Online Safety

Information Pack

Online Safety

Children have been spending more time online due to the impact of COVID restrictions and, whilst it's a great way to stay in touch, it can also bring risks.

In this pack we will give you information about online safety and offences, resources to help you address online safety and links to further information, advice and support.

Contents

Information about online safety

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In March 2021 we carried out a South Yorkshire wide survey to find out how safe people feel online

38% use smartphones to communicate online

20% of U19s also use games consoles/forums

Facebook and Instagram are the most used social media sites overall but Snapchat is more popular in U19s

14% overall feel completely safe online
10% of U19s feel completely safe online

10% of U19s do not feel at all safe online

60% of U19s have allowed a partner to access their device, 16% did this in fear of the consequences

29% are not confident that they know how their data is used

Half of those surveyed never read safety advice, privacy policies or terms and conditions

83% feel there isn't enough awareness of online offences

Only 25% of U19s would know how to report an online offence compared to 48% across all ages

85% of U19s believe young people commit online offences due to peer influence

67% use the same password for multiple online accounts

65% of U19s have communicated online with someone they don't know

20% of U19s believe they have been a victim of an online offence but only 25% of those reported it to the police

All of those who didn't report it felt it wasn't serious enough.

40% of people would check the source/credibility of online information however only 20% of U19s would check

The majority of people would be more likely to believe information online if it looks professional or reflects their own views however U19s are more likely to believe information if it is endorsed by a celebrity or influencer

Although only 20% of U19s feel they have been a victim of an online offence, 56% have received unsolicited images

20% of U19s have felt under pressure to share an image/video online

only 5% would consider reporting to police if they saw online information promoting hate

Half of ten-year olds now own their own smartphone

70% of 12-15-year olds now have a social media profile, with Snapchat being the most prominent platform in this age group

Children aged 5-15 now spend over 14 hours a week online, just over two hours a day

(Ofcom 2019)

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Online Offending

From our survey, we found that although only 25% of people under 19 felt they had been a victim of an online offence, 56% had received an unsolicited image and 60% of these had been from people they didn't know

What is online offending?

Online offending is criminal activity committed using computers, computer networks or other forms of digital technology. This covers offences that take place online within 2 overarching areas of cybercrime:

1. cyber-dependent crimes - which can only be committed through the use of online devices and where the devices are both the tool to commit the crime and the target of the crime
2. cyber-enabled crimes - traditional crimes which can be increased in scale by using computers.

Some examples of online offences include:

- Email and internet fraud
- Identity fraud
- Financial theft
- Hacking
- Cyberstalking
- Online harassment
- Cyberbullying
- Trafficking passwords
- Sexual exploitation

For more examples on what constitutes an online offence:

A report produced by the Government into the nature of online offending:
www.gov.uk/government/publications/the-nature-of-online-offending

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Keeping Children Safe Online

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From our survey, we found that only 10% of people under 19 feel completely safe online

It can be difficult to keep up with the ever-changing world of digital technology and children are often more confident and knowledgeable than most adults.

- Check privacy and location settings
- Check age restrictions on apps/websites /games
- Talk to your child about their online interests
- Have access to passwords and pins for young children
- Seek advice or report any concerns

There are a number of websites offering useful tips and advice on how to address the safety of children online.

NSPCC - www.nspcc.org.uk/keeping-children-safe/online-safety/
Online safety advice and latest news on online safety including tips for parents/carers to help aid conversations with your children around how they can stay safe online

Fearless - https://www.fearless.org/en
Offering non judgemental advice around crime and a safe method for reporting

Internet Matters - https://www.internetmatters.org/
Support and advice for children and families to help stay safe online

UK Safer Internet Centre - https://www.saferinternet.org.uk/
Online safety tips, advice and resources to help children and young people stay safe online.

Educate Against Hate - https://educateagainsthate.com/
Government advice and trusted resources for schools to safeguard students from radicalisation, build resilience to all types of extremism and promote shared values.

BBC Bitesize Fact or Fake - www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1
A resource to help children to identify fake news and misinformation. The Fact or Fake? website includes articles, video content and quizzes to help young people become more discerning about the information they engage with.

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How to report

> From our survey, we found that 20% of U19s believe they have been a victim of an online offence but only 25% of those reported it to the police

There are a number of ways in which you, or young people, can report online safety concerns or get advice about something which worries you

South Yorkshire Police
https://www.southyorks.police.uk/contact-us/report-something/
101 (non-emergency)

Crimestoppers – anonymous crime reporting
https://crimestoppers-uk.org/
0800 555 111

Fearless – anonymous crime reporting
https://www.fearless.org/en

Childline – help and support for children and young people
http://www.childline.org.uk/
0800 1111

Child Exploitation and Online Protection (CEOP) - Reporting for online abuse or concerns about online communication
https://www.ceop.police.uk/safety-centre/

Report Harmful Content – online reporting for harmful content
https://reportharmfulcontent.com/

The Internet Watch Foundation (IWF) – anonymous reporting for child sexual abuse images/videos
https://report.iwf.org.uk/en

True Vision – Reporting online hate crime
https://www.report-it.org.uk/home

In cases of emergency, call 999

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Resources

Resources are available to help professionals and parents/carers address online safety concerns

ThinkUKnow- www.thinkuknow.co.uk
Resources and information for schools, professionals, young people and parents/carers

CEOP- www.thinkuknow.co.uk
Information on what happens when reports are made and how CEOP can help. Includes reporting channel.

UK Safer Internet Centre - UK Safer Internet Centre
Online safety tips, advice and resources to help children and young people stay safe online

Internet Matters - https://www.internetmatters.org/
Support and advice for children and families to help stay safe online

NSPCC - www.nspcc.org.uk/keeping-children-safe/online-safety/
Online safety advice and latest news on online safety including tips for parents/carers to help aid conversations with your children around how they can stay safe online

National Online Safety -
https://www.saferinternet.org.uk/
Online safety tips, advice and resources to help children and young people stay safe online.

Fearless - https://www.fearless.org/en
Offering non judgemental advice around crime and a safe method for reporting

Useful documents
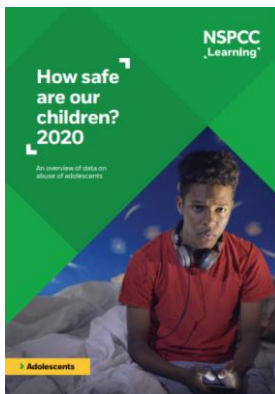
Children and parents media use and attitudes (2021) – OFcom
https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens/children-and-parents-media-use-and-attitudes-report-2021
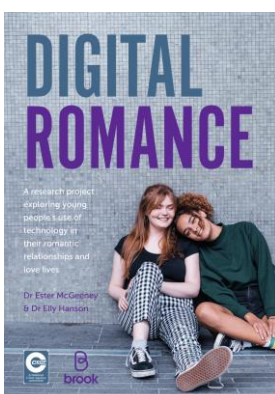
How safe are our children (2020) – NSPCC
https://learning.nspcc.org.uk/media/2287/how-safe-are-our-children-2020.pdf

Sharing nudes and semi-nudes: advice for education settings working with children and young people
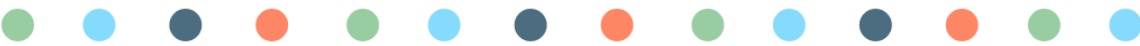https://www.gov.uk/government/publications/sharing-nudes-and-semi-nudes-advice-for-education-settings-working-with-children-and-young-people

Digital Romance (2017) – CEOP
www.thinkuknow.co.uk/professionals/guidance/digital-romance

Positive Careers

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There are opportunities to turn cyber skills into positive careers

Cyber Security Challenge UK

A series of national competitions, learning programmes and networking initiatives designed to inspire and enable more people from diverse backgrounds to become cyber security professionals

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https://joincyberdiscovery.com/
Training for 13 – 18 year olds to become the next leaders in cyber security by playing a vast online training game.

https://www.childnet.com/our-projects/childnet-digital-leaders-programme
A youth leadership training programme empowering young people to educate their peers about online safety.

https://www.nationalcrimeagency.gov.uk/careers/how-to-join-the-nca/nca-specials
this is a voluntary role for recruits with specialists, niche expertise and skills including in cyber skills area

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https://www.open.edu/openlearn/science-maths-technology/digital-forensics
Free online digital forensics training course.

https://www.hackthebox.eu/
Online platform allowing you to test your skills and exchange ideas and methodologies.

http://www.edx.org
Free 8 week computer forensics training course – verified certificate costs £177.

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https://www.eccouncil.org
World's largest cyber security technical certification body

http://www.instituteforapprenticeships.org
Cyber security technician apprenticeship

http://www.cybrary.it
Computer forensics training course.

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https://www.sololearn.com/
Free online coding lessons.

https://www.codecademy.com/
Free online coding lessons.

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Safety Apps and Software

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Safety apps and software are applications designed to aid in personal safety. Such apps and software can be used to protect individuals and help to increase the feelings of safety. There are also apps available to enable parents to track their child's location, however it is important to only allow trusted people to access these.

www.yoti.com/

The Yoti app is your secure digital ID. It's the safe place to store your personal details, encrypted so only you can access them.

MSpy - Available on app stores (Apple & Android)

Allows full monitoring access of all details of child's smartphone without letting them know.

https://hollieguard.com/

The user simply shakes their device or tap to activate Hollie Guard, which immediately notifies chosen contacts with a GPS link and sends audio and video evidence.

www.onescream.com/

Voice activated personal safety app when you are in danger and cannot reach your phone. 3 people can be added to be notified when help is needed.

https://getbsafe.com/

App allows users to set up guardians who can track their way home with GPS. Features an emergency alarm that sends a text of an exact location to these guardians, as well as the ability to access a phone's audio and video to document dangerous situations.

K9 Web Protection
from Blue Coat

https://k9-web-protection.en.softonic.com/

A windows application to protect children online. It blocks any harmful online content, spyware and malware, and provides updates on online scams.

www.circleof6app.com/

Add up to 6 contacts. It takes two taps for an automated message to appear with the location of the individual of whom does not feel safe.
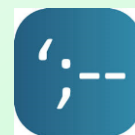
www.redpanicbutton.com/

When the app's red panic button is pressed it sends a GPS link using google maps to the user's emergency contacts.

Get Home Safe

www.gethomesafe.com/

This app tracks your location to share what you are doing with your friends and family and uses a timer to alert them to your whereabouts via GPS if the timer goes off.

https://haveibeenpwned.com/

A free resource for anyone to quickly assess if they may have been put at risk due to an online account of theirs having been compromised or 'pwned' in a data breach

Support for Families

The parent-child relationship is essential to the child's development and recovery. When parents are not available or are struggling with their own distress from the event, they may have trouble supporting their children's recovery.

Families can experience distress from the trauma inflicted on another family member, this is known as familial trauma. All families experience this differently. Trauma can change families as they work to survive and adapt to new situations. These can be frightening events and cause traumatic stress responses in family members that ripple through relationships and affect family functioning.

To understand more about trauma and how it affects people, watch this video:
https://youtu.be/v60Pi87sqhI

Psychological and physical effects of trauma on the target and their families
- Upsetting emotions
- Anxiety
- Shock, denial, or disbelief
- Confusion/difficulty concentrating
- Anger, irritability, mood swings
- Guilt, shame, self-blame
- Withdrawal from others
- Feeling disconnected or numb
- Insomnia or nightmares
- Fatigue
- Aches and pains
- Muscle tension
- Post-Traumatic Stress Disorder (PTSD)

Recovery tips
- Exercise → 30 minutes + a day
- Ask for support
- Participate in social activities
- Join a support group for trauma survivors
- Mindful breathing
- Avoid alcohol and drugs
- Eat a well-balanced diet
- Get plenty of sleep
- Cognitive behaviour therapy (CBT)
- Seek professional therapy

Digital Champions Network

The aim of the digital champions network is to work in partnership to increase awareness of online and digital developments and help circulate information within multiple organisations enabling greater engagement.

The network will be kept informed of any training available for professionals and the public and have the opportunity to inform future training based on the needs identified in different settings. Feedback via the network will also enable us to develop any resources or information bulletins which can then be shared.

If you have any queries or feedback then please e-mail community.safety@rotherham.gov.uk

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