
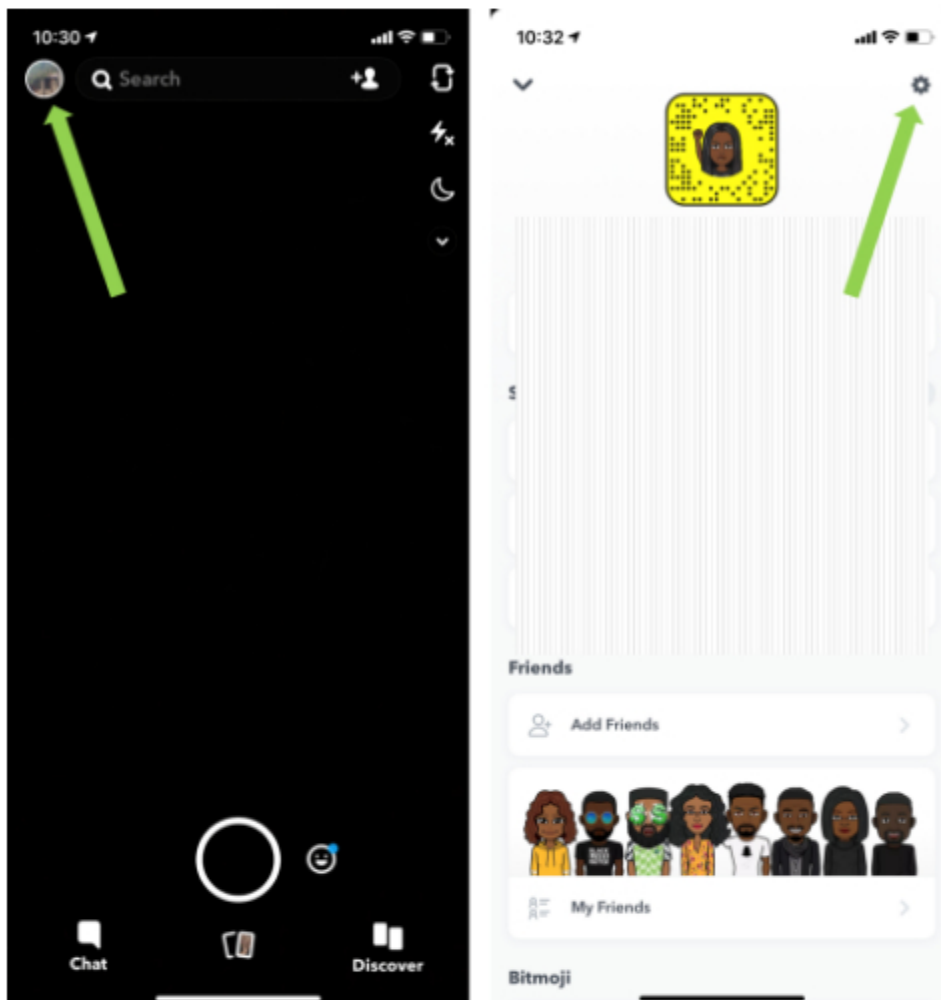
9

'Ghost Mode' – when this is enabled, your friends can't see your location. Tap the toggle feature until it turns blue.

If disabled (grey), you can choose from three other options – 'My Friends, 'My Friends, Except' and 'Only These Friends'.

Tap, 'See My Location'. We recommend the 'Only Me' settings for added security. We also recommend disabling the 'Allow friends to request my location
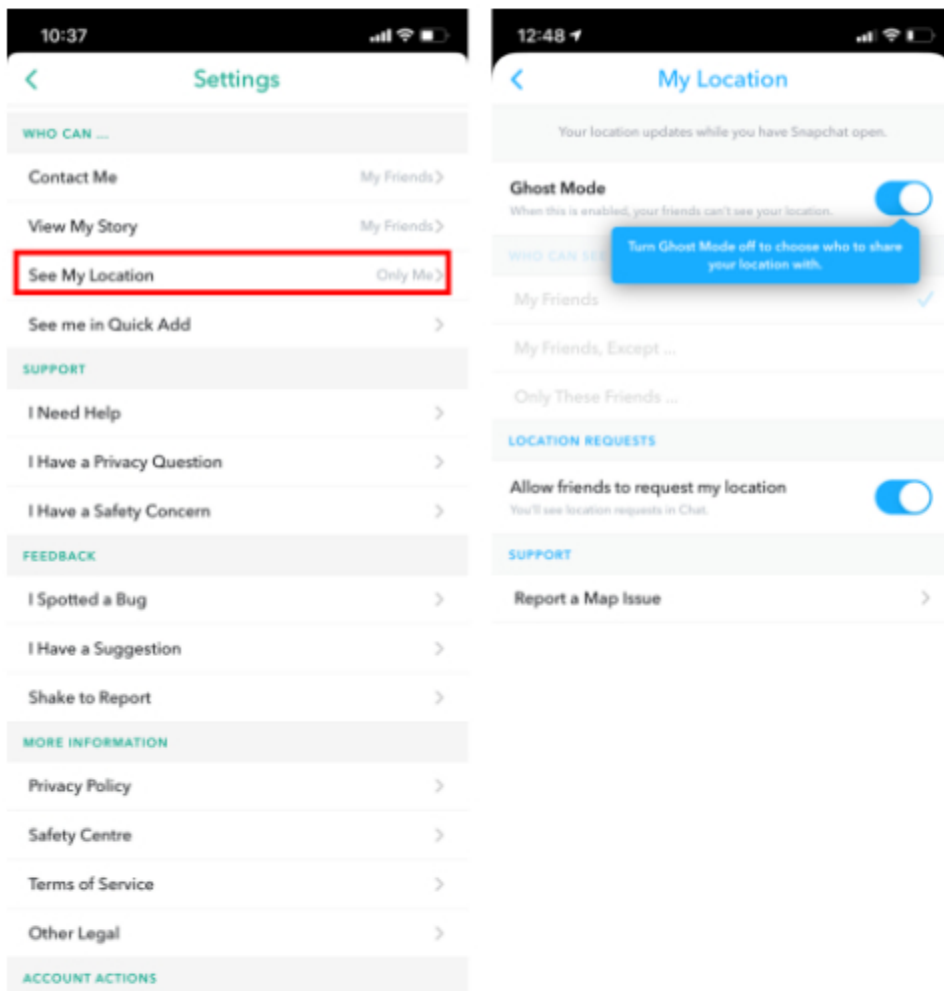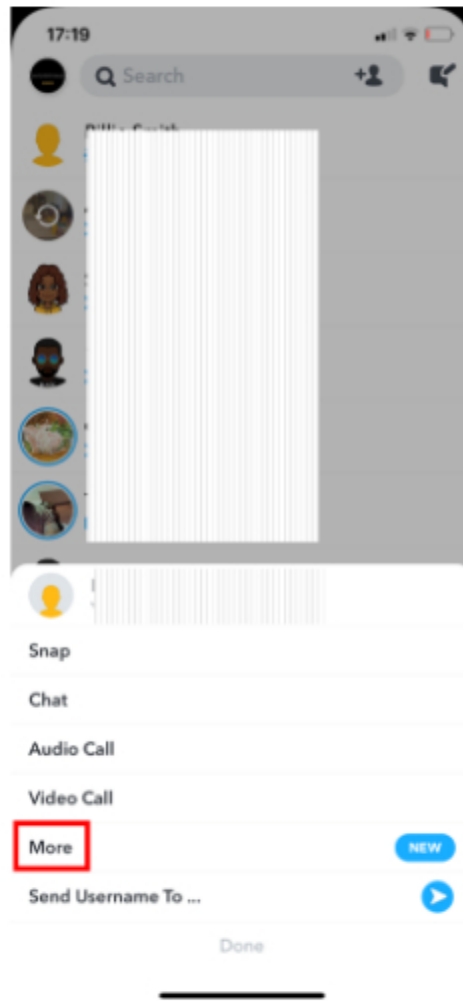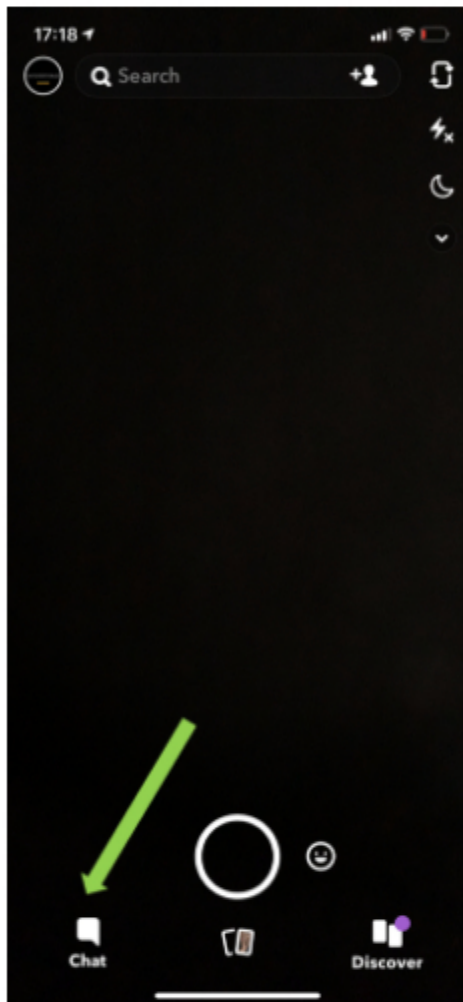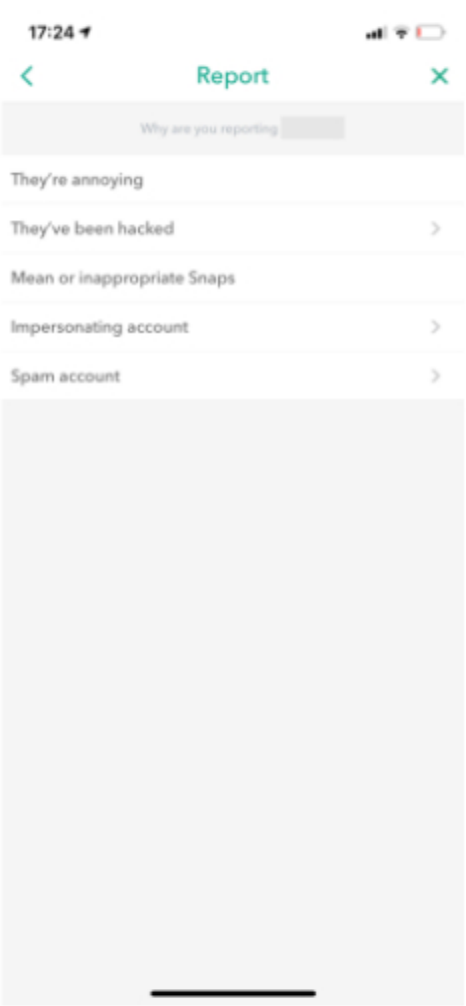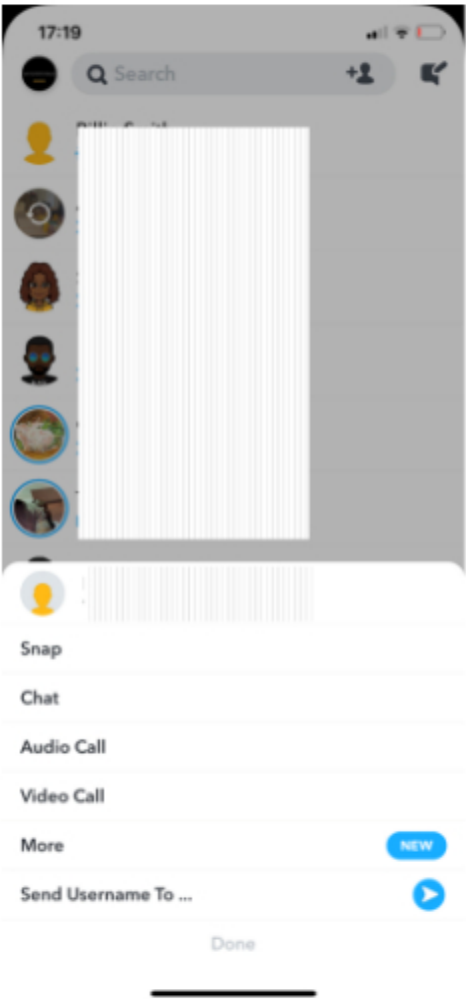
10 How to report someone

Open Snapchat, tap 'Chat' in the bottom left-hand corner.

Choose who you want to report by tapping and holding down on their name. Tap 'More'.

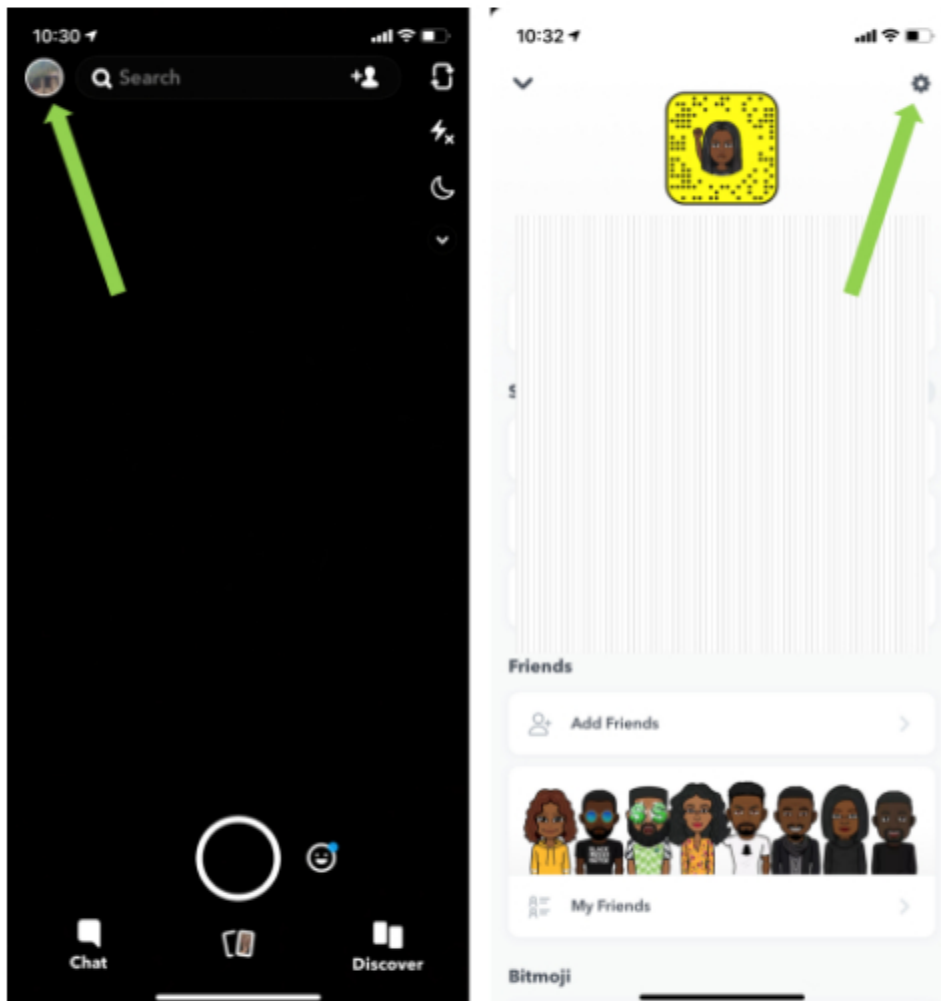**11** Next,tap 'Report', then select the reason you want to report them and follow the prompts.
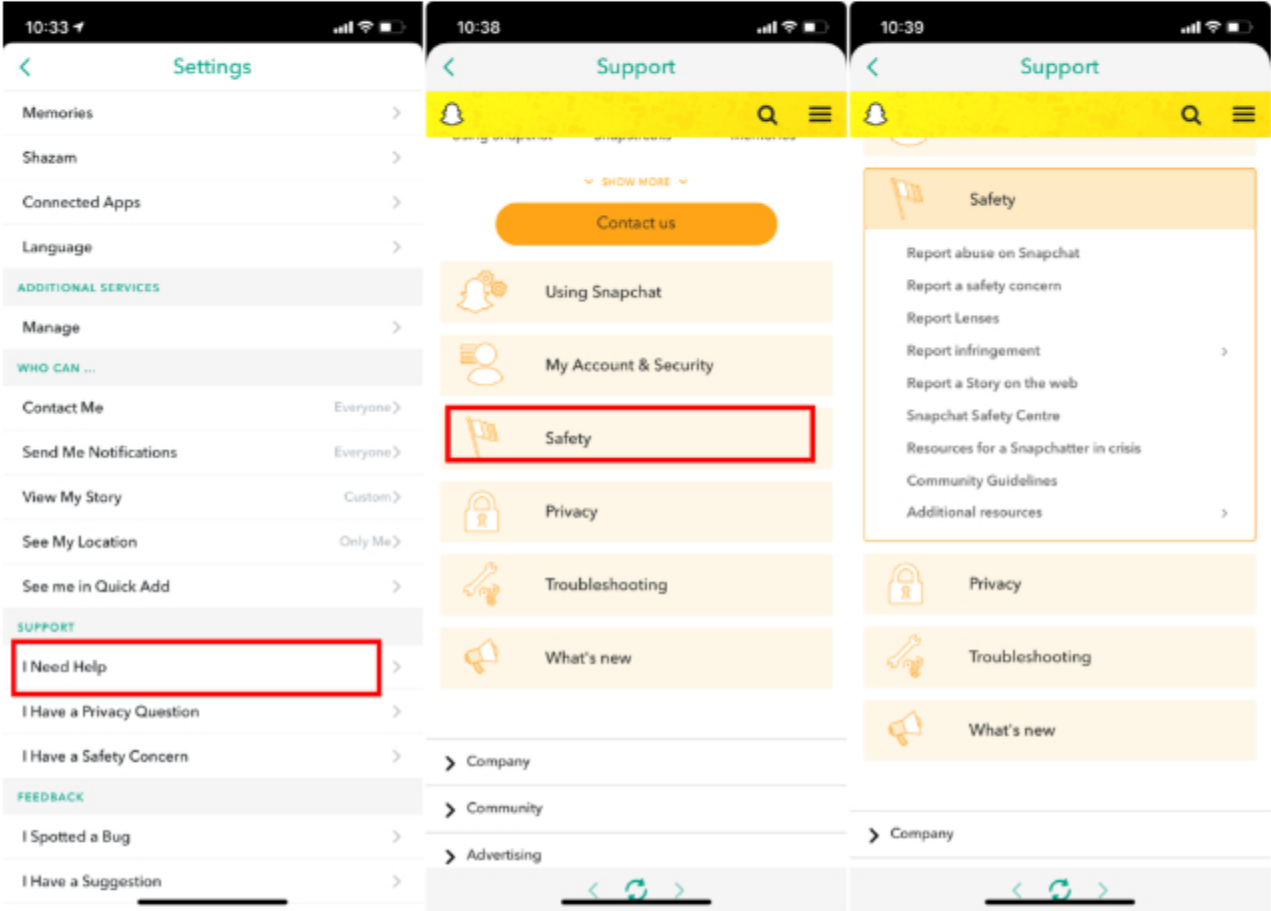
12

How to report something else

You report a Story, abuse, Lenses, a safety concern or an infringement.

Open Snapchat, tap the circle or your icon in the top left-hand corner. Next, tap the Settings icon located in the top-right hand corner.

13   Scroll down to Support and tap 'I Need Help'.
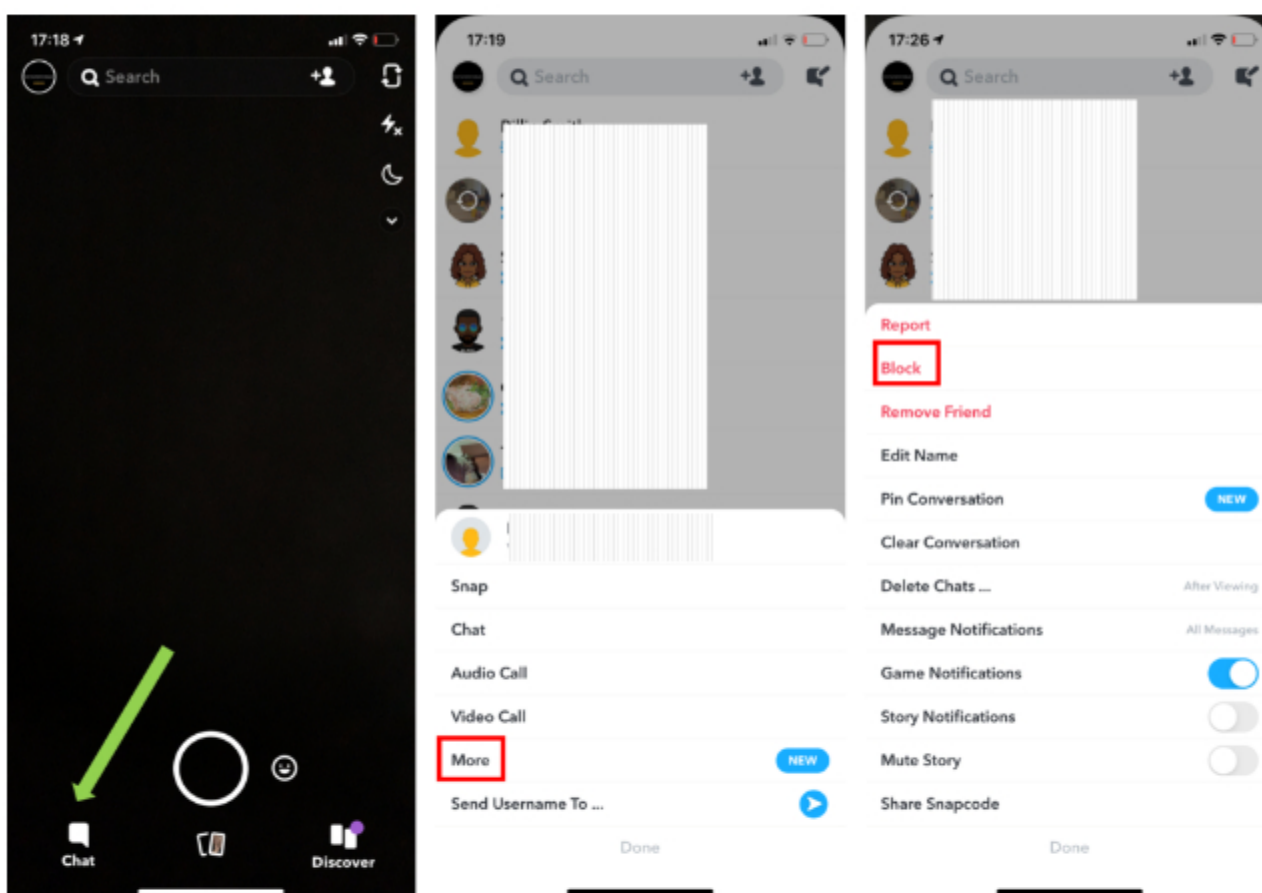
How to block someone

There are two ways to block someone:

1- block from your chat history or 2 – block someone from your friends list.

To block someone from your chat history:

Open Snapchat, tap 'Chat' in the bottom left-hand corner. Choose who you want to block by tapping and holding down on their name. Tap 'More'.
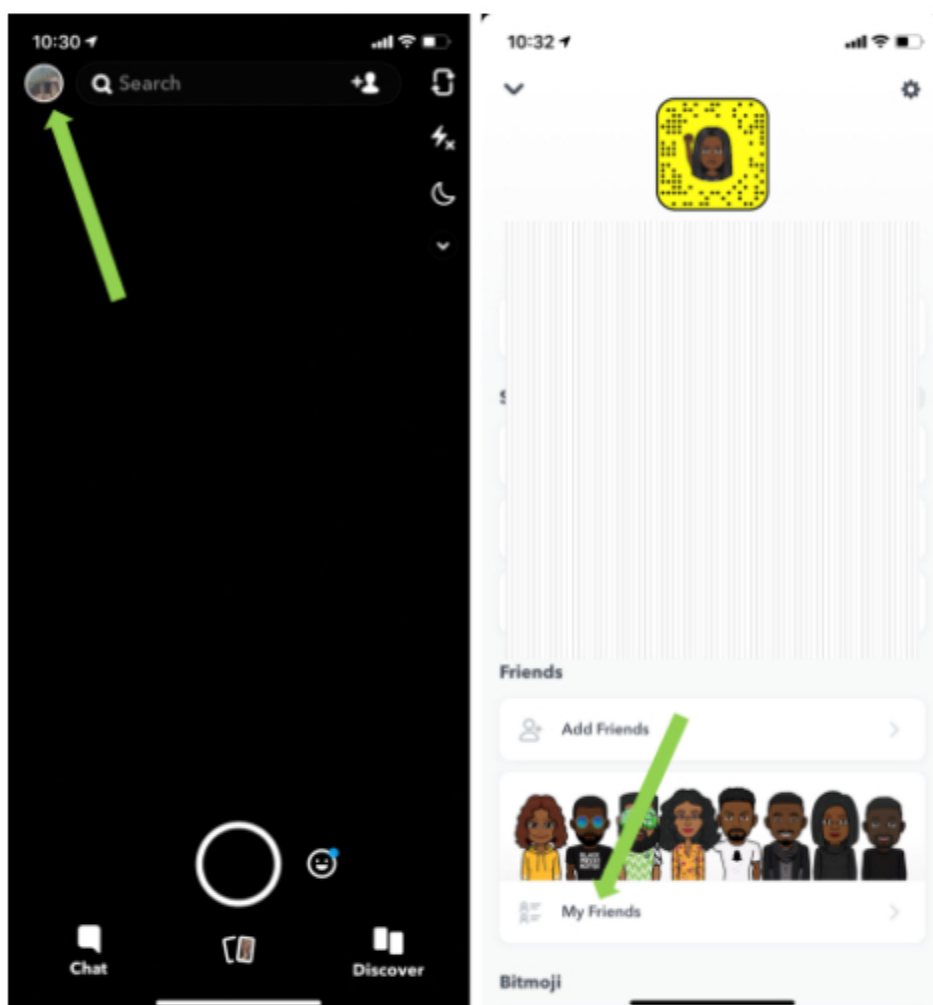
Next, tap 'Block', confirm you want to Block by tapping 'Block' again.

To block someone from your friends list.

Tap your icon in the top-left hand corner, then tap 'My friends'.

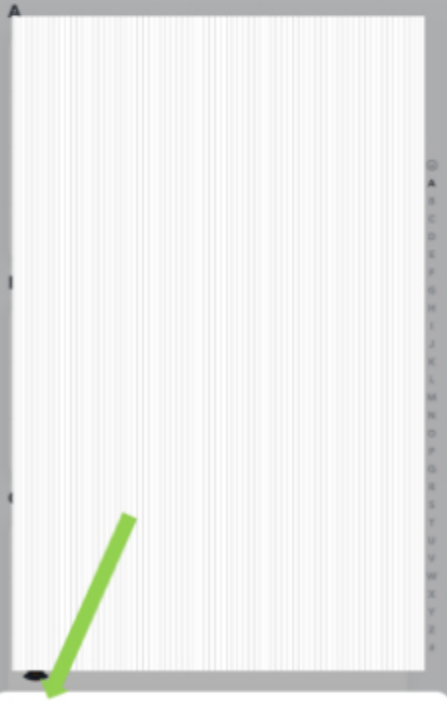Then, tap and hold their name until the 'Block' option pops up. Tap 'Block'.

My Friends
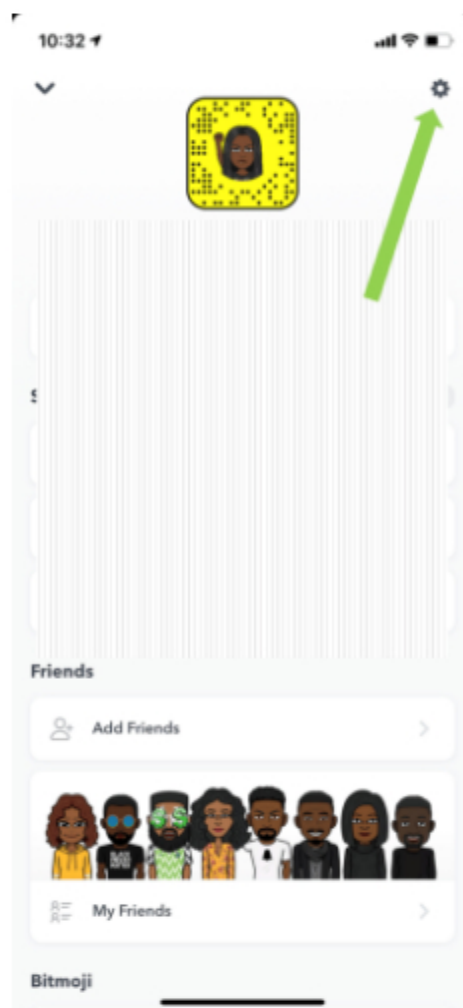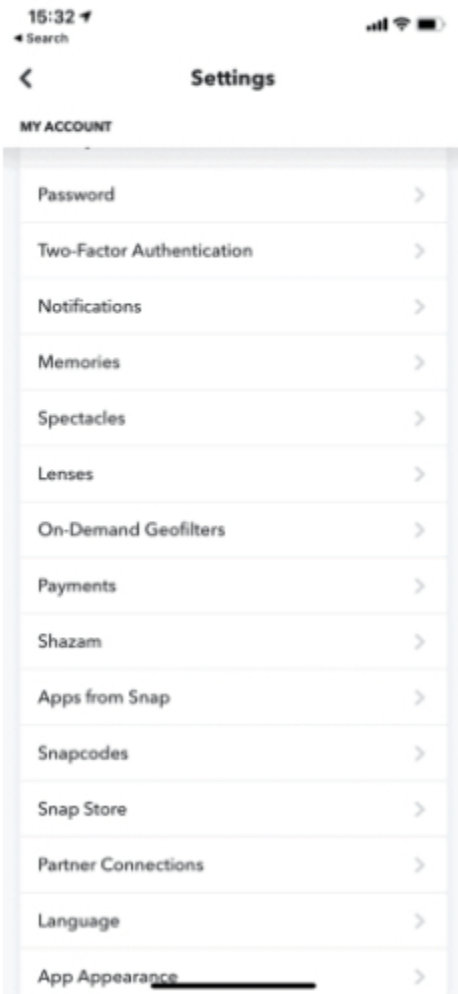
Q Find Friends

A

Block

Remove Friend

Set up two-factor authentication

Two-factor authentication makes your account more secure. It is an optional security feature to verify that it's really you when you log into your Snapchat account.

Tap the Setting icon in My Profile to open 'Settings'.

Next tap 'Two-Factor Authentication', then 'Continue' to finish.

Settings

MY ACCOUNT

Password

Two-Factor Authentication

Notifications

Memories

Spectacles

Lenses

On-Demand Geofilters

Payments

Shazam

Apps from Snap

Snapcodes

Snap Store

Partner Connections

Language

App Appearance

Two-Factor Authentication

How Two-Factor Authentication Works

When logging in, you'll need to provide an extra Login Code after your password.

Your Login Code will be sent via text (message rates may apply) or can be generated in an app.

Once you enter your Login Code, we'll know it's really you!

CONTINUE

E-scooters – are you breaking the law?

Can I ride my e-scooter to school or work?

No, it's Illegal...

E-scooters are classed as motor vehicles and are required to be taxed and insured. It's not possible to get insurance for privately owned e-scooters, which means it's illegal to use them.

Can I ride my e-scooter on the pavement?

No, it's Illegal...

You cannot use e-scooters on public footpaths, cycle lanes or roads.

What happens if I'm caught using my e-scooter in public spaces?

The scooter may be seized and as a result, destroyed.

If stopped by an officer, you may be asked to complete a breath and drugs test. You also risk a £300 fine and six penalty points on your licence for no insurance.

Kent Police

Think before you buy:

The number of electrical scooters being used on our streets has risen, as well as reports of serious injury and fatalities.

For more information and advice on the use of e-scooters visit **www.kent.police.uk/road-safety**