



Housekeeping

Please make sure you:

- Silence your phone
- Turn on your camera
- Mute your microphone
- Pop your name in the chat






Introductions

Dr. Vicki Walker

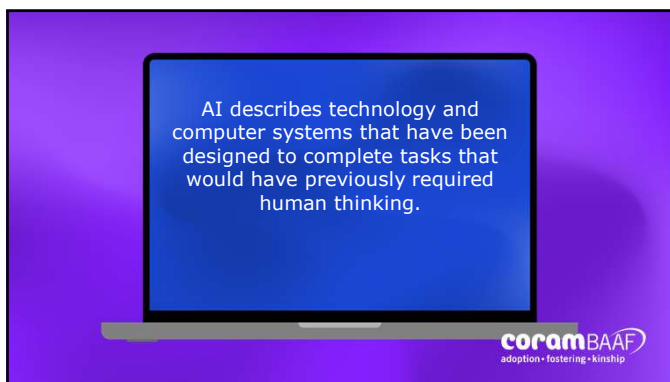
Consultant Paediatrician
Medical Advisor for East Midlands
Adoption Agency
Designated Dr Children in Care
RCPCH Assistant Officer for Child
Protection

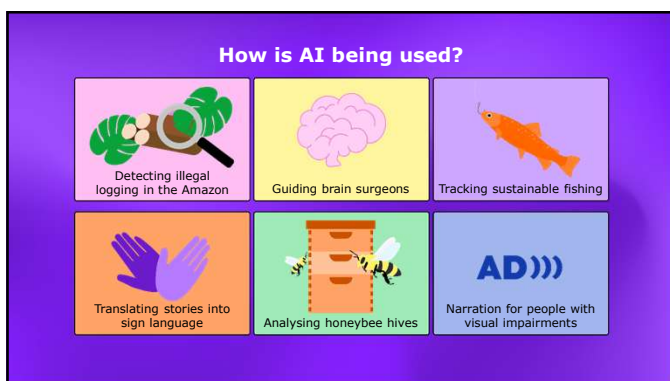
Jane Poore

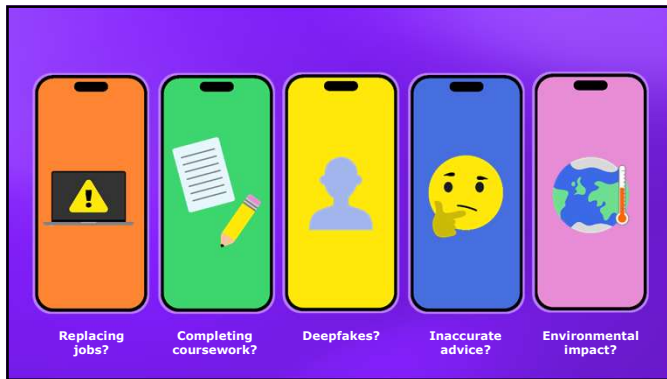
Adoption Consultant
CoramBAAF Policy Research and
Development

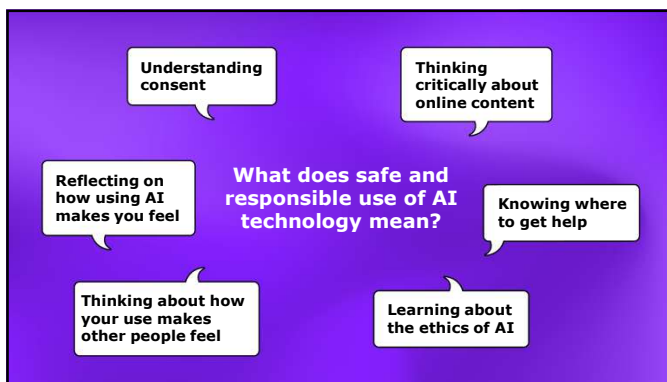


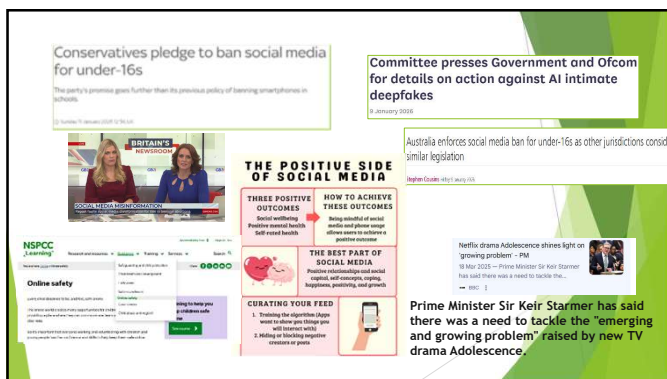












Factors that impact

Mental health
Parental Mental Health Priority: For the first time, poor parental mental health has overtaken domestic abuse as the most common factor in social care assessments.
Escalating Youth Mental Health Crisis: Over half of all Childline sessions in 2024/25 related to mental health. Concerns are particularly high for LGBTQ+ teenagers and those with gender-questioning identities.

Society - perception, community, news, worldwide events

Government

Socioeconomic
 • Poverty
 • ACEs
 • Mental health difficulties

Workforce

Education and schools - availability, workforce, home schooling, SEND provision

Care system instability

Factors that impact (positively)

Third sector - Barnardo's, NSPCC, internet safety

Children's Commissioners (across UK)

Schools

Government - Ministers for children & safeguarding

RCPCH

Partners - health, police, education, social workers

Social care - new legislation and funding

Online - direct health impacts

- ▶ Hypochondria
- ▶ Disinformation (about any condition)
- ▶ Encourage to harm (gangs, peers, bullying)
- ▶ Self harm to get likes
- ▶ And all the others....

Factors in safeguarding

- ▶ digital threats,
 - ▶ deepening mental health crisis,
 - ▶ complex extra-familial risks
- ▶ **Implementation of Online Safety Act:** As of July 2025, tech firms must now comply with over 40 practical measures to prevent children from seeing harmful content (e.g., suicide, self-harm, eating disorders).
- ▶ **AI Exploitation:** A primary focus in 2026 is tackling AI-generated abuse, including deepfakes and automated grooming tools used by predators to target minors.
- ▶ **Misogyny and Incel Culture:** Safeguarding training now specifically includes identifying and addressing online misogyny and radicalization.

Online harm

For children & young people their online life is as real to them as their 'real' life

Children & young people who are at increased risk in real life are at increased risk online

Most types abuse can happen online and can move from online to real life

Technology is not inherently bad, but it is used by people for bad things

Online harm

Exploitation

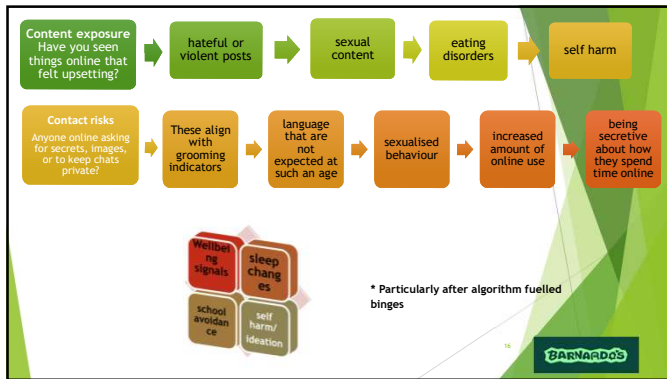
- Intimate images, revenge, blackmail,
- Nudification and deepfake
- AI generated images
- Radicalisation, extreme views/Ideologies, conspiracy theories
- Gangs, drugs (County Lines)
- Financial, blackmail

Misogyny, gender bias

- Incel culture

Direct health harm

- Health misinformation including eating disorders
- Self harm, suicide
- Incite to harm, peer pressure



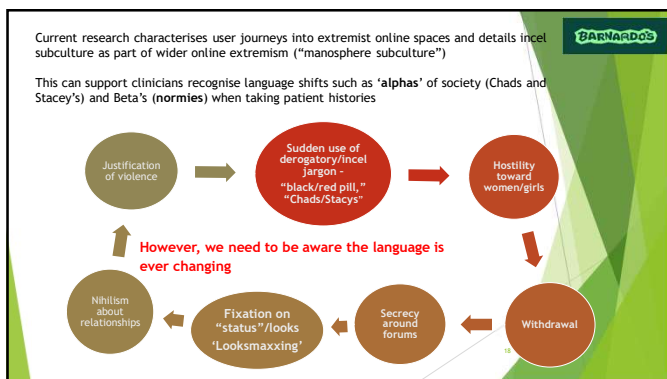
Online harm - culture

When young people are online it can become an echo chamber where people with extreme views can "find their tribe"

The algorithms of online platforms feed them things they agree with or support their views

Research suggests that teenage boys with ASD are one of the highest risk groups, young people who spend a lot of time online and find social interactions difficult are more likely to come across this content.

Logo: BARNARDOS



Violence

Child to child

- Gangs
- Dysregulation
- Bullying

Child to adult

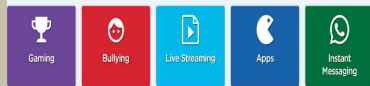
- Sensory
- Response to adult behaviour

Adult to child

Resources

Online Safety Guidance for Parents

This pocket size leaflet gives parents and carers points to consider and useful links on the following topics:



[Download Guidance for Parents](#)

This resource can also be purchased as a printed leaflet in our store

[Online Safety Guidance for Parents | SWGfL](#)



[Keeping children safe online | NSPCC](#)



Talking to children about AI

How to have conversations with your children about artificial intelligence (AI), explore this technology together, and help to keep them safe.

[Read more](#)



Online safety quiz

Does your child know how to stay safe online? Here's a family quiz you can take together.

[Take the quiz](#)



Talking to your child about online safety

Advice on how to talk to your child about staying safe.

[Learn more](#)

- Internet safety guides
- Reporting
- [Navigating online life with children and young people | CoramBAAF](#)
- [Keeping children safe online | NSPCC](#)
- Barnardo's
- [Safety and Security Online | SWGfL](#)
- UK Safer Internet
- Asking the questions and listening to the answers
- Empowering children and young people – curate their feed, be kind, step away

Happy Safer Internet Day everyone!

Top Tip for parents and carers... UK Safer Internet Centre

Thank you from CoramBAAF

We hope to see you again soon!

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@Adoptionfostering
