

# West Acton Primary School Newsletter



Friday 5<sup>th</sup> November 2021



We have been able to welcome our community back with our Fireworks display and also potential new Reception 2022 parents this week.

You will be receiving letters about your child's attendance this week. We have the majority of pupils attending over 96% of the time – with several at 100% - which is brilliant. Please ensure you inform us promptly if your child will be absent and avoid appointments in the day.

Online safety remains a priority – we teach this in school but need you to monitor this at home. I've included four guides in this letter – none of apps/games are suitable for primary age pupils – yet I know some children are accessing these at home. We held a parents' workshop last term regarding Safeguarding and the attendance was very low – **this will be offered again on Monday 8<sup>th</sup> November at 9.00am.**

Miss Kondo

Thank you to the amazing PTA who worked so hard to put on the Firework event on Thursday evening. It was brilliant and enjoyed by all. Moreover, it was fantastic to see our community back together having fun.



If you missed it, there is a video on our Facebook page – please check it out!

# Monday 8<sup>th</sup> November 9.00am

## Safeguarding Workshop for Parents

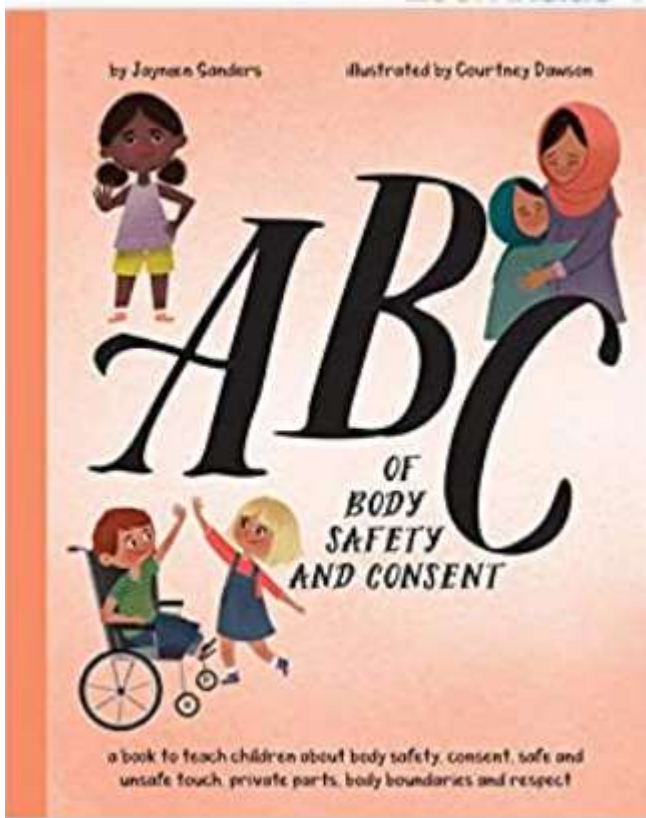


- What we do to keep your child safe at school
  - What you can do to help keep your child safe
- How the curriculum teaches pupils about keeping safe

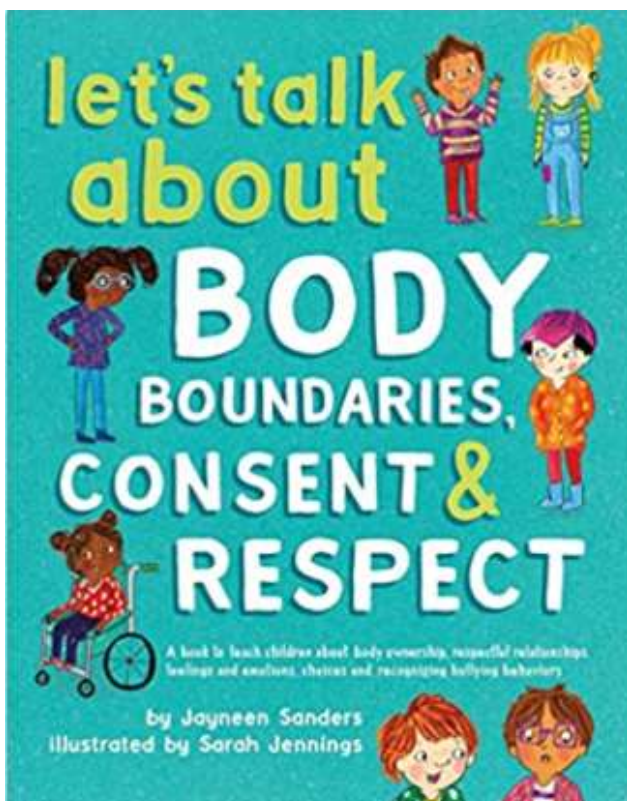
Workshop in the Jubilee school hall

# Book Reviews by Miss Kondo

Every week in PSHE we talk to the children about consent over their body – this week in assembly we explicitly looked at the meaning of the word CONSENT – please ask your child about this.



A great book to start difficult conversations with your child: The 26 'key' letters and accompanying words will help children to learn and consolidate age-appropriate, crucial and life-changing body safety and consent skills. Designed as a 'dip in and dip out' book, the text, the child-centred questions and the stunning illustrations will reinforce key skills such as consent, respect, body boundaries, safe and unsafe touch, Early Warning Signs, Safety Network, private parts, and the difference between secrets and surprises. Also included are Discussion Questions for parents, caregivers and educators. Suitable for children 4 to 11 years.



Another great book to get conversations started: Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body. It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss. It is important that the reader and the child take the time required to unpack each scenario and explore what they mean both to the character in the book, who may not be respecting someone's body boundary, and to the character who is being disrespected. Suitable for children 4 to 11 years.



## <https://actforealing.org/2021/11/02/climate-action-mural-community-paint-along/>

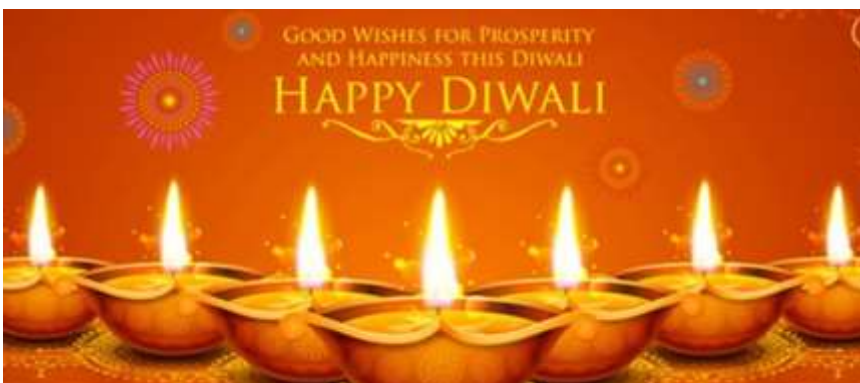
Climate Action Mural Community  
Paint along



Join ActforEaling, Ealing's climate change hub, on Saturday 6th November from 12-4, in Ealing Broadway Centre, opposite Footlocker, to take part in our community paint along to make your mark on Ealing's landscape. With the brilliant Cedric Boston-Griffiths from PaintYourPlanet and Alessandra Tortone from [Advertising with Art](#). Come along and get involved! ActforEaling will be coordinating the creation of a stunning, community painted eco-mural in Ealing Broadway Shopping Centre. All residents of Ealing, aged from 1 to 101, are invited to contribute to the painting of the mural – anyone who can hold a paintbrush is encouraged to paint the mural which will be raising awareness of the [ActForEaling 10 steps for a greener Ealing](#) to combat climate change and restore biodiversity in the borough.

We will be in [Ealing Broadway Shopping Centre](#) between 12-4 to paint a mural dedicated to local climate action, as part of Actfor Ealing [COP26, the UN Climate Change Conference of the Parties](#) activities.

The mural's creation will be filmed and shared online through the ActForEaling hub. We are looking for anyone with enthusiasm and an interest to collaborate with ActforEaling; Paint Your Planet will provide the rest. Sanitised paintbrushes and paint will be supplied so anyone can help to paint the design for this striking addition to the borough.



We hope all of our families who celebrated on Thursday had a Happy Diwali.

## **This week's top tip from Mrs Ahmad- West Acton School Therapist**

**I am here at West Acton on Mondays, Tuesdays, Thursdays and Fridays this year.**

**'A joke isn't a joke unless both people are laughing' – and words do hurt.**

There are different types of jokes or types of 'banter.'

There are adult jokes and there are children's jokes.

It is very difficult for us to protect our children from what they hear in the outside world. Often children can hear inappropriate language and words just when walking down the street or in a shopping centre. It is important that your child/children understand which comments are okay to say and which are not and may cause harm if they were to say them to another child and cause them to get into trouble when they repeat these 'jokes' or comments, when they are not with you.

### **How can parents help?**

Firstly, you are your child's role model. Your child will copy and repeat everything you do and everything you say. Being careful, in thinking about the phrases we use when our children are present, is very important.

Secondly, if you are with your child on a bus or a train and you hear, and you know your child has heard something someone has said, that is not a nice way of speaking to someone, please don't shy away and say nothing to your child -have a short conversation with your child.

For example 'I'm sorry that you have just heard somebody swear or say a bad word. That is not a word that we use or that you should use.' Explain to your child why these words or jokes are not okay. Remember to ask your child to think about how these words might make someone feel? Getting them to think will help with their understanding.

This way your child may not feel the need to repeat phrases, as they are no longer curious about what they have heard, because Mum and Dad and family members have told them about it already.

Preparing your child for the outside world in this way, helps them to be able to have their own understanding of what is okay and not okay to say, making them less likely to go on to use unkind words or phrases, that others might use around them.

**There is going to be another parent coffee morning on Thursday 25<sup>th</sup> November so please do look out for information about this.**

# Well Being Calendar for November



**Parent/Carer workshop with PC Andy Pidding**

**6.00pm on Thursday 18th November – online via Teams**

Miss Kondo has asked me to hold a parents' information session at 6.00pm on Thursday 18th November - this will be online and an excellent opportunity for you to learn more about how you can support and prepare your child for life in modern Britain. Miss Kondo will send the teams link out nearer the time.

See here for information about our work with the Police this term:

<https://www.westactonprimaryschool.org/newsanddates/letters>

## HOUSEPOINTS

**For w/c 18<sup>th</sup> October**

Chiswick	583
Osterley	430
Pitzhanger	470
Syon	588



# SNAPCHAT

AGE RESTRICTION  
13+

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

## CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

## EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily. Spotlight Challenges give users to the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

## INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

## SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

## DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beauty' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

## VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in: strangers, bullies and groomers could use this information to engage in conversation and arrange to meet in person.

### TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



# What Parents Need to Know about SQUID GAME

AGE RESTRICTION  
**15+**  
Suitable only for 15 years and over.

With themes of horror and violence, it's important for parents and carers to understand the potential risks posed to young audiences by the nine-episode Netflix-exclusive TV show, *Squid Game*. The series, rated 15+, is about a world where contestants who are deeply in debt play children's games in order to win cash prizes. The losers, however, are violently killed. The show's popularity has meant it has spread in various guises across online platforms, with a heightened risk of children and young people potentially viewing unsuitable content. That's why we've created this guide to help parents and carers understand exactly what *Squid Game* is all about.

## INAPPROPRIATE CONTENT

Some might argue that *Squid Game* contains content that might not even be suitable for older teens, let alone young children. Characters are brutally tortured and killed through stabbings or getting shot as a result of rules developed and enforced by a masked game master. The show also features sexual content and threats of sexual violence, as well as a strong theme of gambling that runs throughout the whole show.

## APPEAL TO YOUNG PEOPLE

Whilst the content is very much adult-themed, some features of the show seem to appeal to young children at face-value. The name "*Squid Game*" may be interpreted as a programme aimed at children rather than adults. The content itself, such as the bright and childish aesthetics, may also appeal to young children, particularly as there's a focus on playground games to go with it.

## SIMILAR CONTENT SUGGESTIONS

When using social media and streaming sites, content is recommended based on what the user has consumed i.e. what they have watched or searched for. Therefore, there is a greater chance of your child being exposed to similar violent or horror-themed content on social media after watching a show like *Squid Game*.

## VIRAL SPIN-OFFS

As well as Netflix, *Squid Game* has grown in notoriety and prevalence on other platforms, like TikTok and YouTube, with clips of the show going viral. On YouTube Kids, a number of successful channels have taken advantage of the *Squid Game* trend, creating content such as "How to Draw *Squid Game* Characters" videos. Its popularity has also led to the creation of app games that put the player in the role of a contestant who is killed if they lose a game.

## SCENE RE-ENACTMENTS

*Squid Game*'s pervasive presence on social media has encouraged many content creators to re-enact scenes from the show, which has led to reports of children wanting to also imitate those scenes displayed on social media at home and in school. Much of this content stems from the "Red Light, Green Light" game from the first episode, where contestants attempt to make it past a giant animatronic girl before she shoots them.

## Advice for Parents & Carers

### USE PARENTAL CONTROLS

Netflix has easily accessible built-in parental controls that allow you to set up a profile for your child with a specific age rating, block them from watching certain shows and even lock their account so it can't be accessed by anyone else. Netflix also allows you to access your child's viewing history to make sure they're not watching anything inappropriate for their age.

### CHECK AGE RATINGS

Age ratings on TV shows and films are a way to gauge what is suitable for audiences of different ages. If you are unsure about the content your child is watching, check the age rating to see if the TV show or film is deemed suitable for their age group. If not, try watching the show yourself or talking to other parents who have seen it before to get a better understanding of why it's been rated a certain way.

### MONITOR ONLINE ACTIVITY

*Squid Game* has become a social media craze and it's possible your child will see some content related to the show on various platforms. Therefore, it's important to be aware of which websites your child has visited on their smartphone, tablet or laptop, and to also keep an eye out for which accounts they are following on social media platforms, such as Instagram and TikTok.

### HAVE OPEN CONVERSATIONS

Making sure your child is comfortable telling you about what they see online can go a long way to ensuring you are kept in the loop about their online use. Showing an interest in what your child is doing online gives you the opportunity to discuss what is and is not appropriate for their age group, and how they might recognise their own feelings towards content they see.

### MONITOR BEHAVIOUR

Due to the viral nature of the show, even if your child has not seen *Squid Game*, it's important to keep an eye on their behaviour. There have been reports from schools of children "playing *Squid Game*" in the playground and acting aggressively towards the losers as a way to replicate the consequences of losing in the TV show. Viewing content that makes your child feel uncomfortable could also cause them to feel distressed or distracted, so it's important you can easily spot the signs.

### WATCH THE SHOW

If you're trying to figure out whether you should let your child watch *Squid Game*, it might be a good idea to watch the show yourself first. Doing so will allow you to get a better understanding of the show's content and themes, as well as help you decide if this is something you'd feel comfortable with your child being exposed to.





# What parents need to know about INSTAGRAM

AGE RESTRICTION  
**13+**  
Accounts over the age of 13 can create an account

LOCATION

#HASHTAG

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

## HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economists, for example, call this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a dopamine release. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

## SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

## INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photos/videos are actually an advert. This can be very misleading to young people who may be influenced into buying/using something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

## IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They also extended the ban to include drawings, cartoons and memes.

## LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

## IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

## EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

## HJACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

## IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018, Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

@MENTION

## Top Tips for Parents & Carers

### RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again. Children can also tap and hold the individual message request directly to Instagram as well as reporting the account itself.

### LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

### MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from everyone, only people they follow, or no one at all.

### MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, once users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

### PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

### USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

### FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

### TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

### REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

**DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!**

## Meet our expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media space and is the founder of Kids N Clicks, a web resource helping parents and children thrive in a digital world.



## \*NEW FOR 2020\* INSTAGRAM REELS

Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with audio, effects, and new creative tools. It is the closest answer to TikTok and can be accessed via the Reels feature. Reels can be shared with friends and family, however, if your child has a public account, it could be shared wider via 'Explore' and viewed by millions of strangers online.



National Online Safety  
#WakeUpWednesday





With over 14 million daily users, Discord is one of the most popular communication tools for gamers. It allows you to create or join what are known as 'servers', where different users can talk in groups via text message or voice call. There is also the option to send direct messages and make video calls.



## What parents need to know about **DISCORD**



### INAPPROPRIATE CONTENT

Your child can access almost any chat server on Discord. This means they can easily be exposed to content and conversations that are inappropriate, upsetting or potentially harmful.



### SEXUAL IMAGERY

Despite there being guidelines in place to prevent it, users are able to circulate adult content. This can include sexualised images, pornographic videos and provocative discussions. It's important to stay alert and know the risks that your child could be exposed to.



### RISK OF CYBERBULLYING

Interactions on the platform are largely unregulated. This means other users can easily say and show things to your child that might be offensive and upsetting. The competitive nature of gaming can lead users to make abusive and harmful remarks about your child.



### HIDDEN CHARGES

Though the basic platform is free, your child will be encouraged to sign up to premium subscriptions, which give extra perks, such as animated emojis and free games. The two options are known as 'Nitro Classic' (which costs \$4.99 a month) and Nitro (which costs \$9.99 a month). Prices are only converted to pound sterling during the payment process.



### RISK OF CYBERCRIME

Cybercriminal groups have been linked to the platform due to reports of hackers sharing stolen data. It's also possible that your child may be encouraged to share the data of their friends, either through peer pressure, or 'for fun', without realising the consequences.



### STRANGER DANGER

To create an account, you only need to display a username and profile image. This makes it easy for someone to hide his or her real identity. Predators from anywhere in the world can join a chat server, message your child and quickly leave to avoid detection. Forbes reports predators have been targeting children susceptible to online coercion on the platform.



**National Online Safety**  
#WakeUpWednesday

## Top Tips to Protect Your Child



### 1 BEWARY OF WHAT'S SHARED

Whatever your child says or shares on the platform can be seen, heard and shared with a much larger audience. Be careful to make sure your child understands this and does not say or share anything that could be deemed offensive, harmful or put themselves or others at risk.

You can find Discord's own guide for parents here: <https://blog.discordapp.com/parents-guide-to-discord-c77d91793e9c>



### 2 IMPROVE SECURITY SETTINGS

To help protect your child, make sure they set strong passwords. You should consider using the 'two-factor authentication' function for extra protection. It's also important to remind your child to never to share their personal information, or the details of another user.



### 3 CHECK THEIR FRIEND LIST

You can restrict who is able to make 'friend requests' to your child in the 'Friends' tab. It's a good idea to deselect the default option that allows anyone to connect. Of course, you should also talk to your child about why it's a risk to allow strangers to connect with them through such platforms.



### 4 REPORT & BLOCK SUSPICIOUS USERS

Make sure your child knows how to report and block abusive or suspicious users. If you do find your child suffering repeated abuse, contact the platform directly using the email: [abuse@discordapp.com](mailto:abuse@discordapp.com). It's a good idea to teach your child how to screenshot any negative interactions too.



### 5 BEWARY OF NSFW CONTENT

Public forums on the platform are a potential venue for inappropriate content that you should be wary of. There is a Discord mascot known as 'Wumpus', which is supposed to represent anyone under 18. Anyone who posts content unsuitable for under-18s, should mark it NSFW (Not Suitable For Wumpus).



### 6 SHOW RESPECT TO OTHERS

It's important you actively teach your child to treat other users with respect and behave online the same way as they would offline.

Take the time to read through Discord's Community Guidelines with your child. Find them at: [www.discordapp.com/guidelines](https://www.discordapp.com/guidelines)

