Online Safety

We believe in the limitless capacity for everyone to achieve great things

What different social media applications do students use today?

Instagram is an American photo and video sharing social networking service. The app allows users to upload media that can be edited with filters and organized
by hashtags and geographical tagging. Posts can be shared publicly or with pre-approved followers. Users can browse other users' content by tags and locations and view trending content. Users can like photos and follow other users to add their content to a personal feed.

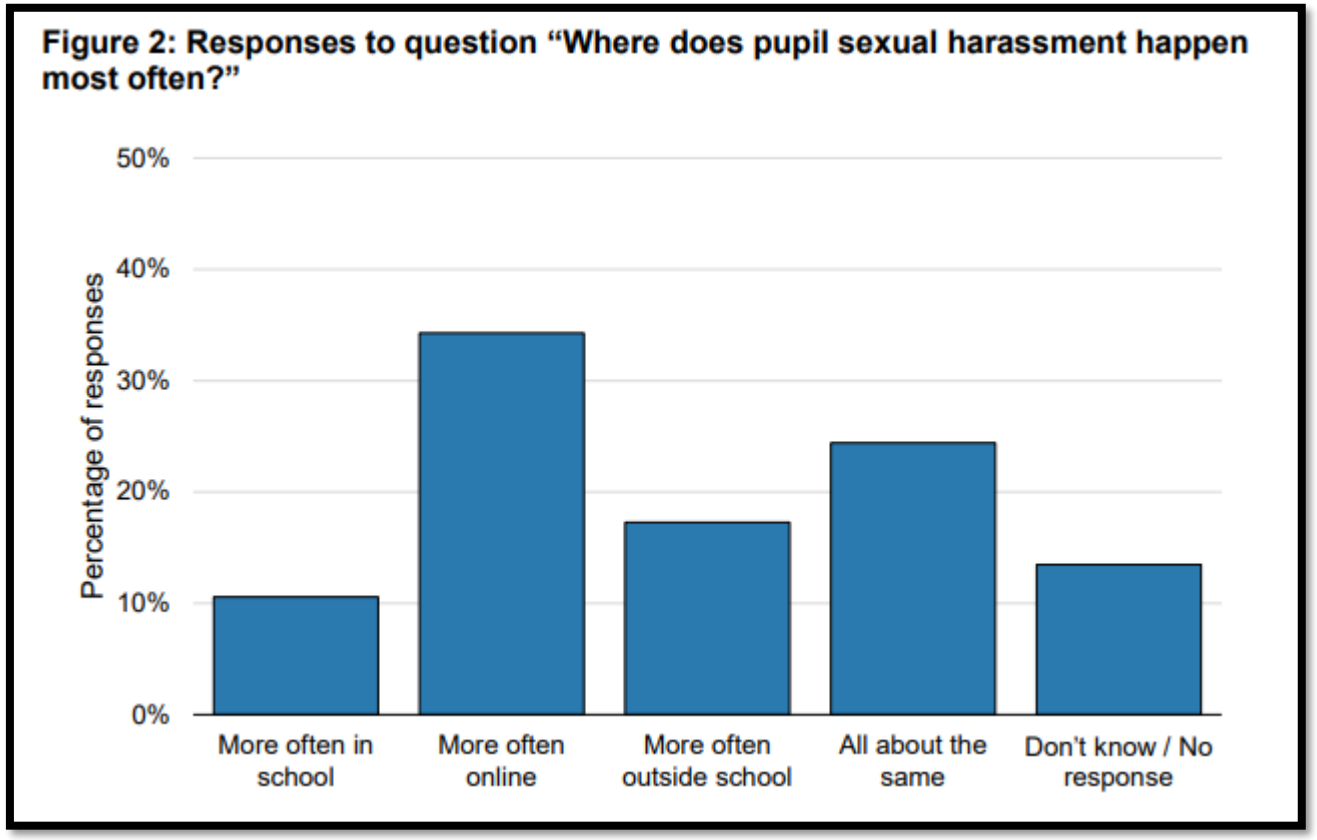
Snapchat is an American multimedia instant messaging app and service developed by Snap Inc., originally Snapchat Inc. One of the principal features of Snapchat is that pictures and messages are usually only available for a short time before they become inaccessible to their recipients.

TikTok is a video-focused social networking service owned by Chinese company ByteDance. It hosts a variety of short-form user videos, from genres like pranks, stunts, tricks, jokes, dance, and entertainment with durations from 15 seconds to three minute

Safe Use of the Internet and social media

- ✓Social media is a place where people can connect, grow and explore
- ✓As with anything we use, we must be careful and ensure safeguards are in place to reduce risk
- ✓There have been two reports into peer-on-peer sexual abuse (Ofsted and Estyn) in the past 6 months and significant media coverage of these issues, which have led our presentation to focus on these areas

‘We Don’t Tell Our Teachers’ experiences of peer-on-peer sexual harassment among secondary school pupils in Wales *Estyn Report (2021)*

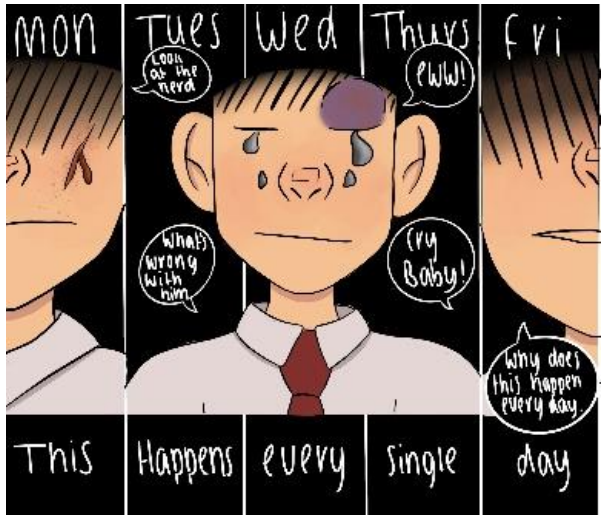


Online bullying

KHS Working Bullying definition

"Bullying can happen between **individual people** or **groups of people**. It is when someone makes **repeated** and **on purpose** attempts to **hurt or embarrass** someone else. It can involve an **unfair balance** of **power** or **personalities**."

A one-off falling out between friends would not be classed as bullying, but simply a breakdown in relationships

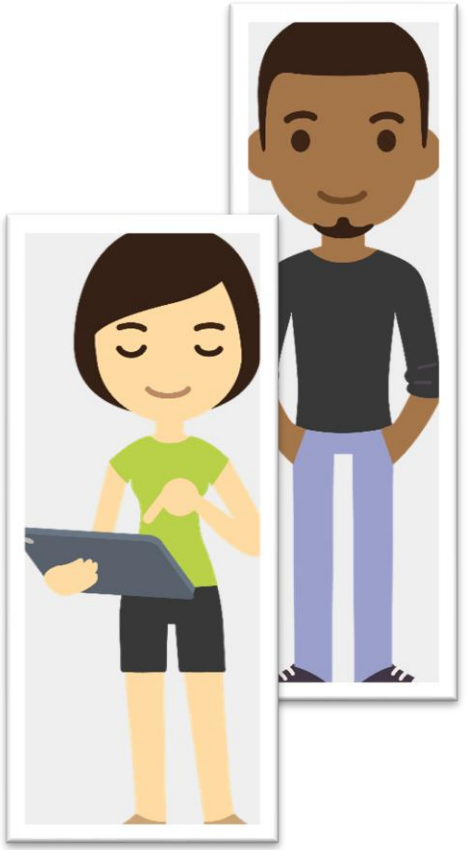


Online bullying, which is sometimes termed cyberbullying, is any form of bullying that uses an electronic device. It is just as serious as face-to-face bullying. Online bullying may take the form of name calling, threats, spreading rumours, disclosing personal information without permission, social isolation and exclusion, and can be either direct (occurs with the targets knowledge) or indirect (which may involve a third party or be done behind the target's back). Parents / carers are expected to look for cues, such as their children becoming very anxious or angry when using technology or being overly secretive; this could suggest they are targets or even perpetrators of bullying. Parents / carers should always create an open and honest dialogue with their children around internet use, and if they have concerns ensure they take steps such as:-

- ✓ working with the school;
- ✓ supporting their child to block users and report comments through the social media platforms;
- ✓ keeping evidence such as screenshots of any unkind communications;
- ✓ not contact the family of the perpetrator;
- ✓ explore additional support from other agencies if needed;
- ✓ and contacting police if the contact involves physical threats.

Sexual exploration online

- ✓ Exploring friendships online *can* create opportunities for young people to gain support.
- ✓ It's natural for young people to start exploring their sexual feelings online.
- ✓ Risk-taking is a normal part of growing up.

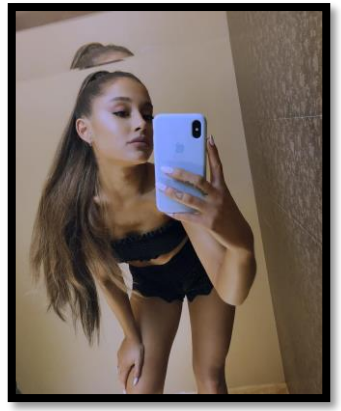


"I think a lot of difficult conversations can be easier by Messaging 'cos it's easier to have a bit of time to think…Like, so you're not really on the spot, you can just have a bit of time to think. And you can stay a bit more calm." Young person, 14

"Being able to find people online is, like, an easy way to test the waters. To, like, experiment or to, like, reaffirm your own sexuality and stuff like that." Young person, 15

Sexual exploration online

- ✓ Young people can find it hard to know the boundaries between safe images and unsafe ones
- ✓ Our children live in a world in which images that are extremely sexualised are seen as the norm
- ✓ Young people may have ways of keeping more ‘risky’ behaviours from us as parents. Be aware of the **second account.**



Sharing images

Young people may share naked or semi-naked images of themselves for a variety of reasons:

- ✓ As part of a committed and trusting relationship
- ✓ As a way to flirt with someone
- ✓ For affirmation or seeking attention from someone they like
- ✓ Because they feel other young people are doing it
- ✓ For a joke
- ✓ Because they have been pressured, manipulated or coerced into doing so

Sexual abuse online

- ✓ There are opportunities for adults to contact children and young people online, in order to harm them. They can use any part of the internet – games, social media, live streaming platforms etc.
- ✓ Adults can create multiple online identities and even pretend to be children and young people themselves.
- ✓ Adults can exploit young people's natural curiosity by talking about sex and introducing harmful things.
- ✓ Adults can pressure, intimidate and coerce children into doing things that they are not ready for. Increasingly children and young people are tricked into sexual activity over live video.

Image based sexual harassment and abuse online

- ✓ Recent research has outlined to distinct areas or image-based sexual harassment and abuse:
  - ➢ **Image-based sexual harassment (IBSH)**
    - ❖ Unwanted sexual images
    - ❖ Unwanted solicitation for sexual images
  - ➢ **Image-based sexual abuse (IBSA)** the non-consensual recording, distribution, or threat of distribution of nude or sexual images

Understanding and Combatting Youth Experiences of Image-Based Sexual Harassment and Abuse

- ✓37% of girls had received an unwanted sexual image or video (32% has received an unwanted image of male genitals i.e. “dick pics”.)
- ✓42% of these girls did not know the sender
- ✓20% of boys had received an unwanted sexual image / video
- ✓41% of girls and 17% of boys have been asked to send a sexual image. In 20% of the cases, those contacted were unaware of the age of the requester
- ✓2.5% of girls and 3.6% of boys reported IBSA

Understanding and Combatting Youth Experiences of Image-Based Sexual Harassment and Abuse

- ✓Snapchat was the most common platform used for IBSH and IBSA (62% of unsolicited sexual images /videos, 60% of solicitation for nudes and 33% of images shared beyond intended recipient)

- ✓Instagram (21% of unsolicited sexual images /videos, 21% of solicitation for nudes and 33% of images shared beyond intended recipient) was the next most common platform used

- ✓On Instagram, young people have concerns around DMs and group chats. Leaked internal research by Facebook suggested Instagram has the biggest overall negative impact on young peoples' perception of themselves and their bodies

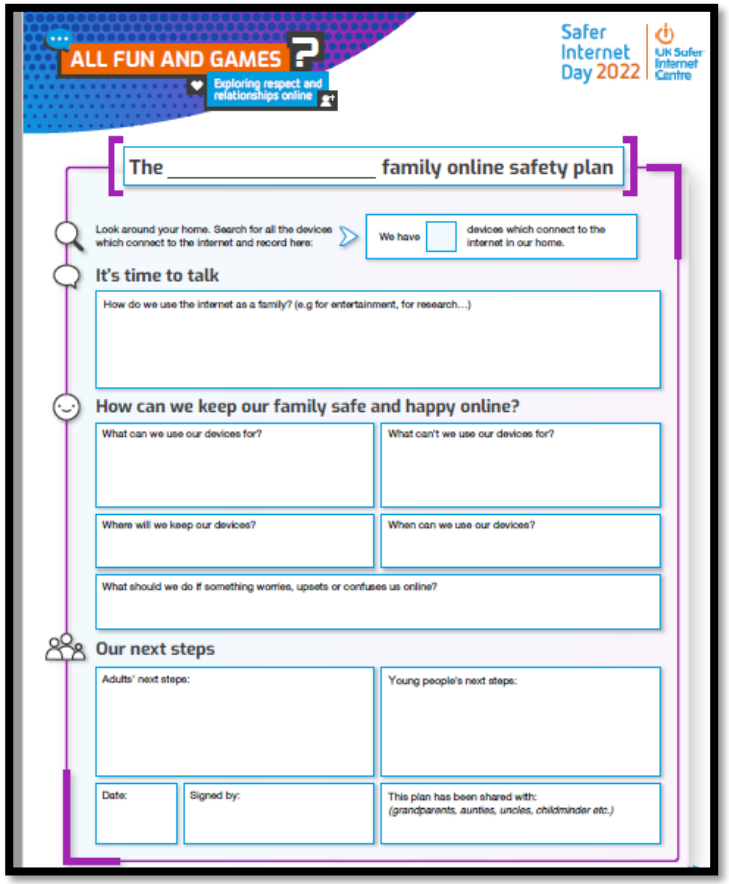
- ✓TikTok is a relatively new phenomena. We know that viral trends can often be unsafe and risky, for a variety of reasons

Recommendations for Parents and Carers

- ✓Avoid taking an overly negative and disciplinary approach to your child's technology use – this may lead to them hiding actions or issues that may arise
- ✓Be non-judgmental and supportive towards your child's online activities
- ✓Initiate open conversations with your child about sending nude images
- ✓Initiate conversations with your child about their social media usage and privacy settings
- ✓Support your child's understanding of consent, bodily autonomy, equality and ethical decision making

Resources

https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/educational-resources


ALL FUN AND GAMES?
Exploring respect and relationships online
Safer Internet Day 2022
UK Safer Internet Centre

The _____ family online safety plan

Look around your home. Search for all the devices which connect to the internet and record here:

We have ☐ devices which connect to the internet in our home.

It's time to talk

How do we use the internet as a family? (e.g for entertainment, for research...)

How can we keep our family safe and happy online?

What can we use our devices for?

What can't we use our devices for?

Where will we keep our devices?

When can we use our devices?

What should we do if something worries, upsets or confuses us online?

Our next steps

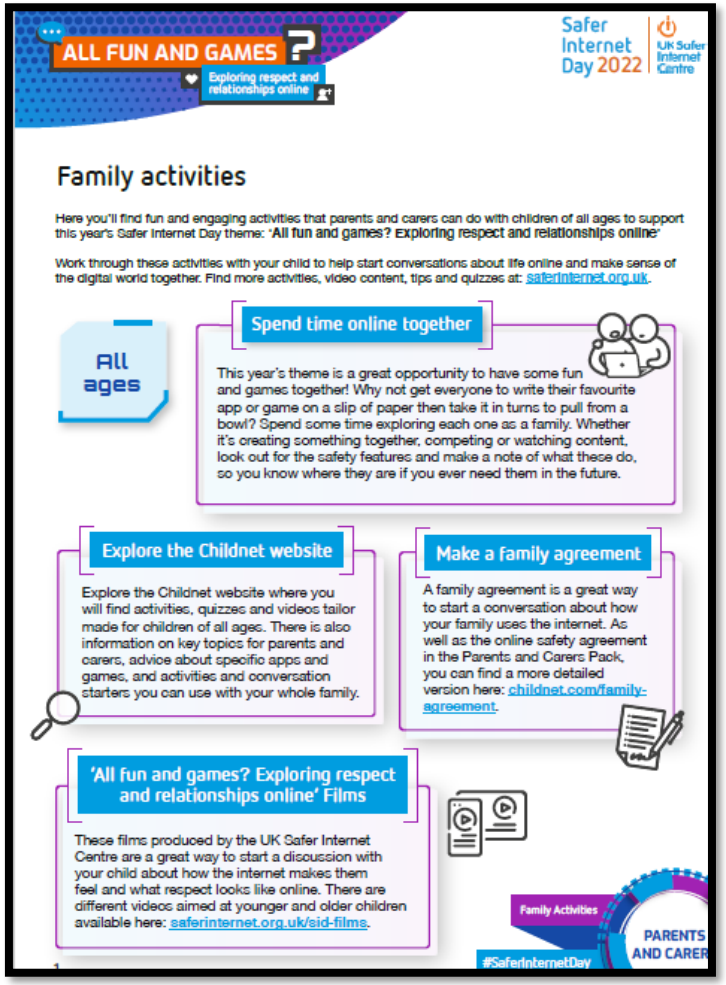
Adults' next steps:

Young people's next steps:

Date:

Signed by:

This plan has been shared with:
(grandparents, aunties, uncles, childminder etc.)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Family activities

Here you'll find fun and engaging activities that parents and carers can do with children of all ages to support this year's Safer Internet Day theme: **'All fun and games? Exploring respect and relationships online'**

Work through these activities with your child to help start conversations about life online and make sense of the digital world together. Find more activities, video content, tips and quizzes at: saferinternet.org.uk.

All ages

Spend time online together

This year's theme is a great opportunity to have some fun and games together! Why not get everyone to write their favourite app or game on a slip of paper then take it in turns to pull from a bowl? Spend some time exploring each one as a family. Whether it's creating something together, competing or watching content, look out for the safety features and make a note of what these do, so you know where they are if you ever need them in the future.

Explore the Childnet website

Explore the Childnet website where you will find activities, quizzes and videos tailor made for children of all ages. There is also information on key topics for parents and carers, advice about specific apps and games, and activities and conversation starters you can use with your whole family.

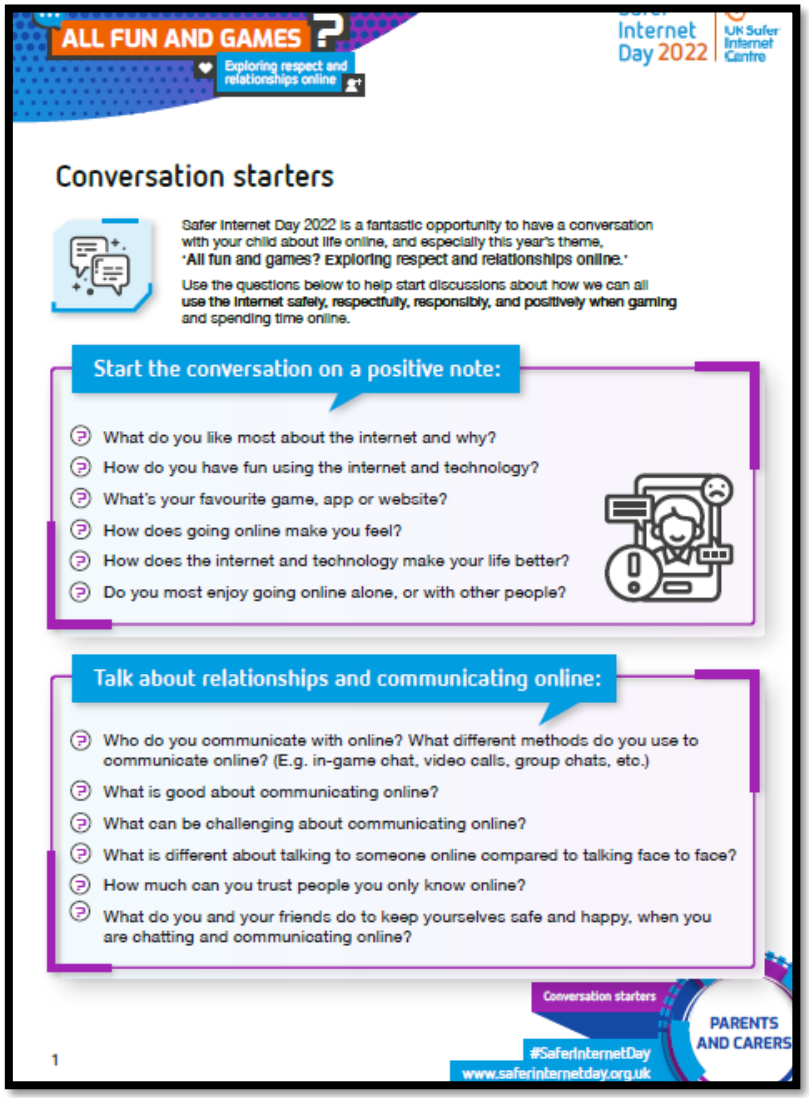
Make a family agreement

A family agreement is a great way to start a conversation about how your family uses the internet. As well as the online safety agreement in the Parents and Carers Pack, you can find a more detailed version here: childnet.com/family-agreement.

'All fun and games? Exploring respect and relationships online' Films

These films produced by the UK Safer Internet Centre are a great way to start a discussion with your child about how the internet makes them feel and what respect looks like online. There are different videos aimed at younger and older children available here: saferinternet.org.uk/sid-films.

Family Activities
#SaferInternetDay
PARENTS AND CARER


ALL FUN AND GAMES?
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UK Safer Internet Centre

Conversation starters

Safer Internet Day 2022 is a fantastic opportunity to have a conversation with your child about life online, and especially this year's theme, **'All fun and games? Exploring respect and relationships online.'**

Use the questions below to help start discussions about how we can all **use the internet safely, respectfully, responsibly, and positively when gaming** and spending time online.

Start the conversation on a positive note:

- What do you like most about the internet and why?
- How do you have fun using the internet and technology?
- What's your favourite game, app or website?
- How does going online make you feel?
- How does the internet and technology make your life better?
- Do you most enjoy going online alone, or with other people?

Talk about relationships and communicating online:

- Who do you communicate with online? What different methods do you use to communicate online? (E.g. in-game chat, video calls, group chats, etc.)
- What is good about communicating online?
- What can be challenging about communicating online?
- What is different about talking to someone online compared to talking face to face?
- How much can you trust people you only know online?
- What do you and your friends do to keep yourselves safe and happy, when you are chatting and communicating online?

Conversation starters
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www.saferinternetday.org.uk
PARENTS AND CARERS

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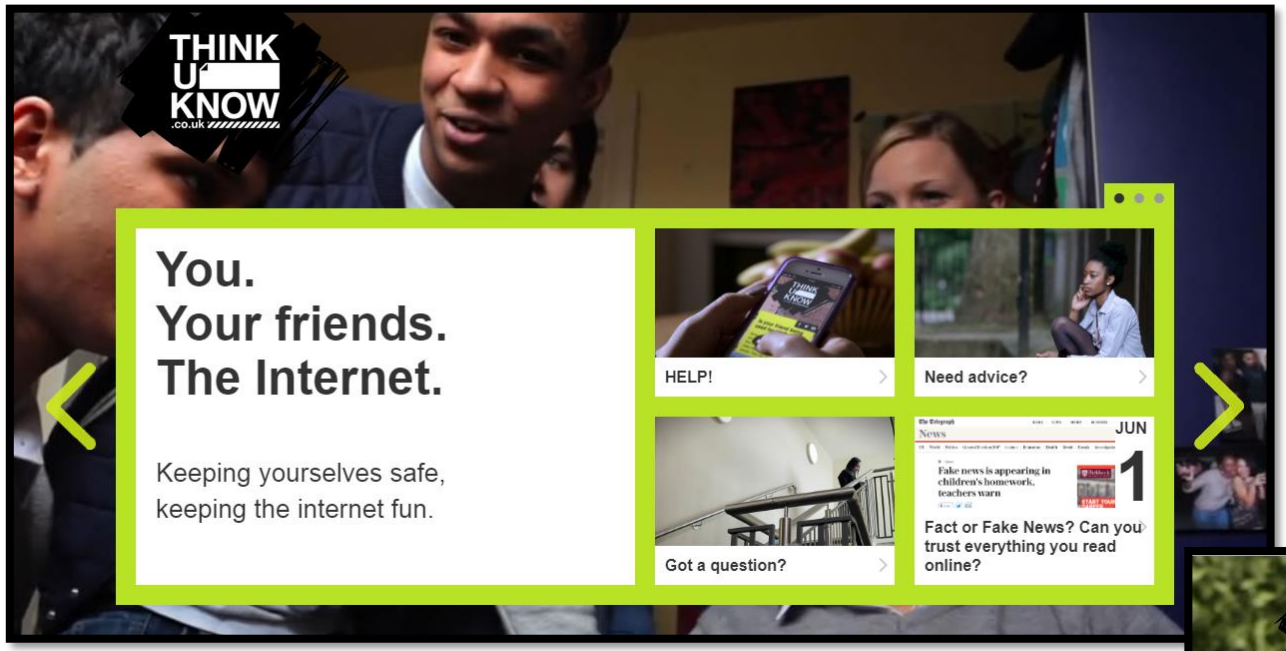
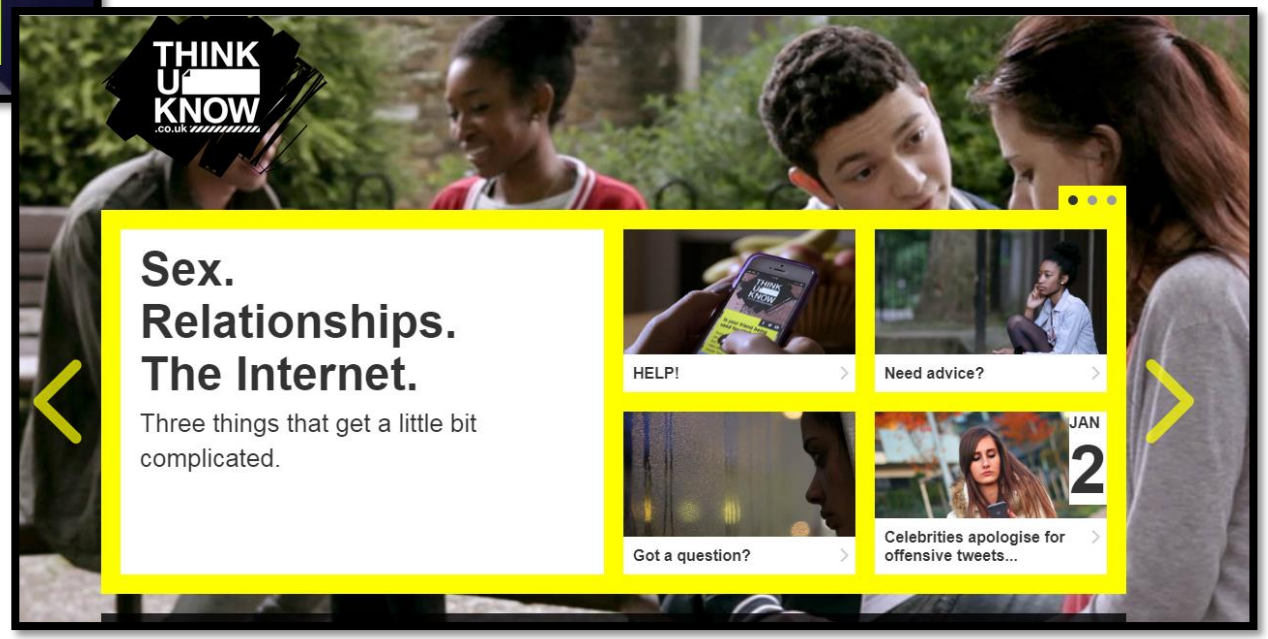
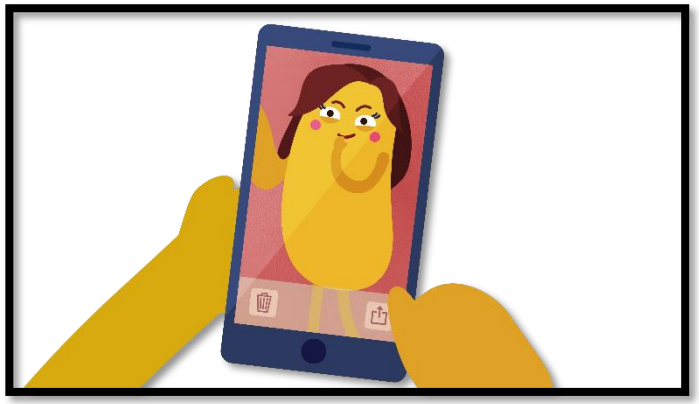
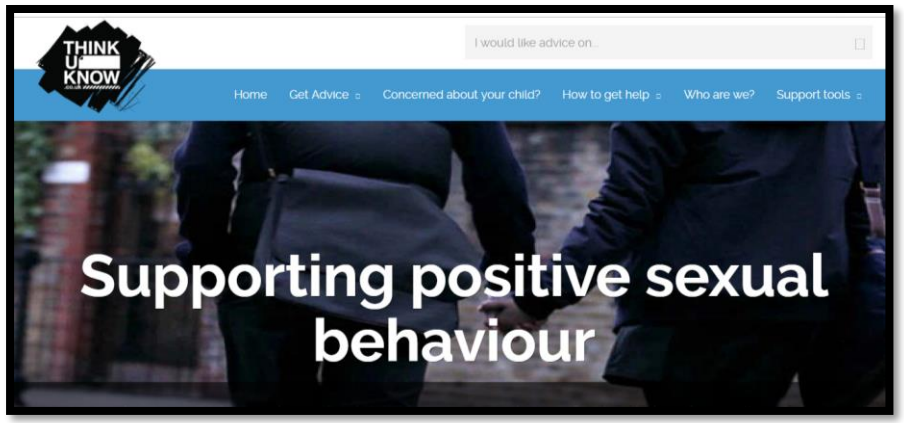
Thinkuknow teen websites

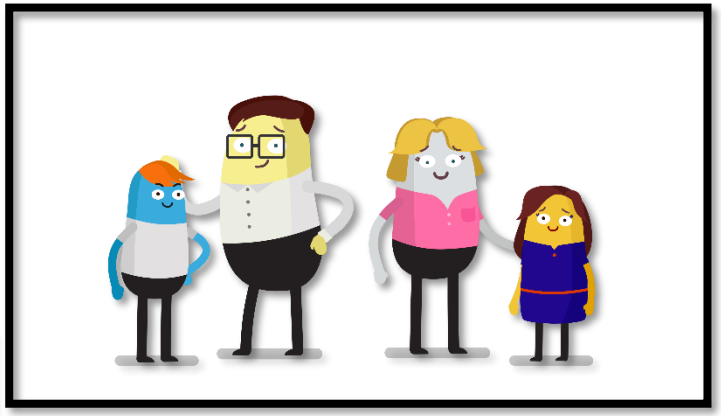


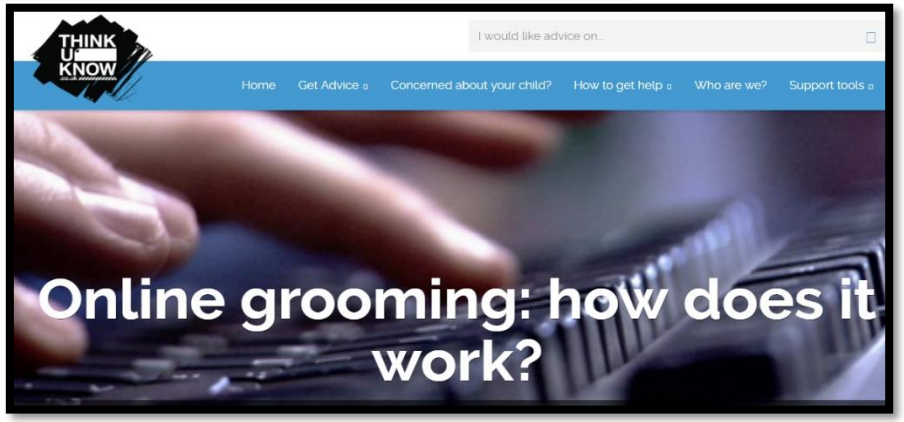


Thinkuknow teen websites









Resources

UK Safer Internet Centre

UK Safer Internet Centre:
The European Commission-appointed UK Safer Internet Centre is made up of three partners; Childnet International, the South West Grid for Learning and the Internet Watch Foundation. Together we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. Resources include a parent's guide to technology, information about parental controls and safety tools on social networks and other online services. You can access a range of resources from across the UK, Europe and wider afield at www.saferinternet.org.uk/parents.

Childnet:
Childnet International is a non-profit organisation working in partnership with others around the world to help make the internet a great and safe place for children. The Childnet website hosts all the online resources detailed below, as well as a number of recommended resources for young people, parents, carers and teachers. The Parents and Carers area also contains key advice, information on reporting and detailed information on a range of online safety topics in the hot topics section. www.childnet.com

South West Grid for Learning:
The South West Grid for Learning (SWGfL) is a not for profit, charitable trust dedicated to the advancement of education through information and communication technologies. They provide safe, supported broadband internet, teaching and learning services for 2,500 schools in the South West of England and e-safety education and training regionally, nationally and internationally. They provide professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential. www.swgfl.org.uk

Internet Watch Foundation:
The Internet Watch Foundation is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. The IWF works in partnership with the online industry, law enforcement, government, and international partners. It is a charity and a self-regulatory body with over 100 Members from the online industry. www.iwf.org.uk

Safer Internet Day information, resources and further support

Safer Internet Day:
Celebrated globally every year, Safer Internet Day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. This year's global theme is 'Together for a Better Internet' and in the UK, the theme is 'Free to be me: exploring identity online.' The campaign will particularly empower young people to explore how they manage their online identity, and how the internet shapes what they think of themselves and others. www.saferinternetday.org.uk

UK Safer Internet Centre:
The UK Safer Internet Centre produces weekly blogs which offer information and advice on a range of topics. They are written to reflect current and emerging trends as well as questions received during training sessions. Some useful ones for this year's theme are:

- Cyberbullying advice for parents and carers
- Sharenting: how am I adding to my child's digital footprint?
- Why is online sexual harassment an issue for women and girls?

Common Sense Media - 6 Ways Your Kids Can Protect Their Online Identities:
Common Sense Media have produced a short video with some helpful advice on supporting your child to protect their identity while using the internet.
www.commonsensemedia.org/videos/6-ways-your-kids-can-protect-their-online-identities

Planned Parenthood – How do I talk with my pre-schooler about identity?
Planned Parenthood have conversation starters and practical ideas to help you talk to children under 5 about their identity. There is also a short video with further guidance.
www.plannedparenthood.org/learn/parents/preschool/how-do-i-talk-with-my-preschooler-about-identity

The Children's Society – Identity:
The Children's Society have advice and top tips for supporting young people who are struggling with their identity. They also have links to more advice around the connection between identity and self-esteem.
www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/identity

Safer Internet Day information, resources and further support cont.

Family Lives – Helping your child stay connected with their culture:
Family Lives is a charity dedicated to supporting parents and carers with looking after their families. They have advice around helping your child to embrace their cultural identity and stay connected to it, including a video and top tips.
www.familylives.org.uk/advice/primary/health-and-development/culture/

Childline – Sexual Identity and Gender Identity:
Childline have a number of web pages with advice for young people who are feeling confused about their gender identity or questioning their sexual orientation. They have links to specific advice and short videos with more information. www.childline.org.uk/info-advice/your-feelings/sexual-identity/

NSPCC – Talking about difficult topics:
The NSPCC have some advice around how to start conversations with your child about sensitive subjects in order to help keep themselves safe.
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/talking-about-difficult-topics/

Resources to use with children and young people

Family Agreement:
As a family you may wish to set up a family agreement which is a great way to start a conversation with your whole family about how you all use the internet and discuss together how to behave in a positive way when online at home, at school or at a friend's. www.childnet.com/resources/family-agreement

Digiduck Stories:
The Digiduck story collection has been created to help parents and teachers educate children aged 3 - 7 about how to be a good friend online. The collection includes a book, PDF and interactive app.
www.childnet.com/resources/digiduck-stories

Childnet Primary Pages:
You may wish to work through this series of interactive quizzes together with your child to help you talk about how to stay safe online and what to do if things go wrong. Aimed at children aged 8-12, the quizzes include topics such as online gaming, social media and sharing things online.
www.childnet.com/young-people/primary/get-answers

Safer Internet Day Films:
Our SID Films provide a great way to start a discussion with your child about how the internet makes them feel and what tips they have about staying safe online. There are different videos aimed at younger and older children. www.saferinternet.org.uk/sid-films

Information for parents and carers

Let's talk about life online:
Advice for parents and carers on how to talk with their child about staying happy, positive and safe when online. www.childnet.com/resources/lets-talk-about-life-online

Information and Advice for Foster Carers/Adoptive Parents:
The UK Safer Internet Centre has worked together with Islington Council to create leaflets for foster carers and adoptive parents. The leaflets, which are free to download and easy to print, include top tips and conversation starters to help foster carers and adoptive parents get to grips with internet safety.
www.saferinternet.org.uk/fostering-adoption

Keeping Under Fives Safe Online:
Children love using technology and are learning to navigate websites, online games and consoles, and touch screen technology like tablets and smartphones from a younger and younger age. This advice contains top tips for parents and carers for keeping children aged five and under safe online.
www.childnet.com/resources/keeping-under-fives-safe-online

Where to report/get help

Need help?
Information about what to do if a child comes to you for help, and advice about how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour. www.saferinternet.org.uk/need-help

Child Exploitation and Online Protection (CEOP):
A police agency tackling child sexual abuse and grooming online. This website includes a unique facility that enables parents and young people to make reports of grooming or child sexual abuse online.
www.ceop.police.uk

CEOP's Think U Know website contains information for children and parents, as well as a link for children to report sexual abuse or grooming online. www.thinkuknow.co.uk

Internet Watch Foundation:
Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child sexual abuse and criminally obscene images hosted in the UK and internationally. www.iwf.org.uk

Report Harmful Content:
Provided by the UK Safer Internet Centre, the Report Harmful Content website gives advice on how to report online problems. It can also mediate where appropriate or explain why content has not been removed, and can provide assistance in removing harmful content from platforms. reportharmfulcontent.com

NSPCC:
The NSPCC has partnered with O2 to provide an online safety helpline for parents and carers to answer questions and address concerns about a child's online safety: 0808 800 5002.

They also provide the Childline helpline for children where they can talk to someone for advice and support at any time by contacting 0800 1111 or chatting to a counsellor online at www.childline.org.uk

Young Minds:
The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Information and advice for young people and parents/carers can be found at www.youngminds.org.uk and they also offer a free confidential helpline for parents on 0808 802 5544.