

R I N G W O O D
— A NATIONAL TEACHING ACADEMY —



Dream **Big**
Be **Curious**
Be **Determined**
Make **No Excuses**
Embrace **Opportunities**

E-Safety support for parents and carers

Ofcom report: Children and parents: media use and attitudes report 2022



- **Nearly all children went online** in 2021 (99%); the majority used a mobile phone (72%) or tablet (69%) to do so.
- Using video-sharing platforms (VSPs) such as **YouTube** or **TikTok** was the most popular online activity among children aged 3-17 (95%); while the majority chose to watch content on VSPs, 31% **posted content they had made themselves**, especially those aged 12-17.
- Among all types of online platforms, **YouTube** was the most widely used by children; 89% used it, compared to half using TikTok. But TikTok was more popular for posting content.

Negative experiences & coping strategies

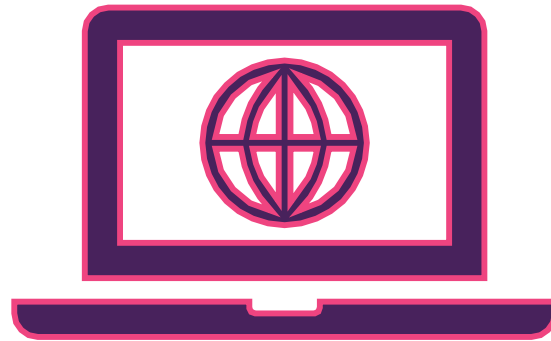


- More than a third (36%) of children aged 8-17 said they had seen something '**worrying or nasty**' online in the past 12 months; six in ten said they would always tell someone about this (59%).
- Children were **more likely to experience being bullied** via technology than face-to-face: 84% of 8-17s said they had been bullied this way (i.e., via text or messaging, on social media, in online games, through phone or video calls, or via other apps and sites) compared to 61% being bullied face-to-face.
- More than a third had used behaviours that are **potentially risky** (35%): a fifth had either surfed in privacy or incognito mode (21%) or **deleted their browsing history** (19%).
- Only a third of children knew how to use **online reporting or flagging** functions (32%); and just 14% had ever used them.

Risks associated with online space



- Violent content
- Pornographic content
- Hateful content
- Adverts and spam
- Harassment
- Grooming
- Radicalisation
- Identity theft
- Online bullying
- Sharing nudes/semi nudes
- Harmful content
- Copyright infringement and Piracy
- Gambling
- Social networking and Gaming



Areas to think about: Chatting



- **Whats app: Group chats** One of the key features is that WhatsApp has a group chat function that are set up by one person (the admin). Everybody in the group, even if they are not one of your child's phone contacts, will be able to see all messages within that group.
- **Sendit?** It allows users to play games together and links with Snapchat. Although rated as 12+ by the App store, **Sendit state on their website that the app was made for 17+**. In app purchases.
- **TikTok You must be over 13 years of age to use TikTok.** Some of the videos on TikTok may contain explicit language and sexual imagery, which may not be suitable for your child to view and there is also the risk of strangers contacting your child.
- **Discord** is a social networking app used by gamers to **chat to each other**. Children who play online games such as Fortnite may use Discord to chat about the game (**rather than the game's own chat facility**). There can be in app purchases through Discord.
- **Omegle.** You must be 18+ to use or 13+ with parental permission. Omegle is a social networking/chat website that connects two strangers together for either a text or a video chat. Chats are anonymous unless a user provides this information. Omegle states that "Omegle video chat is moderated. However, moderation is not perfect. You may still encounter people who misbehave."

Areas to think about: Online challenges or hoaxes

The internet and social media provide a perfect platform for hoaxes, especially hoaxes about challenges or trends that are said to be harmful to children and young people to be spread quickly. You should carefully consider if a challenge or scare story is a hoax.

Reassure your child that challenges that suggest that bad stuff will happen if they do not complete the tasks are not real.



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Archie Battersbee: What is the dangerous social media 'blackout' challenge?

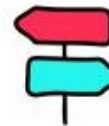
TikTok is facing three lawsuits over the challenge following the death of three children



stop



think



decide



act

Areas to think about: Sleep

Teenagers' sleep quality and mental health at risk over late-night mobile phone use

Researchers advise 'physical boundaries' over devices in bedrooms after study finds poor sleep associated with phone use linked to depressed moods



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- Don't worry that you'll be told other parents let their children have their phone in their bedrooms or overnight, it's not likely true!
- Try and model the same behaviours if you're having a phone amnesty at a certain time before bed (10pm for example)
- If they use their phone as an alarm, please buy an alarm clock instead!

Areas to think about: Mental Health



While being online can be helpful for your mental health, there might be times when using online tools could have a negative impact on your mental health.

- **Comparing yourself to others.** Spending time on online communities and social media sites can mean that you end up comparing yourself to others. This can impact your self-esteem.
- **Feeling anxious or stressed.** You might feel pressure to be constantly checking your social media accounts and taking part in online conversations, which can cause feelings of anxiety and stress.
- **Difficulty sleeping.** For some people, spending lots of time at night checking social media and other online sites disrupts their sleeping pattern.
- **Feeling lonely.** Some people find using online communities and social media a lonely experience as it doesn't give them the same feeling of connection as offline support.
- **Feeling overwhelmed.** Being a friend to other people online can feel great, but caring for someone who's going through a difficult time can also be very stressful and overwhelming, and could affect your own wellbeing.

Areas to think about: Digital Footprint



- A **digital footprint** is your online identity and individuality and is what makes you unique. It builds the online reputation, or impression depending on the things you do online.
- The **important** thing to understand about this **footprint** is that you take it with you everywhere you go on the internet. ... Interests and trends change, but the data you leave behind stays the same.
- **Employers and Universities** are more accustomed today to search you on socials before offering you employment or training.

Areas to think about: Gaming



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Areas to think about: Sexting & Consent



Talking to your child about relationships, sex and nude images is the best thing that you can do to help keep them safe.

- Avoid appearing judgemental, or saying 'don't do it'
- Even when nude images are shared with trusted friends and partners, there's a chance that more people could end up seeing them
- Discuss what a healthy relationship looks like, including the importance of trust and consent
- Remind them that no one should be pressured into sharing a nude image if they don't want to.



So what can we do to help?



ADVICE FOR PARENTS AND CARERS

Precautionary Approach
balancing the benefits and negative effects from screens

Screen free meal times
Face to face conversation and giving full attention

No screens before bed
and leave screens outside the bedroom

Take a Break
after two hours

Agree Boundaries
Time spent using screens
Online Behaviours

Lead by Example
Parents screen time?
Your online Behaviour?

Discussion
Is your family's screen time under control?
Do screens interfere with sleep?
Do screens interfere with family life?
Are you able to control snacking during screen time?



Set your ground rules early



We suggest:

- A “power down” hour before bedtime for ALL the family
- Devices charged centrally in a communal area
- Having technology free time
- No hiding away (being secretive) with their phone
- It’s very hard to change the routines as they get older
- Model what you expect
- Don’t think “my child wouldn’t do that”
- Don’t be an ostrich!

School Website

www.ringwood.hants.sch.uk/safeguarding/



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CHILD PROTECTION & SAFEGUARDING TEAM



Miss C ADAMS
Designated
Safeguarding Lead



Miss H JOLLY
Deputy Designated
Safeguarding Lead



Mr A WALBRIN
Deputy Designated
Safeguarding Lead



Mr T COOPER
Deputy Designated
Safeguarding Lead



Mrs V LEWIS
Deputy Designated
Safeguarding Lead



Mr T BROADHOUSE
Deputy Designated
Safeguarding Lead



Mrs C MITCHELL
Deputy Designated
Safeguarding Lead

The screenshot shows the Ringwood School website's Safeguarding page. At the top, the school's crest and name are visible, along with navigation links for HAP, Email, SharePoint, and SAFEGUARDING. A menu bar includes links for ABOUT US, SIXTH FORM, ACADEMIC, TEACHER TRAINING, NEWS & CALENDAR, INFORMATION, ADMISSIONS, FUNDRAISING, VACANCIES, and CONTACT US. Below this is an 'ESSENTIAL INFORMATION' section. The main heading is 'SAFEGUARDING' in a green box. To the right, the school's vision statement reads: 'Our vision – Inspired to learn, supported to succeed'. The main content area contains three paragraphs: the first states the school's commitment to student safety; the second provides contact information for concerns; the third describes the team's training and support. A red box at the bottom right contains the text: 'TO REPORT A SAFEGUARDING CONCERN, PLEASE EMAIL safeguarding@ringwood.hants.sch.uk'. A small image of a school bench is also present.

The governors and school staff of Ringwood School place the utmost importance in ensuring the safety of all our students.

If you are concerned about yourself or a member of our school community, please get in touch so we can support you. You can:

Email us: safeguarding@ringwood.hants.sch.uk

Call us: 01425 47500 (when you speak to reception, please ask to speak to a member of the safeguarding team)

Our safeguarding team are fully trained and experienced in dealing with a wide range of issues and challenges faced by young people and will actively support you to address any concerns.

Our safeguarding and child protection policies are updated annually in line with statutory government guidance and can be found here: <https://www.ringwood.hants.sch.uk/policies/>



TO REPORT A SAFEGUARDING CONCERN, PLEASE EMAIL safeguarding@ringwood.hants.sch.uk

If you have any concerns over the safeguarding of any child within the local community please use any of the contact details below to report

Other organisations who can support

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Nude image of you online?
We can help take it down.



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Thank you very much for coming.

**We will be available to take any questions
after the session.**