

**"My parents wont let me walk to school by myself bc they think it is too dangerous, but they have given me a phone with a million more daily risks than I face irl."**

Year 7, October 2023

(irl = In Real Life)



**Safety**

## **Online Safety**

Parents Forum – 12<sup>th</sup> October 2023

Year 7	Year 8	Year 9
<b>Online Safety Day:</b> <ul style="list-style-type: none"> <li>➤ Healthy Relationships</li> <li>➤ The Law</li> <li>➤ Safety Online</li> <li>➤ Being an Upstander (Mob Mentality)</li> <li>➤ Cyberbullying</li> </ul>	<b>Online Safety Day:</b> <ul style="list-style-type: none"> <li>➤ Data Protection</li> <li>➤ The Law</li> <li>➤ Safety Online</li> <li>➤ Boundaries</li> <li>➤ Detectives</li> </ul>	<b>Online Safety Day/RSE Day:</b> <ul style="list-style-type: none"> <li>➤ Healthy Relationships</li> <li>➤ The Law</li> <li>➤ Porn</li> <li>➤ Selfies</li> <li>➤ Data</li> <li>➤ Nudes/Sexting</li> </ul>
<b>Citizenship Lessons:</b> <ul style="list-style-type: none"> <li>➤ CSE (Grooming)</li> <li>➤ Cyberbullying</li> <li>➤ Peer Pressure</li> <li>➤ Body Image</li> </ul>	<b>Citizenship Lessons:</b> <ul style="list-style-type: none"> <li>➤ Discrimination</li> </ul>	<b>Citizenship Lessons:</b> <ul style="list-style-type: none"> <li>➤ Media Literacy including Fake News, Misinformation, Echo Chambers, Filter Bubbles etc</li> <li>➤ Eating Disorders</li> <li>➤ Suicide/Self Harm ideation</li> <li>➤ Support online for mental health</li> </ul>

Year 10	Year 11	Year 12	Year 13
<p><b><u>Citizenship Days:</u></b></p> <ul style="list-style-type: none"> <li>➤ Evaluating Sources</li> <li>➤ Discrimination including racism and sexism online</li> <li>➤ Porn</li> <li>➤ Revenge Porn</li> <li>➤ Nudes</li> <li>➤ Child Sexual Exploitation (CSE)</li> <li>➤ Hate Crimes</li> </ul> <p><b><u>Citizenship Lessons:</u></b></p> <ul style="list-style-type: none"> <li>➤ Online Privacy</li> <li>➤ Data</li> <li>➤ Fake News</li> <li>➤ Revenge Porn</li> <li>➤ Deepfakes</li> <li>➤ Rights and Responsibilities</li> </ul>	<p><b><u>Citizenship Days:</u></b></p> <ul style="list-style-type: none"> <li>➤ Evaluating Sources including misogyny and Incels</li> <li>➤ Nudes</li> <li>➤ Addiction online</li> <li>➤ Hate Crimes</li> </ul>	<p><b><u>Citizenship Days:</u></b></p> <ul style="list-style-type: none"> <li>➤ Healthy Relationships Online including Revenge Porn and Nudes</li> <li>➤ Porn Addiction</li> </ul>	<p><b><u>Citizenship Days:</u></b></p> <ul style="list-style-type: none"> <li>➤ Gambling</li> <li>➤ Healthy Relationships Online</li> <li>➤ Consent</li> <li>➤ Revenge Porn</li> </ul>

# **Outline**

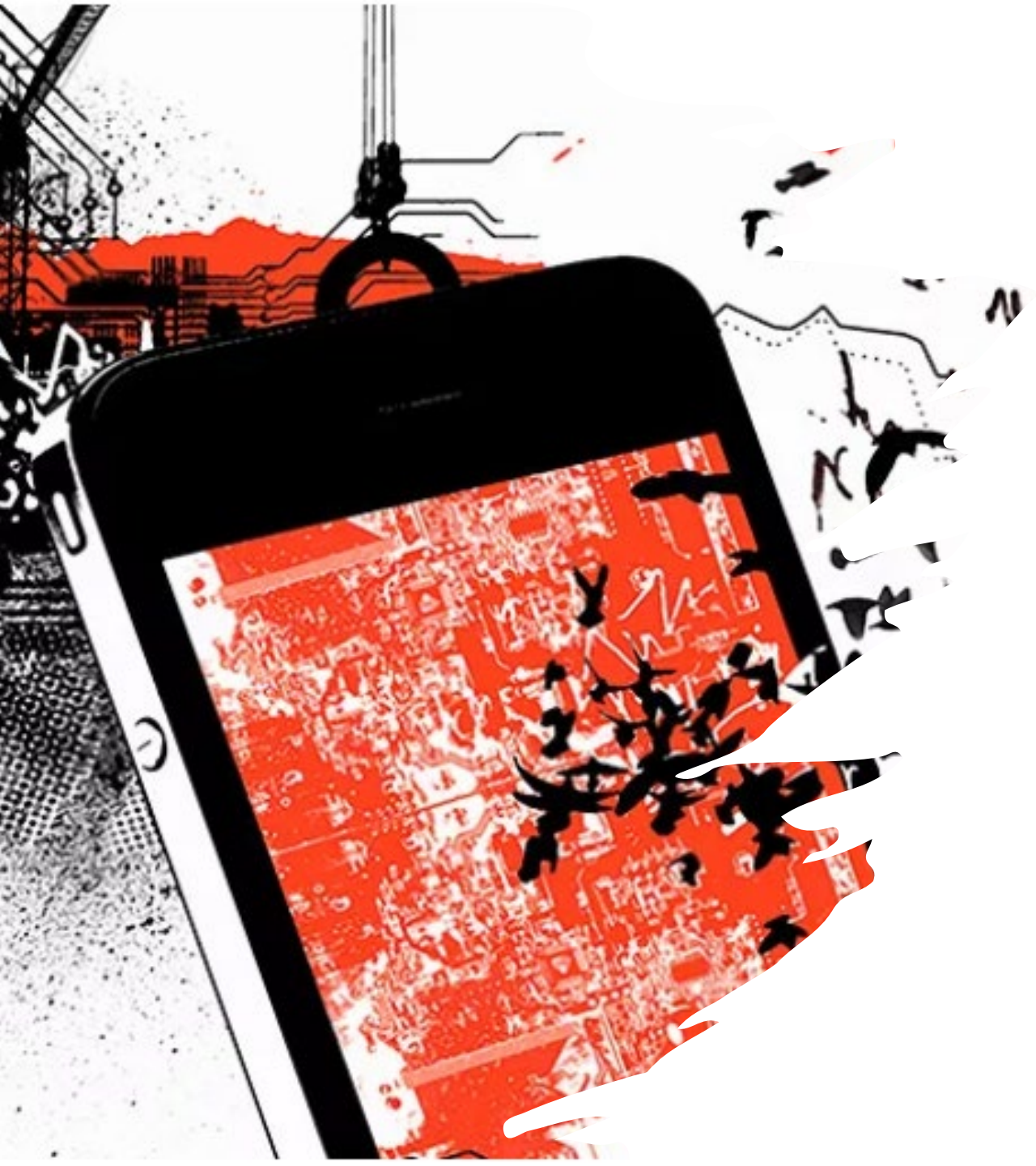
- 1. Content**
- 2. Contact**
- 3. Conduct**
- 4. Commerce**
- 5. How we can support our young people**
- 6. Suggested Resources**



## Content

***‘Content: being exposed to illegal, inappropriate or harmful content, for example: pornography, fake news, racism, misogyny, self-harm, suicide, anti-Semitism, radicalisation and extremism’ (KCSIE 2021).***





# Pornography

**“Pornography is currently one click away for children of all ages in the UK”**

David Austin, Chief Executive of the BBFC (2020)

**“12-17 year olds are the biggest consumer group of porn in the UK”**

NSPCC (2019)

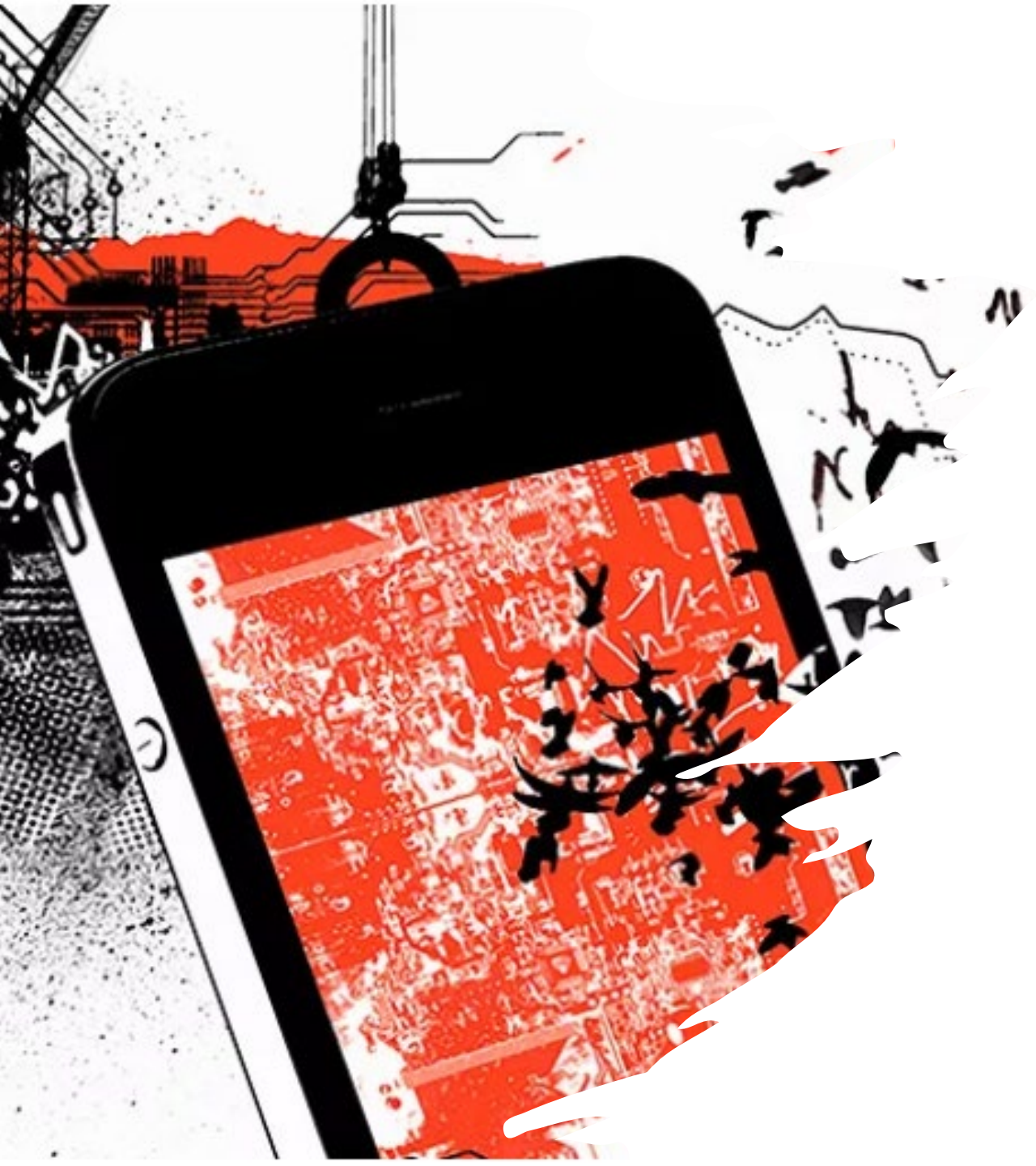


# Pornography

- Revealing Reality: 51% of 11-13 year olds reported that they had seen pornography at some point, rising to 66% of 14-15 year olds.
- The majority of young people's first time watching pornography was accidental, with 62% of 11-13 year olds who had seen pornography reporting that they stumbled across it unintentionally.
- **Three quarters (75%) of parents felt that their child would not have seen pornography online. But of their children, more than half (53%) said they had in fact seen it.**

(BBFC 2020)





# Pornography

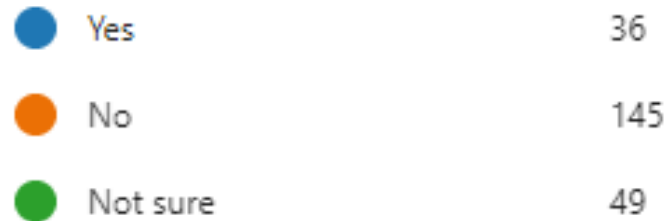
**“If you put a phone in a child’s hand, you are putting porn in a child’s hand ... don’t do it unless you are ready to speak to them about pornography.”**

Boy (15)

Barnado's Research 2022

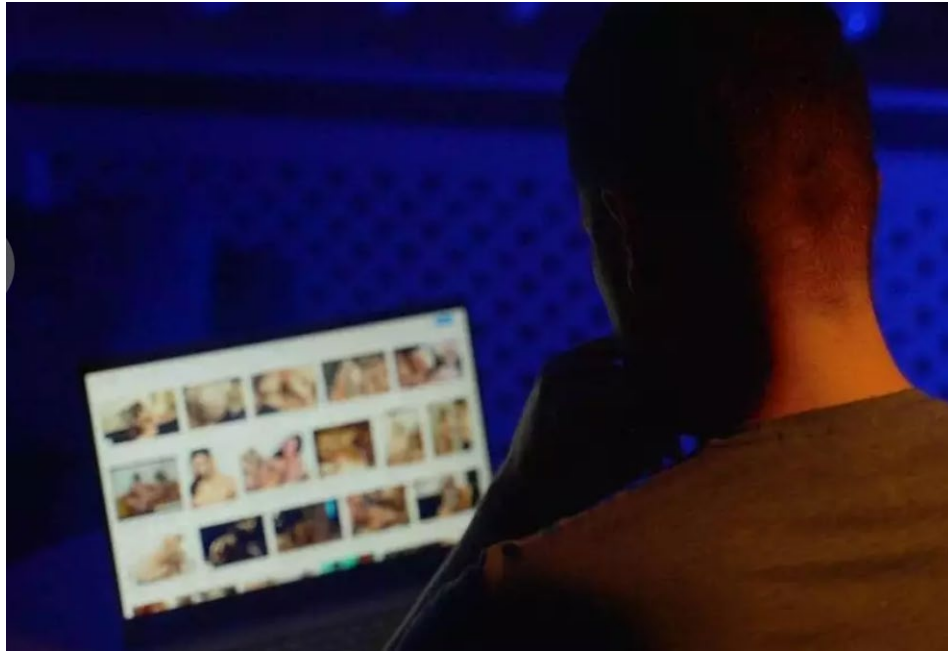
# Pornography – October 2023

Year 9



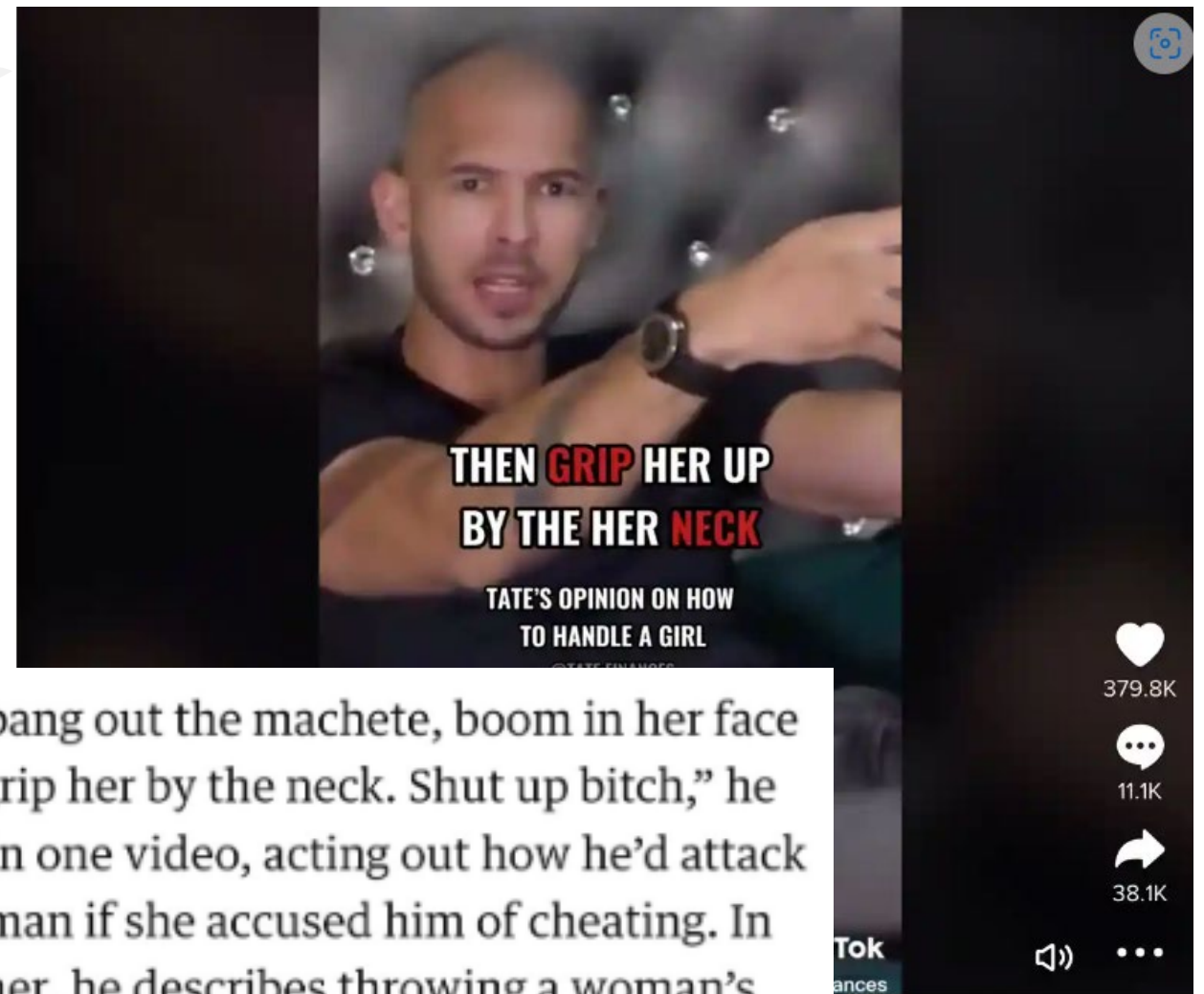
Year 8





# Pornography





“It’s bang out the machete, boom in her face and grip her by the neck. Shut up bitch,” he says in one video, acting out how he’d attack a woman if she accused him of cheating. In another, he describes throwing a woman’s

## Normalising Extreme Views



## NEWS

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# 'I was radicalised by the far right aged 15'

3 March



Manchester Arena attack



| John said he was sharing his experiences in order to help prevent others from making the same mistakes

By Abbie Jones & Lauren Hirst

BBC News

A former right-wing extremist has described how he was radicalised as a 15-year-old boy in the wake of the Manchester Arena bombing.

## Normalising Extreme Views

"It was unbelievably easy as a young teenager to access propaganda and now it's just as easy - maybe easier," John told BBC North West Tonight.

Night after night, he said he would sit in his bedroom, scrolling through far-right forums, watching videos and scouring social media until the early hours.

"I was just a very sort of angry, lost teenager," said John, who comes from a small town in the north-west of England.

"For me, it took just one click of joining a forum online before I'd been essentially manipulated to hate Islam.

"It started when I saw a post that said 'If you think British soldiers shouldn't be on the streets, share this'.

"I connected to that because someone in my family was a soldier and was struggling.

"I joined a group online and then people started saying it was because we're sending off billions in foreign aid and helping refugees and there's nothing left for the soldiers.

"And a naive 15-year-old me believed that and didn't think to fact-check it."

# Harmful Content

- Pro-Ana and Pro-Mia sites
- #selfharm and #suicide
- Private accounts - “Nearly 60% of children aged 11 to 18 have multiple private social media profiles that they hide from their parents, according to a poll of more than 20,000 youngsters carried out for Britain’s top private schools.” *The Guardian*, (2020)
- Tiktok challenges

## Social media firms ‘monetising misery’, says Molly Russell’s father after inquest

**Coroner finds harmful online content likely to have contributed to Molly’s death ‘in a more than minimal way’**



■ 'I hope the world will be safer', says Molly Russell's father after inquest - video



## Sweet, tiny body diet

Day 1: fast  
Day 2: raspberries  
Day 3: raspberries  
Day 4: fast  
Day 5: raspberries  
Day 6: raspberries  
Day 7: mango  
Day 8: fast  
Day 9: mango

Raspberries: 250g  
per day (135 calories)



Day 10: mango  
Day 11: fast  
Day 12: mango  
Day 13: mango  
Day 14: mango  
Day 15: fast  
Day 16: mango  
Day 17: mango  
Day 18: fast

Mangos: 125g per  
day (74 calories)

You can eat double but you won't lose as much weight.

Everyday is less than 20g of carbs to release ketones for weight loss.



## Harmful Content



## Boy, 13, dies after trying dangerous TikTok 'Benadryl Challenge'

TikTok does not allow searches for 'Benadryl' on app

Chelsea Ritschel New York • Thursday 20 April 2023 08:29 • Comments





## **Contact**

***‘Contact: being subjected to harmful online interaction with other users; for example: peer to peer pressure, commercial advertising and adults posing as children or young adults with the intention to groom or exploit them for sexual, criminal, financial or other purposes’ (KCSIE 2021).***



# CSE

## ***Child Sexual Exploitation or Grooming***

Online grooming is the technology-facilitated process of befriending a young and vulnerable person by an adult perpetrator for the express purpose of sexual abuse and exploitation (National Society for the Prevention of Cruelty to Children)



lured by an internet predator who lured him to a location and slit his throat in 2014 REX FEATURES

## **Gaming Online – “The biggest concern for Yr 7s and 8s...”**

**I think it is Roblox because anyone can chat with you and you don't know who they are.**

**Being in a game filled with adults who bully and use adult language.**

**Being picked on due to there age or ability by rude online players.**

**Everyone talks to strangers online because its how social media and games work and most people do stay safe online and if not then they usually report it anyways.**

**Some online games need you to have voice chat so you have to communicate with strangers which can be dangerous.**

6. Do you use in-game chat when gaming online? (This includes chat functions, messaging, "ping" systems, chat apps etc)

[More Details](#)

Yes but to a limited number of f...	26
Yes	51
No	17
I do not game online	24



6. Do you use in-game chat when gaming online? (This includes chat functions, messaging, "ping" systems, chat apps etc)

[More Details](#)

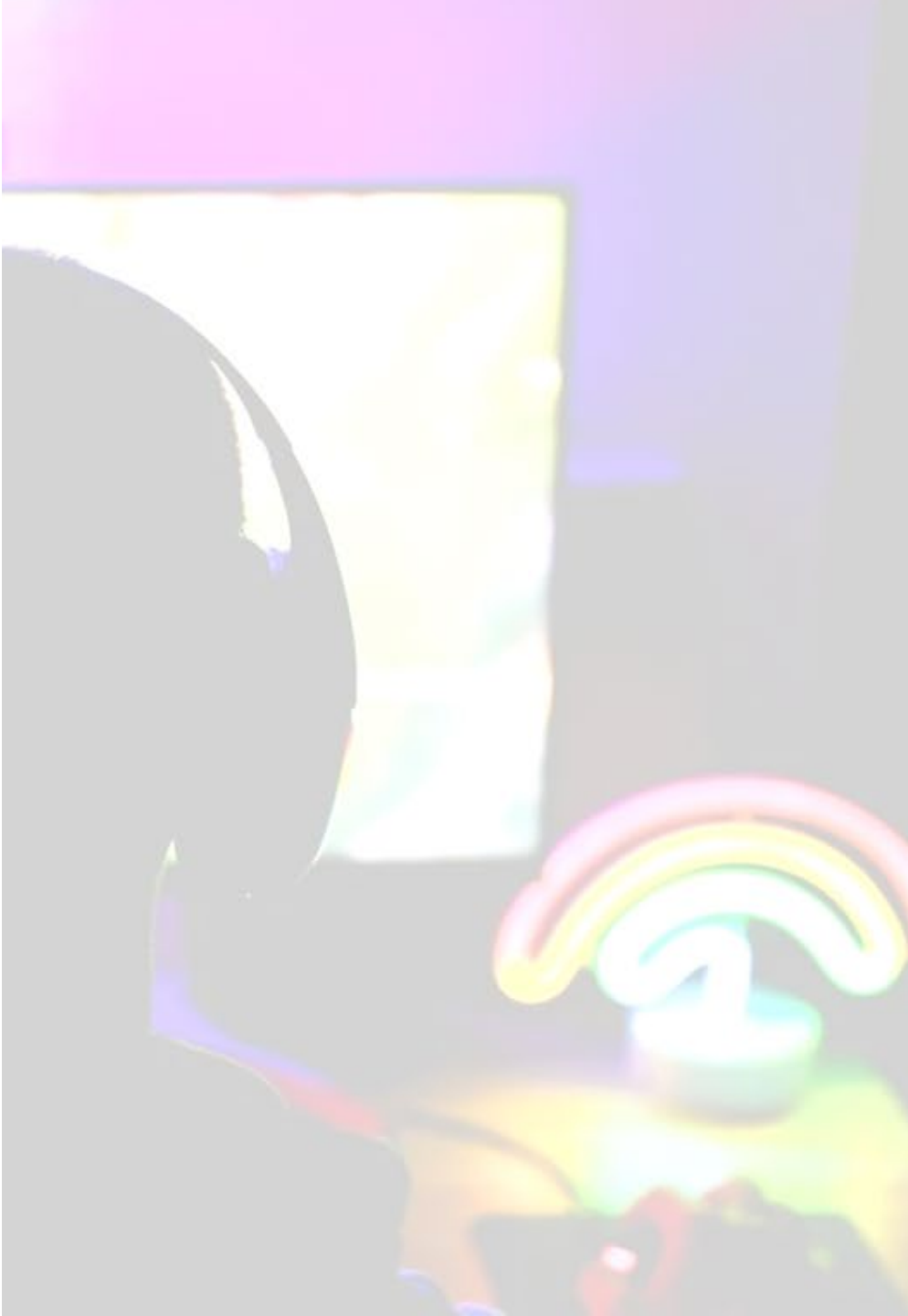
Yes but to a limited number of f...	72
Yes	71
No	38
I do not game online	29



6. Do you use in-game chat when gaming online? (This includes chat functions, messaging, "ping" systems, chat apps etc)

[More Details](#)

Yes but to a limited number of f...	68
Yes	76
No	35
I do not game online	51





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Technology

# Roblox: 'I thought he was playing an innocent game'

30 May 2019



## Mother's Concerns Over Fortnite Grooming Incident



By Frank McDougall

19 AUGUST 2023

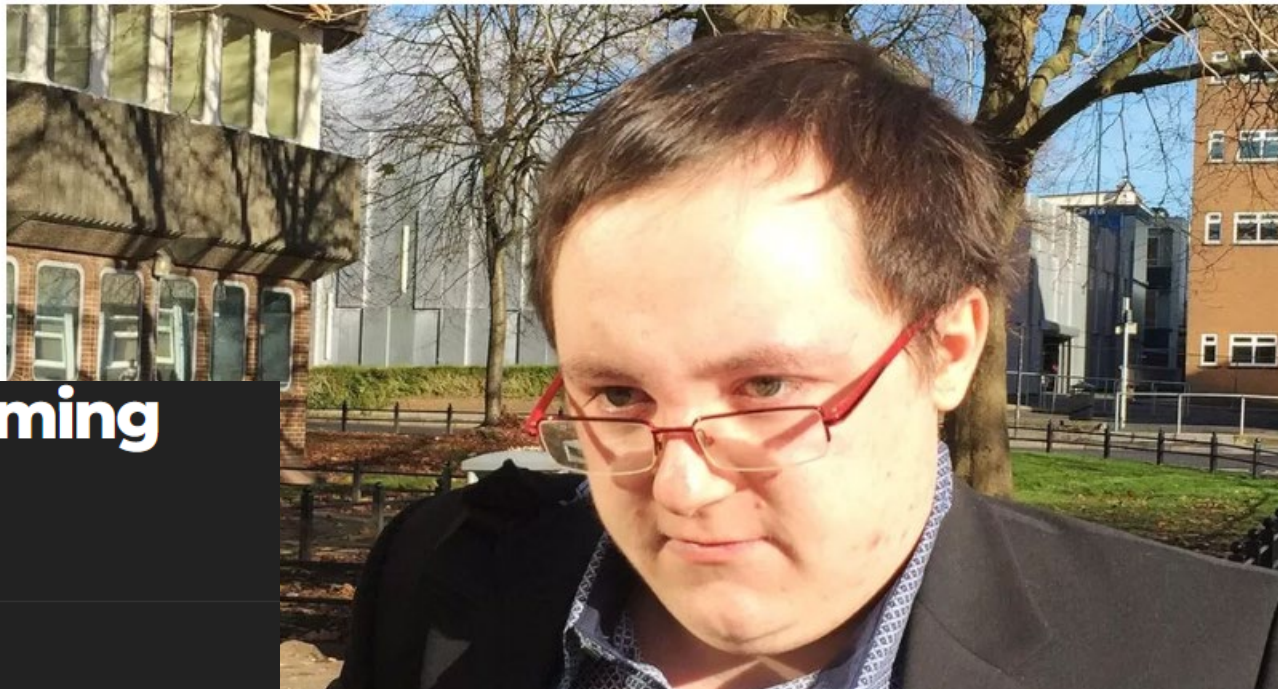
NEWS

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Wales | Wales Politics | Wales Business | North West | North East | Mid | South West | South East | Cymru | L

# Minecraft paedophile Adam Isaac groomed boys online

20 January 2017







852



1298



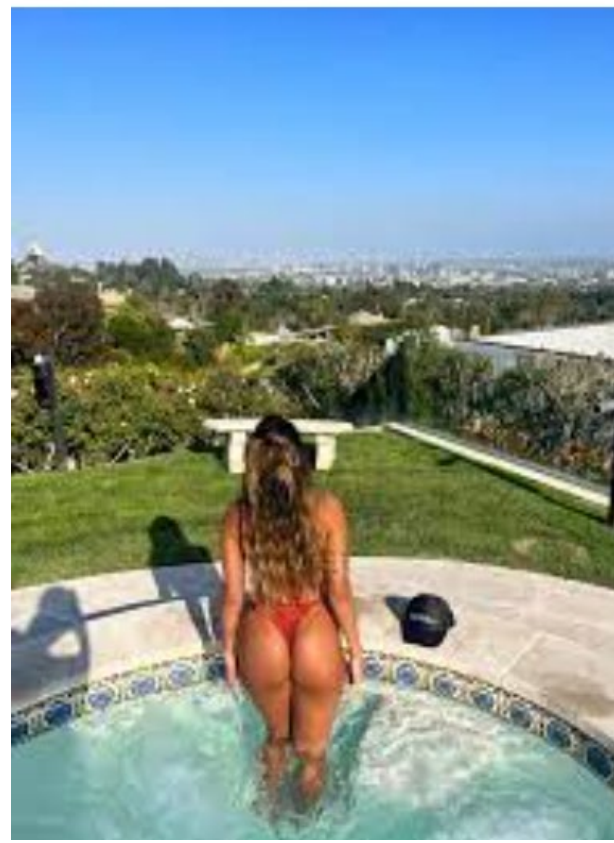
640

**Chat Apps and  
Social Media**

***“Yeah I’d add them even if I didn’t know  
them if they were fit”***

***Year 8 Student***

***2022***



**Chat Apps and Social Media**

***More skin = More likes***



## **Chat Apps and Social Media**

- ***Location***
- ***Oversharing***
- ***Contact with people they do not know***
- ***Omegle, BeReal, Discord***

## Conduct

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*‘Conduct: personal online behaviour that increases the likelihood of, or causes, harm; for example, making, sending and receiving explicit images (e.g consensual and non-consensual sharing of nudes and semi-nudes and/or pornography, sharing other explicit images and online bullying’ (KCSIE 2021).*





## Conduct

- Girls as young as six were sending sexually explicit texts during the pandemic.
- “Sexts” rose by 183% during lockdown
- Girls sent the majority of concerning messages.
- Eleven-year-old girls and 13-year-old boys attempted to send the highest proportion of sexts

(SafeToNet, 2020)






## Conduct

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In England and Wales, the [Protection of Children Act 1978](#) makes it an offence to take, make, show, distribute, possess (with a view to distribute) or publish an indecent photograph or pseudo-photograph of a child

The Sexual Offences Act 2003 (England and Wales) defines a child, for the purposes of indecent images, as anyone under the age of 18



NB Who owns the phone?  
Therefore, who possesses those  
images?

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Watch: Child abuser Jay Lang questioned by Essex Police

Police have released video of a child abuser being questioned by officers during their investigation.

Jay Lang, 24, of Canvey Island, Essex, targeted at least 26 boys aged between 11 and 16, posing as a teenage girl on social media to extract indecent images before blackmailing them.

In the footage, which Essex Police described as being "the moment he realised he wasn't getting away with what he had done" Lang denied the allegations and told officers to "keep digging" as they questioned him about indecent pictures on his phone.

He was jailed at Basildon Crown Court for 21 years.

Boys as young as 13 being targeted in sextortion scams

12 September



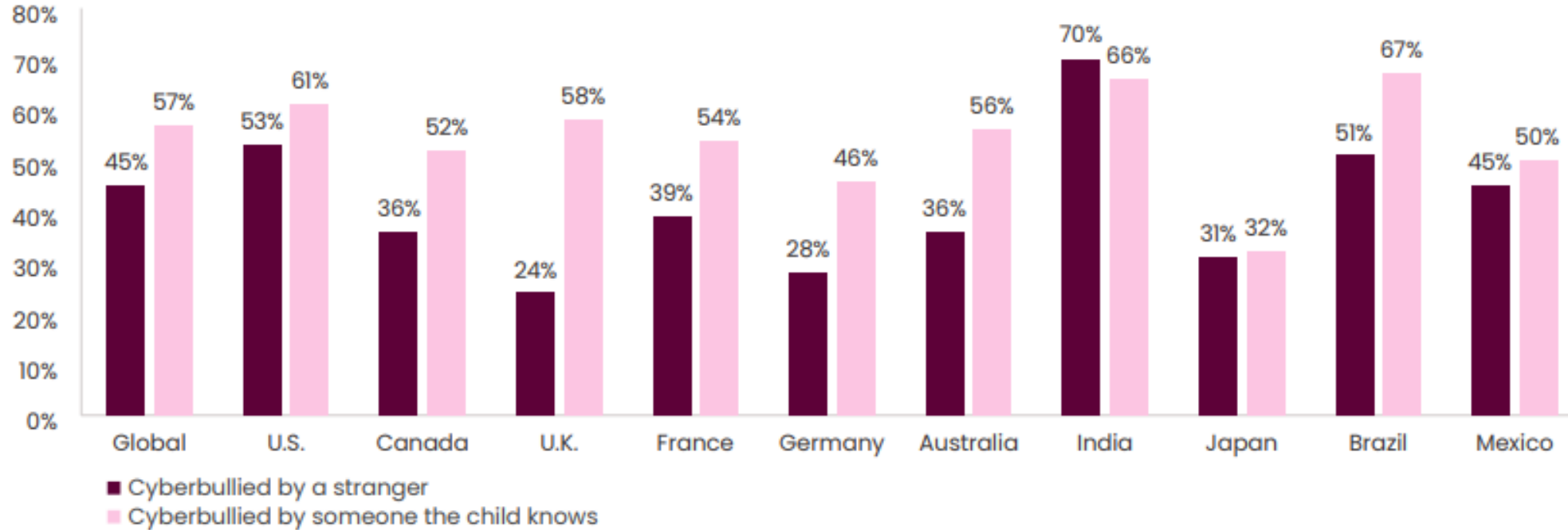
Boys as young as 13 are increasingly being targeted by so-called sextortion scammers, Police Scotland figures reveal.

The victims are typically enticed into sending explicit photos and videos to strangers they have befriended online.

They are then blackmailed into paying to make sure the images are not made public.

# Cyberbullying

Cyberbullying by strangers and by people the victim knows



- **Group Chats e.g. Class chats**
- **Livestreaming**
- **Gaming online**
- **Social Media/Apps**



A person is seen from the back, wearing a headset and sitting in front of a large computer monitor. The monitor displays a game interface with various icons and a central action scene. The person's hair is dark and short. The background is slightly blurred, showing a desk and some wall decorations.

## Commerce

***‘Commerce – risks  
such as online  
gambling,  
inappropriate  
advertising,  
phishing and or  
financial scams’  
(KCSIE 2021).***

## Commerce

**Children as young as 11 have problems with gambling, while almost half a million kids have admitted to betting regularly say the Gambling Commission.**

### **Jack Ritchie death: gambling addiction began as teenager, inquest hears**

**English teacher who took his own life in 2017 began using fixed-odds betting terminals while in the sixth form**



📷 Jack Ritchie with his parents, Charles and Liz, who have campaigned for reform of gambling legislation after their son took his own life. Photograph: Gambling With Lives/PA

A hand is holding a smartphone. The screen displays a 'PARENTAL CONTROL' app interface. At the top, there is a red triangular warning icon with a white exclamation mark. Below the icon, the words 'PARENTAL CONTROL' are written in large, bold, white capital letters. At the bottom, the word 'PASSWORD' is written in white capital letters, followed by a series of white dots representing a password input field. The background of the image is a blurred outdoor scene with green grass and a person's arm in a white shirt.

**How can we support?**



# Become a part of their reality

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- *Online life is real life and it is their life*
- *Young people's happiness is often linked to their connectedness*
- *Be positive!*





# Building Trust

If kids can trust  
you with the  
little stuff, they  
will come to you  
with the big stuff.

Dr. Laura Markham



Role modeling is the most basic responsibility of parents. Parents are handing life's scripts to their children, scripts that in all likelihood will be acted out for the rest of the children's lives.

— *Stephen Covey* —



## Role Modelling

# Healthy Relationships

Are you children absolutely clear on what makes up a healthy relationship?

Do your children know what red flags to look out for offline and online in relationships?



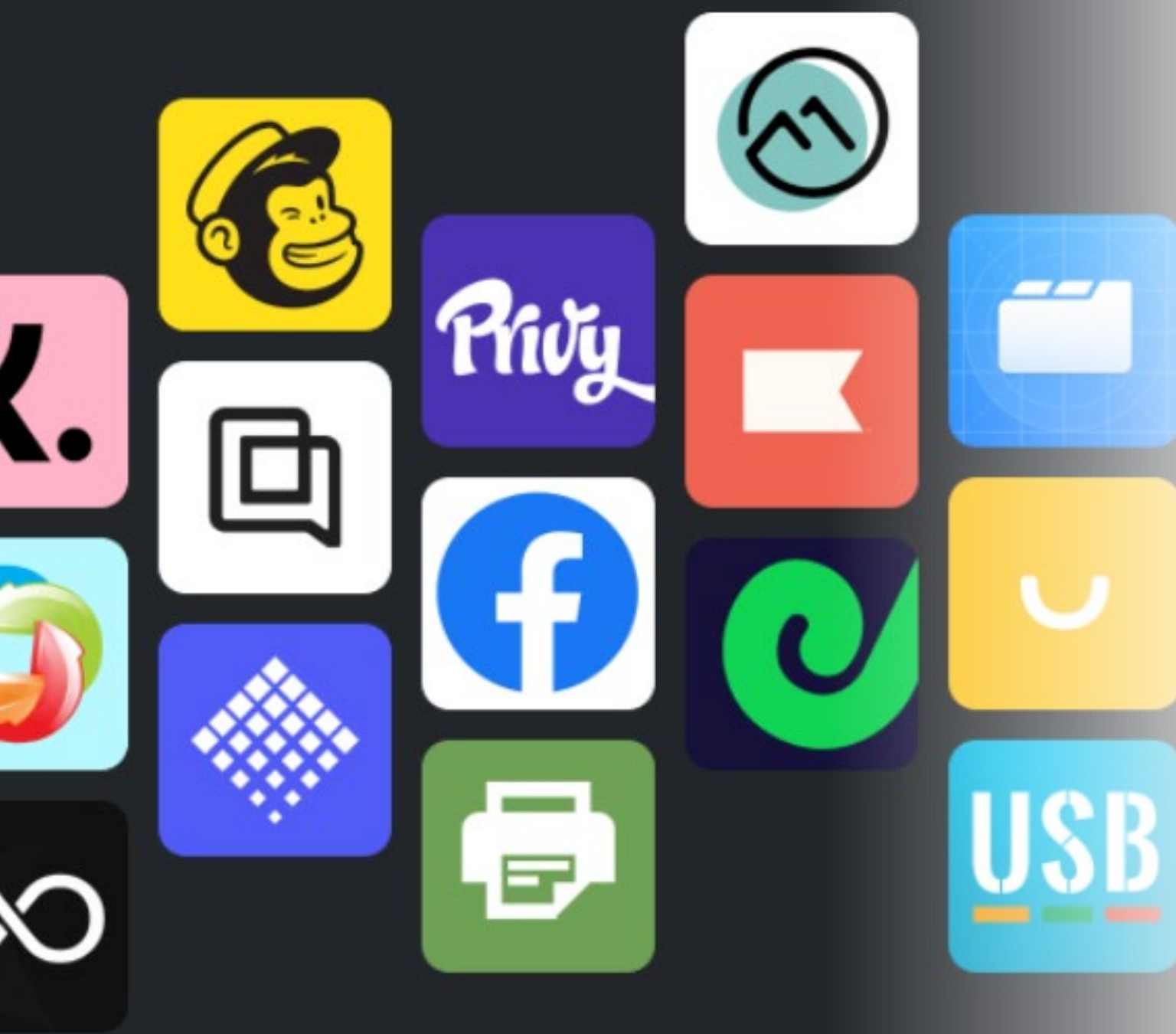
# Exploring Sexuality

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- The internet helps young people learn important information about relationships and sex.
- Most young people become involved in nudes.
- Educational websites and forums are especially helpful for LGBTQ+ young people.







## Staying Up To Date

*“Parents and teachers do not know what they are talking about [in terms of Online Safety]. They try but there is no point us talking to them because they do not get what we are talking about.”*

*Year 8, 2022*



# Choose To Challenge

*How do I call something out?*  
Don't overthink it. Here's a few ideas.

**“DON'T  
BE THAT  
PERSON...”**

**“ARE WE  
REALLY  
STILL  
SAYING  
THAT?!”**

**“EXPLAIN  
WHY  
THAT'S  
FUNNY**

**“MATE,  
THAT'S  
NOT OK**



FIND OUT MORE  
ABOUT  
CHALLENGING

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## Helping them be Upstanders

**BITS:**

**Be a Buddy**

**Interrupt**

**Tell Someone**

**Speak Out!**

A woman with long dark hair is sitting on the floor, hunched over with her head buried in her hands, suggesting a state of despair or shame. The lighting is dramatic, with strong shadows.

## **When Things Go Wrong**

What would  
you do if your  
child came to  
tell you they  
were  
addicted to  
porn?

A woman with long dark hair is shown from the side, sitting and covering her face with her hands. She appears to be in a state of distress or shame. The background is a plain, light-colored wall.

## **When Things Go Wrong**

What would you do if your child came to tell you they had sent an unsolicited nude of themselves and it had gone round the school?



A woman with long dark hair is sitting on the floor, leaning against a wall. She is covering her face with her hands, suggesting she is crying or in deep distress. The lighting is dramatic, with strong shadows.

## When Things Go Wrong

What would you do if your child came to tell you they had pressurised another student into sending them a nude?



## **When Things Go Wrong**

What would you do if your child came to tell you that they had been cyberbullying another student?

A woman with long dark hair is sitting on the floor, leaning against a wall. She is covering her face with her hands, suggesting she is crying or in distress. The lighting is dramatic, with strong shadows.

## **When Things Go Wrong**

What would you do if your child came to tell you that they had spent over £500 on skins?

## The X Plan – could there be an "O" plan for online?

When a teenager ends up in a **dangerous situation** they text their parent or a trusted adult the letter X. Teens and parents then follow a prewritten script, something along the lines of the following:

**Teenager:** “Hello?”

**Parent:** “Something has come up, and I need to come and get you right now.”

**Teenager:** “What happened?”

**Parent:** “I’ll explain when I get there. See you in five minutes.”

Then the teenager can tell their friends that their parent called, something happened at home, and they need to be picked up. This way, teens don’t face their friends’ ridicule.


In addition, putting the X Plan into effect means that kids don’t have to share details of the situation with parents if they don’t want to. They are allowed to say as little or as much as they wish—even if it’s clear that they lied to their parents earlier in the day about what they were doing or where they were going to be.



# The Conversation

- 1. Do a little homework**
- 2. Pick your moments**
- 3. Avoid the “big talk” – little and often**
- 4. Keep conversations positive**
- 5. Make positive choices**
- 6. Connection rather than investigation**



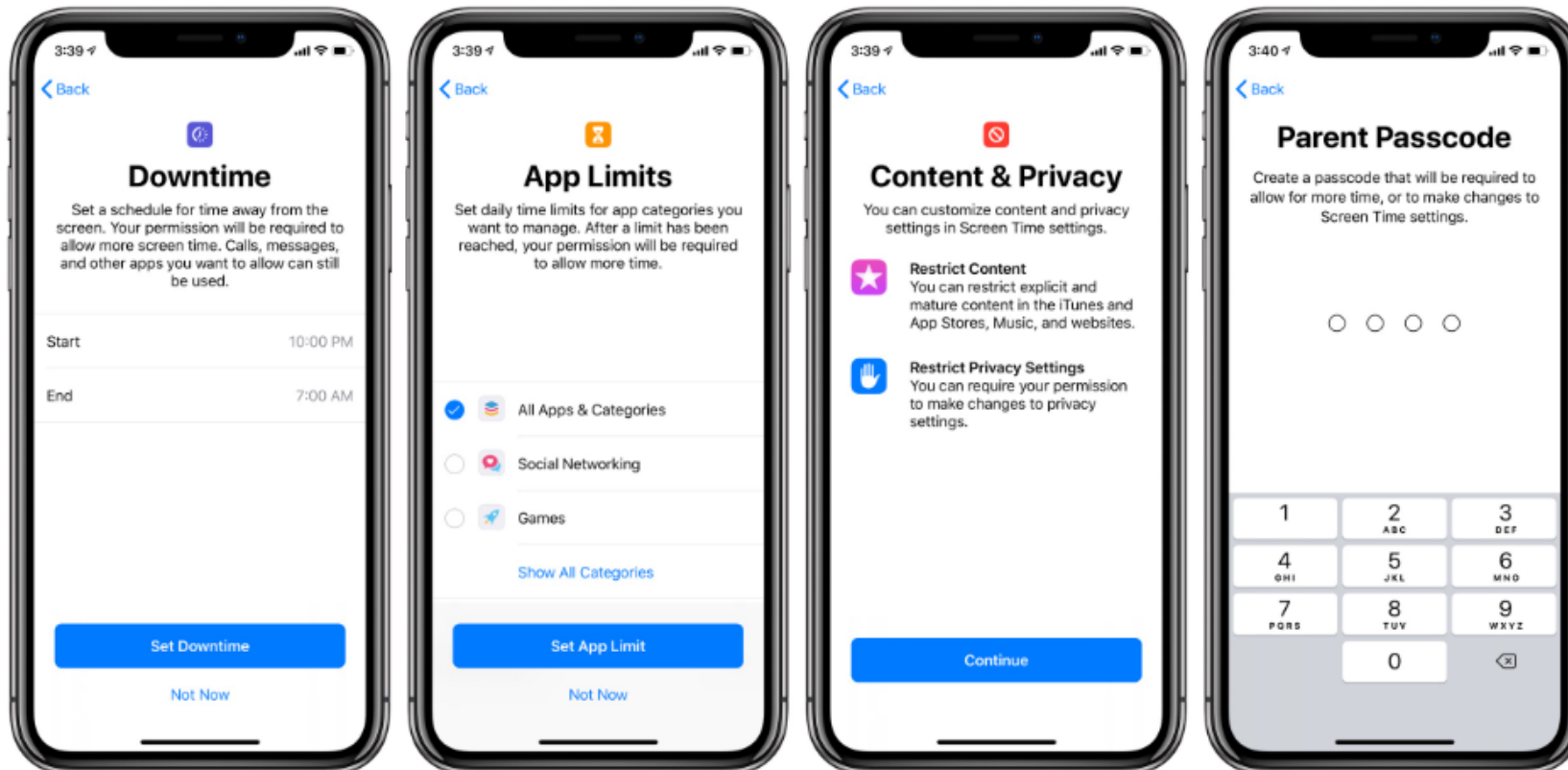


# Practical Ways To Support



# Practical Ways to Support

## Limit Screen Time – Downtime and Apps



# Practical Ways to Support Limit Screen Time – Downtime and Apps

Where are  
ALL phones/  
devices at  
night?





# Practical Ways to Support - Monitoring

1. Qustodio
2. Microsoft Family Safety
3. Norton Family
4. Google Family Link
5. FamiSafe
6. Kaspersky Safe Kids

Safetydetectives.com

## Summary

Today

7 days

14 days

30 days



### Screen Time

1h 20m

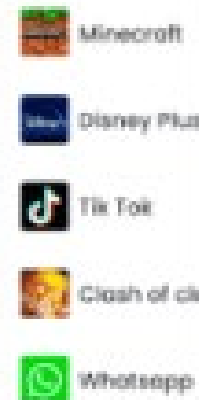
Limit: 4h

Add extra time +

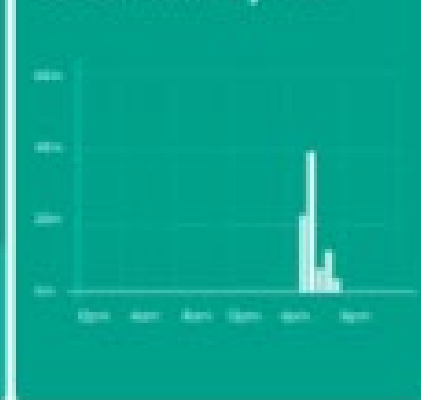
### Screen Time by hour



### App activity



### Screen Time by hour



### Web Activity



See More



# **Practical Ways to Support - Gaming**

## **Games Consoles:**

- **Check the content of the game and any chat function**
- **Consider who your child could have contact with whilst using the game**
- **Check the in-app purchasing**
- **Does the game affect your child's behaviour?**

# Practical Ways to Support – Social Media

Things to check:

- ☐ Oversharing
- ☐ Location sharing
- ☐ Talking to people they do not know
- ☐ Inappropriate conduct
- ☐ Unrealistic sense of reality
- ☐ Obsessive focus on likes and comments



News > UK

## More than 1.6 million social media accounts are owned by underage children

Children are signing up to social media at an increasingly young age, the study by the Advertising Standards Authority found.

Josie Clarke • Tuesday 29 November 2022 00:01



## France approves law requiring parental consent for minors on social media

France approved a new law Thursday requiring social media platforms like TikTok to verify users' ages and obtain parental consent for those under 15 years in an effort to protect children online.

Issued on: 29/06/2023 - 14:33 ⌚ 2 min

# Practical Ways to Support – Age Restrictions

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**Snapchat, TikTok, Instagram,  
Facetime (Apple ID), YouTube  
(with parental consent),  
Spotify etc etc - 13 years**

**WhatsApp – 16 years**



# **NETFLIX Updates its Parental Controls!**

Finally! Parents can lock individual accounts with a 4-digit pin.

## **Practical Ways to Support - Streaming**

**You can set parental controls on:**

**Netflix**

**Disney+**

**Amazon Prime Video**



## Practical Ways to Support – Search Engines

Sometimes, innocent searches can lead to not so innocent results. If you're worried so ensure SafeSearch is on (or equivalent)



## Practical Ways to Support - Reporting

- The Child Exploitation and Online Protection Command (CEOP) helps keep children safe from online grooming.
- If you come across an indecent image of a child online, it is important to report this to the [Internet Watch Foundation](#) (IWF) so that they can review this content.
- If you know a young person who has had a sexual image or video of themselves shared online, and they're under 18, talk to them about Childline and the Internet Watch Foundation's [Report Remove](#) tool.



## Practical Ways to Support - Reporting

- Online content which incites hatred should be reported to True Vision at [report-it.org.uk](http://report-it.org.uk) which covers the grounds of race, religion, disability, sexual orientation or gender.
- If you're worried that a child is being abused, or at risk of being abused, you should contact the NSPCC helpline

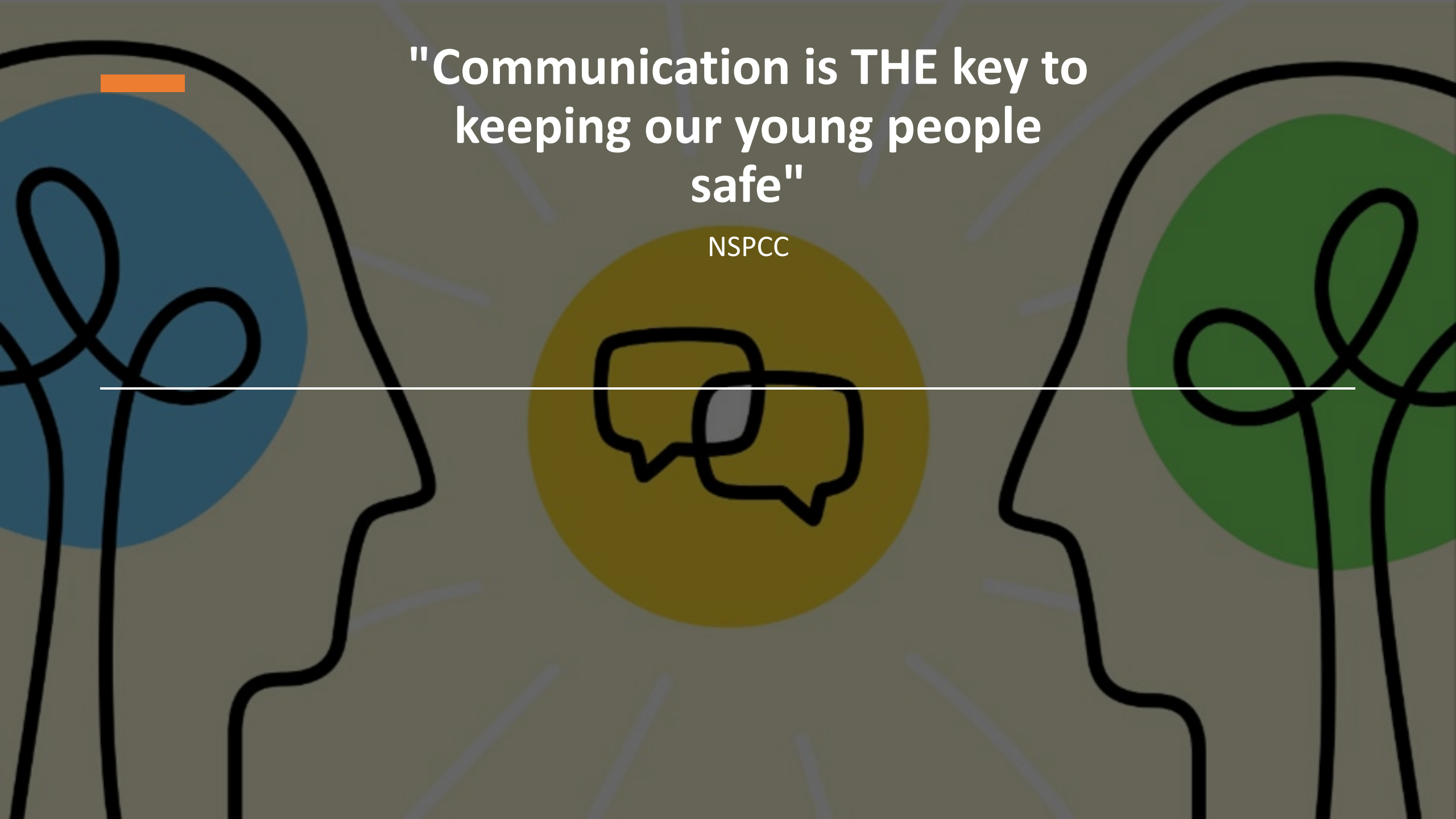




# Resources

- **Childhood 2.0 (YouTube/Prime)**
- **The Social Dilemma (Netflix)**
- **Raised on Porn (YouTube)**
- **Good Pictures, Bad Pictures (Book)**
- **Protect Your Eyes (Instagram)**
- **Parenting in a Tech World (Facebook)**
- **That parent group (with Cath Hakanson) (Facebook)**
- **Ask Lisa – Dr Lisa Damour (Podcast)**
- **1000 Hours Outside – The Undeclared War On Childhood (Podcast)**

Please note that these resources do not necessarily reflect the views of St Peter's Catholic School



"Communication is THE key to  
keeping our young people  
safe"

NSPCC

**If you had 2 minutes, we would be really grateful for your feedback (just 6 quick questions!)**

**We work really hard to make these sessions as useful as possible, so any feedback you can give is invaluable.**

**Many thanks**

## **Online Safety Evening Evaluation**

