

Digital Resilience

awareness session for parents/carers

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How does this fit into my role as a Parent?

Parental responsibility
Protecting against harm
Child's development
Building resilience

Parents

- Building resilience means equipping your child with the skills to deal with issues online. How? First thing is that they are comfortable talking to you about any online issues they may have, which we will come to later.

In a recent survey young people were asked what adults can do to support young people in this area. The most popular responses were:

- listening (76%)
- not judging (74%)
- making sure there are confidential places to get help (73%).

What do you do at the moment to keep your child safe online?

Online Safety



Aims

- ▶ Understand online risks:
 - ▶ Gaming
 - ▶ Cyberbullying
 - ▶ Social Media Apps
 - ▶ Radicalisation
 - ▶ Grooming / Predators
- ▶ How we can learn from our experiences.
- ▶ Build resilience and critical thinking
- ▶ Where to get help

[Digital resilience: a quick guide for parents — Parent Zone — Parents' area](#)

Online issues for children NSPCC

- ▶ 50% of children have experienced something upsetting on a social networking site.
- ▶ 1 in 3 children have been a victim of cyberbullying.
- ▶ Almost 1 in 4 young people have come across racist or hate messages online.
- ▶ There were over 12,000 counselling sessions with young people who talked to Childline about online issues last year.
- ▶ Over 2,100 of these sessions were young people who spoke about some kind of exploitation

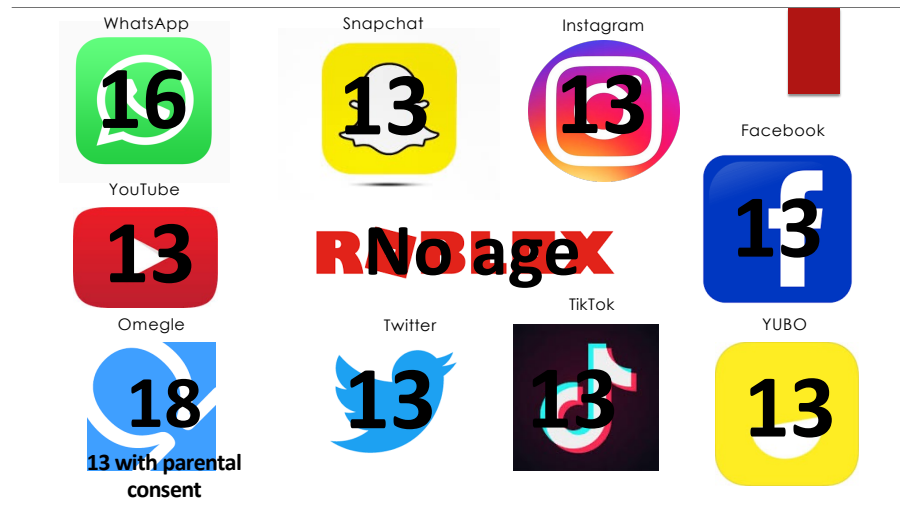
50% of children have reported seeing violent or other disturbing content, the majority of those ignored it. Things seen include seeing videos of people self harming

Online Behaviour

- ▶ Young people are more likely to get information from social media than broadcast TV or trusted sites.
- ▶ Social media has more relaxed filters.
- ▶ Young people are less risk aware than adults.
- ▶ Social media is used to exploit vulnerable people.

Here are a few facts about internet use.

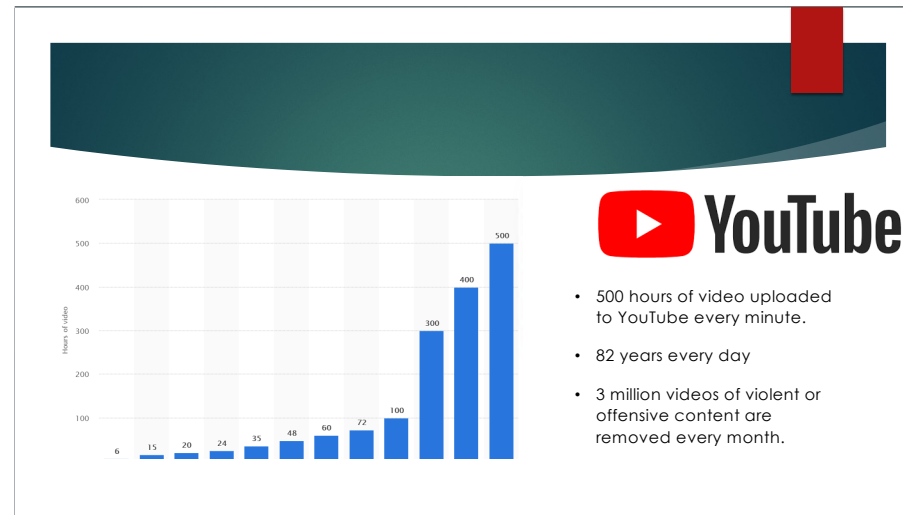
91% of 5 – 10 year olds use the internet, it is part of our life and is an important part of children's access to information. It will form a much larger part of our children's development as they move on to secondary school.



Ask – Who recognises these? Does your child use them? Explain each app.

Whatsapp – 13 (will be 16 soon). Snapchat –13. Instagram – 13. Youtube –18 (can sign up from 13 with Parent's permission). Roblox – any (with chat). Facebook –13. Twitter –
Omegle

TikTok - A social media app for creating videos, whether musical, dance, comedy, acting, lip-sync and all other types lasting 15 seconds or more.



500 Hours of video content uploaded every minute, 1260 days per hour, a little over 82 years worth in a day. Can you imagine the task of YouTube to moderate all of this?

8m videos removed every 3 months, including violence, fake news, nudity



There are many areas where young people can experience danger.

Cyberbullying. ...

Cyberpredators. ...

Posting Private Information. ...

Phishing. ...

Falling for Scams. ...

Accidentally Downloading Malware. ...

Posts that Come Back to Haunt a Child Later in Life

Let's have a look at some of them

Gaming

► Tips

- Time limits
 - 1 Hour before bed
 - 20 minute battles
- Sleep
 - 9 - 11 Hours sleep, minimum
- Family time
- Age appropriate
 - Fortnite 12
 - Call of Duty 18
 - GTA 18
- Play the game



Let's have a quick look at one of the most popular games being played at the moment.

Do you know what the age rating of the game is? 12

200 million players are registered worldwide with open chat facility.

Some professionals have said that Fortnite is addictive but this would not be the first game that has received poor reviews and in some cases this kind of news is good for the company who are selling it.

Positives: Less gory than some video battle games, free, battles typically last 20 minutes so are perfect times to end gaming session

Negatives, open chat (this can be turned off), in purchase opportunities, please be careful that you do not link a credit card to the account.

TIPS –

Keep children to agreed time limits

Do not let them play games for at least 1 hour before they go to

bed. Children of primary school age should have between 9 and 11 hours sleep.

Play a game or 2 with your children so you understand what they are playing.

Choose family time and lead by example by putting your own tech gear, such as mobile phone, away also.

Make sure the games your children are playing are age appropriate and don't give in to "everyone else is playing them"

Gaming

► Concerns

- Encouraged to use open chat
- Predators take advantage of accessible chat.
- In Game Purchases
- User generated games
- Fake News

- [Parent Controls](#)
- [Turn on Account Restrictions](#)
- [Block a user](#)
- [Block users in-game](#)
- [Report game or user](#)
- [Report other content](#)
- [Report app chat](#)
- [Report a user-created advertisement](#)
- [Turn on 2-step verification](#)



There are some concerns about Roblox that parents have brought up.

Is it safe? It is as safe as any other online gaming platform so long as it is used safely. Predators do take advantage of the easily accessible chat but this can be safeguarding so long as the game is used responsibly and young people know the dangers and what to do if they experience it.

There was a lot of social media reports of police warning of naked characters and other adult things in the game. None of this was true

You can't swear in the chat, these are replaced by symbols.



Here are some screen shots from popular games and social media platforms.

- ▶ Check the game's content and rating.
- ▶ Turn on safety settings.
- ▶ Set up new accounts and play together.
- ▶ Keep devices in shared family spaces.
- ▶ Play sound through speakers, not headsets.
- ▶ Link notifications to your account.

- ▶ Encourage children to only talk to people they know.
- ▶ Advise children to not move to different platform to chat.
- ▶ Make children aware of techniques used by predators, such as flattery, fake news, secrecy, threats.
- ▶ Encourage children to discuss negative experiences and report.

Cyberbullying



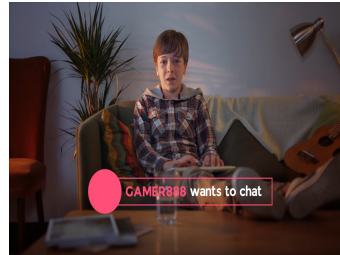
- Sending threatening or intimidating messages.
- Posting negative or harmful information or pictures about someone.
- Sharing private information designed to embarrass or humiliate.
- Criminal Offence.
 - Age of criminal responsibility is 10!

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Posting Private Information. ...
Phishing. ...
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Cyberbullying - Gaming



Cyberbullying. It can be anonymous, because it is not face to face it is easier to carryout and can sometimes be silent, the victim may not tell anyone.

A recent survey found that 14% of school children had considered suicide as a result of cyberbullying. Pupils are also more than twice as likely to self harm.

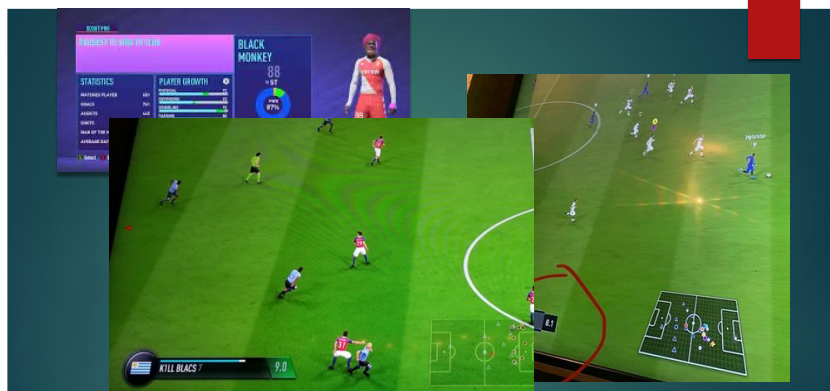
Lets have a look at an example. How would we react if this was our son or daughter. What could we do?

Cyberbullying - Gaming

- ▶ FIFA
- ▶ 3+ Age Rating
- ▶ Pro Clubs Mode
- ▶ Virtual players 11 v 11 matches
- ▶ Racists post disturbing messages
 - ▶ Individual player names
 - ▶ League names (EDL)



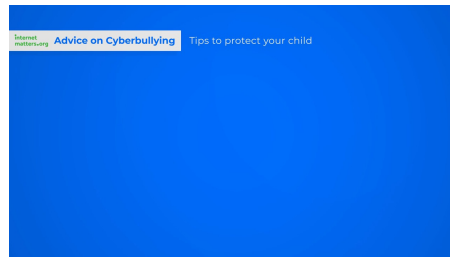
FIFA pro-clubs mode has been used to insult with league names such as “English Defence League”



Cyberbullying - Gaming

FIFA pro-clubs mode has been used to insult with league names such as “English Defence League”

Tips to Protect your Child



Bullying – Parents Response

Talk – and listen

- ▶ Talk to your child about how they're feeling.
- ▶ Don't press them too much for answers – just let them know you're available to listen.

Reassure them it's not their fault

- ▶ Often, people are mean and bully others because they are unhappy or have their own problems.
- ▶ There is no point in trying to reason with bullies. It's better to spend time with other people instead.

Respond calmly

- ▶ It's important to be calm, not aggressive.
- ▶ Help your child use simple, unemotional, direct language to let the bully know they don't intend to be victimised.

Bullying – Parents Response

Change the subject

- ▶ Try to take their mind off it. Dwelling on the bullying may make the problem seem even bigger.
- ▶ Talk about something else, or watch TV or play a game together. Help your child see that the bullying is not the only thing going on.

Report it – to school or online

- ▶ If the incident is a one-off, show your child that they don't need to bother with people who are rude.
- ▶ If the bullying is happening online, make sure your child knows that they can block people and report them.
- ▶ If it's an ongoing issue at school, and not just that they've fallen out with a friend, it's a good idea to talk to the school about it.
- ▶ Don't try to talk to the other child, or their parents, yourself.

Supporting our Children

- ▶ Where would you seek advice?



- ▶ Who else would you tell/involve?
 - ▶ School
 - ▶ Police

Cyberbullying is when someone bullies others using electronic means, this might involve social media and messaging services on the internet, accessed on a mobile phone, tablet or gaming platform. The behaviour is usually repeated and at times can be as subtle as leaving someone out of a group chat or cropping them out of a picture.

Between us as a group shall we share what we might do to help our child if we found out they were being bullied.

Every child is different and our parenting skills vary along with what we understand or what we feel is suitable or relevant. I don't have all the answers so how would you react if this was your child?

Say – Could be simple/straight forward things e.g. talking to someone/him,

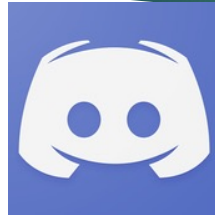


Popular Apps To treat with caution

[HTTPS://WWW.KIDSONLINEWORLD.COM/APPS.HTML](https://www.kidsonlineworld.com/apps.html)

Discord

Voice and text app for gamers.

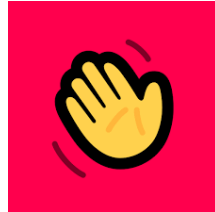


Minimum
Age
13+

- Use the "Keep me safe" setting
- Block direct messages from users who aren't on friends list
- Friend request settings lets you determine who can add your child as a friend on Discord.
- Users should only accept friend requests from users that they know and trust in the 'real world'.
- Personal information can be shared while live streaming.

HouseParty

Group video chatting app. Users receive a notification when friends are online and available to group video chat



Minimum
Age
13

- Live streaming could potentially reveal location - personal information could be shared.
- If possible use device in a room where adults are present
- Switch on '**Private Mode**' to keep chats private
- Learn how to '**ghost**', **block**, **report and unfriend**.
- Ask your child to tell you if anything goes wrong

TIK TOK

A social media app for creating videos lasting 15 seconds or more.



Minimum
Age
13

- Learn how to 'report a problem' in settings.
- You can block another user by going to their profile and clicking 'block'.
- Keep your account set to **Private**.
- Setting "Suggest your account to others" to **OFF** by default for younger users.
- Family Pairing lets parents link their child's account to their own to help manage their safety.
- **Disable Comments**: switch off comments on your child's post or set them to friends only

INSTAGRAM

Post pictures and videos and use hashtags to share experiences, thoughts or memories. Follow your friends, family, and celebrities

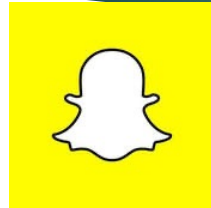


Minimum
Age
13

- People you don't know can comment on posts, message you or follow you - ask children to tell you if anything goes wrong.
- Adding a location to a picture drops a pin on a map - personal information could be shared.
- Have open discussions with young people about the risks associated with online use as well as accessing support and how to report
- Private accounts are essential and talk to children about who follows them and what to do if something upsets them.

SNAPCHAT

Photo-messaging app that allows users to send photos and videos to their friends. Stories last 24hrs. Snapmap shares your location every time you log in.



Minimum
Age
13

- Users can control who sees their story in privacy settings.
- Set privacy settings so that children only receive Snapchats from 'Friends' rather than 'Everyone'
- Talk to children about 'friends'. There is no such thing as an 'internet friend'
- Encourage children to use '**Ghost Mode**'. Their location won't be visible to anyone else on the Map



Popular Apps TO AVOID

[HTTPS://WWW.KIDSONLINEWORLD.COM/APPS.HTML](https://www.kidsonlineworld.com/apps.html)

Omegle Randomly connects you to another person, lets you talk to them in a one-to-one audio or video conversation.



18+, or 13+ with
parental consent.

- **Avoid this APP**

- Omegle states "No matter where you are, you can use OMEGLE and start to talk to strangers!"
- There is an under 18 section, but this is still not safe at all!
- People you don't know can watch your videos - personal information could be shared.
- Children report they have seen inappropriate content including: violence, bullying, self-harm, drugs and crime.

YUBO

App used to stream live videos.

Users can swipe right on someone profile to 'like' them, or swipe left to pass on to see other people's profiles.



Minimum
Age
13

- **Avoid this App**

- Risk from predators is high. This app allows user to interact through fake accounts.
- No age verification is in place so could be used by under 13's!
- Allows users to broadcast their lives to other rooms or watch other members streams while chatting.
- Users must have streamed for at least 10 minutes to use this feature. This encourages children and young people to live stream.

Radicalisation



"Process in which an individual accepts, uses or condones violence, including acts of terrorism for ideological purposes."

**Political
Religious
Environmental
Mixed or Unclear
Includes non-violent
extremism**

There are many areas where young people can experience danger.

Cyberbullying. ...
Cyber predators. ...
Posting Private Information. ...
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Falling for Scams. ...
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Posts that Come Back to Haunt a Child Later in Life

Let's have a look at some of them

Extremism

When I speak of extremism most people will think of the Manchester Arena bombing or Thomas Mare's murder of Jo Cox but breaking the law in this area comes in many forms. Here are a few examples.



Another area of risk for young and vulnerable people is extremism. Fake news items such as this

Extreme right wing

BBC News

Finsbury Park: Man 'wanted to kill Muslims in van attack'
 Darren Osborne, 48, is accused of ploughing into a crowd of worshippers in Finsbury Park, killing Makram Ali, 51, and injuring nine others last ...
 22 Jan 2018



Christchurch shootings: Brenton Tarrant appears in court
<https://www.bbc.co.uk/news/world-asia-47590885>
 16/03/2019 - Brenton Tarrant, 28, appeared in court on Saturday in relation to the mosque attacks. The main suspect in the killings of 49 people in shootings at two mosques in New Zealand on Friday has appeared...



White Jihad: Jack Renshaw's journey from a far right ...
<https://not.org.uk/news/blog/2020/05/12/white-jihad-jack-renshaw> • 13/05/2020 - 'White Jihad: Jack Renshaw's journey from a far right student to would-be terrorist' 13 May 2020 A year ago this week, on 17 May 2019, Jack Renshaw was sentenced to life imprisonment for his attempt to murder ...



MIXED, UNSTABLE OR UNCLEAR

Plymouth gunman: a hate-filled misogynist and 'incel'

Video: Jack has been posted online portraying him as a man in disguise who tried to kill a woman in a van



Plymouth: In a van, a hate-filled misogynist and 'incel' - latest updates
 A video of a man in a van, possibly the attacker, has been posted online. The video shows a man in a van, possibly the attacker, driving through a residential area. The man is wearing a dark jacket and a cap. The van is yellow. The video is titled 'Plymouth: In a van, a hate-filled misogynist and 'incel' - latest updates'.

Teenagers who plotted Columbine-style massacre at Yorkshire school jailed for total of 22 years



ISLAMIST

The Guardian

Manchester Arena bombing: Hashem Abedi jailed for at least 55 years
 Manchester Arena bombing: Hashem Abedi jailed for at least 55 years. This article is more than 6 months old. Brother of suicide bomber Salman ...
 20 Aug 2020



New York Times

Deadly Attack Near U.K. Parliament: Car Plows Victims on Westminster Bridge
 Driving a sport utility vehicle, the assailant slammed into pedestrians on Westminster Bridge near Parliament, killing two people and injuring ...
 23 Nov 2017



Harry Vaughan

18, from south-west London, had pleaded guilty to 14 terror offences. Sentenced to two years detention in a young offenders' institution, suspended for two years.

Mother was a teacher.

Father, Clerk in the House of Lords.

Attended Grammar School.

A* in A levels.

Spent a lot of time online, unsupervised.

Developed an extreme right-wing and racist mindset.

An interest in explosives, firearms and violence.

Believed civilisation should be brought down through acts of terrorism and criminality.

Encouraged others to commit terrorist acts inspired by his neo-Nazi ideology

Neo-Nazi Satanist
"Encouraged Terrorism"
"Where to cut to get most blood"
"Annihilate females"
"Muslims Beware - Generation of Revenge - Islam Free Zone".

Changing associations

- changing appearance
- new vocabulary
- isolation from friends and family/ new friends

Increasingly anti-social behaviours

- unwilling to engage with people who are different
- being secretive
- adopting the use of certain symbols

Behaviours

18% of all terror related arrests are under 18 years old

Online behaviours

- ▶ Having more than one online identity
- ▶ Spending more time online and accessing extremist online content
- ▶ Downloading propaganda material

Increasingly agitated or violent behaviour

- Becoming more argumentative in their viewpoints
- Becoming abusive to others
- Justifying the use of violence

Modern Technology Deep Fake Synthesis



20 year old Naa'imur Rahman (right) from Finchley plotted to blow himself up on Downing Street and kill the PM. A bit of loner who was encouraged by an uncle who was later killed by a drone strike which made him even more determined. Two other uncles were jailed in 2016 for funding terrorism. Jailed for life with a minimum term of 30 years.

Mohammad Imran, 22 on the left was planning to travel to Syria, using Naa'imur passport once he had blown himself up. He is currently in court charged with preparation of terrorist acts.

Grooming



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- Cyberpredators. ...
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Grooming



- 5,161 crimes of sexual communication with a child recorded in 18 months.
- 50% increase in offences recorded in latest six months compared to same period in previous year.
- 200% rise in recorded instances in the use of Instagram to target and abuse children over the same time period.

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Myths

► **Adults who want to harm children target them by pretending to be young people themselves?**

► **Fact:** Most offenders admit they are older before trying to convince their victims to meet in person or engage in activity online. They rely on flattery and young people's normal interest in relationships, sport and other interests, to target children.

► **What can you do?**

► Make sure your children know that adults who want to talk about sex online are breaking the law. It's illegal for an adult to send sexual messages to a child.

Adults who want to harm children target them by pretending to be young people themselves?

Fact: This can be the case, but most online offenders admit they are older before trying to convince their victims to meet in person or engage in sexual activity online. They typically rely on flattery and young people's normal interest in sex and relationships to target children, not solely on deception about their age.

What can you do?

Make sure your children know that adults who want to talk about sex online are breaking the law. It's illegal for an adult to send sexual messages to a child – and anyone who tries should always be blocked and reported to the app or website the contact took place on.

Myths

- ▶ **Myth: Online child sex offenders typically target very young children**
 - ▶ **Fact:** Offenders typically target children they think will be vulnerable, so many try to connect with teenagers who are open to talking about sex.
- ▶ **What can you do?**
 - ▶ Try not to frighten your young children too much. It's important to talk to them about staying safe online – make sure they know what is and isn't OK to share.

Adults who want to harm children target them by pretending to be young people themselves

Myths

▶ **Myth: Sharing personal information online is never safe**

- ▶ **Fact:** It's difficult to interact online without sharing some personal details. Popular social networking sites and email services all require some amount of personal information to get started.

▶ **What can you do?**

- ▶ Encourage your children to think carefully about all the information they share – why do they need to provide it? Who can see it? Ensure that young people are using the right privacy settings.

Adults who want to harm children target them by pretending to be young people themselves

Myths

► **Myth: Social media is too risky and should be for adults and older teens only.**

► **Fact:** 'Social media' is a broad term referring to a wide range of platforms and they all involve a certain amount of risk. Many incorporate tools for preventing harm, like reporting functions and privacy settings.

► **What can you do?**

► Talk to your child about privacy settings and responsible use of social media. Before they set up their first account, you might want to read over the privacy information together and talk about what tools make sense to use.

Adults who want to harm children target them by pretending to be young people themselves

Conversation

Talk to your child about what they like doing online.

- ▶ How are they using the internet for learning? For socialising? For gaming and play?
- ▶ What do they like?
- ▶ What do they dislike about their online experiences?
- ▶ Do they see any risks or threats?
- ▶ How have those changed – did they change in lockdown, for instance
- ▶ You need to be the same sort of parent online as offline:
 - ▶ negotiating boundaries,
 - ▶ talking about difficult subjects,
 - ▶ helping your child to recognise good and bad behaviour

Conversation

- ▶ The internet can no longer really be seen as separate from the rest of life. It isn't the enemy.
- ▶ Be consistent about your rules (and include yourself!)
- ▶ Teach your child to think critically about what they read, see or hear online.
- ▶ Help your child to pause and think about the impact of things posted online.
- ▶ Maintain a positive outlook. If you constantly criticise the apps and games they love, they're not going to want to talk to you about their online life.
- ▶ Having a feeling of control is important to digital resilience: help your child to feel that they have autonomy and, at the same time, that you're always going to be there for them

Ways to keep your child safe online..

- ▶ Limit time on the internet and stick to it!
- ▶ Talk about what they do online and what apps they go on. Check it out!
- ▶ Take phone and all devices away at night/when you are away for long periods.
- ▶ Seek permission from you before downloading any apps.
- ▶ Regular monitoring - check search history, apps, everyday or at least twice a week.
- ▶ Parental Control settings.
- ▶ Accounts are private and location turned off.
- ▶ Report any issues through the apps and websites.
- ▶ Stick to the age limits.
- ▶ Ensure young people know the legal boundaries – Think before you send.
- ▶ Don't give them a hard time!
- ▶ NSPCC/02 call free 0800 8005 002 to get advice to set up parental controls, adjust privacy settings or get advice on social networks.

Check the apps they are using, make it fun, play some with them. What we are trying to do is reduce the opportunity for people who don't have your children's best interest at heart to make contact and that your children trust you or know where to go to tell someone if they have seen something upsetting or inappropriate contact.

Be aware that parental controls are easy to remove, a quick search on YouTube will show your children how to do this.

Remember to embrace the technology, it will play a big role in secondary school, if only to submit homework or essays etc.

Information & Support

- ▶ [NSPCC.org.uk](https://www.nspcc.org.uk)
- ▶ [internetmatters.org](https://www.internetmatters.org)
- ▶ parentinfo.org
- ▶ educateagainsthate.com
- ▶ [Itai.org](https://itai.org)
- ▶ familiesmatter.org.uk
- ▶ Parental controls/settings/IT help.
NSPCC/o2 - 0800 800 5002.
- ▶ Inform Police or non-emergency on 101 or in an emergency call 999.
- ▶ Teacher
- ▶ School Safeguarding Lead.

**Don't give your kids a hard time.
But it's important they are aware,
that you are aware!**

Unfortunately we cannot protect our children from all harms.

- Teach children to think critically
- Question things before Sharing
- Encourage them to talk to you about their experiences
- **Constant criticism of gaming and social media may discourage them to discuss online life**