

Latest Advice for Parents and Carers



Welcome to the first edition of the Cabot Learning Federation Parent/Carer Safeguarding Newsletter. We aim to bring you all the latest relevant help and advice on issues we feel may be useful to you.

This first issue will be concentrating on updating you with any social media/online concerns and issues that we feel you should be aware of .

Steve Bane, CLF Lead Safeguarding Officer

Social Media is Changing: Your Guide to the Latest Updates

From TikTok to Instagram, Google to YouTube, many of the online platforms we use every day have released plans to improve the safety of users under 18. But will these changes improve the safety of children and young people online?

Our online safety experts have reviewed the biggest changes coming to these platforms, helping you to stay on top of your online safety as well as the online protection of the children and young people in your care. Please see the link below for the guide to latest updates.

[Social Media Platform Updates: Your Guide to the Latest Changes - Ineqe](#)



Deepfakes – What are they?

A deepfake is an extremely convincing piece of media that is created using artificial intelligence (AI), based on pictures and recordings of the subject. The name comes from the deep learning approach to AI needed to generate them and the fact that they're used to create fake content. Deepfakes can be made as videos, static images and audio – where a person's voice is accurately mimicked to make it seem as though they have said something which, in reality, they have not.

In the guides on the links below, you'll find tips on several potential risks such as fake news, pornography and fraudulent use. Also a beginners guide to answer any questions that you may have.

[A Beginners Guide to Deepfakes - Ineqe Safeguarding Group](#)



What Parents need to know about social media scams

It's a sad fact of life that where technology leads, crime usually follows. It was perhaps inevitable, then, that social media – as the overwhelming fascination of the digital age – would soon become an avenue for criminal activity.

The risks usually associated with social media are personal in nature: abusive comments, distorted perceptions, cyber-bullying and so on. Increasingly, however, criminals are using networking platforms to snare potential victims. Angler phishing, Clickjacking, 'Payment first' scams, Bogus quizzes. There's no shortage of ingenuity among online fraudsters when coming up with new and convincing ways to obtain our personal information – and our money – by dishonest means. Social media, with an estimated 4.4 billion users worldwide has become a profitable hunting ground. The guide in the link below examines social media scams – outlining some common examples and providing ways to avoid them. It will help you understand what kind of information fraudsters look for, some of the ways that they might attempt to trick you in cooperating and how you can learn to spot social media scam – even when it's disguised as something innocuous and fun.

[Free Online Safety Guide | Social Media Scams | National Online Safety](#)



!Online Trend – Reaction Videos on TikTok!

Online safety experts have been alerted to a potentially viral TikTok trend. The trend focuses on people recording 'reaction videos' while searching for a term that brings them to a specific type of illegal, sexual online content. Experts have discovered that the explicit material found in this trend is **NOT** hosted by TikTok.

What is a Reaction Video?

A reaction video is simply a recording of a person or group of people reacting to something they are watching online or offline. This can be reacting to anything from an episode of a hit TV show to highly anticipated film trailers to popular YouTube videos.

What are the Risks?

It is important to note that the TikTok reaction videos reviewed are not explicit in themselves. These videos simply show the reaction of the viewer rather than the content they see. The risk from reaction videos circulated on TikTok and other platforms is that they may prompt viewers to seek out the extreme or material that has engendered the 'shocked' response of others. There is no evidence now that children are participating in this trend in large numbers. However, more children may be exposed to risk if the react challenge gains further traction and more children engage in the activity.



For helpful tips, guidance on reaction videos and more information on talking to children about sensitive topics, click the link [Safeguarding ALERT: Online Trend - Reaction Videos \(Reaction to Extreme Explicit](#)



How to Deal with Cyberbullying

What is Cyberbullying?

The National Bullying Helpline defines Cyberbullying as **bullying and harassment using technology. This includes trolling, mobbing, stalking, grooming, or any form of abuse online.** Cyberbullying can be more difficult to escape than offline bullying, this form of bullying does not stop at the school gates.

Unfortunately, **cyberbullying is only getting worse.** In 2011, 11% of parents in the UK reported that their child was the victim of Cyberbullying. In 2018, this figure rose to 18%. The most recent survey by Ditch the Label reports 27% of children have experienced a form of cyberbullying in 2020, with 11% having experienced cyberbullying through online games.

The COVID-19 pandemic has impacted the amount of daily screen time for everyone. Now more than ever, children and young people view online interactions as equal to in-person interactions. This is only likely to increase the harmful effects of cyberbullying.

What to do if a Child or Young Person in Your Care is Being Bullied Online

Children and young people in your care may not use the word bullying to describe what is happening to them, so it's important to listen if they mention things which are upsetting them or worrying them online. You can use the following advice if a child or young person describes an experience which sounds like, or is, online bullying:

- Take the time to **listen to them** and try not to interrupt. It is important not to get angry or upset at the situation
- **Don't stop them from accessing social media platforms** or online games. This will likely feel like punishment and may stop them from confiding in you in the future
- **Reassure the child** or young person that things will change, and that they have done the right thing by telling you. This can help reduce any anxiety they might be feeling
- Make sure the child or young person knows that **it is not their fault** and that they have done nothing wrong
- As a parent or carer, it is **important not to get involved or retaliate in cases of online bullying.** This will likely make the situation worse for the child or young person
- Talk to your child about what they would like to see happen. Involving them in how the bullying is resolved will help them feel in control of the situation
- **Speak to a member of your child's Academy Safeguarding Team at school.**

Further advice can be found at the following websites;

[NSPCC – Bullying and Cyberbullying](#)

[Internet Matters – Cyberbullying](#)

[Anti-Bullying Alliance – Advice for Parents](#)

[Bullying UK \(Family Lives\) – Advice for Parents](#)

[DFE – Advice for Parents and Carers on Cyberbullying](#)

[Kidscape – Advice for Parents and Carers](#)

OnlyFans App: Latest update

OnlyFans is an 18+ online platform that centres around users (fans) paying for content (photos, videos, livestreams) made by “creators” – usually influencers, fitness trainers, models, and other public figures. It describes itself as “social media that pays.” OnlyFans has been active since 2016 and currently has around 1.5 million creators and approximately 150 million registered users. You might have heard about **OnlyFans recently in the news**. It announced that it will “ban sexually explicit content on the site from October.” However, it has also claimed it will continue to allow users to post nude videos and content if it is still in line with its updated Terms of Use. In light of existing safeguarding concerns, check out the guide below to OnlyFans, the risks it poses to your children and young people, and this latest update.

[We Need to Talk About OnlyFans - Ineqe Safeguarding Group](#)

If you suspect a child or young person may be in danger of exploitation or blackmail because of an online image/video, it is crucial to know how to best help them. Below, you’ll find some helpful safeguarding resources to give you a better understanding of next steps:

- [Self-Generated Images: Your Guide to Taking Back Control - Ineqe](#)



EAL RESOURCES FOR ONLINE SAFETY

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

[Supporting-Young-People-Online.pdf \(childnet.com\)](#)

Leaflets available in other languages here

[Parents: Supporting Young People Online - Childnet](#)

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Polish
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese
- Welsh

HappyMaps

Worried about your child’s behaviour or mental health? Not sure where to start looking for help? HappyMaps will guide you to websites, books, videos and Apps to help you and your child, plus there is information on being referred for specialist help, how to find counselling and support for parents.

Funded by Health Education England and supported by Bristol Mind, HappyMaps is designed to help parents find helpful and reliable resources on behaviour and mental health for their children – from babies and children to young adults. These resources include websites, videos, books, Apps and helplines.

[HappyMaps website](#)



PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods over the last 18 months, learning from home was forced to be increased. This meant that young people were spending a lot more time on-line doing their schoolwork, gaming and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

[In - game chat: A guide for parents](#)

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at

[Nude selfies: a parents' guide](#)

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

[Parents homepage](#)

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

For help starting this conversation, read [having a conversation with your child](#).

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit:

[Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

On-Line Grooming



IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

KNOW how to use tools, apps and settings that can help to keep your child safe online.



For further details go to: <https://talk.iwf.org.uk/>

USEFUL ON-LINE SAFETY WEBSITES

National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

NSPCC

**Dedicated Helpline
0800 136 663**

This new dedicated helpline provides support to both children and adults who have experienced sexual abuse in educational settings or has concerns about someone or the issues raised. Support and advice include how to contact the police and report crimes if they wish.

The helpline will also provide support to parents too. More information is available at

[Dedicated helpline for victims of abuse in schools NSPCC](#)

stop it now! UK & Ireland
Together we can prevent child sexual abuse

[Stop It Now! UK and Ireland](#) encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – 0808 1000 900 or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:

[Live chat - Stop It Now](#)

[Stop It Now! Secure email](#)

PARENTAL SUPPORT

YOUNG MINDS

During these extremely tough times, parents find themselves pulled in many different directions. Concerns about COVID-19, work from home/children at home, along with a possible financial impact make for a stressful household. **Young Minds** have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Find the help finder here:

<https://youngminds.org.uk/supporting-parents/>

Kooth

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.


- Chat to counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal


[Kooth website](#)


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