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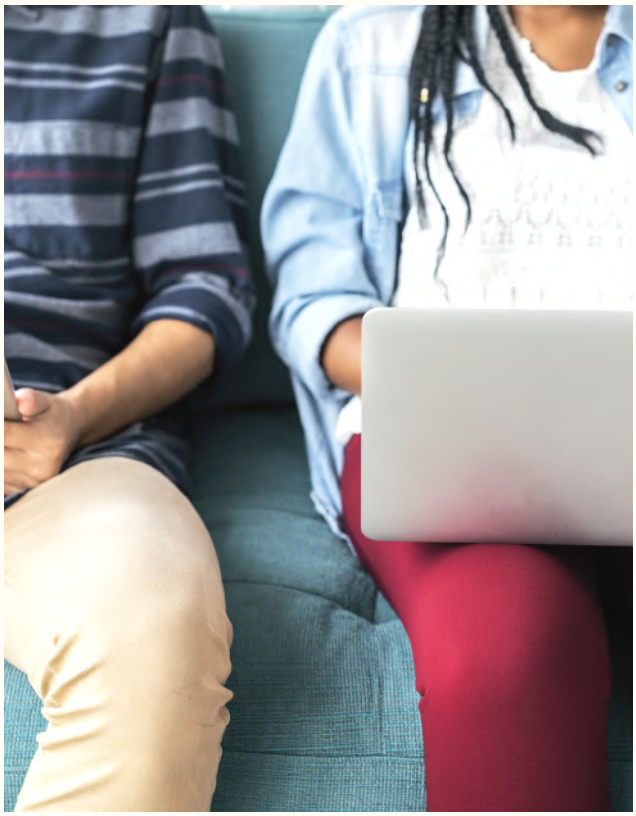
HOW TO KEEP YOUR CHILD SAFE ONLINE



What is Cyber Bullying?

Bullying is generally defined as intimidating or threatening behaviour that hurts the victim, whether physically or emotionally. This can range from physical manifestations such as hitting, or pushing, right through to verbal bullying like name calling, threatening or spreading rumours.

Cyber bullying is a new form of bullying using digital outlets like social media, text messages, videos, and forums on the internet. Despite the online nature of the activity, cyber bullying can feel a lot more menacing to a child, due to the fact that the bullies can contact them at any time of day, giving them no escape or relief from their torment.

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Cyber Bullying Statistics

7 IN 10 YOUNG PEOPLE HAVE BEEN CYBER BULLIED

5.43 MILLION YOUNG PEOPLE IN THE UK HAVE EXPERIENCED CYBER BULLING

- **1.26 MILLION ARE SUBJECTED TO EXTREME CYBER BULLYING DAILY**

According to the NSPCC, there were over 12,000 counselling sessions with young people who talked to Childline about online bullying issues last year, with an 87% increase in sessions over the past three years. According to the Diana Award's Anti-Bullying Campaign an estimated 5.43 million young people in the UK have experienced cyberbullying, with 1.26 million subjected to extreme cyberbullying on a daily basis.

What's even more startling is that in the past three years, 7 in 10 young people aged between 13 and 22 have been a victim of cyberbullying. Cyber bullying activity is certainly, and unfortunately, on the rise, and due to the vast possibilities online, and often the lack of knowledge in this area of bullying, it can be handled incorrectly by parents, teachers, and the authorities.

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Ways Children Can Be Cyber Bullied

- Being sent threatening or abusive text messages with the intention to scare or humiliate the receiver
- Creating and sharing embarrassing images or videos
- 'Trolling' - the sending of deliberately menacing or upsetting messages on social networks, chat rooms or online games. 'Trolls' will generally feed on peoples' reactions, although children won't always recognise this, and can and will take it personally
- Excluding individuals from online games, activities or friendship groups, making them feel isolated and alone
- Setting up hate sites, groups on forums or social media channels, or even setting up group chats about a particular child
- Encouraging young people to self-harm
- Creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name by sending other people messages or images
- Sending explicit messages that aren't welcome by the receiver, also known as 'sexting'
- Pressuring children into sending sexual images or engaging in sexual conversations

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Signs Your Child May Be Being Bullied

- Your child might be reluctant to tell you that they are worried about cyberbullying, so it's important to look out for the signs;
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- Any changes in behaviour such as becoming sad, withdrawn, angry, or lashing out
- Reluctance to go to school or take part in usual social activities
- Unexplained physical symptoms such as headaches, stomach upsets
- Children become less social, and you notice you are seeing or hearing about their friends less and less
- A lack of interest in using a device and even stopping using their electronic devices altogether with no explanation
- Seeming nervous or jumpy when they receive messages or notifications on their devices, or in general around their devices
- Becoming obsessive about being constantly online, and being caged or snappy when they are told to come off their devices
- Avoiding discussions about what they're doing online or who they're talking to

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How Enigma Recovery Works

Enigma Recovery is the number one iPhone data recovery solution provider developed by Enigma Digital Limited. Our team is dedicated to the creation of modern software solutions for everyday smart devices.

We've seen how difficult it can be to try and get back lost or deleted data through manufacturers and network operators. With a strong focus on affordable and accessible desktop software and mobile applications, Enigma Recovery aims to expedite software solutions to every smart device owner around the world. Since 2012, we have invested over £2 million in building the company and product range to achieve this aim.

Our software can recover the deleted data from an iPhone, iPad or iPod Touch. Designed to work with our free Restore App, the software will help you to revive deleted and even send data back to a device. You can also export the data to your Mac or Windows PC, so you'll always have a copy of the data that matters most to you.

With Enigma Recovery, you can recover 10 different types of data from your iOS device, including:
Text messages, iMessages, Contacts, Calls, Notes
WhatsApp*, Photos*, Videos*, Internet History*
Calendar*
*Deleted data can be recovered only from iTunes/iCloud backups. Existing data can be recovered from your device.

1. DOWNLOAD & INSTALL

INSTALL ENIGMA RECOVERY™ ON YOUR MAC OR WINDOWS PC

2. RECOVER

RECOVER DATA FROM YOUR IOS DEVICE OR ITUNES/ICLOUD BACKUPS

3. RESTORE & EXPORT

RESTORE DATA BACK TO YOUR IOS DEVICE OR EXPORT TO DESKTOP

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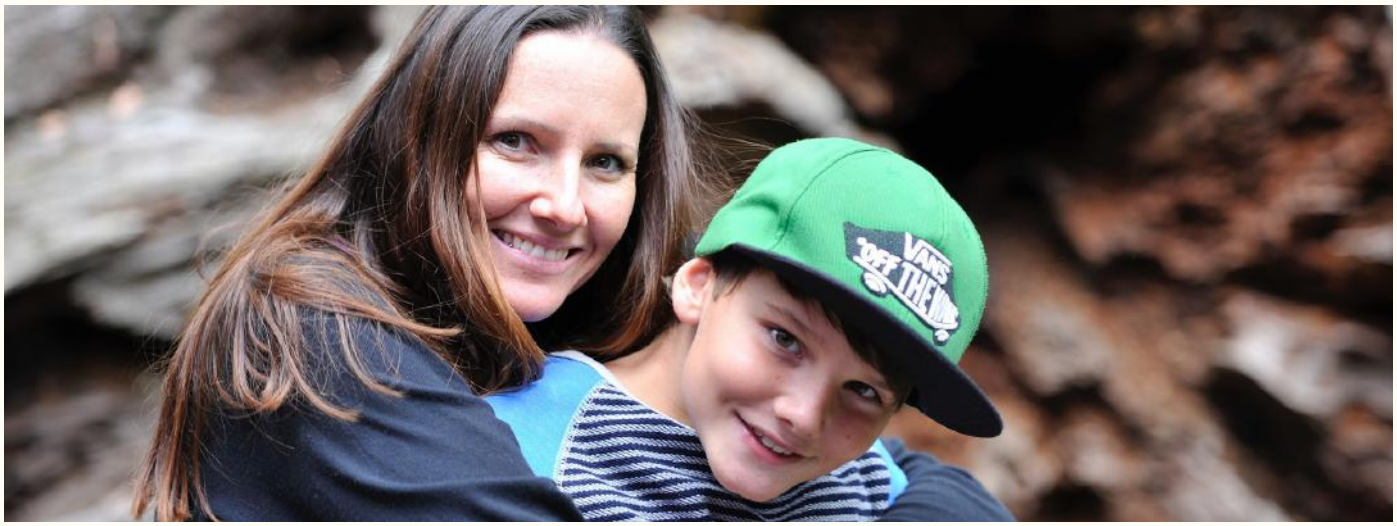

How Enigma Can Help Parents

Even the most truthful of children can sometimes keep secrets, particularly if they are feeling ashamed or embarrassed. Enigma Digital works with families all across the UK to restore peace of mind to parents that are worried about their children being bullied.

With Enigma Recovery, parents can recover deleted data from devices, such as text messages, contacts, calls and more. This may help you find out what is troubling your child and help you obtain evidence should the bullying be reported. Often, authorities like schools and even the police will not be able to progress further with bullying claims without evidence, and Enigma Recovery can help you retrieve exactly that.

On the other side of the coin, our software can also help you to restore any messages or communication to see whether your child is the cyber-bully themselves. It isn't limited to just physical data however, as our software has been used by parents and private investigators to help track down missing children by restoring their recent communications and locations.

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How To Monitor Your Child's Activity Online

While parents don't always want to seem like they are prying into their children's lives, having a handle on what your child is accessing, or who they are talking to online or on their devices is crucial. Here are some steps to monitor your child's digital activity;

- Discuss cyber bullying with them. Talk to them about any examples you've heard in the news, or whether it's ever happened to anyone they know.
- Discuss the implications of cyber bullying with them. How it makes people feel. Why it's wrong. The lasting effects that bullying can have on people.
- Give them rules around technology. Whether it be no electronic devices after 6pm, or only using the family computer to do their homework, or just on weekends. By enforcing these rules, you'll be able to pick up on any changes in their habits.
- Talk to them about privacy settings and check that they are adhering to them. A lot of social media accounts will allow your child to restrict access to anyone who isn't a friend or connection. Be mindful, however, of who they are accepting as a friend.
- Keep a constant line of communication open with your children, and let them know that they can approach you with anything they are concerned about online, whether it be directly related to them or not.

DISCUSS CYBER BULLYING WITH THEM.

GIVE THEM RULES AROUND TECHNOLOGY.

TALK TO THEM ABOUT PRIVACY SETTINGS AND CHECK THAT THEY ARE ADHERING TO THEM.

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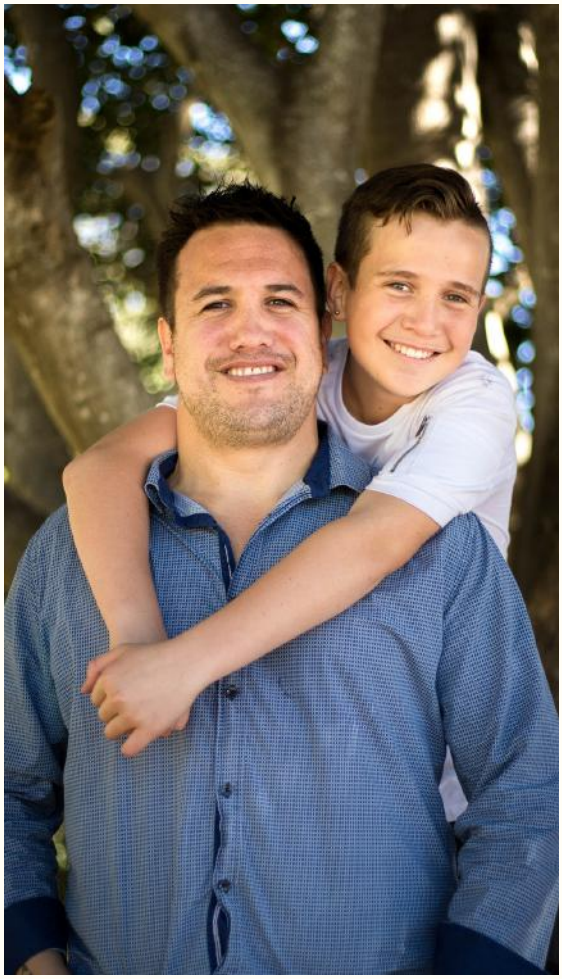
Talking To Your Child About Cyber Bullying



Talking to your child about cyber bullying can sometimes be daunting, and confusing, particularly if you aren't entirely sure of the ways in which cyber bullying can manifest. Create opportunities to talk to your child in a relaxed environment, sometimes it can be less intense if you go for a walk or if you discuss it over dinner, or before you watch a movie. Remember;

- Stay calm and ask them how you can help
- Ask open questions and listen without judging
- Praise them for talking to you
- Don't take away their devices unless this is what they want, it's likely to make them angry and increase feelings of sadness and isolation

When & How To Take Action Against Cyber Bullying

- If an attempt at cyber bullying is made, advise your child not to retaliate. This can often make arguments last longer as well as make it harder to see who's in the wrong. As hard as it may be, encourage them to rise above any comments.
- Talk to them about how important it is not to bring others into their arguments. This includes being careful what they post, and who they post about, what they share, and knowing when to leave a group chat or change the conversation.
- In some situations it might be best to encourage your child to block or unfriend the cyber bully. This is a lot easier, however, if it is an anonymous user or not known to your child. Your child might be reluctant to do this if they consider the person a 'friend' or they know the person from school or the local community.
- Most social media platforms give you options for reporting or flagging content that breaches their user guidelines and this is always an option, and may make your child feel safer knowing that their report is anonymous.
- Save the evidence and keep a record of events in case you need to seek professional help.
- Be goal orientated – the priority is for the bullying to stop. Consider practical ways that the school can help if the bully attends the same school, for example, talking to students involved or providing your child with support. Approach their teachers in a calm yet concerned manner, and if it is affecting your child's behaviour in class, or lack of interest in homework, explain this to them also. Any added pressure you can lift off your child's shoulders while they are being bullied is better.

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A Guide On Minimum Ages For Social Media

There are minimum ages for creating profiles on social media, although these are easy to get around by putting in the incorrect date of birth information, but it is useful nonetheless.

FACEBOOK	TWITTER	YOUTUBE	INSTAGRAM	SNAPCHAT
13	13	18 (13+ WITH PARENTAL PERMISSION)	13	13

Each social channel have their own ways on dealing with offensive content, and you can report this if you feel the need to. Quite often the process can be lengthy, so be patient.

YouTube
Twitter
Instagram
Snapchat