me, you, us

safeguarding is everyone's responsibility

PUTTING SAFEGUARDING INTO CONTEXT

DIGITAL SAFEGUARDING
FOR CHILDREN AND TEENS

PLEASE NOTE THIS EVENT IS NOT SUITABLE FOR UNDER 18s

SPEAKERS AND PANEL
- Alex Fisher, Safeguarding lead at Dean Valley
- Graeme Malcolm, BBC producer (Cbeebies & CBBC)
- Manny Botwe, Head at Tytherington School
- PC Alice Mayo, Macclesfield

FOR MORE INFORMATION ✉ aharris@deanvalley.cheshire.sch.uk

<u>18th November 2024</u>

What is contextual safeguarding?

Contextual Safeguarding is applicable to a wide range of risks which can potentially cause significant harm to children where the prime cause of harm can be inside or outside of the family. This list isn't exhaustive but includes:

- peer on peer and relationship abuse

- criminal/ sexual exploitation/ online abuse

- missing episodes

- risks associated with gangs

- risks associated with radicalisation

- safeguarding risks in public spaces

- trafficking and modern slavery

A Contextual Safeguarding approach aims to disrupt harmful extra-familial contexts rather than move children away from them. The approach seeks to identify the ways in which professionals, adults and children can change the social conditions of environments in which abuse can or has occurred. This means including these extra-familial contexts as part of any assessment that takes place.

What do children think contextual safeguarding is:

Understanding and responding to young people's experiences of harm and harassment (including online, sexual, physical, emotional) when this happens beyond their families (e.g. in friendships, out and about etc *(Sandbach High School)*

Understanding that relationships other than family can bring harm to young people and even death or self harm. Impacts can be seen in family breakdown. *(The Fermain Academy)*

Neighbourhood

- Knife crime
- Attacks
- Dealing drugs
- Stealing
- Forced to sell drugs
- Fighting
- Forced to shot (deal drugs)
- Get jumped
- Knife crime (cheffed up)
- Forced to sleep in a trap gaff (house where drugs are being made / packaged)
- Recruiting / being recruited
- Watching crop (cannabis plants)
- Forced to go on a graft (e.g. stealing / raiding a house) OFFICIAL
- forced to jump people

In School

- Mental abuse which can lead to mental health problems
- Physical abuse
- Stealing
- Aggressive behaviour
- Dealing drugs
- Bullying
- Felt up
- Upskirted

Young people's definition cont'd ...

Online

- Horrible comments
- Cyber bullying
- Can lead to sexual abuse
- Catfish
- Sugar daddy (offered money to send pictures e.g. of feet, or names of other girls who might send pictures to earn money – the students felt this was perfectly fine and completely harmless and would not dream of reporting anyone to the police for this activity)
- Nudes
- Videos and pictures of you
- Scams e.g. financial
- Groomed

Impacts on family relationships

- Need to stay hidden (e.g. if stolen something hide the activity form the parents – keep secrets)
- Rather be with mates than family
- Stop talking to family
- Arguments
- Changes how you react to the family
- Has a major impact on the parents
- Ruins trust
- All depends on the parents
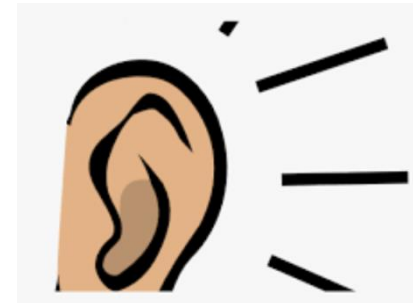
Digital Safeguarding

What we think you should know.

Disclaimer

Some of the content we will share is upsetting.

If you need to leave at any time please do so.

We are available after the meeting to offer any help or support we can.
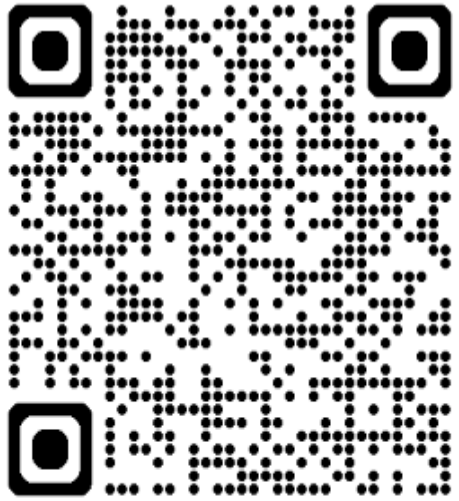
01.11.24

[Calls for 'ambitious regulation' after online grooming crimes reach record levels | ITV News](#)

What are they watching?

Where is Klaus? klicksafe (English version)

Digital Safeguarding

DIGITAL SAFEGUARDING

Dean Valley
Community Primary

Welcome to Our Digital Safeguarding Webpage

At Dean Valley Primary School, we are dedicated to ensuring children develop the skills and awareness they need to stay safe online. This page is designed to provide parents, carers, and educators with essential tools, advice, and resources to navigate the digital world responsibly and confidently. Below, you'll find helpful links grouped by topic to make it easier to access the information you need.

Online Safety Basics

These resources offer step-by-step guidance and tools to help you set up safe online environments for your child:

- Childline
- NSPCC: Online Safety Guides
- CEOP Safety Centre

Smartphones, Social Media, and Device Safety

Help your child stay safe on their devices and social media platforms with these helpful resources:

- Barnardo's: Keeping Your Child Safe on Their Smartphone
- EE: Setting Up a Child's First Device
- Internet Matters: Step-by-Step Parental Controls

Educational and Awareness Videos

Use these videos to spark discussions about online safety with your children or to deepen your own understanding:

- TikTok in China vs. the United States (YouTube)
- Social Media Dangers Exposed by Mom Posing as 11-Year-Old (YouTube)

Online Safety Campaigns:

- Where's Klaus?
- NSPCC: I Saw Your Willy
- NSPCC Share Aware: Lucy & The Boy

Documentaries:

- Childhood 2.0: Social Media Dangers
- Mirror Mirror Episode 1: Love
- Mirror Mirror Episode 2: Hate
- The AI Dilemma: Humane Technology

[Center for Humane Technology]   KEY ISSUES   INTERVENTIONS   RESOURCES   ABOUT US   DONATE

Future Generations

EXTRACTIVE TECHNOLOGY IS HARMING FUTURE GENERATIONS

FUTURE GENERATIONS   ATTENTION & MENTAL HEALTH   INFORMATION ENVIRONMENT   DEMOCRATIC FUNCTIONING   PRIVACY & SAFETY

FUTURE GENERATIONS

Social media and artificial intelligence are embedded in kids' lives as they use technology for everything from education to socializing
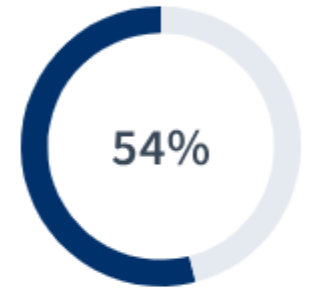
Today's social media platforms are causing **significant harm to children and youth.** Social media affects attention spans, self-image, and social skills which is leading to increased cyberbullying and depression.

62%

91 Mins

54%
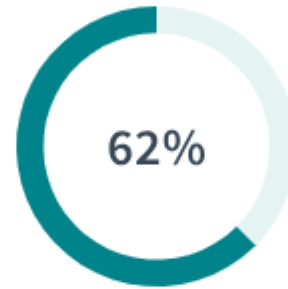
62% of 12 to 18-year-olds **use social media daily** [1]

Kids and teens spend an average of **91 minutes on TikTok per day** [2]

54% of teens say it would be **hard to give up** social media [3]

Social media use has skyrocketed but exposure to unrestrained levels of digital technology can have **serious long-term consequences for children's development,** creating permanent changes in brain structure that impact how children will think, feel, and act throughout their lives.

🕐 📱 😔

Time spent on social media is a **significant predictor of depression** for adolescents [4]

📚 😢 🔼

More screen time is associated with **mental health and behavioral problems, poor academic performance, and worse sleep** [5]

🧠 📈 😶

Higher screen time is correlated with developmental delays in language, problem-solving, and social interaction [6]

Despite the known harms of excessive social media use for youth, tech platforms are still **incentivized to maximize attention**. Platforms use addictive design, targeted content, and AI-powered feeds to hijack attention and increase time on platforms. **Kids also learn that in order to be heard online, they must compete for attention via likes, comments, and performative behavior.**

This race for attention creates a downward spiral of real-world harm that jeopardizes the overall safety and well-being of future generations.

3x
higher suicide risk

Children who have been cyberbullied are 3x more likely to contemplate suicide [7]

2x
more hate speech

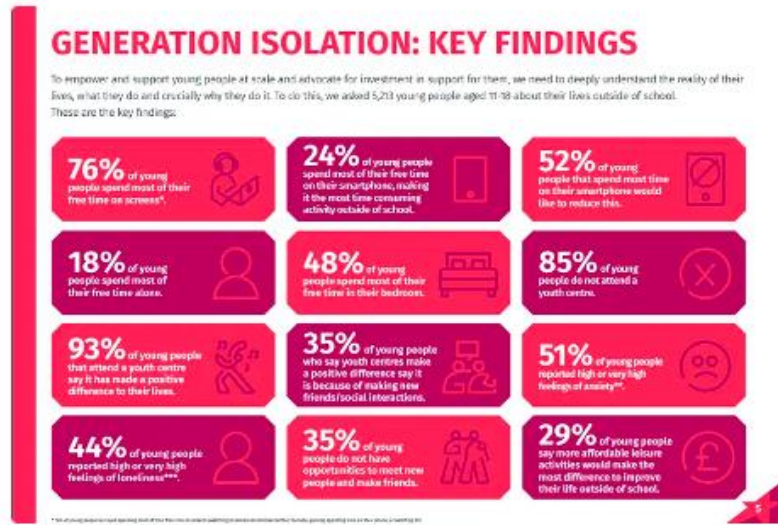Nearly 1 in 5 British children aspire to be a **social media influencer, above teacher and veterinarian** [8]

Twice as many teens encountered **racist hate speech online** in the last 2 years [9]

WHAT CAN YOU DO?

✅ Parents and Educators can use our Youth Toolkit with kids and young people to help them understand how social media and other persuasive technology works

✅ Advocate for **Kids Online Safety Act** (KOSA) and **Children and Teen's Online Privacy and Protection Act** (COPPA 2)

✅ Practice boundaries and offline time

✅ Watch *The Social Dilemma* at home, at school, with your friends

✅ Have a conversation about social media usage and its effects

✅ Educate yourself on the **social media harms affecting minors**

Activate V
Go to Setting

GENERATION ISOLATION: KEY FINDINGS

To empower and support young people at scale and advocate for investment in support for them, we need to deeply understand the reality of their lives, what they do and crucially why they do it. To do this, we asked 5,213 young people aged 11-18 about their lives outside of school. These are the key findings:

76% of young people spend most of their free time on screens*.

24% of young people spend most of their free time on their smartphone, making it the most time consuming activity outside of school.

52% of young people that spend most time on their smartphone would like to reduce this.

18% of young people spend most of their free time alone.

48% of young people spend most of their free time in their bedroom.

85% of young people do not attend a youth centre.

93% of young people that attend a youth centre say it has made a positive difference to their lives.

35% of young people who say youth centres make a positive difference say it is because of making new friends/social interactions.

51% of young people reported high or very high feelings of anxiety**.

44% of young people reported high or very high feelings of loneliness***.

35% of young people do not have opportunities to meet new people and make friends.

29% of young people say more affordable leisure activities would make the most difference to improve their life outside of school.

Smartphone Free Schools - 5th November

Generation Isolation | Snapchat | 5Rights

2 HRS AGO • WILL ORR-EWING

Latest   Top   Discussions   🔍

Smartphone Free Schools - 29th October

How does England compare?

OCT 29 • WILL ORR-EWING

Smartphone Free Schools - 22nd October

Josh MacAlister's Private Members Bill | Other updates

OCT 22 • WILL ORR-EWING

Smartphone Free Schools

A newsletter dedicated to the campaign to make schools smartphone-free, brought to you by the team behind Smartphone Free Childhood: https://smartphonefreechildhood.co.uk

✓ **Subscribed**
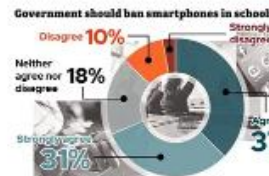
Set boundaries – what -when – where –how long

- You choose the apps your child has.
- You choose when your child has a device.
- You choose where they use it. It is advised being away from the bedroom/bathroom/somewhere more isolated.
- You set times when they can have a device.

How your child may try to get around your boundaries

- Change time zone to access apps.
- Hide apps
- Case connected to charger but phone with them.
- Face authorisation without knowledge to download.
- They may have multiple devices.

Should your child have a device or smart phone?

- Major distraction from completing tasks.

- Highly addictive.

- Exposure to pornography.

- Increased risk of being groomed by CSOs.

- Increased risk of being bullied.

- Increased risk of being sent/taking nudes.

- Exposure to poor behaviour.
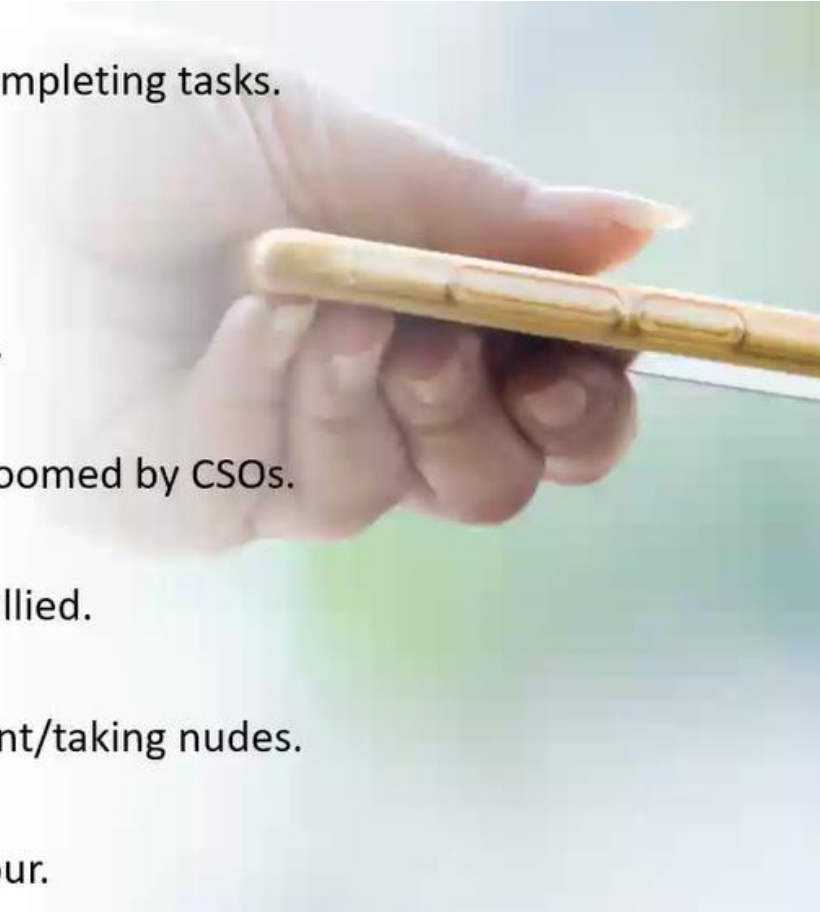
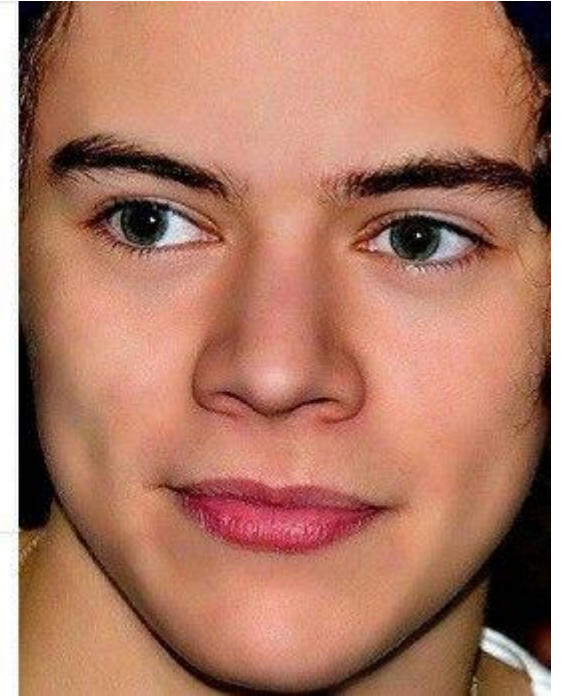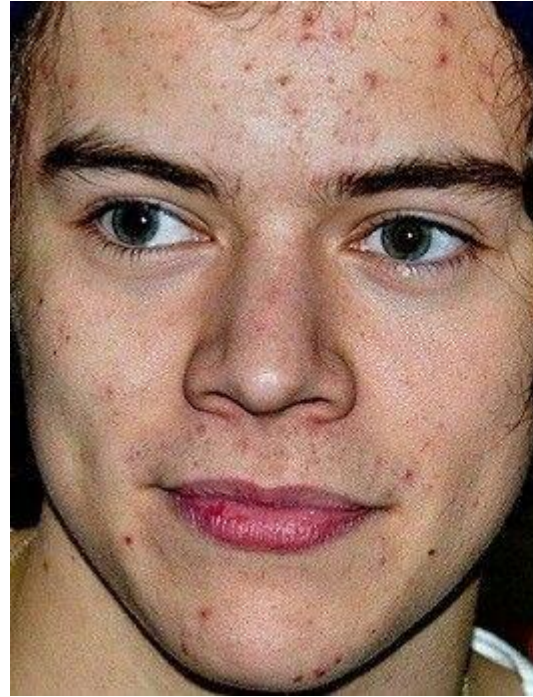# Age limits are not set for suitable age but when data can be tracked.

Subject to change as and when companies decide*

AGE RESTRICTIONS ON SOCIAL MEDIA

13   16   18

OR WITH PARENTAL AGREEMENT TO TERMS AND CONDITIONS, SOME CAN BE ACCESSED AT AN EARLIER AGE.

We need to explain the difference.

TikTok

TikTok's algorithm is promoting sexual content, drugs and alcohol to children as young as 13, shocking investigation reveals

- An investigation by the Wall Street Journal explored the TikTok for you page
- It involved 31 'automated' accounts registered as 13 to 15 year old teenagers
- As the bots scrolled through the for you page they lingered on some videos
- Very quickly the for you page became dominated by adult orientated content
- This included from accounts clearly labelled as being for adults only
- TikTok says it is working on a filter tool to restrict content for teenagers
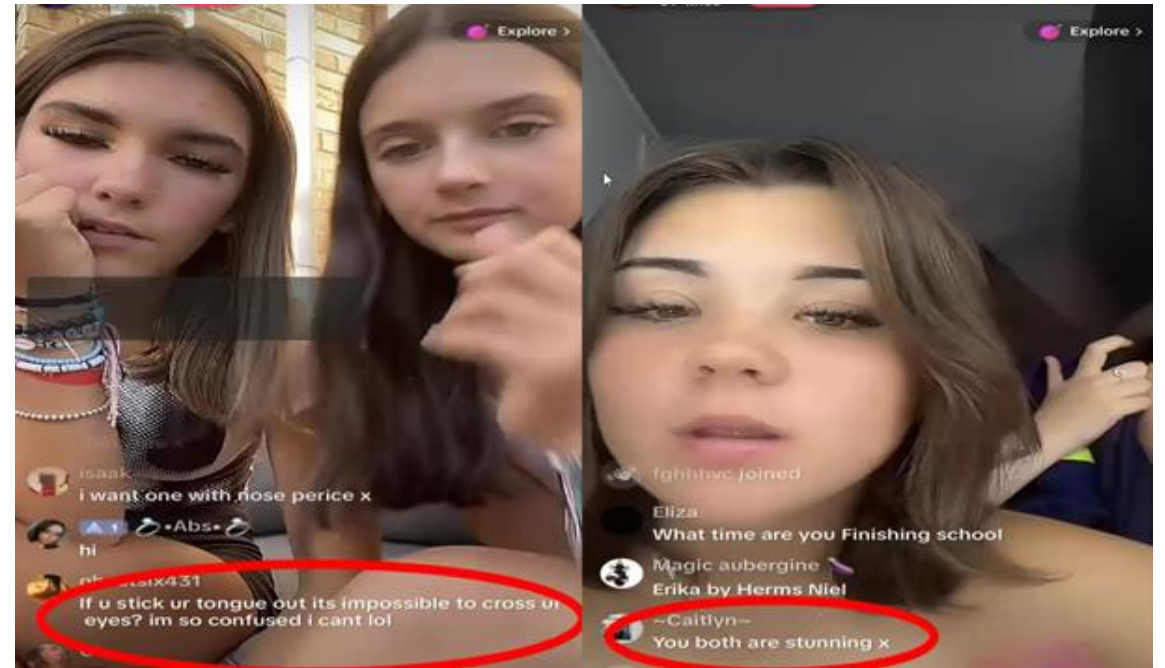
By RYAN MORRISON FOR MAILONLINE

Language
Sexualisation
Drugs
Alcohol
Violence

TikTok in China versus the United States | 60 Minutes (youtube.com)
1:23

TikTok Challenge

- Crack an egg
- Aerosol direct onto skin
- Eat a laundry tablet
- Run in front of a car
- Skull breaker challenge
- Jeffrey Dahmer polaroid challenge

In China- under 14 can only see science experiments, education, museum content for 40 minutes a day.

- Worldwide - open

- Career:

Worldwide - Influencer

China - astronaut

Teen Hurt Doing 'Skullbreaker Challenge' From TikTok at School in Miami-Dade | NBC 6 (youtube.com)   Up to 20 sec.

Snapchat
50% of offences against children use this app.

Most young people use it

It's a fallacy that Snapchat deletes photos/videos, it still exists in an unused section of the phone's memory and/or on Snapchat's servers
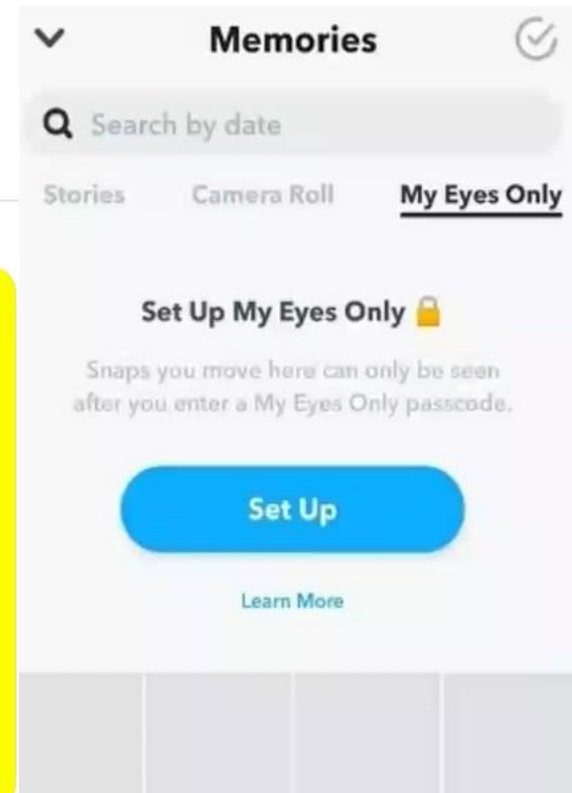
Parents/carers can't check phones for content, incoming or outgoing

Lot's of inappropriate behaviour posted on Snapchat, desensitises children to reality (nudes, drugs, pornography etc)

Child sex offenders talk to children without parents' knowledge

WhatsApp

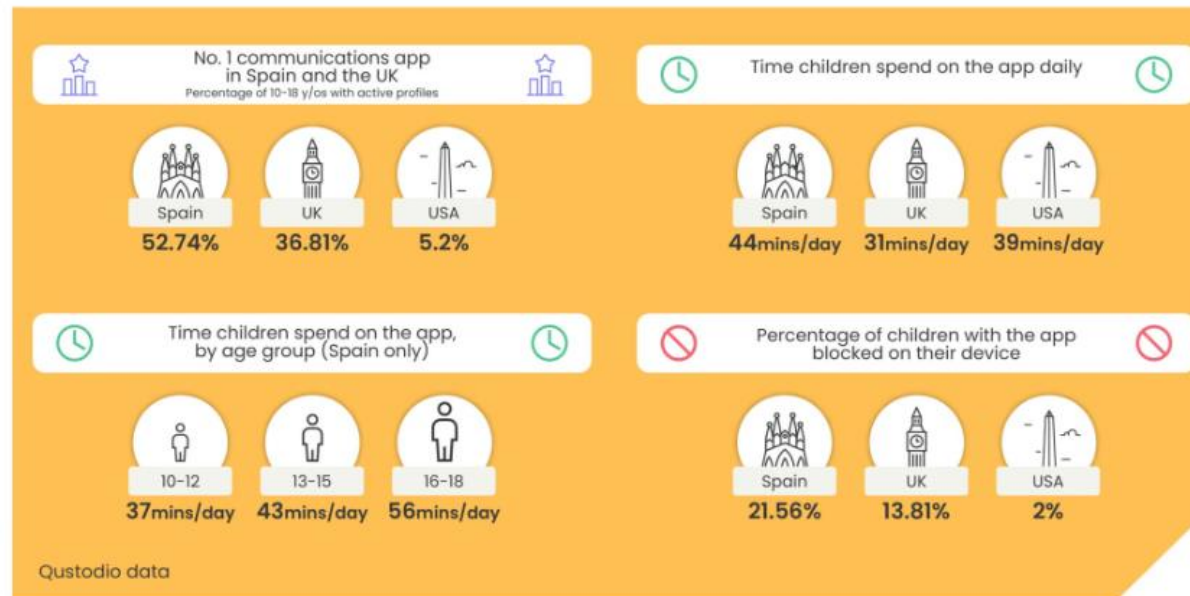Group Privacy

Children spend **44 minutes a day** sending and receiving messages · 44 min

2 billion users around the world

100 billion messages through the app every day

Statista & Facebook

No. 1 communications app in Spain and the UK
Percentage of 10-18 y/os with active profiles

Spain	UK	USA
52.74%	36.81%	5.2%

Time children spend on the app daily

Spain	UK	USA
44mins/day	31mins/day	39mins/day

Time children spend on the app, by age group (Spain only)

10-12	13-15	16-18
37mins/day	43mins/day	56mins/day

Percentage of children with the app blocked on their device

Spain	UK	USA
21.56%	13.81%	2%

Qustodio data

Qustodio

Edibles and social media

An ongoing trend is the marketing and sale of drug infused food items known as edibles via Snapchat.

Packaged as sweets, known to contain THC, MDMA, LSD or amphetamine.

Can take many hours for the user to experience a high, resulting in the user overdosing and experiencing hallucinations and psychotic episodes.

The packaging resembles legitimate brands raising concerns that children could eat them by mistake.

Be aware

Encrypted messaging app

Users don't provide a phone number or other credentials.

Featured in over 1,100 UK child sexual abuse cases police had investigated in the past five years (BBC 2018).

Kik is not for kids

Kik is listed as 17+ in app stores but it targets teens and allows kids as young as 13.

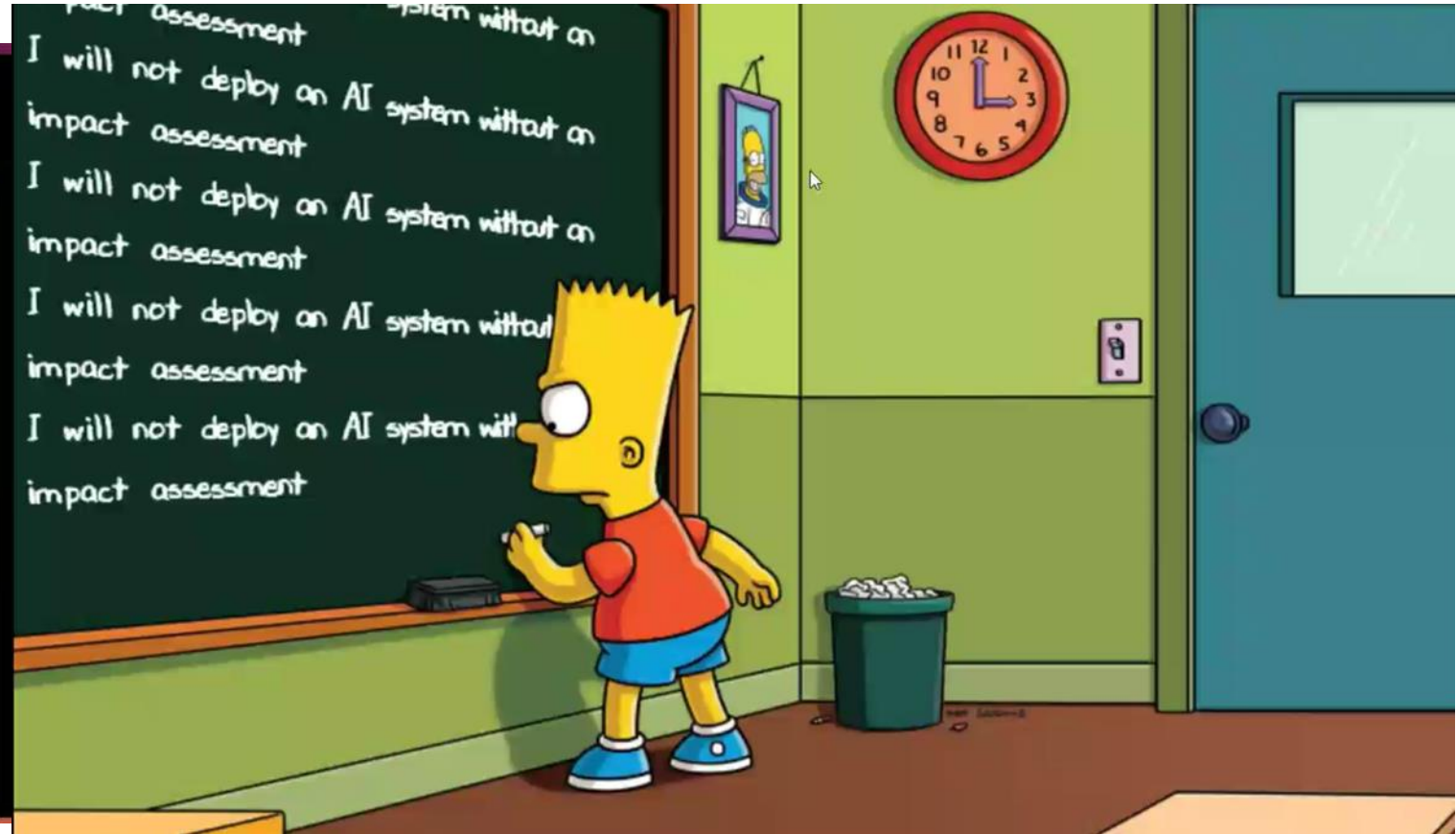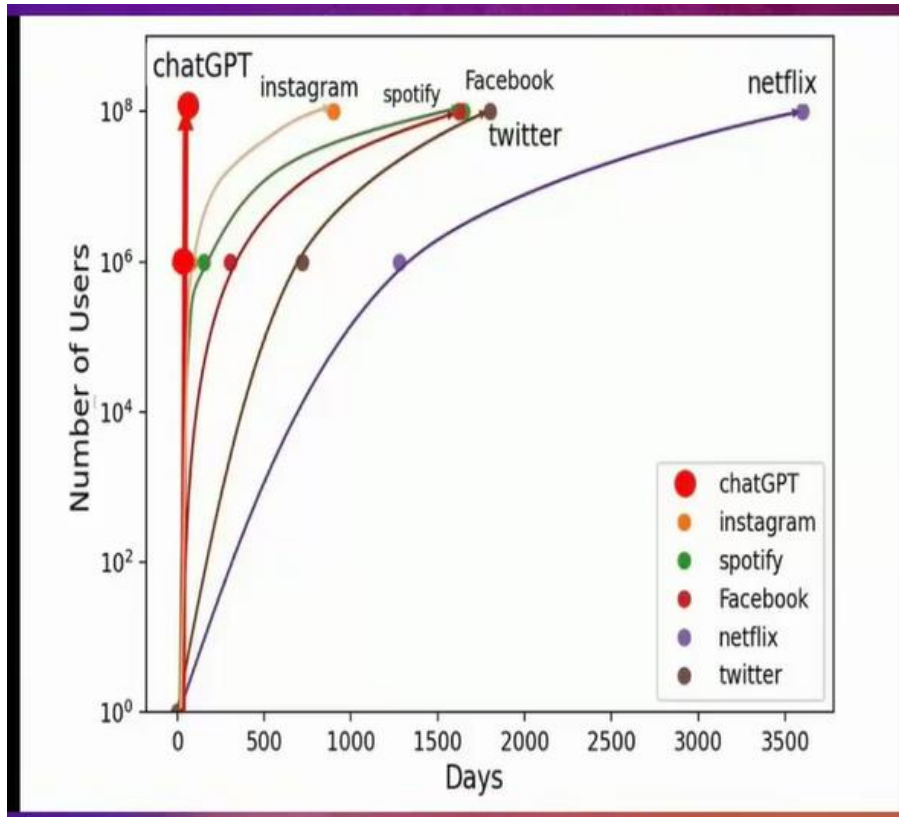**Kik has no parental controls**

Kik users are anonymous

Kik has a dating app

Kik streaming is sexualized

AI

- Image generation
- Nude image generation
- Video generation
- Voice generation
- Music generation

V1	V2	V3	V4	V5	V5.1
Released February 2022	Released April 2022	Released July 2022	Released November 2022	Released March 2023	Released May 2023

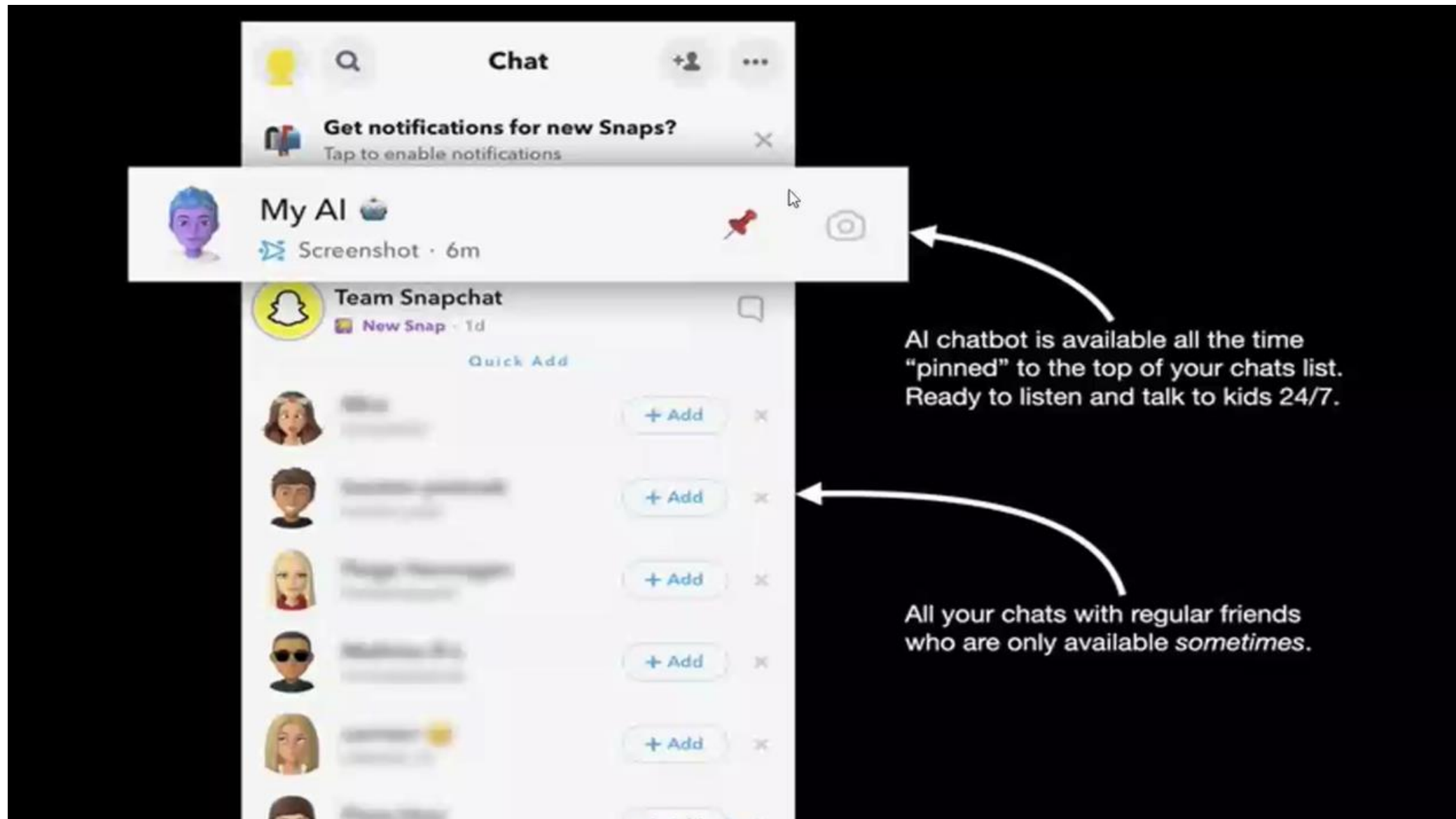| V1	V2	V3	V4	V5	V5.1
Released February 2022	Released April 2022	Released July 2022	Released November 2022	Released March 2023	Released May 2023

AI bot - virtual friend

ROBLOX

- Horror themed
- Talk to strangers

Massive multiplayer game for young people, 150 million players world wide, 7+ age restriction.
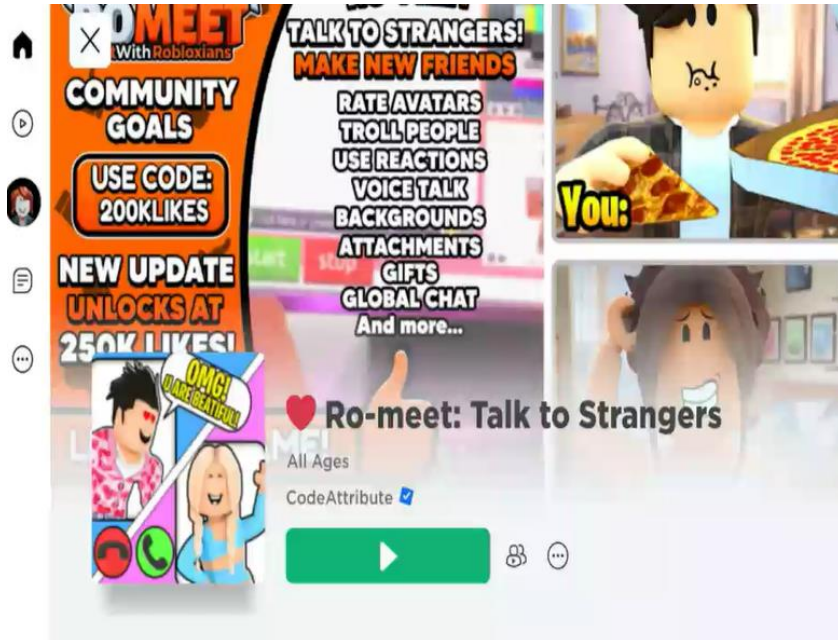
Been around since 2004 and valued at £18 billion.

Roblox and its game developers make money through in-game microtransactions.
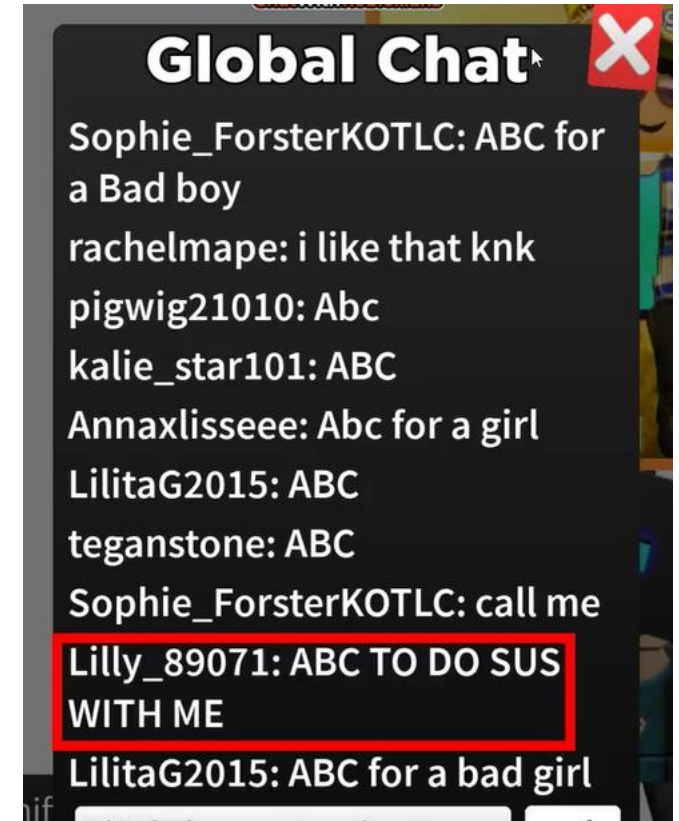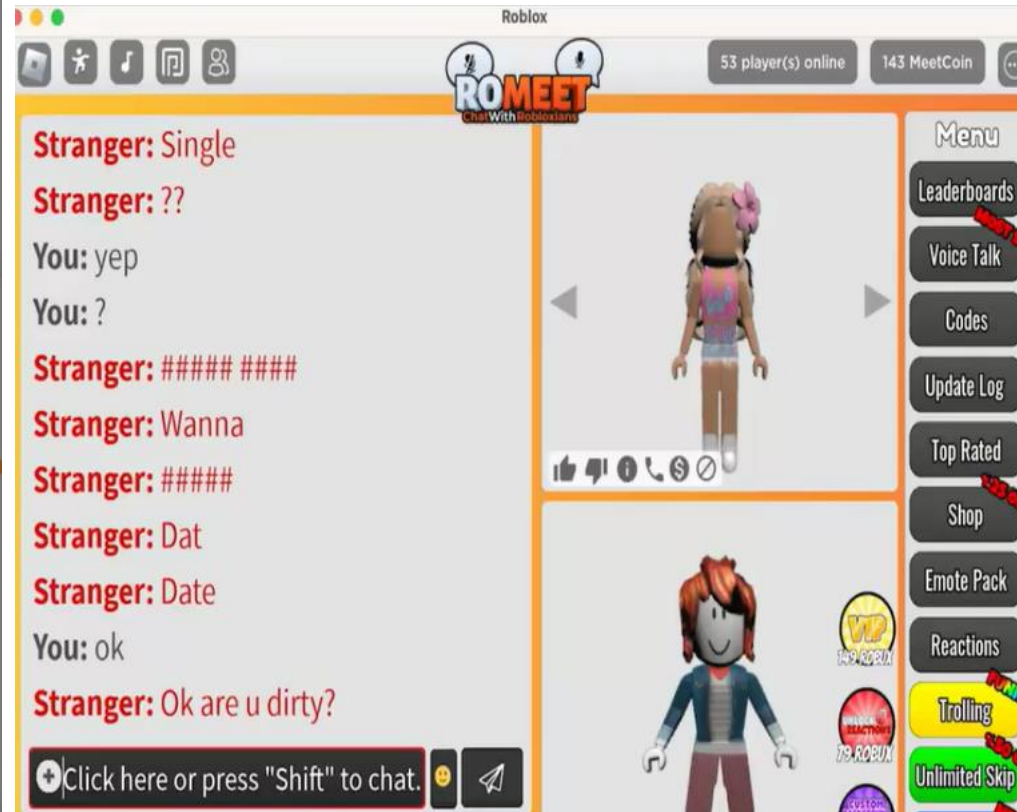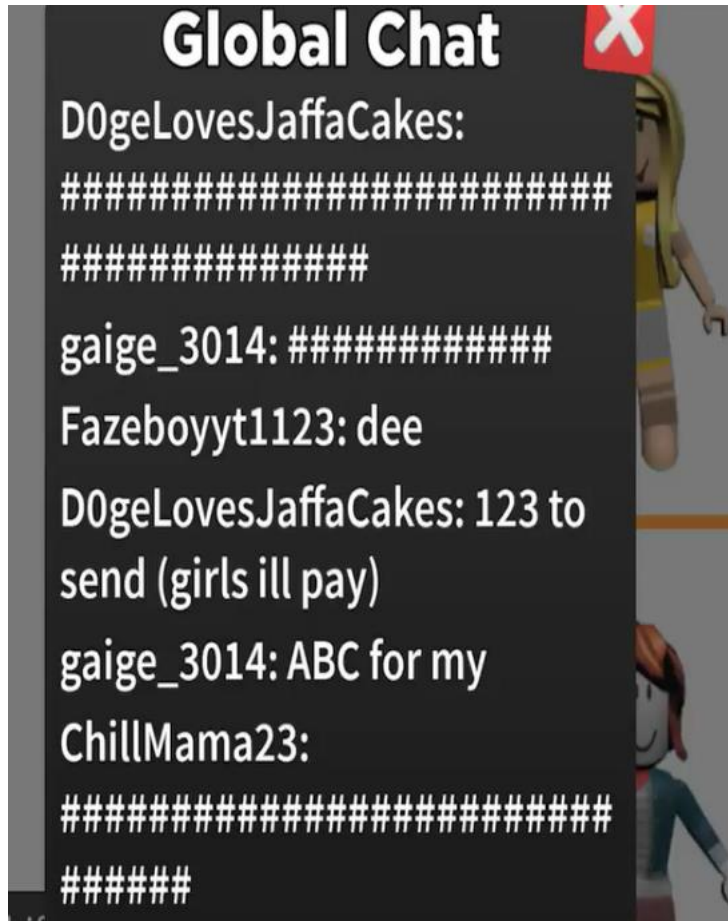
Currently 40 million games on the platform.

Robux is the in-game currency - children have used parents debit cards in the past without permission.

Child sex offenders present - they go to where the children are.

Has a chat/message feature giving child sex offenders opportunity to groom very young and impressionable children.

ROBLOX Chat

Global Chat

D0geLovesJaffaCakes:
##############################
###########

gaige_3014: ###########

Fazeboyyt1123: dee

D0geLovesJaffaCakes: 123 to
send (girls ill pay)

gaige_3014: ABC for my

ChillMama23:
##############################
######

Roblox

53 player(s) online   143 MeetCoin

ROMEET
Chat With Robloxians

Stranger: Single
Stranger: ??
You: yep
You: ?
Stranger: ##### ####
Stranger: Wanna
Stranger: #####
Stranger: Dat
Stranger: Date
You: ok
Stranger: Ok are u dirty?

Click here or press "Shift" to chat.

Menu
Leaderboards
Voice Talk
Codes
Update Log
Top Rated
Shop
Emote Pack
Reactions
Trolling
Unlimited Skip

Global Chat

Sophie_ForsterKOTLC: ABC for
a Bad boy

rachelmape: i like that knk

pigwig21010: Abc

kalie_star101: ABC

Annaxlisseee: Abc for a girl

LilitaG2015: ABC

teganstone: ABC

Sophie_ForsterKOTLC: call me

Lilly_89071: ABC TO DO SUS
WITH ME

LilitaG2015: ABC for a bad girl

Pornography and Nudes

Under 18 is illegal to make and share nudes.

Childline has power to remove

Why might young people share nudes?

A young person may send a nude or semi-nude image or video for a variety of reasons, including:

As part of a trusting relationship	For affirmation, such as positive feedback they receive from recipients
For a joke	
To flirt	Because they have been manipulated, pressured or coerced into doing so

AI and digital footprint

What can come from digital footprint?

- https://www.youtube.com/watch?v=-r_2a064dWY

Device basket

What can parents do?

Encourage parents to have a technology talk with their child before giving them a device and have regular follow up talks. Encourage their child to be open about their technology use and reassure them they won't get in trouble if things go wrong.

Allow social media only on large screens

Less likely to access

Activity will be in plain sight

Parents will be able to monitor better

When accessed on a small private phone screen there is more chance for problems with reckless use

The more secret the access, the more potential for bad choices

CELL PHONE CONTRACT

1 ▶ USAGE
- ☐ I will plug my cell phone in my parent's room by _____ p.m. on school nights and _____ p.m. on the weekend.
- ☐ I will always have my cell phone turned on when I'm out with friends.
- ☐ I will always answer call or texts from my parents.

▶ ETIQUETTE
- ☐ I will not use my cell phone during family mealtimes or family time.
- ☐ I will not text or use my cell phone when I am doing homework or while in school.
- ☐ I will not text or talk on my cell phone while I am driving.
- ☐ I will not look at my cell phone when talking to someone in person.
- ☐ If I am asked to stop using my cell phone, I will happily do so.

▶ HONOR CODE
- ☐ I will never message or talk to someone and then delete or hide it from my parents.
- ☐ I will never open or view pages that are not permissible, such as: _____
- ☐ I will never share personal information such as name, address, phone number, school, etc.
- ☐ I will never send, forward or respond to mean or threatening messages.
- ☐ I will never buy or download anything without my parents' permission.
- ☐ I will never give my passwords to anyone BUT my parents; they will have access to all of my passwords.
- ☐ I will never join social media networks without permission.
- ☐ I will tell my parents immediately if something on my phone is inappropriate.
- ☐ I will give my parents access to my phone whenever.

2 ▶ CONSEQUENCES
I understand that I risk the following consequences for violating any of the above:
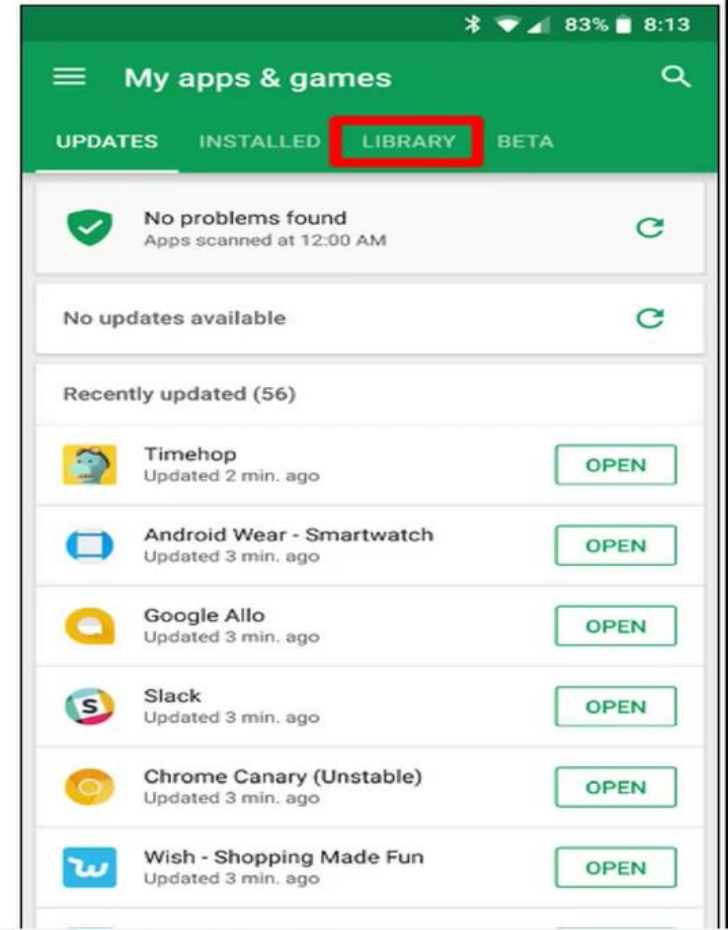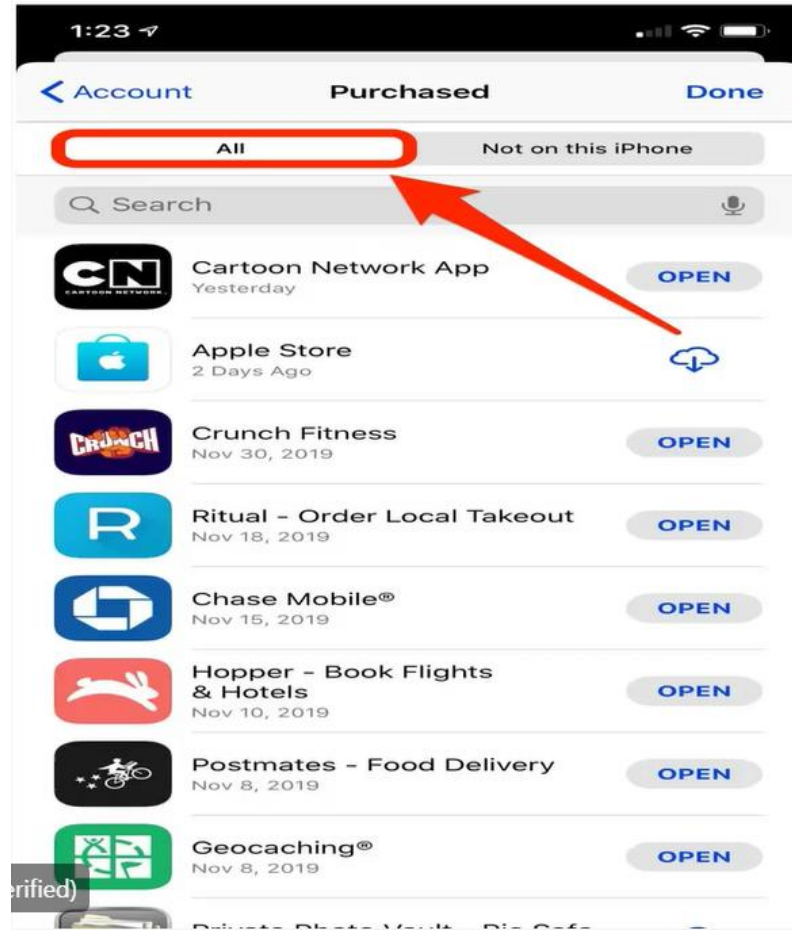- ☐ _____
- ☐ _____
- ☐ _____

3 ▶ SIGNATURES
I understand that a cell phone is a privilege that I must earn by being responsible and trustworthy. I will follow this contract at all times.

Child: _____ Date: _____
Parent: _____ Date: _____

Monitorin

How to check what has been downloaded

Download and explore the apps your child uses.

Carryout frequent and random phone checks (without warning).

Blue light and sleep

Phones and tablets emit blue light.

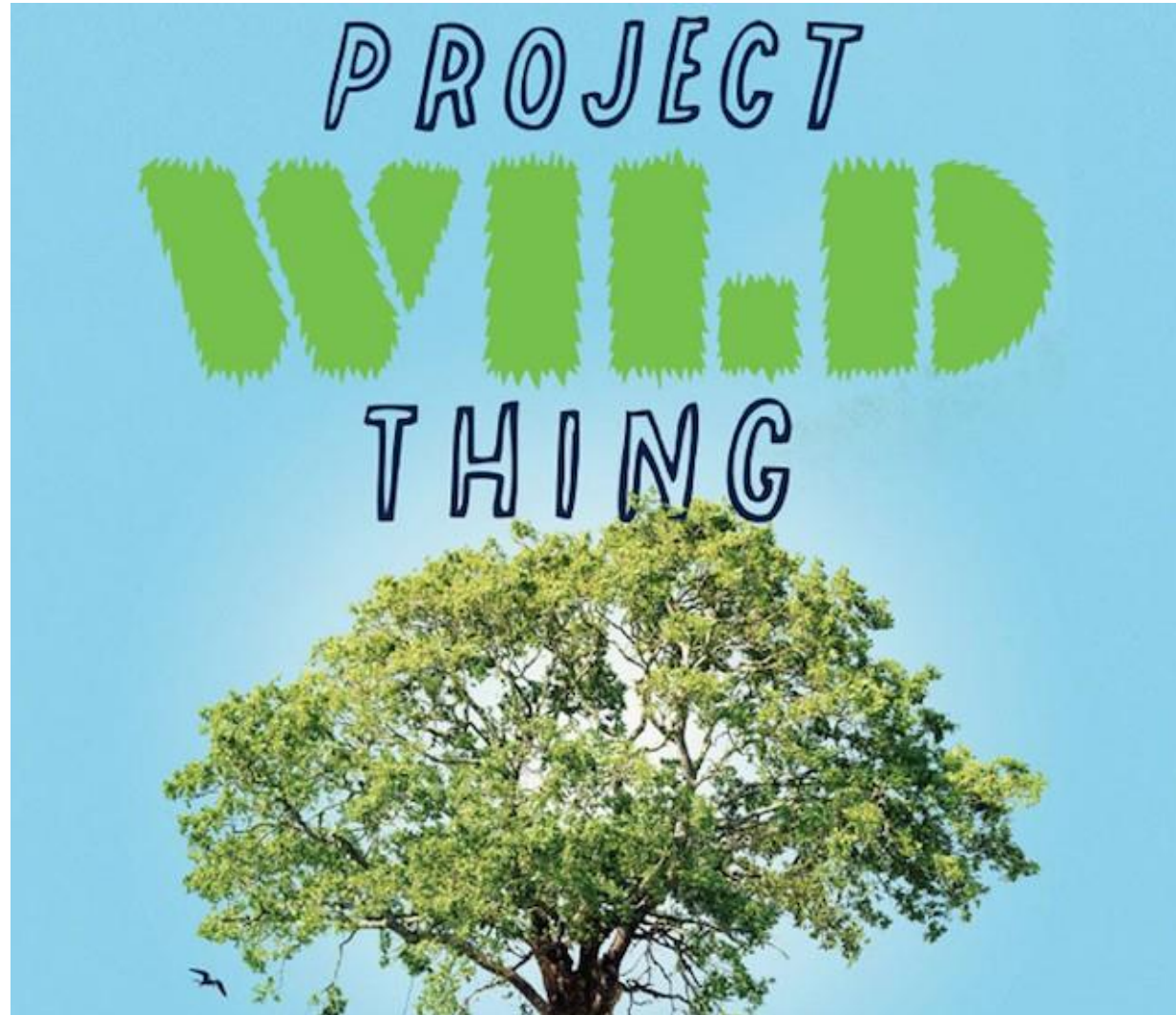Blue light supresses the release of melatonin which is a hormone that encourages sleep.

Having shortened sleep can lead to negative health impacts such as metabolic disorders and mental health conditions.

Newest Digital Alarm Clock, LED Clock for Bedroom, Electronic Desktop Clock with ...

Large Bold Alarm Clock in Black with Light Up Face and Snooze
4.8 ★★★★★ 11

LED Alarm Clock
4.7 ★★★★★ 14
Digital

IKEA - BONDTOLVAN Alarm clock, digital/green, 20x8 cm
2.5 ★★★ 11

No internet connectable devices in the bedroom (bathroom/toilet) especially at night.

https://www.youtube.com/watch?v=0JuT43kaoUg

Family link

Apple Screen Time

3 May–9 May

1 hr 54 min/day

6h

4h

Avg

0 m

Fri Sat Sun Mon Tue Wed Thu

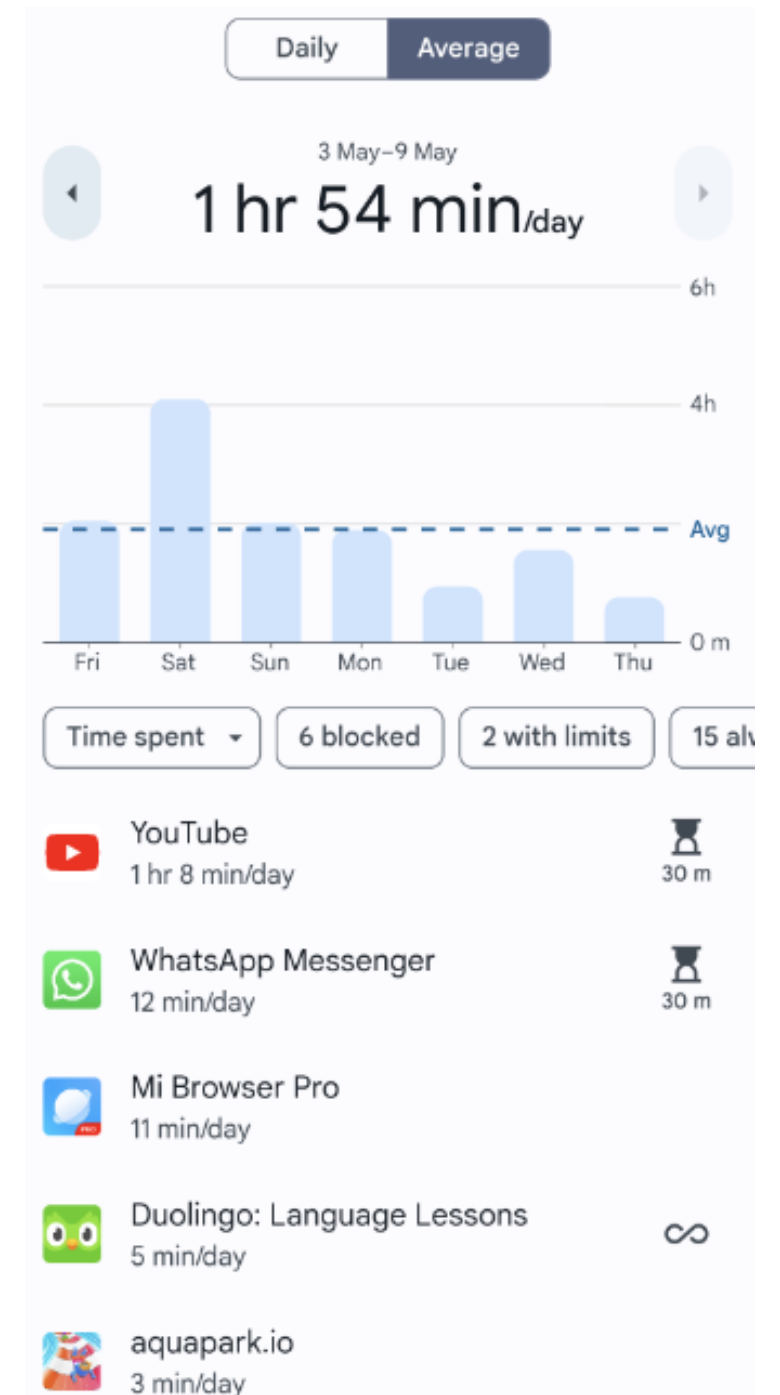Time spent ▾ | 6 blocked | 2 with limits | 15 al|
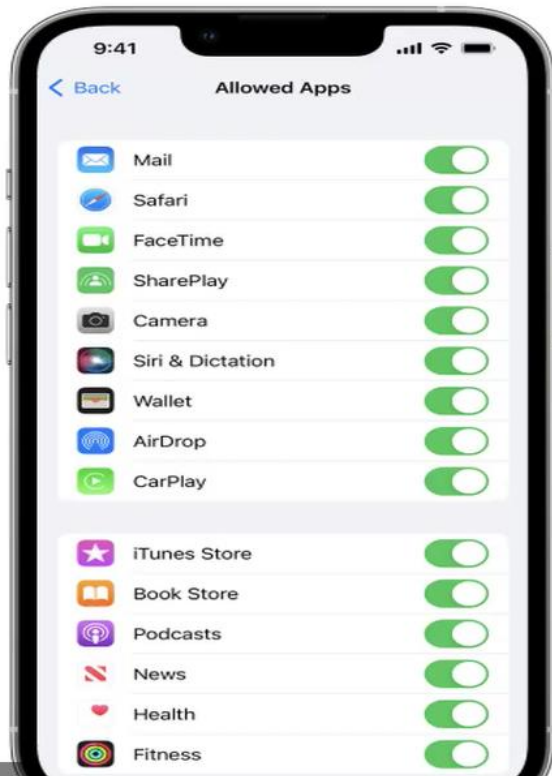
Allow built-in apps and features

You can restrict the use of built-in apps or features. If you turn off an app or feature, the app or feature won't be deleted, it's just temporarily hidden from your Home Screen. For example, if you turn off Mail, the Mail app won't appear on your Home Screen until you turn it back on.

To change your Allowed Apps:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions.
3. Enter your Screen Time passcode.
4. Tap Allowed Apps.
5. Select the apps that you want to allow.

9:41

< Back   Allowed Apps

- Mail
- Safari
- FaceTime
- SharePlay
- Camera
- Siri & Dictation
- Wallet
- AirDrop
- CarPlay

- iTunes Store
- Book Store
- Podcasts
- News
- Health
- Fitness

YouTube
1 hr 8 min/day   30 m

WhatsApp Messenger
12 min/day   30 m

Mi Browser Pro
11 min/day

Duolingo: Language Lessons
5 min/day   ∞

aquapark.io
3 min/day

Xbox Family Settings app
Simple tools to easily manage your children's console gaming activities.

Features available include: child account set-up, screen time settings, content settings, communication settings, ask to buy notifications, multiplayer settings, clubs and cross network play.
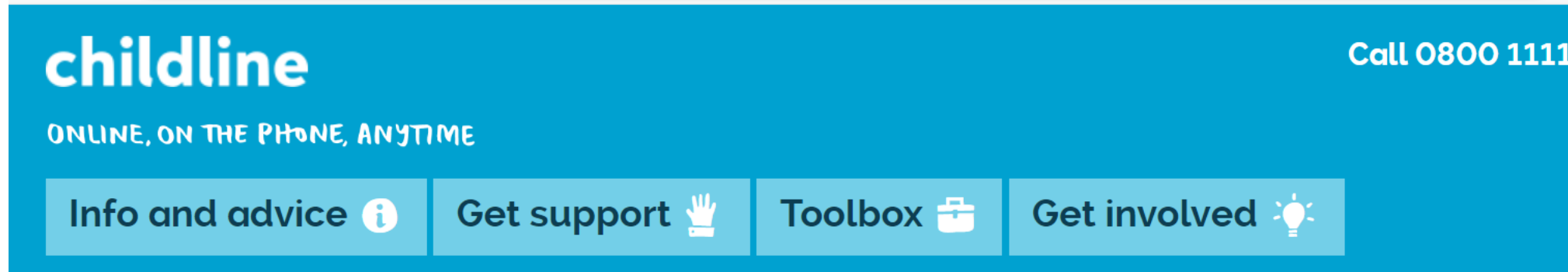
Parents receive notifications of incoming requests from their child that they respond to from their mobile device in real time.

Parents can manage their child's friend list and incoming friend requests.

Encourage hobbies and interests which are not tech based.

Childline
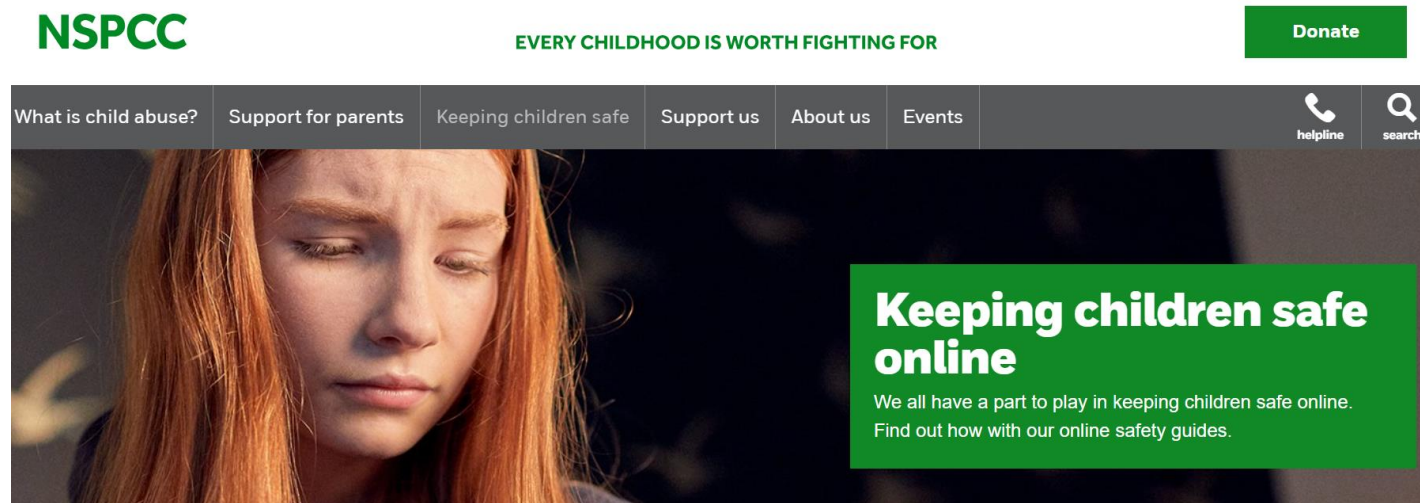
NSPCC

[NSPCC: I saw your willy – YouTube](#)
1 minute
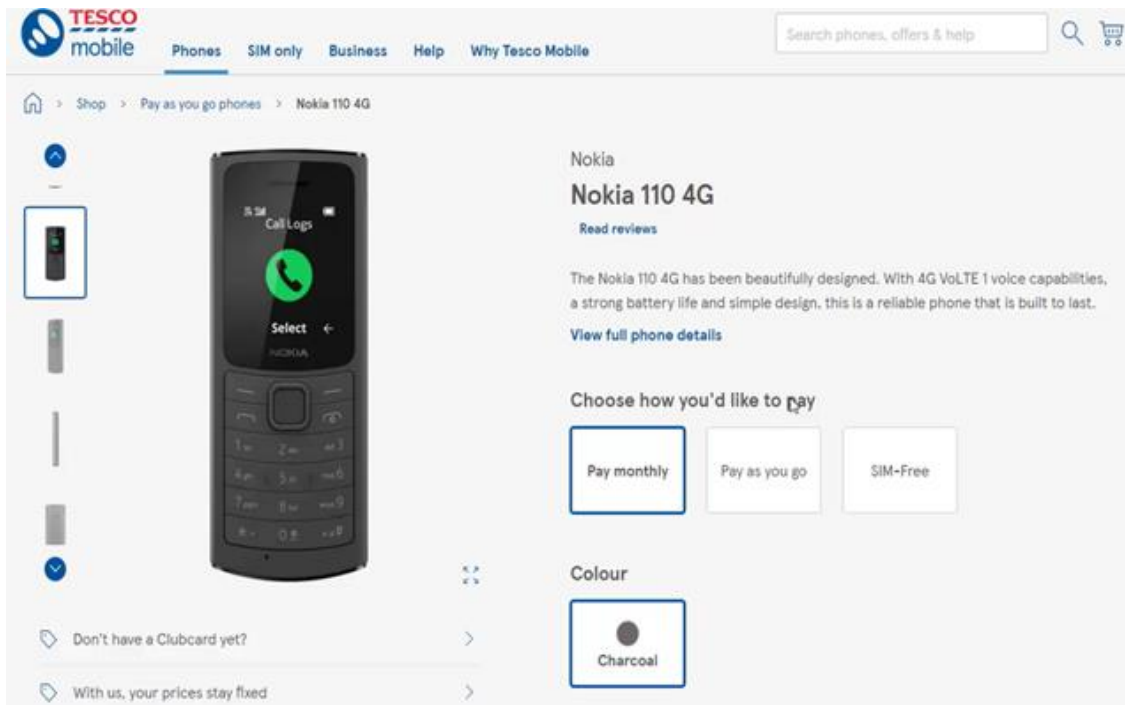
Mobile phones are more than an extension of a young person's life, the device is part of them.

When things go wrong don't confiscate or threaten to confiscate the child's phone. They will likely never open up again if they get themselves in a situation and need your support.

there maybe occasions where confiscation is necessary to safeguard the child
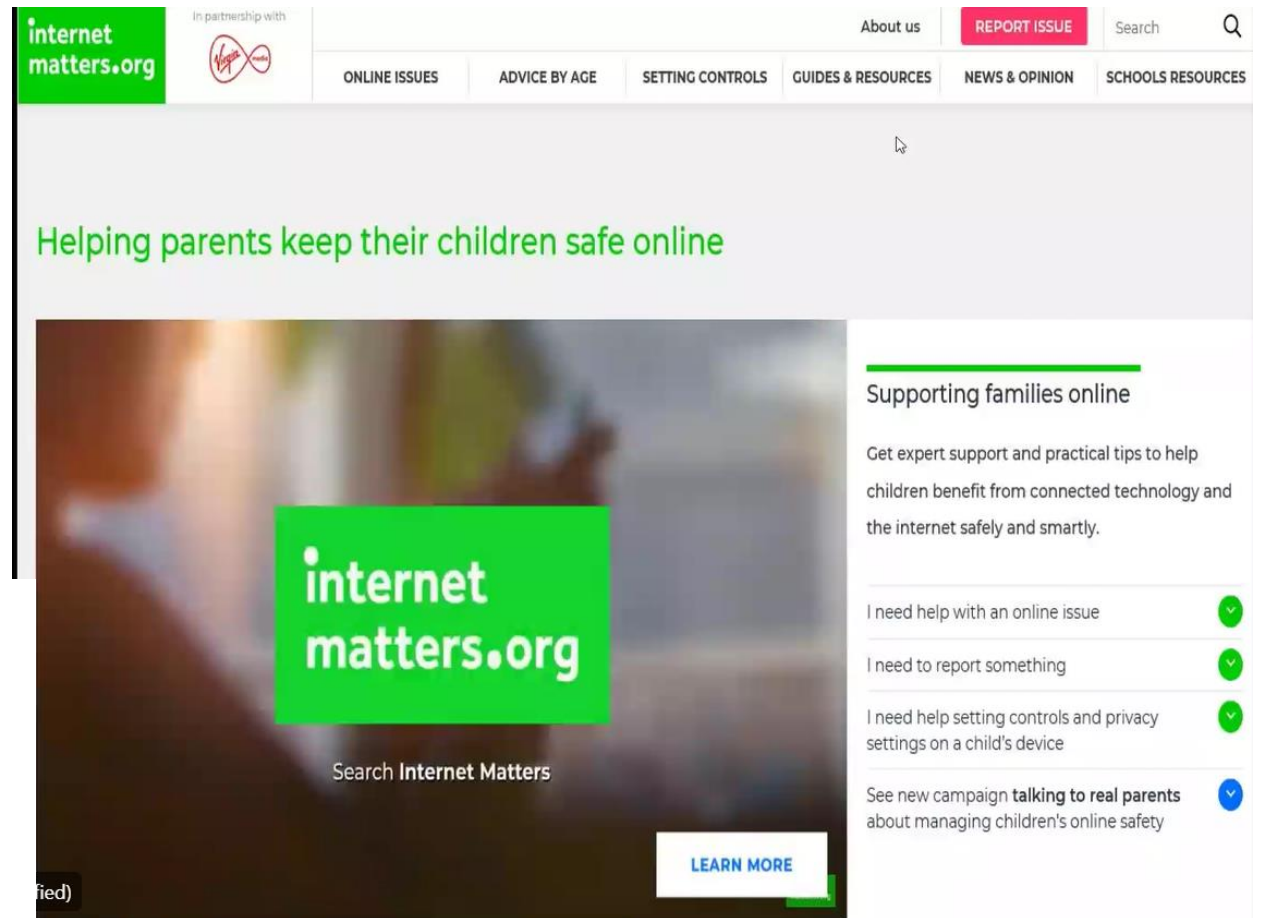
# Top tips to take home – **Digital agreement**

- Set boundaries

- Know what your children are accessing.

- Be aware of digital footprint.

- Be active to be aware and show inter

- No devices where children are alone

Ruth MOSS NSPCC

"And I've often heard people say, 'But it's the parent's responsibility to keep their children safe online', and yes it absolutely is, parents need to do as much as they can, but my message today is parents cannot do that on their own because the internet is too ubiquitous and it's too difficult to control, it's become a giant"

Signpost:
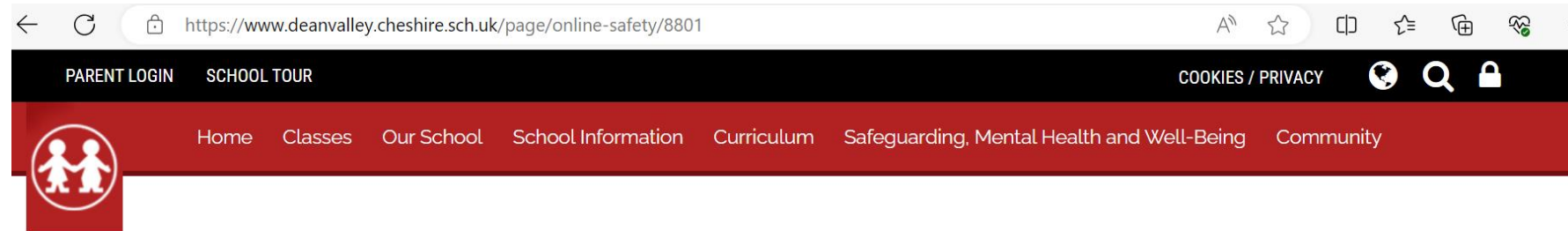
Any Questions

I FIND MYSELF WORRYING MOST THAT WHEN WE HAND OUR CHILDREN PHONES WE STEAL THEIR BOREDOM FROM THEM. AS A RESULT, WE ARE RAISING A GENERATION OF WRITERS WHO WILL NEVER START WRITING, ARTISTS WHO WILL NEVER START DOODLING, CHEFS WHO WILL NEVER MAKE A MESS OF THE KITCHEN, ATHLETES WHO WILL NEVER KICK A BALL AGAINST A WALL, MUSICIANS WHO WILL NEVER PICK UP THEIR AUNT'S GUITAR AND START STRUMMING.

me, you, us

safeguarding is everyone's responsibility