

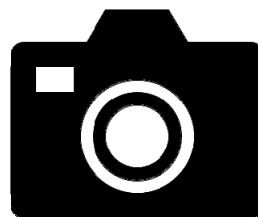
How's your online life?

Digital safeguarding for
those working with
children and adults in the
care system

Housekeeping

Please make sure you:

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



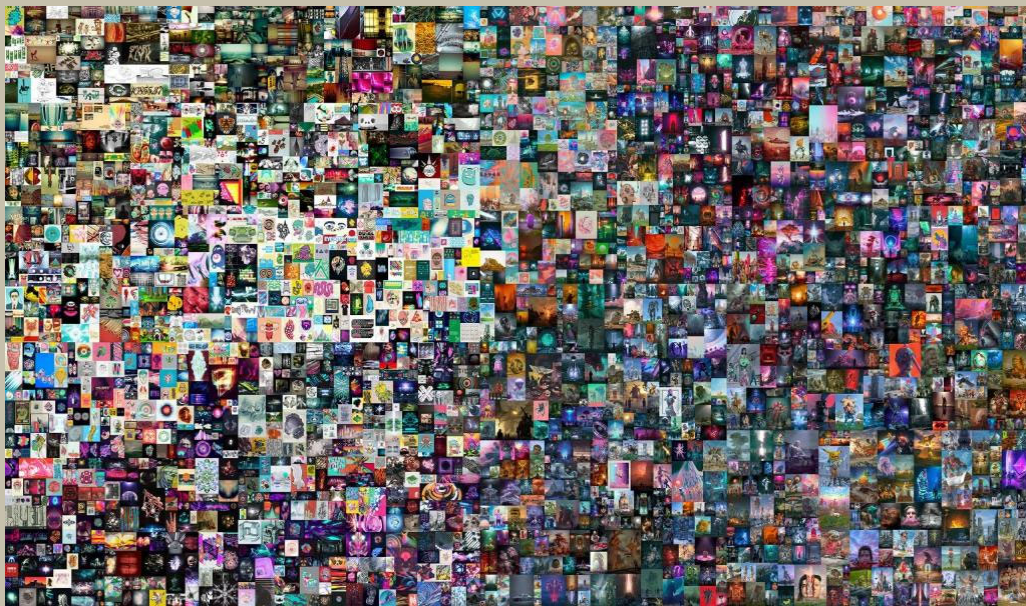
Introductions

Dr. Vicki Walker

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

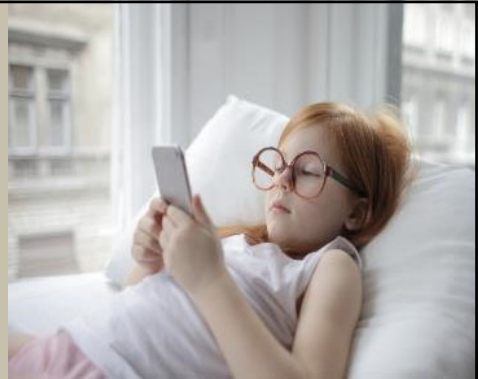
Jane Poore

Adoption Consultant
CoramBAAF Policy Research and
Development



NSPCC Data (2021)

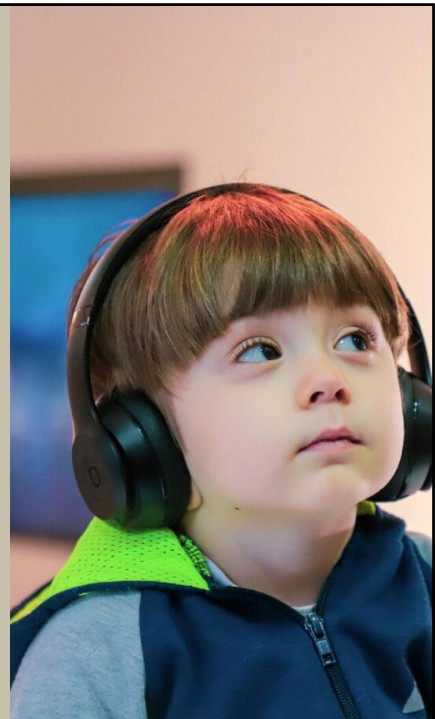
- 70% of 12-15 year olds have at least one social media account
- 37% 8-11 year olds have a smartphone 49% own a tablet
- 83% 12-15 year olds own a smart phone
- 45% 8-11 year olds that have a smartphone take it to bed with them



Safeguarding in the online world

Move focus:

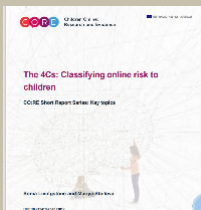
- From (appropriate) restriction and alternatives e.g. blue light at night is harmful to sleep, encourage more physical activities and 'other stuff'; limit amount of time spent online.
- Something children and young people (CYP) 'do' to an integral part of their lives; CYP consider their online life as real as their actual lives.
- Avoidance to critical thinking e.g. where is this information coming from? And resilience e.g. how do I manage the negative comments?
- How do I ask? How do I monitor? How do I help?
- How do I personally keep up and understand the evolving IT - positives and risks?



Safeguarding in the online world

If you are vulnerable in real life, you are vulnerable online

The 4Cs: classifying online risk to children – Livingstone & Stoilova



- Engages with and/or is exposed to potentially harmful **CONTENT**
- Experiences and/or is targeted by potentially harmful **CONTACT**
- Witnesses, participates in and/or is a victim of potentially harmful **CONDUCT**
- Is party to and/or exploited by a potentially harmful **CONTRACT**, eg accepts terms of service, data use

Refuge and risk – life online for vulnerable young people – Katz & El Asam 2020 (Internet Matters)



- Young people who are care experienced report high levels of **CONDUCT** risks, but at the same time, were subjects of intense cyberaggression themselves.
- Cyberbullied and insulted about how they look, one in five also received threats to harm themselves or their family.
- They encounter a great deal of potentially harmful **CONTENT** with more than one in five seeing **CONTENT** about suicide and 15% seeing material supporting extremist views.
- Nearly one in five (18%) of them report **CONTACT** risks such as people trying to persuade them into unwanted sexual activity



UK Safer Internet Day 2024

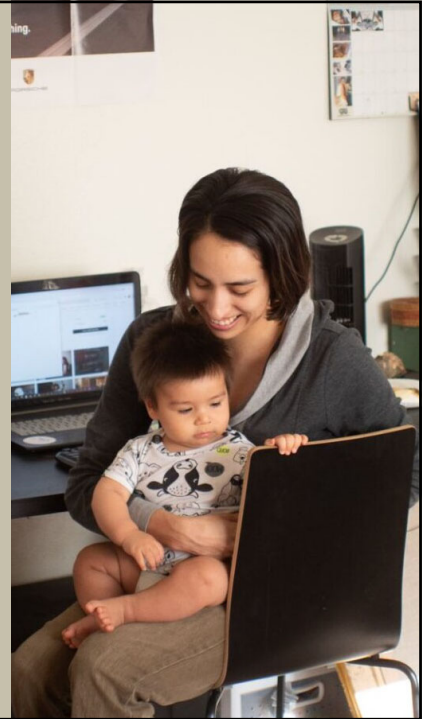
#SaferInternetDay today, focusing on online issues that matter to young people, including:

- The changes they see online
- New technology
- Managing influence

And more....

www.saferinternetday.org.uk

- **Topic 1** - Adolescent brain development
- **Topic 2** - Health
- **Topic 3** - Mental health
- **Topic 4** - Content
- **Topic 5** - Child protection
- **Topic 6** - Addiction
- **Topic 7** - SW using social media in assessments and assessing digital competency
- **Topic 8** - How to develop professional curiosity about online use and safeguarding risks
- **Topic 9** - How to support resilience and digital competence in carers and children and young people
- **Topic 10** - User guides for young people



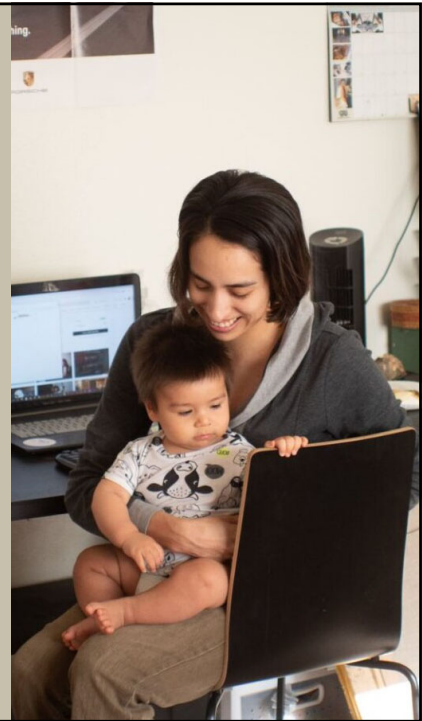
Topic 1: Adolescent brain development

Adolescence context:

- Development – risk taking, living in the moment, respond to moderation not restriction
- Internal factors
 - Young people are marketing and comparing themselves (self-absorption)
 - Crave social connectedness and socialise online
 - Validation, which can be from negative situations
- External factors
 - Persuasive design e.g. automatic next play, more impact on younger children
 - Online disinhibition effect and disassociation of being online



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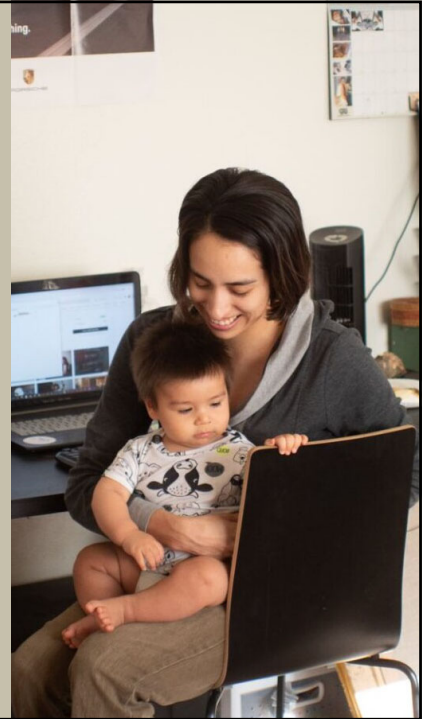


Topic 5: Child protection

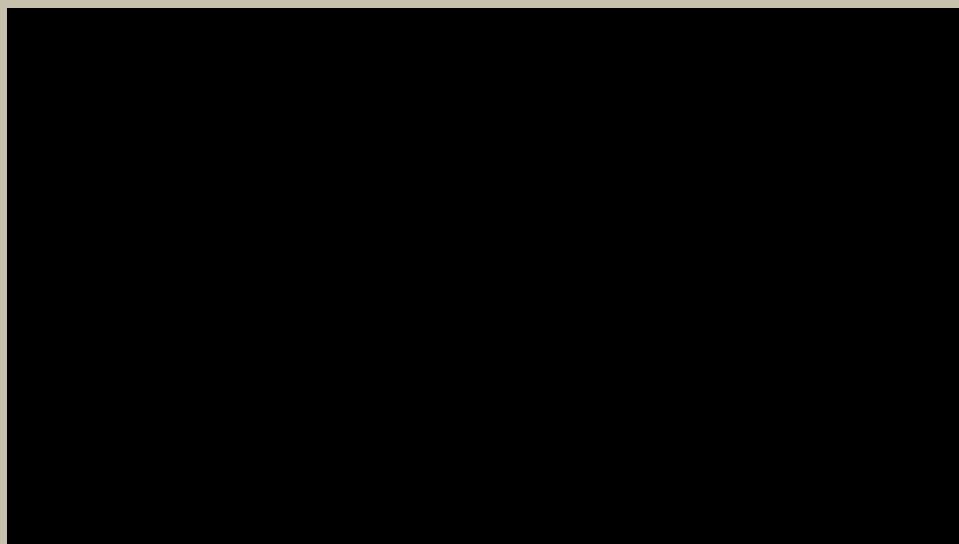
Child protection

- Explicit sexual content
- Stalking/tracking
- Grooming
- Exploitation, County Lines, radicalisation
- People trafficking and modern slavery
- Addiction/gambling
- Abusive trolling, revenge pornography
- Scams
- Cyberbullying
- Body/skin dysmorphia
- Eating disorders
- Self-harm/suicide
- Misinformation and disinformation

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Topic 9: How to support resilience and digital competence in carers and children and young people

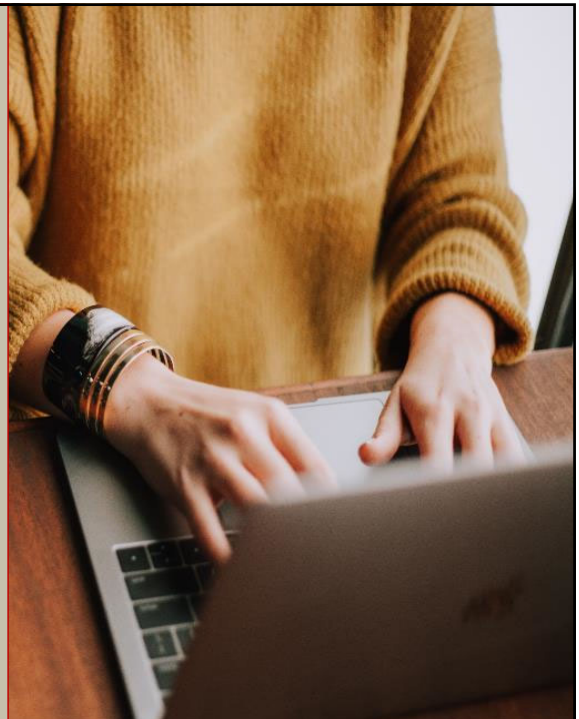


Safeguarding in the online world

- You are not alone!
- Numerous resources, training and opportunities to work together
- New legislation, ways to remove content eg Report Remove (images)
- There are many positives about online life
 - Education
 - Creativity
 - Escape/mindfulness
 - Support eg counselling and peer support eg health conditions
 - Communications, maintaining relationships, friendship where difficult IRL
 - Information and advice

UK Safer Internet Day resources

- [SWGFL](#)
- [UK Safer Internet Centre](#)
- [NSPCC](#)
- [Internet Matters](#)



Thank you from CoramBAAF



We hope to see you again soon!



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@Adoptionfostering