oblem Solving Support

people from harm

West Mercia POLICE



Internet Safety

Working in Conjunction with



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BIT OF FUN – WHAT DO THEY MEAN?







NIFOC







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"A CHILD'S BEDROOM IS POTENTIALLY A VERY DANGEROUS PLACE".



Professor Tanya Bryon



THE ISSUES:

- Factors
- Online bullying
- Online gaming
- Online grooming
- Social media
- Sexting/Sending nudes

FACTORS:

- Low self-esteem.
- Questioning sexual orientation.
- Risk-taking behaviour online.
- Previous victimisation.
- Problems within the family.
- Lack of parental involvement in online life.
- Social isolation.
- Difficulties with friends.
- Problems at school.

ON LINE BULLYING



Online Bullying:

Online bullying can be private (e.g. in direct messages or by text) or more public (e.g. public posts, or in a closed or public group).

Online bullying is when someone does things online to another person to cause them fear, distress or another negative emotion – they are doing it on purpose and it's not just a once-off thing. Bullying isn't banter between mates. True banter or 'roasting' isn't meant to shame, upset or offend someone or make them feel uncomfortable. Having a laugh with your friends is a normal part of most Friendships.

Here's what online bullying can look like:

- Trying to embarrass someone
- Calling someone names
- Spreading rumours and lies
- Spreading private information about someone
- Using fake accounts to make fun of someone
- Meme pages that embarrass someone
- Repeatedly sending you unwanted messages
- Purposefully excluding people from online groups, chats, events etc.
- Hacking or impersonating someone else online

SOCIAL MEDIA



Social media are web-based communication tools that enable people to interact with each other by sharing and consuming information.

Texting apps



Messenger

Microblogging



Photo video sharing



Live Streaming

Live me

House Partv

You Now

Chatting, Self Destruct, 0.0 **Secret Apps** Meeting Dating **Snapchat** Whisper Monkey MeetMe Yubo Omegle Amino

Sites Parents Need to Know...

ONLINE GROOMING



Online Grooming:

Anyone can groom another person. A 'groomer' is someone who makes an emotional connection with someone to try and make you do things like:

 have sexual conversations online or by text messages send naked images of yourself, which is sometimes called sexting send sexual videos of yourself do something sexual live on webcam •meet up with them in person. They might be old, or young. And they can be male or female.

BRECK BEDNAR



ONLINE GAMING



Online Gaming:

Support Pre-schoolers

What to do:

Research what games are available Know your PEGI ratings Review the cost of in-game purchases Mix and match types of games

What to talk about:

Set rules surrounding video gaming and screen use Give them coping strategies

Things to do:

See what people say about the game Get help choosing the right game Make use of controls to keep them safe Use tech tools to set time limits Play online games together

Support Pre Teens

What to do: Ways games can benefit

Ways games can benefit children Be aware of game content & themes

What to talk about:

Discuss what they enjoy playing Talk about potential risks How to cope when things go wrong

Things to do:

Set digital boundaries Use reviews & sites to pick appropriate games Encourage them to play in shared spaces Set privacy settings & how to report in game abuse Gen up on the lingo Make gaming a family affair

Support Teens

What to do:

Share stop speak code to stop bullying Balance screen time & offline activities Be aware of lets play videos Discuss their understanding of themes in games Know your Pegi ratings Encourage them to seek support when they need it **What to talk about:**

Keep personal info private Not everyone is who they say they are Keep it positive – no bullying Recognise when they've been playing too much Manage pressures to play inappropriate games Deal with stress/anger whilst gaming Spending money on in game purchases

Things to do:

Take breaks to stay safe Family agreement in place Teach them to set privacy, block & report Model good behaviour, play games with them to stay in the know Encourage play in communal areas.

Internet matters guide

GAMING WITH AJ –SITES/GROOMING



SEXTING/SENDING NUDES



Sexting or Sending Nudes:

Sexting or sending nudes is when someone shares a sexual message, naked or semi-naked image, video or text message with another person. It doesn't have to be a nude image of them and could be an image of someone else.

Young people can send nudes using phones, tablets and laptops and can share them across any app, site or game, including during a <u>livestream</u>. Many young people also share them on social media channels.

What does the law say?

In the UK the age of consent for sexual intercourse is 16. However, it is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person.

•a child (under 18) sharing a sexual image with their peer (also under 18);

•a child (under 18) sharing a sexual image created by another child with a peer or an adult;

•a child (under 18) in possession of a sexual image created by a child (under 18). "Indecent" means, naked pictures; topless pictures of a girl; pictures of genitals; sex acts including masturbation; and sexual pictures in underwear.

The police have said that sexting by children will primarily be considered as a safeguarding issue. The police must, by law, record all sexting incidents on their crime system but as of January 2016, they can decide not to take further action against the young person if it is not in the public interest. This will be at the discretion of the police.

THE HARM CAUSED BY VIEWING SEXUAL IMAGES



HOW TO KEEP SAFE/PATHWAYS:

Stay safe online

Remember the 5 SMART rules when using the internet and mobile phones.

SPEC 8 Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password. ...

KIdSMART

hildnet

International

can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

REFIRED⁸ Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

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Find out more at Childnet's website ... WWW_kidSMart.or9.uk

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KEEPING SAFE ONLINE THE BASICS:

- Set rules and agree boundaries as a family
- Talk about online safety and get involved
- Know who they are talking to
- Check content is age-appropriate
- Use parental and privacy controls

SITES TO HELP

- www.internetmatters.org
- <u>www.thinkuknow.co.uk</u>
- <u>www.nspcc.org.uk</u>
- <u>www.iwf.org.uk</u>
- www.ceop.police.uk/safety-centre/
- www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/
- <u>www.childline.org.uk</u>

