



# #OnlineSafetyAtHome

From Thinkuknow

## Social media support pack



# About #OnlineSafetyAtHome

#OnlineSafetyAtHome has been created by the NCA-CEOP Thinkuknow Education Team to support parents and carers during COVID-19 and the closure of schools.

Each fortnight, we release new home activity packs with simple 15 minute activities parents and carers can do with their child to support their online safety at home.

Today (21<sup>st</sup> April) we launch our third set of activities, with the first two releases having a combined download total over 100,000.

This pack will provide you with the content and assets you will need to share #OnlineSafetyAtHome with the families you work with. Thank you for your continued support.

# Example activity pack – Primary age



## Activities for 4-5s

Number 1, 24/03/2020

### Activity 1: Watch *Jessie & Friends*, Episode 1

- Find the *Jessie & Friends* cartoons at:  
[www.thinkuknow.co.uk/parents/jessie-and-friends-videos/](http://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/)
- Watch Episode 1: Watching Videos with your child.
- Use open questions to chat about the cartoon. For example:
  - What did you think about the cartoon? Which were your favourite parts?
  - How did Jessie feel when she watched 'The Funny Tummy' video?
  - How did she feel when she watched 'The Happy Croccy' video? How did her feelings change?
  - How did she get help to feel better?
- Finish by having fun singing along together at the end!

### Activity 2: Draw your own Dog

- Using what you have available (paper, pens, pencils, crafts etc.), you and your child can draw/design your own Dog! Be as creative as you'd like.
- If your child can write, ask them to include their favourite lyrics from the song.
- If your child can't yet write, ask them to tell you their favourite part of the song, and add it to their picture for them.
- We'd love to see your work! If you like, find us on Facebook (**Click CEOP**) and share a photo of your child's picture. **Artwork only please. Do not share your child's name or any pictures of your child.**

# Example activity pack – Secondary age

TUKMZ EXCLUSIVE
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## Fleur Tean airs trashy laundry for all to see!

Internet and Twitter in full flutter over naked selfies of teen idol!

**It's a disgraceful example to set to other young people. She shouldn't have done it and she deserves all the bad press she gets!**  
Twitter user

**The internet and Twitter have been in full flutter** over those nude (and nearly nude) pictures of Fleur Tean, posted anonymously at the weekend all over the popular internet message-board, 2clan.

The 17-year old pop singer and film starlet has reportedly gone into hiding whilst she consults her legal advisors.

Facing a different type of exposure than the young superstar is used to, Fleur was caught shame-faced leaving a posh London hotel. Fighting back the tears as she ran into a blacked-out limo, not surprisingly she seemed reluctant to comment to crowds of photographers present!

People have been quick to take to social media to comment on the photos, with some die-hard fans backing Fleur saying that stealing and re-sending personal photos is a sex crime and a huge breach of personal privacy.

Others have been quick to condemn Fleur's actions – one Twitter user commented

*"It's a disgraceful example to set to other young people. She shouldn't have done it and she deserves all the bad press she gets!"*

Bad press or not some online bloggers have even gone on to claim these events were deliberately planned to raise the singer's media profile just weeks ahead of her new album being released.

A source close to the singer said there have been widespread rumours that Fleur's current boyfriend Lee Autone (17) had been approached by freelance journalists who had offered him money for the scandalous pictures. The two have been seeing each other for five months after she appeared in the latest video for Lee's band The Over-Auto-Tuners.

It's still not known if these rumours are true or if the photos were uploaded to an email account which was then hacked, but it's thought that the police have been called to investigate.

The fact remains that there might be thousands of copies of these shocking and illegal images of the under 18-year-old making their way around the internet so this little slip-up won't be forgotten about any time soon!

The teenage star is due to release a personal statement on the photos, but initial comments from the family have asked that people and press respect their privacy and allow them some peace during this tricky time.

We'll be sure to keep you updated with all the news on this story, and any more startling revelations as they happen here on TUKMZ!

Private Pics Go Public 1: News Story

## Online safety at home

SIMPLE 15 MINUTE ACTIVITIES TO DO WITH YOUR CHILD

## Activities for 11-13s

Number 3, 21/04/2020

### Activity 1: First to a million - nudes being shared without consent

- Re-open the [First to a Million Powerpoint file](http://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets) (you'll find this at [www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets)) and re-watch the clips on slides 10 and 11. If you're yet to watch the film, please watch the full *First to a million* interactive drama.
- Write the name of one of the characters (either **Meg**, **Jamal** and **Lucas**) who had their nude videos shared without their consent (permission) on a sheet of paper. Divide each sheet into two columns and label with the headings **'Impact'** and **'Feelings'**.
- First complete the 'Impact' column for each character by writing down all the ways they might be affected by what has happened;
- Next complete the 'Feelings' column: for each of the ideas you wrote in the 'Impact' column, write down how that might make the character feel in the 'Feelings' column.
- On another sheet of paper, write **'The Sharer'**. Divide it into two columns headed 'Impact' and 'Feelings', and complete them to show how sharing someone else's nudes might affect a young person, and how that might make them feel. When you have finished, check the suggested answers which give examples of the impact on 'The Sharer', below.

### Activity 2: Nudes being shared without consent

- Read the 'Tukmz exclusive' article attached to this sheet and underline three parts of the article which demonstrate that Fleur has been treated unfairly by Tukmz newspaper,

# Parents and Carers Helpsheets

In addition to the activities, we have created Parents and Carers Helpsheets with key online safety advice and links to our resources, as well as different support services.

You can find these [here](#).



# Parents survey

To help us shape the #OnlineSafetyAtHome package, we are asking parents and carers to complete our short survey. It should take no more than 5 minutes to complete. Please ask the parents and carers you work with take part, the survey can be found [here](#).

## Parents and carers

Please fill in our 5 minute survey so we can help you support your child's online safety whilst schools are closed



## #OnlineSafetyAtHome

# Professionals survey

To help us shape the #OnlineSafetyAtHome package, we are asking professionals to complete and share our short survey. It should take no more than 5 minutes to complete. You can find the survey [here](#).



# 4 Key messages for Parents and Carers

**Where possible, please use the following key messages to support the families you work with:**

**1. Use this as an opportunity to talk to your child about their use of the internet**

With children and parents spending more time at home, now is a great time to continue to chat with your child about how they are using online technology and what it means to them. Their use of apps and games may have changed since the outbreak, so now is a good time to check in!

**2. Explore Thinkuknow resources using the #OnlineSafetyAtHome activity packs**

Every fortnight Thinkuknow will release a new set of #OnlineSafetyAtHome activity packs to share with children between the ages of 3 and 16. Use these to help you keep up a positive, supportive conversation about safety online in your home



# 4 Key messages for Parents and Carers - continued

## **3. Tell your children to report anything that worries them**

It's important that children and young people always know where to go if they come across something that worries them or makes them feel uncomfortable online. Remind them regularly that you're there to help.

## **4. Use parental controls**

Setting parental controls can be a quick and effective tool to help protect your children online, and should be installed on all devices that children use.

More information is available [here](#).

# Suggested social media posts for activities

## Facebook

‘Technology can provide hours of education and important social opportunities for children whilst schools are closed, it can also present a number of risks. Here are 4 things you can do to support your child online during this unsettling time’ - Link to parents article – [www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home](http://www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home)

Are you looking for simple online safety activities to do with your child at home? You can find home activity packs and more information and guidance on the Thinkuknow parent/carers website [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

Every fortnight @ClickCEOP are sharing new #OnlineSafetyAtHome activity packs for primary and secondary age children on their parents/carers site. For fun, age-appropriate activities you can do with your child to help keep them safe online whilst they are off school, download the most recent packs here [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

# Suggested social media posts for activities

## Facebook

Have you downloaded @ClickCEOP's 15-minute home activity packs for children aged 4-7? They've created simple, fun activities for early years and primary school aged children to help learn #OnlineSafetyAtHome. Download the first activity packs here [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

Download your first home activity pack for children aged 8-10. Each pack contains simple 15-minute activities you can do at home with your child to help them learn #OnlineSafetyAtHome. Download your first pack here [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

@ClickCEOP has created simple, 15 minute activity packs for secondary aged children to help them learn #OnlineSafetyAtHome if their school is closed. New packs will be available every fortnight. Have you got your first pack yet? Download it here [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

# Suggested social media posts for activities

## Twitter

Are you a parent/carer looking for information on how to help keep your child safe online? Read @CEOPUK advice on things you can do to support your child's safety online during this uncertain time' - Link to parents article – [www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home](http://www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home)

Are you a parent at home with your children during the COVI D -19 outbreak? @CEOPUK has launched the #OnlineSafetyAtHome campaign where they will be providing you with simple 15 minute activities to help you support your children over the coming weeks and months. Download your first packs here [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

@CEOPUK has created new #OnlineSafetyAtHome activity packs to help you support children and families over the coming weeks and months. Each pack contains simple 15-minute activities for children age 4-16 to do at home using their Thinkuknow resources. Download your first activity packs here [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

# Suggested social media posts for activities

## Twitter continued

Have you downloaded @CEOPUK's 15-minute home activity packs for children aged 4-7? They have created simple, fun activities for early years and primary school aged children to help them learn #OnlineSafetyAtHome.

Download the first activity packs here and share with parents and carers

[www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

Download your first home activity pack for children aged 8-10. Each pack contains simple 15-minute activities you can do at home with your child to help them learn #OnlineSafetyAtHome . Download your first pack here and share with the parents and carers you know. [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

[worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

@CEOPUK has created simple, 15 minute activity packs for secondary aged children to help them learn #OnlineSafetyAtHome whilst off school. New packs will be available every fortnight. Have you got your first pack yet? Download it here and share with parents and carers [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

[activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets)

# Suggested social media posts for CEOP Reporting

Work with children and young people? Embed the ClickCEOP button in your organisation's website to provide them with a direct route to report online sexual abuse if they feel they do not have a trusted adult to go to. Follow the link for more information on how to embed the button

[www.thinkuknow.co.uk/professionals/click-ceop-button](http://www.thinkuknow.co.uk/professionals/click-ceop-button)

Remember if something has happened online that to your child that has made them feel unsafe, scared or worried, you can report directly to CEOP following the link below. If you are worried that a child is in immediate danger, please call 999

<https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/Should-I-make-a-report-to-CEOP-parent/>



# Parent Info

[Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations.

Specific articles have been created for Parent Info to support families during this difficult time.

Here's a few examples:

- Coronavirus – how to help children spot fake news
- How to look after your family's mental health when your stuck indoors
- Quarantined: helping teenagers cope with lockdown

In addition to supporting NCA –CEOP promote the #OnlineSafetyAtHome, we ask that as a professional you register and promote the Parent Info articles to parents and carers.

# Parent Info suggested posts

Parent Info is a valuable source of information brought to you by @ClickCEOP (Facebook)/@CEOPUK (Twitter) and @ParentZone1 (Facebook)/@TheParentsZone (Twitter). Check out their articles to support your family during this lock down period – [www.parentinfo.org](http://www.parentinfo.org)

It can be difficult to keep your family's spirits up when cooped up inside. This Parent Info article shares some helpful ideas to look after your family's mental health as we all self-isolate. Read and share the article here <https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors>

Social distancing and self-isolation brings challenges for everyone. But teens face a particularly hard time. Read and share this Parent Info article for advice on helping teenagers cope with lockdown <https://parentzone.org.uk/article/quaranteened-helping-teenagers-cope-lockdown>



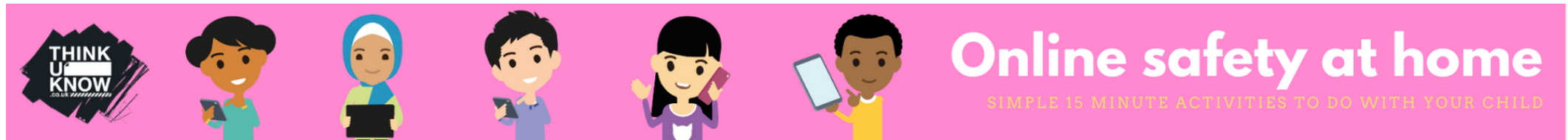


# Assets available for download\*

The assets on the following slides can all be downloaded from:

[www.thinkuknow.co.uk/professionals/ourviews/online-safety-at-home-resources](http://www.thinkuknow.co.uk/professionals/ourviews/online-safety-at-home-resources)

# Downloadable Banners/Images\*



# Downloadable Banners/Images\*



# Downloadable Banners/Images\*



# Thank you!

Thank you for supporting the #OnlineSafetyAtHome campaign. Please don't forget to tag us in any social posts and if you have any questions about the campaign, please contact the NCA-CEOP Education Team at [ceopeducation@nca.gov.uk](mailto:ceopeducation@nca.gov.uk)