



KEEPING YOUR CHILDREN SAFE ONLINE












Children and young people are spending more time online than ever before. While the internet offers many positive opportunities, it also presents risks that can be difficult for parents to spot. In the past, young people often used acronyms (e.g. "PIR" or "GNOC"). While some still exist, most communication today uses:

- Slang words
- Emojis
- Everyday language with hidden meaning

Some modern terms to be aware of

- **Rizz** – Flirting ability or charm
- **Link** – Meeting up with someone
- **Add me on snap** – Moving a conversation to a more private platform
- **wyll** – What you look like
- **Glow up** – Becoming more attractive
- **send** – Often means sending photos (sometimes inappropriate)
- **Body count** – Number of sexual partners
- **Requests to 'trade pics' or 'prove it'**
- **PIR** – Parent in room
- **CD9** – Parents around/code 9
- **420** – using or talking about cannabis

Did you know...

Platform		Minimum Age	Key Notes for Parents
WhatsApp		13	End-to-end encryption, large group chats, difficult to monitor
Instagram		13	Private accounts available, messaging & disappearing messages
TikTok		13	Algorithm-driven content, livestreaming, direct messaging
Snapchat		13	Disappearing messages, Snap Map location sharing
Facebook		13	Less popular with younger users but still used for messaging/groups
Discord		13	Servers can be public or private; moderation varies widely
YouTube		13 (with account)	Under 13 should use YouTube Kids
Telegram		16	Less moderation; can access large public groups
BeReal		13	Real-time photo sharing; less filtering but still social pressure
X		13	Public content; less filtering of harmful material
Reddit		13	Anonymous forums; exposure to adult content possible

Please visit <http://protectyouneyes.com/apps/> for a list of the Apps which your child(ren) may be using and the dangers associated with them!



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Practical Tips for Parents



✓ Have regular conversations

- Stay curious, not critical
- Ask open questions: “Who do you enjoy talking to online?”

✓ Set clear expectations

- Agree rules around screen time and app use
- Discuss what is safe to share

✓ Know the apps

- Ask your child to show you how apps work
- Check privacy settings together

✓ Encourage critical thinking

- “Would you say this to someone face-to-face?”
- “Do you really know who this person is?”

✓ Keep communication open

Children are more likely to seek help if they:

- Feel listened to
- Know they won't be blamed

What To Do If You Are Concerned

- Stay calm and listen to your child
- Do not immediately remove devices (this can stop them sharing)
- Take screenshots if needed
- Report concerns to the school
- Report directly on the app

For serious concerns:

- Contact the police
- Use CEOP (Child Exploitation and Online Protection Command) [Report to CEOP](#)



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