



Online Safety Parents' Handbook

Designed by RM Education

**This guide is to support you, as a parent,
to have conversations with your children
about Online Safety in the context of:**

+ **Enjoyment**

We want you to enjoy your life online

+ **Behaviour**

We want you to think about your behaviour
online and how you need to modify it

+ **Awareness**

We want you to be aware of the issues and
problems that you might face online

+ **Information**

We want you to have all the information to be
able to use these sites effectively and correctly

+ **Consequences**

We want you to be aware of the consequences of
using these technologies inappropriately

Talking points

Talk

Talk to your kids about what they do online, why they find it exciting, what they use it for

Report abuse

Be ready to act
Show your kids how to report or block

Technology

How does it work?

Be safe

Online behaviour should be the same as offline behaviour

Parental controls

Ground rules

Clear do's and don'ts

Privacy

Keep your family information private

Video content to support discussions with your kids

Below is a list of video resources that are freely available to support you to have discussions with your kids about some specific elements of Online Safety.

Topic	Description	URL
General Links		http://www.vodafone.com/content/index/parents.html http://parentinfo.org/ https://www.thinkuknow.co.uk/parents/ http://www.childnet.com/resources/know-it-all-for-parents/kiafp-cd http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology

Home filtering can be a very useful tool to enable you as a parent to block specific content but can not be a substitute or replacement for active monitoring.

Topic	Description	URL
ISP Filtering	Talk Talk Sky BT Virgin	talktalk.co.uk/security/faq tinyurl.com/SkyBBShield bt.com/parentalcontrols keepup.virginmedia.com/switchedonfamily

Your school can support you in dealing with incidents when they occur but below are some other organisations that can support you.

Topic	Description	URL
Internet	Internet Watch Foundation Child Exploitation & Online Protection	http://www.iwf.org.uk http://ceop.police.uk

Further useful links

Topic	Description	URL
Positive uses of the Internet	Jamal Edwards	https://www.youtube.com/watch?v=0cKpwwISGOI
Digital footprints	Digital dirt	https://www.youtube.com/watch?v=JJfw3xt4emY
Advice for parents (Internet matters videos)	Teenagers 11-13 years old 6-10 years old Under 5's	https://www.youtube.com/watch?v=K3-wcM9gRrg&index=1&list=PLJSbhH-kqYnrSikVz3cfYd2ItROJd0VPim https://www.youtube.com/watch?v=0iKPd6lZYuA https://www.youtube.com/watch?v=sz4EyUMUTro https://www.youtube.com/watch?v=ySbDYUmPasU
Sexting	NSPCC Alex's Willy NSPCC Lucy and the boy Internet Danger (Think before you post)	https://www.youtube.com/watch?v=sch_WMjd6go https://www.youtube.com/watch?v=kwcL-VP3FYc https://www.youtube.com/watch?v=ThxmgXMBpoM
Games online	Child focus video	https://www.youtube.com/watch?v=d5kW4pl_VQw
Safe searching Protect their curoosity	Sophie April Fred Jack	https://www.youtube.com/watch?v=i-mgt0BynOw https://www.youtube.com/watch?v=MHaueuBDsL0 https://www.youtube.com/watch?v=7ByOwQ3FY6c https://www.youtube.com/watch?v=qf_-Q0iKB4w&list=PLJSbhHkqYnrTxrsznOns-7r1Vtv2KDh9Ee&index=1
Cyberbullying		https://www.youtube.com/watch?v=NH7eS_2hdtw https://www.youtube.com/watch?v=amueaVHIZ6A https://www.youtube.com/watch?t=10&v=ImlxnbD9274
Stranger Danger		https://www.youtube.com/watch?v=DZ_f7yOAzPU
Digital Citizenship		https://www.youtube.com/watch?v=I47ltgfkik
Barclays life skills		https://www.youtube.com/watch?v=i77fZngLVaw&list=PLecqH2uhOR0ZS6NsFb-Vd7hKZx8ugj5gLj https://www.youtube.com/watch?v=Hxt0gSyH6ac
Social Networks		https://www.youtube.com/watch?v=-e98hxHZiTg
What information is stored about you?		https://www.youtube.com/watch?v=bqWuioPHhz0watch?v=i77fZngLVaw&list=PLecqH2uhOR0ZS6NsFbVd7hKZx8ugj5gLj https://www.youtube.com/watch?v=Hxt0gSyH6ac

74 chat acronyms every parent needs to know!



Acronyms are widely used across the Internet, especially on social media and texting apps. Some of the language that your child uses may seem completely cryptic so we've put together this list of the top expressions used today to help you better understand who – and what – they're talking about. Of course it's by no means complete but it will certainly give you a start.



Abbreviation	Meaning
**//	Wink Wink Nudge Nudge
143 or 459 or 831	I love you
182	I hate you
4Q	F**K you
53X	Sex
9, PAW, CD9, P911, PA, PAL, PIR or PLOS	Parents are watching/ looking or parents in room
99 or PANLW	Parent is no longer watching
A\S\L\P	Age, sex, location and picture
A3	Anytime, anyplace, anywhere
ADBB	All done Bye Bye
ACORN	A completely Obsessive Really Nutty Person
ADIDAS	All day I dream about sex
AFAGAY	A friend as good as you

Abbreviation	Meaning
DWPKOTL	Deep wet passionate kiss on the lips
DYHAB or BYHAG	Do you have a boyfriend/ girlfriend
F2F	Face to face
F2T or FTF	Free to talk
FOAF	Friend of a friend
FTBOMH	From the bottom of my heart
FYEO	For your eyes only
GLBT	Gay, Lesbian, Bisexual, Transgender
GLG	Good looking girl
GNOC	Get naked on cam
GYPO	Get your pants off
HOT PIC	Naked or sexy picture
IPN	I'm posing naked





Abbreviation	Meaning
AFDN	Any F**king Day Now
AITR	Adult in the room
AUKTM	And you know this man
B4N	Bye for now
Banana or PEN15	Penis
BGF	Best Girl Friend
BUFF	Big Ugly Fat F****r
CICYHW	Can I copy your homework
CIL	Check in later
CM	Call me
CS&F	Cute, Sexy and Funny
CT	Can't talk or can't text
CU46 or LM46	See you for sex /let's meet for sex
CUOL or CYO	See you online
CWYL	Chat with you later
D8	Date
DF	Dear friend
DFWLY	Don't forget who loves you
DGA	Don't go anywhere
DGYF	Damn girl you're fine
DIKU	Do I know you?
DM	Direct message
DOC	Drug of choice
DUM	Do you masturbate?



Abbreviation	Meaning
IWSN	I want sex now
KFY or KFY	Kiss for you
KIPPER	Kids in parents pocket eroding retirement savings
KPC	Keeping parents clueless
LFTI	Looking forward to it
LH6 or (LHSO)	Let's have sex (online)
LHU	Let's hook up
LMIRL	Let's meet in real life
MIH	Make it happen
MLAS	My lips are sealed
nnsh	Night night sweet heart
NUB	New person
PBB	Parents behind back
PCM	Please call me
TAW	Teachers are watching
UNT	Until next time
WUF	Where you from
WYCM	Will you call me
WYRN	What's your real name?
XTC	Ecstasy
YDKM	You don't know me
YIWGP	Yes I will go private
20	Location
420	Marijuana



Let's work
Together.

Find out more

RM.com

Call us on **0800 046 9802** or email **esafety@rm.com**

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