


Online Safety & Cyberbullying Awareness for parents and carers

Delivered by Ashley Rolfe




kidscape.org.uk

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In this session...

- Please put phone on silent
- You may want to take notes
- Questions
- Please get involved, your contribution is always valuable
- After the course we will circulate a handout.
- Comfortable with webinar format

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Kidscape
Help With Bullying

- Longest running Anti-bullying charity, founded in 1985
- We provide help and support to children and families (ZAP, RISE Parent Advice Line)
- Training for professionals
- Policy and campaigns (Friendship Friday each November during Anti-bullying week)
- Media engagement

kidscape

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Kidscape
Help With Bullying

Our vision is for all children to grow up in supportive communities safe from bullying and harm.

Our mission is to provide practical support, training, and advice to challenge bullying and protect young lives.


#HelpWithBullying

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Training courses

Kidscape are a UK leading, Award winning provider of Safeguarding and Child Protection, Bullying Awareness, Peer Mentoring and Online Safety training. We provide specialist training courses to schools, sports clubs and all organisations that have a duty of care towards children and families.

- Basic Safeguarding and Child Protection
- Advanced Safeguarding and Child Protection
- Safeguarding and Child Protection Awareness: Early Years
- Safeguarding Adults Awareness
- Safeguarding Adults at Risk Intermediate Level
- Bullying Awareness Training for Staff
- Bullying Awareness Champion Training for Children
- Bullying Awareness for Parents and Carers
- Bullying in the workplace
- Online Safety and Cyberbullying Awareness for Staff
- Online Safety and Cyberbullying Awareness for Parents and Carers
- Peer Mentoring Training
- Sexual violence and sexual harassment in schools and colleges – training for staff
- RISE Transition support



Kidscape
Help With Bullying

SM QUALITY LONDON ENTREPRENEUR AWARDS
Kidscape - the United Kingdom

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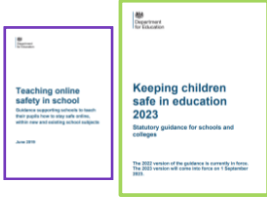
Today

- Have a better understanding of the vast array of apps, games and websites that our young people use.
- Highlight the potential risks that technology can pose to our young people
- What we can do as adults keep our young people safe online
- Organisations that are there to help and support families and young people, if something goes wrong
- Have an increased awareness of the digital world



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Online Safety



Online Safety is the schools ability to **protect and educate young people and staff in their use of technology** and to have the appropriate mechanisms to intervene and support any incident where appropriate.
New stronger focus on Filtering and Monitoring!

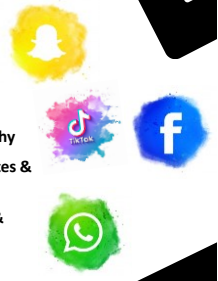
Filtering and monitoring standards for schools and colleges – March 2023



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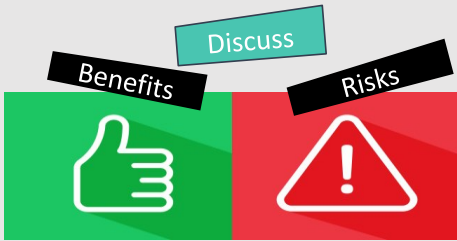
Online Safety

- Socialise
- Play games
- Listen to music
- Watch films and videos
- Research and education
- Make purchases
- Seek advice & information
- Gamble
- Watch pornography
- Use dating websites & apps
- Read magazines & news
- Download files



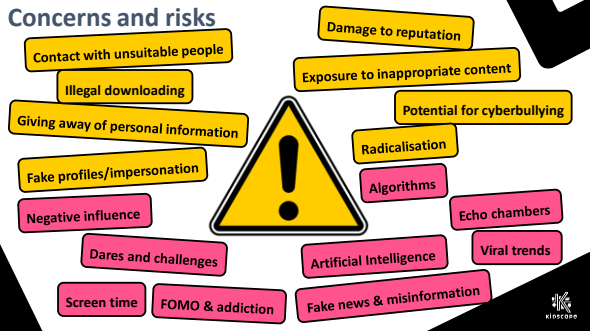
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Benefits and Risks



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Concerns and risks



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Influence – who is their inspiration

Who are they?

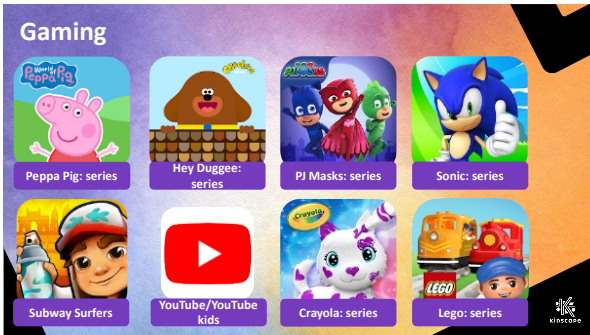
	17 million subscribers	Worth 4 Million
	22 million subscribers	Worth 44 Million
	34 million subscribers	Worth 14 Million
	185 Thousand subscribers	Worth 10 Million



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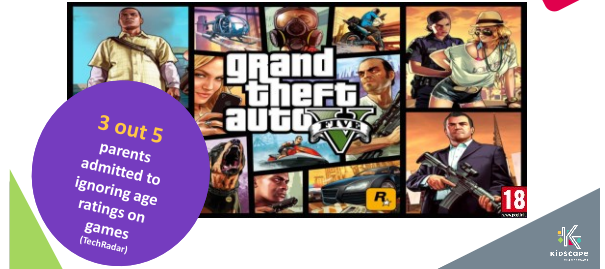
Gaming & Online gaming

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Gaming



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Gaming

THE PEGI AGE RATINGS (Pan European Rating Information system)

3 www.pegi.info	Game is considered suitable for all ages. Comical violence.
7 www.pegi.info	May contain some frightening scenes. Violence is unrealistic and directed towards fantasy characters.
12 www.pegi.info	Slightly more realistic violence. Mild language used by characters. Sexual posturing and innuendo feature.
16 www.pegi.info	Violence towards human characters, including death. Sexual activity within game, but no visible nudity. Use of alcohol, drugs and tobacco by characters.
18 www.pegi.info	Adult classification. Violence, death and destruction within game. Characters may glamourise drugs, alcohol and crime and use expletives throughout.

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Gaming

THE PEGI CONTENT DESCRIPTORS

The PEGI rating considers the age suitability of a game, not the level of difficulty.



Different companies can give different ratings. Most apps will give their own ratings - Apple and Amazon, have different ways of rating!

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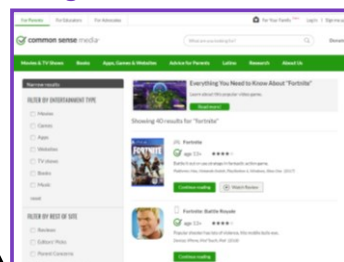
Gaming

Loot boxes are a controversial feature of many video games - both console and mobile. When a player purchases a loot box, they only find out what is inside it once they have paid. It may contain a digital prize that's valuable within the game, but equally it may contain nothing useful.



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Gaming



Common Sense is the nation's leading non-profit organisation dedicated to improving the lives of young people and families by providing the trustworthy information.

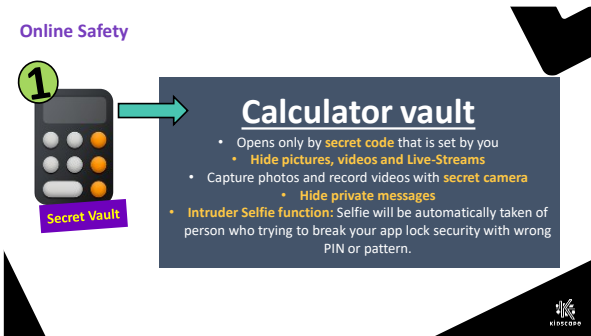
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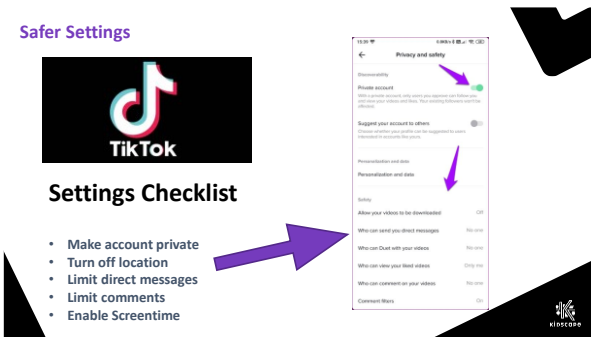
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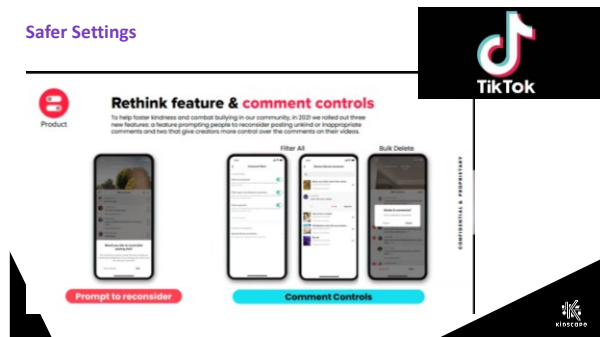
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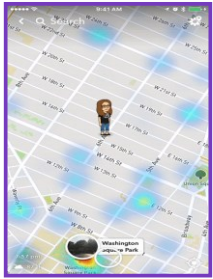

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Safer Settings




Location services


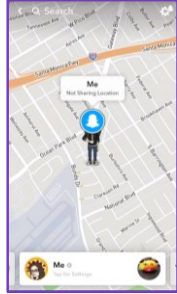






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Safer Settings




Location services

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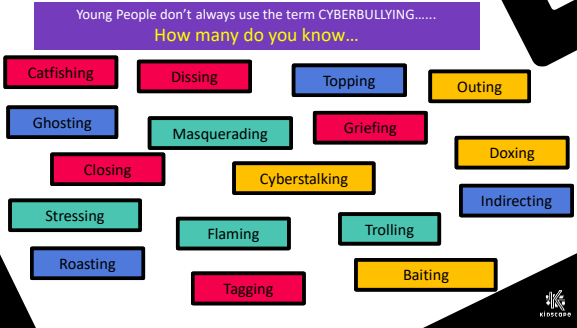

Cyberbullying Behaviours

- **Hassling** – or pressuring someone to do something they do not want to do such as sending a sexually explicit image.
- **Sharing pictures** – videos or personal information without the owners consent – with intent to cause harm or humiliation.
- **Excluding / Rejecting / Ostracising** – often through the use of like/dislike options or exclusion from chat sites.
- **Abusive comments** – Rumours, Gossip, Threats – includes internet ‘trolling’, inciting others to self harm
- **Creating dedicated websites** – that intend to harm, make fun of someone or spread malicious rumours.
- **Impersonation** – Send hurtful or inappropriate content while posing as another person.
- **Hacking** – into online profiles to extract and share personal information.



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Young People don't always use the term CYBERBULLYING.....
How many do you know...


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Think about the differences...

Cyberbullying	Face-to-face
24 hours a day, 7 days a week, 365 days a year	Face-to-Face
No safe place, often very hard to escape	Can find a safe place, find an escape (home)
Behaviour can be anonymous. Hard to identify the perpetrator	Person can be identified
Harder to empathise with the target. Can't always see the targets reaction	Can see body & facial reactions from the target and onlookers





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Help With Bullying

Inappropriate Messaging & Harmful Content

Working with young people on this

It is vital to have open conversations with young people about this topic. They are likely to see it as commonplace; some very aware of the risks, others less so.

Schools Must make this an integral part of **Relationships and Sex Education**.

Consider how to educate children who may be **additionally at risk** (e.g. disabled children and those with special educational needs).

Be careful that you do not prevent children from sharing concerns with you by talking about the risks **without being very clear you are here to help if they have worries and concerns.**

If children only hear that it is a crime, they may not tell someone if they are being blackmailed over an image they previously shared.

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Working with young people on this

Make sure they know **who they can talk to if they need help.**

It is also vital that you do not have preconceived ideas about who is likely to share or be in receipt of sexual images or messages.

For example, **make sure boys feel confident about reporting incidents involving other boys.**

The message should always be that you are here to listen, to take each incident seriously and to work sensitively with all those involved.

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Consequences of sharing nudes -

It is illegal to produce, possess, store or share indecent, sexual or naked images and videos of anyone under 18

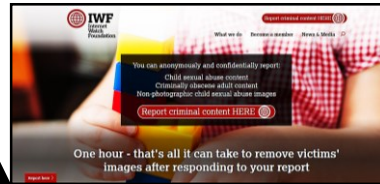
Myth Buster!

- **EVEN** if a child allowed it to be taken
- **EVEN** if a young person takes the explicit photo of themselves
- **EVEN** if it is shared and distributed between children of the same age

However, to help stop the criminalisation of young people, the Home Office has introduced **Outcome 21**. This is a new crime recording code which means sexting incidents are unlikely to be disclosed in any future DBS checks.

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Internet Watch Foundation



8,000 new hashes added every week

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Who can help?

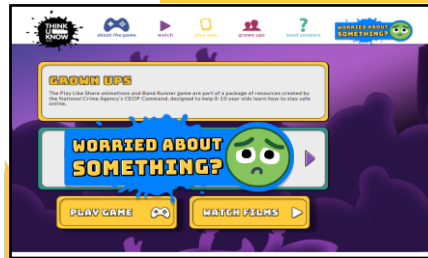
www.ceop.police.uk



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Who can help?

www.thinkuknow.co.uk



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Question

Spotting the signs...

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Spotting the signs

Spending less time online. Reduced use of Smartphone/Laptop/ Tablet

Becoming withdrawn from family.

Children can find it very difficult to talk about worries and concerns. Research suggests that many young people don't always speak to their parents, so it's important to know how to recognise the signs. They can be hard to spot, but here are some things to look out for:

Avoiding school or socialising less with friends

Becoming withdrawn from family.

Difficulty sleeping. Reduced appetite. Headaches or tummy aches.

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Resources

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Further support

It is important to create time and space for your child to talk to you. Sometimes a direct question works, but other times it may be helpful to go for a walk, a drive, out for food together or during bedtime and gently ask how they are feeling.

Listen carefully and watch their body language for signs that they might have more to share.

Keep creating opportunities until they're ready to talk.

Remember your child will want to protect you, so it may be that they are more willing to open up to other family and friends. This is very normal and it's worth considering who else they might be willing to speak to.

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Supporting parents

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Parental controls offered by your home internet provider

Set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.

Many provide their customers with free parental controls which can be activated at any time.

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Parent controls...

Give your child a safe space to explore online.



Parental controls are the names for a group of settings that put you in control of what content your child can see. Combined with privacy settings these can help you protect your children from the things they shouldn't see or experience online.

Parental Controls and Privacy Setting can be very effective tools to help minimise the risks your children may face, but they are not 100% effective



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Top Tips for parents...

Stay in control

Make use of the parental controls on your home broadband and any internet-enabled devices. Screen time.

Online Friends

Be mindful of your child's online interactions. Encourage the understanding of Online friends and real friends.



If something goes wrong

Encourage your child to talk about their concerns, reassure them that it's good to discuss things that worry them.

Open conversation

Talk to your children about the types of games and apps they are using and how they socialise online.

Report

Reporting is a useful tool for young people to be aware of. Encourage your child to know how to report. Explore this together.

Be positive

Remember that the positive aspects of the Internet outweigh the negatives.



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Recap organisations



Common Sense Media - www.commonsensemedia.org



CEOP - www.ceop.police.uk



ThinkuKnow - www.thinkuknow.co.uk



Internet Matters - www.internetmatters.org



The Mix - www.themix.org.uk



ChildLine - www.childline.org.uk



IWF - www.iwf.org.uk



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Please complete the evaluation provided or use the QR code below



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Any final questions?

Thank you for your time and valuable contributions!

Please do stay in touch and if you enjoyed today's training course, let Kidscape and others know!



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