

## **E-/Online Safety & Digital Resilience - Fact Sheet January 2018**

As online technologies have become increasingly integral to daily life over the last decade, online safety has become a growing concern and focus. The task ahead is needing to prepare children who are active online, for the risks and opportunities such digital tools present in daily life.

### **Digital Resilience**

Digital resilience allows children and young people to benefit from the existing opportunities that the internet has to offer while also being aware of how to stay safe when using it, and what to do if something goes wrong.

#### **Be aware of 8 types of websites**

1. Pornography – distorted view of sex and relationships
2. Violent content
3. Illegal content - child sexual abuse, racist material, criminally obscene adult content
4. Misleading & harmful information – extreme political views, encourage harmful behaviour
5. Music, games, films & TV – legality and cost
6. Gambling – illegal for under 18's
7. Spam & scams – malware and trickery leading to grooming, identity theft, money scams etc.
8. Advertising – difference between editorial and advertising

#### **How to minimise the risk – Be a T.E.A.M.**

1. **T**alk to your child/ren regularly about websites, apps and other digital services they enjoy using and encourage them to tell you if they are concerned about anything they see online.
2. **E**xplore their online world together
3. **A**gree boundaries and rules about what is ok and what's not
4. **M**anage your family's settings & parental controls
  - Brook's online tools section: [www.brook.org.uk/your-life/category/staying-safe-online](http://www.brook.org.uk/your-life/category/staying-safe-online)
  - Internet Matters: [www.internetmatters.org/parental-controls/](http://www.internetmatters.org/parental-controls/)
  - Childnet: [www.childnet.com/parents-and-carers/hot-topics/parental-controls](http://www.childnet.com/parents-and-carers/hot-topics/parental-controls)
  - NSPCC: [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/)  
Talk to someone on **0808 800 5002** (free O2 & NSPCC helpline about parental controls, privacy settings, advice on social networks, etc.

## 5. Think about your 'Digital Footprint'

Digital footprints are the tracks we all leave online and are made up of the information we share about ourselves. This is important to be aware of because once you've shared something online, you have no control of it, you can't remove it or get it back and it will be there forever.

Try Googling your own name. Think carefully about what comes up and what the results say about you. Now put yourself in the shoes of your family, your teachers, lecturers or a potential employer. Many of us are guilty of making judgements based on what we see online about other people.

### Useful Links and references

#### NSPCC - National Society for Prevention of Cruelty to Children website

**Address:** [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/)

#### What will I find there?

- A guide to Social Media your child might be using.
- Advice as to how to engage in a conversation with your child around online presence and safety.
- Advice targeting specific concerns you might have around you child's use of the Internet.

#### Child Net

**Address:** [www.childnet.com/parents-and-carers/](http://www.childnet.com/parents-and-carers/)

#### What will I find there?

- Information about online safety
- A hot topics section which explains and offer support with different usage of the Internet (apps, downloading, parental controls, gaming but also more sensitive topics such as cyberbullying or sexting...)

#### Internet Safety – type: "Newsround Caught In the Web" into You Tube or follow link

**Address:** [www.youtube.com/watch?v=kgCNGvL0g1g](http://www.youtube.com/watch?v=kgCNGvL0g1g)

#### What will I find there?

- David Tennant narrating 2 stories, one of which is about an 11 year-old using an online game to meet people. This could be a video you share with your child to open a discussion on what is safe online behaviour.

**Thinkyouknow** is an education programme from the National Crime Agency's CEOP Command

**Address:** [www.thinkuknow.co.uk/parents/](http://www.thinkuknow.co.uk/parents/)

#### What will I find there?

Since 2006, Thinkuknow has been keeping children and young people safe by providing education about sexual abuse and sexual exploitation. It is underpinned by the latest intelligence about child sex offending from CEOP Command. It aims to ensure that everyone has access to this practical information – children, young people, their parents and carers and the professionals who work with them.

#### Internet Matters:

**Address:** [www.internetmatters.org](http://www.internetmatters.org)

#### What will I find there?

Information on Cyberbullying, Inappropriate content, online pornography, reputation, grooming,

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sexting, self-harm, radicalisation. Other tabs open up 'Advice', 'Controls' (ie. guides to privacy setting of different apps etc.), 'Explore' (Articles, Parent Online Safety stories, and latest research), 'Stop, Speak, Support' i.e. New code to tackle cyberbullying.