Safer Internet Day
"Lets create a better internet together"
Tuesday 11th February 2014

Brighton & Hove LSCB local safeguarding children board

Welcome to our special e-safety bulletin for Safer Internet Day 2014. The UK Safer Internet Centre organise this day every February to promote the safe and responsible use of online technology & mobile phones for children & young people. This year's Safer Internet Day 2014 is Tuesday 11th February 2014 and it's theme is **let's create a better internet together**. Find out more here: www.saferinternet.org.uk Why not try their quiz to see how savvy you are to internet safety here

The internet is an integral part of children's lives these days, which opens up many educational & social opportunities, giving them access to a world of information & experiences. Whether on a computer at school, a laptop at home, a games console or mobile phone, children & young people can access the internet whenever they can & wherever they are. Therefore it is as important to ensure that children are kept as safe online as they are in the real world, & like learning to cross the road, E-Safety skills are skills for life. Lets help children understand the risks and to make sensible & informed choices online.

SAFER INTERNET DAY 2014
TUESDAY 11 FEBRUARY
Let's create a better internet together
www.saferinternetday.org.uk

Sussex Police and partners ask young people to 'Think before you share'

On Safer Internet Day 2014, 11 February, Sussex Police will be holding a live event for young people on the theme *Think before you share.*

The event will include videos, discussions and a chance for the audience to ask a panel, including Deputy Chief Constable Giles York and representatives from partner organisations, about internet crime and sharing information online.

Young people will be invited to think about and discuss topics including:

- How far photos, videos and comments can be shared once they're online
- How it's possible to be breaking the law through something as simple as a retweet
- The responsibilities of sharing information about other people
- What they should do if they think there's something wrong when they're online

Schools and organisations working with young people from across Sussex have been invited to take part. Those interested in getting involved can watch the event between 12 – 1pm on the Sussex Police website www.sussex.police.uk.

Questions & comments will be taken on Twitter and Facebook using the hashtag #thinkbeforeyoushare. Videos of the event will be available to view on the Sussex Police website shortly afterwards for those unable to view on the day itself.

This forms part of a campaign throughout February in which the force is focusing on raising awareness of how people in Sussex can protect themselves online. This includes a month of internet safety awareness lessons in schools to reinforce existing educational packages & information on the Sussex Police website which will help computer users find out how to improve their security settings.

Sussex Police Serving Sussex

Cyber bullying

The internet is an amazing resource and helps people connect in a number of positive ways. However, some people use the internet & mobile phones to deliberately upset others. Recent statistics from ChildLine show a sharp increase in the amount of children contacting them about cyberbullying, with 4,507 in 2012-13, up from 2,410 in 2011-12. This is an increase of 87%.

A child experiencing on-line bullying may:

- Avoid discussion and be secretive about what they are doing on electronic devices.
- Be reluctant to use their devices.
- Appear nervous or anxious, especially when sending or receiving messages.
- Display unusual anger, sadness and depression after using an electronic device.
- Discuss revenge.
- Close whatever they are doing if a person walks past them.
- Have trouble sleeping.
- Lose interest in school work.
- Exhibit an interest in self-harm or suicide.
- Experience mood swings.
- Feel unwell.
- Become reclusive.
- Become unusually withdrawn or depressed

Did you know?

In 2012-13, for the first time in the charity's 28-year history, ChildLine provided more counselling online (59%) than by telephone (41%).

What **advice** can I give to young people who are being Cyberbullied?

It is important to recognise the importance of **'thinking before you post'** and the need to respect other's thoughts & feelings online. What's considered morally right & wrong offline must be thought of in the same way online, and treating others with respect on the internet is a good way to ensure that online situations are less likely to escalate into cyberbullying situations.

Don't reply: most of the time the bully is looking for a reaction when they're teasing or calling someone nasty names. Remind young people not to reply, if they do they're giving the bully exactly what they want.

Save the evidence: encourage young people to save any emails or text messages they receive so they have something to show when they do report the cyberbullying. Screenshots can be taken of snapchat or instant messaging to keep a record.

Tell someone: encourage young people to tell a trusted adult if they are being cyberbullied, and to tell them as soon as they can in order to minimise their own upset or worry.

Consultation with the Youth Council

We asked Brighton & Hove's Youth Council what they thought about these statistics and they linked the increase in self harm to the increase in cyberbullying. Read their full response here.

Zip It

With the internet and smartphones becoming more ingrained in the lives of young people there has also been an increase in online abuse, with 1,061 young people specifically talking to ChildLine about online sexual abuse in 2012/13 Often young people talked about being made to post sexually provocative images online, or share them via a mobile phone at the request of someone they had met online, often referred to as sexting. This issue was talked about by 351 young people – an increase of 28 per cent from 2011/12.

For more information on dealing with sexting in Brighton & Hove click here.

In October 2013, ChildLine launched its first app – Zipit. Developed with young people in response to NSPCC research, Zipit is designed to help them deal with the peer pressure to share explicit images. The app features funny images to use in response to requests for naked pictures, advice for safe chat and a way to call ChildLine straight from the app. Zipit was warmly received by young people, and had over 20,000 downloads by December 2013.

What will you do on Safer Internet Day?

There are a lot of little things you can do to mark Safer Internet Day. Tell us what you are doing on twitter @LSCB-Brighton #SID2014 #betterinternet

- Review your organisation's e-safety policy
- Check your parental controls at home
- Talk to children or young people about what they like on the internet
- Watch a video about cyberbullying
- Agree on family internet rules
- Make a positive cyber footprint—tell the world about the good things you are doing

Tips to help everyone stay safe online

- **Think before you post:** Protect your online reputation and remember that content posted online can last forever and could be shared publicly by anyone. Before posting something ask yourself if you would feel happy letting your grand mother see it. Think very carefully before posting pictures or videos of yourself as once it's online most people can see it and it's not just yours anymore.
- **Don't give in to pressure:** if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.
- **Be careful who you trust online:** remember that people you have met online are still strangers, no matter how long you have been talking to them or how friendly they are. Don't meet up with people you've met online, speak to your parent or carer about people who suggest that you do
- **Keep it private**: when you are chatting to people or posting things online make sure you keep your personal information private. Don't post your address, email or mobile number. Keep your privacy settings as high as possible
- Have strong **passwords**, and never give them away.
- **Reporting**: most social networking sites have a reporting feature in place. If something or someone has broken the social networking site's terms of use and are upsetting or harassing you, then you are able to make a report. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell someone.
- **Make a positive footprint:** we hear a lot about the negative footprints left online. The best way to keep your online reputation in check is to use your time online to get creative and create a positive footprint. For example why not write a blog to promote all the great things you are doing, fundraise for a charity using an online sponsorship page or create a video to teach others something new.
- **Respect** other people's views, even if you don't agree with someone it doesn't mean you need to be rude

What can we do to create a better internet?

- Be kind and respectful to others online
- Be open & honest about our online lives, and model positive online behaviours ourselves.
- Reporting any in appropriate or illegal content they find.
- Empower children & young people to embrace the positive by teaching them digital literacy skills for today's world.
- Support young people if they encounter problems online, & by give them the confidence and skills to seek help from others.
- Give children & young people opportunities to use & create positive content online.

Learning from Serious Case Reviews about online safety

The following messages are from the recent SCR of Child G. You can read our full briefing here.

- The LSCB should promote the development of robust "e-safety" arrangements in schools. In this case Mr K used social media specifically Twitter to communicate with Child G. Whilst this was not grooming in the more commonly recognised form, it was part of the way he promoted the abusive relationship.
- During investigations and ongoing assessments, where communication through mobile phones and computers are an issue, staff should be challenged on their knowledge of the use of social media and advice and assistance should be sought
- There should be updated e-safety and Social Media Guidance in all schools (including primary, secondary special schools and academies) so that all parties (students, parents & teachers) are aware of the potential pitfalls and dangers when using social media.
- Child Exploitation and Online Protection training should be arranged for all Designated Child Protection Teachers and wider IT staff about e-safety issues and possible safeguarding concerns related to the use of social media and potential for grooming

Pan-Sussex E-Safety Strategy

With our colleagues in East & West Sussex LSCBs we are working on a Pan-Sussex E-Safety Strategy. This will provide a framework for all our partner agencies to take forward & implement in their organisations, to ensure that the children & young people they work with, as well as their staff and business are kept safe on the internet.
We are making the final additions at the moment & will release it soon.

More information on keeping children safe online:

The Safer Internet Centre, commissioned by the European Commission, They run a national helpline for professionals working with children and young people, specifically tackling the area of e-Safety. The support they offer includes advice on social networking, bullying, sexting, online gaming and child protection. They also advise professionals on issues they may face about themselves, such as protecting professional identity, as well as how to help young people key themselves safe online.

The Internet Watch Foundation (IWF) is the only recognised organisation in the UK operating an internet 'Hotline' for the public and IT professionals to report their inadvertent exposure to potentially illegal content online. Its aim is to minimise the availability of potentially illegal internet content, specifically:

- child sexual abuse images hosted anywhere in the world
- criminally obscene content hosted in the UK
- incitement to racial hatred content hosted in the UK

You can report online sexual abuse and content, as well as inappropriate chat or behaviour towards a child online, from their website. www.iwf.org.uk

The Child Exploitation and Online Protection (CEOP) Centre works to eradicate the sexual abuse of children, tracking and bringing offenders to account either directly or in partnership with local and international forces. ClickCEOP is a Facebook application that helps to promote safer Internet use when using Facebook.

The ThinkUKnow website, run by CEOP, provides are range of online videos and games to educate children and young people about safer internet use. It has sections for children aged 5-7, 8-10 and 11+, as well as advice for parents and carers. They also provide resources targeted for schools as well.

Childnet International is a children's charity whose mission is to help make the internet a great and safe place for children. They have developed a range of award-winning websites and resources to help provide children, parents & teachers with the information and skills they need to use the internet safely and responsibly. The Know IT All for parents contains advice for parents and carers, and a special section for children and young people

Online Compass is a free of charge self assessment tool that helps organisations who work with children & young people review and develop their safety protocols.

The NSPCC has recently launched an e-learning course for anyone working with children in partnership with CEOP. More information is available here.

More information on e-safety for parents & children can be found in Safety Net's Spring Newsletter here.