



# Safeguarding Newsletter – November 2019

## Updates for Parents and Carers

**We have attached five parent factsheets that may be of use to you in supporting your child's use of social media and online gaming – these cover WhatsApp, Snapchat, Fortnite, Instagram and Cyberflashing.**

**Additionally, below are a couple of articles/guidance which are intended particularly for adults; these might be of interest to you. The last article may be useful if you have older children.**

### For adults:

#### Article: Test Your Password

'How secure is my password' is a website where you can check how quickly 'hackers' would take to guess your password. The top ten passwords people use are:

123456

password

123456789

12345678

12345

111111

1234567

sunshine

qwerty

iloveyou

(Source: Digital Trends <https://www.digitaltrends.com/computing/top-100-worst-passwords-2018/>)

According to 'How secure is my password' all these passwords can be guessed 'instantly'. One easy way to strengthen a password is to make it longer, and add at least one special character like ! or ?. Simply adding an ! to sunshine in the above list would now take 2 hours to crack, two exclamation marks would take 4 days. By adding the name of the site you're on, you could strengthen your password so it would need 143 trillion years to crack.

sunshine - instantly

sunshine! - 2 hours

sunshine!! - 4 days

sunshine!!sainsburys - 143 TRILLION YEARS!!

Have I Been Pwnd - <https://haveibeenpwned.com/>

How secure is my password - <https://howsecureismypassword.net/>

## Article about Porn Email Scam

Over three billion fake emails are sent out each day and many of them are phishing emails aiming to trick people into passing over their passwords and other data, especially for their bank accounts.

An insidious and alarming version of a phishing email is the 'porn email scam'. In this scam a victim is told that the attacker has video of the person watching illegal pornographic content, sometimes even titled 'I know your a pedo' (sic). The email includes the demand that unless an amount of money is paid by BitCoin, the attackers will release the images to everyone on the victim's contact list.

There are an estimated 8m different sextortion emails and over 200m compromised accounts that could be targeted. Could yours be one of them?

If you are sent one of these 'porn scams':

- Don't panic, take a step back - Stop, Pause and Think.
- Do your research - Copy and paste the text into Google.
- Take action to protect yourself - Think about contacting the police.
- Improve your digital security - Change passwords and check your email security.
- Don't stay silent - Talk to someone or call The Samaritans.

We have received several of these emails into our office and alarmingly, in one, the subject line was a password that we have regularly used. As you can imagine this was a huge shock.

There are many ways that passwords may be collected, but a data breach is the most common way that millions of email addresses and password pairs get out into the 'wild'.

One way to find out whether your email address has ever been comprised is to go to the website 'Have I Been Pwnd' <https://haveibeenpwned.com/> and enter your email address. When I entered one of my private email addresses I found I had been 'pwned' on seven occasions including these well known sites:

Adobe (2018)  
Animoto (2018)  
Bitly (2014)  
Canva (2019)

More information, including examples of these scam emails can be found here: <https://shop.ineqe.com/blogs/news/safeguarding-alert-porn-email-scam>

Download a Sextortion Infographic: <https://cofense.com/sextortion-infographic/>

## **This may be of interest if you have older children:**

### **Article: If You Don't Know, Don't Go (West Yorkshire Police and Leeds Safeguarding Children Partnership)**

West Yorkshire Police and Leeds Safeguarding Children Partnership have launched a campaign warning young people to be wary of invites to free parties from older people who they know little about.

A tactic used by perpetrators of child sexual exploitation is to lure children to parties through social media and word of mouth, where they then ply them with drinks and drugs before pressuring them into sex. They may also bribe them into doing things they aren't comfortable with in return for a lift home, as the 'party' is often held in an area that the young person is unfamiliar with.

#### **Advice to Young people**

If you do accept an invitation to a party or gathering there are things that you need to do keep yourself safe:

- Make sure you know the location of where you're going and whose party it is.
- Read the road signs if you accept a lift.
- Tell a trusted adult where you are going and who you're going with.
- Tell someone what time you're expected back.
- Make sure you have credit on your phone.
- Make sure your mobile battery is fully charged.
- Take enough money with you to get you home

Read more: <https://www.westyorkshire.police.uk/news-appeals/if-you-dont-know-dont-go-campaign-highlights-party-tactic-used-perpetrators-child>

[Note that the link to more information on the Police webpage doesn't currently work]

Poster: [https://www.westyorkshire.police.uk/sites/default/files/party\\_model\\_poster\\_jpeg\\_12.9.19.jpg](https://www.westyorkshire.police.uk/sites/default/files/party_model_poster_jpeg_12.9.19.jpg)

The West Yorkshire Police website has lots of links to valuable resources on a range of other safeguarding topics: <https://www.westyorkshire.police.uk/advice>