URSULINE HIGH SCHOOL
Parent Workshop

Thursday 15th October 2020

Key Stage 4 & Key Stage 5

6-7pm

Media & Safety -
Focus on CSE & Grooming

Mrs Rachael Gilmore
Head of Year 11/ Assistant lead Inclusion

Ms Fernandes
Head of Year 13

Unhealthy relationships and your child

Relationships can be confusing for young people, and that's why children and young people find that all of a sudden they are being abused in some way in their relationship.

Many just don't know what is a healthy relationship, and what's unhealthy, especially when they enjoy getting attention

But because they don't have much experience in relationships and are still working out what their emotions mean, they don't recognise when they are uncomfortable, and what makes a good relationship and what doesn't.

They don't realise that a healthy relationship is one where they can say how they feel, and shouldn't be controlled. They don't understand that it's never OK to be exploited or abused, and that they need to listen to themselves and make sense of how they feel.

Child Sexual Exploitation

Child sexual exploitation is a form of child sexual abuse.
It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity
(a) in exchange for something the victim needs or wants, and/or
(b) for the financial advantage or increased status of the perpetrator or facilitator.
The victim may have been sexually exploited even if the sexual activity appears consensual.
Child sexual exploitation does not always involve physical contact; it can also occur through the use of technology.

Child Sexual Exploitation

- *Form of sexual abuse = doesn't always involve direct physical contact.*
- *Abusers take avantage of the imbalance of power and will trick the victim in exchange for something the victim wants/needs*
- *Once they have the trust it can move into physical or sexual abuse*
- *This can lead to risky behaviours*
- *Young person can be blackmailed or threatened to do what they don't want to do*

Child Sexual Exploitation

Sexual Violence and Harassment

Can be anyone of any age or gender

- _Unwanted conduct of a sexual nature_
- _Sending/sharing images and videos_
- _Sexual comments, remarks, jokes_
- _Forced into sexting_
- _Upskirting_
- _Brushing up against someone_

Students need to know they can say 'no', 'stop', or 'I am not comfortable with this' at anytime and not be pressurised into doing anything they do not want.

Sexting

Sending /receiving of messages/images of a sexual nature

Snapchat is popular due to the short period of time the image is seen BUT it can be captured and reposted.

It is illegal for a person to send/receive/possess and distribute sexually explicit material of anyone under 18.
A person can get into trouble for threatening to share a nude even if it is not done.

If sexual images get into the wrong hands can lead to bullying and a negative affect on a persons mental health

It should be reported to the DSL in school (Mrs Alexander)

Grooming

Grooming is when someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them.

Children and young people who are groomed can be sexually abused, exploited or trafficked.

Anybody can be a groomer, no matter their age, gender or race. Grooming can take place over a short or long period of time – from weeks to years. Groomers may also build a relationship with the young person's family or friends to make them seem trustworthy or authoritative

Signs and indicators that a young person may be at risk:

- Skipping school, coming home late or staying out overnight with no explanation

- Change in appearance, or overt sexualised dress

- Disengaging from family, friends and other support networks

- Becoming secretive

- Changing peer groups

- Unexplained money or gifts, including mobile phones

- Gang member or association with gangs

Signs and indicators that something is wrong:

- Regularly going missing
- Offending behaviour
- Drug or alcohol misuse
- Being seen in different cars, perhaps with different older people
- Displaying inappropriate sexualised behaviour
- Having a much older boyfriend / girlfriend
- An increase in physical ailments and/or an increase in contact with healthcare
- Suffering from sexually transmitted diseases
- Pregnancy and/or terminations
- Self-harming
- Being seen in 'hotspots' (known houses or recruiting grounds)
- Sexualised risk taking (including on the internet)
- Spending a lot time online
- Truancy/exclusion from school
- Staying out overnight with no explanation

There may be many reasons for changes in a young person's behaviour, but if we notice a combination of worrying signs it may be time to seek help or advice.

Other associated risks

- Risk of coercion
- Pictures, comments etc can be passed on without permission.
- Access to people they do not know easily
- Not easy for young people to recognise a 'stranger' online
- Easy to inadvertently share personal info

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Encouraging healthy relationships.

"It's not my child—it's those friends she hangs out with!"

The old saying is true, birds of a feather do flock together. And that's especially accurate in adolescence.
One of the main needs of a teenager's development is to belong to a group and to be accepted. That's why teenagers are always so worried about how they look and act. And once they find a mode of dress, a type of music and a group of young people who accept them, it's very hard for parents to break through.

In a Health relationship you can:
- be yourself around
- have different opinions on something, and know that it's okay.
- trust each other when you're not together.
- You are not pressured to do things you don't want to do

Managing online relationships

- Regular conversations with your daughter about what she is doing online
- Conversations about what constitutes healthy and unhealthy relationships
- Don't accept friend requests from strangers
- Don't share personal information
- Ensure privacy setting son every app and device they have
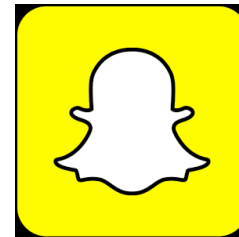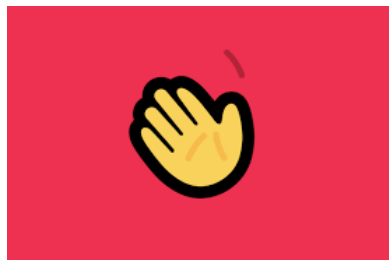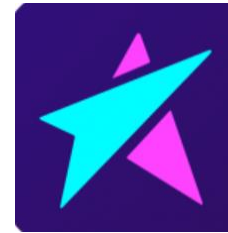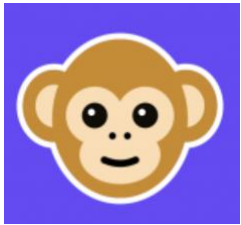
If concerned:
- Stop all contact with the groomer
- Don't delete the evidence
- Refer to DSL at school/ Police/CEOP

If you would like advice you can contact
- DSL at school (Mrs Alexander or Mrs Gilmore)
- CEOP (Child Exploitation and Online Protection command)
- NSPCC

The internet is over 30 years old!
- Do you recognise these social media apps?
- What are they and what age should your daughters be to use them?
- Are there other apps that they use or have on their phone?

YouTube (Ages 18+, or 13 with Parent Permission)

Snapchat (Ages 13+)
The long-popular private messaging app allows users to exchange photos and videos that allegedly expire just seconds after being sent. We say "allegedly," because kids can quickly grab screenshots of images sent to them, which can cause lots of problems if those messages are inappropriate. Users can also create private messaging threads and group chats among themselves, sending media files, texts, and even money

TikTok (Ages 13+)
Formerly known as Musical.ly, the Beijing-based platform allows users to create and share short videos. Its most popular content is based around videos of users lip-syncing or dancing. The short clips have evolved into a variety of content across the platforms, including skits, DIY projects, life-hacks, and much more. These videos are often taken and then reshared across other social media platforms, such as Instagram, Snapchat, and YouTube.
TikTok is currently in hot water with the Trump administration.

Instagram (Ages 13+)
The photo-sharing app has evolved into one of the top social media apps used by teens. Instagram also poses plenty of dangers: fake profiles, targeted ads, and cyberbullying. To keep teen users safe on the social media app, Instagram has announced a series of recent changes:
•Likes are now being hidden
•Restricting ads promoting diets and cosmetic procedures
•Highlighting words associated with bullying
•Giving users the ability to restrict another's comments

Houseparty (Ages 13+)
This group-based video-chat app allows users to connect through a chat of 8 people at a time.

The platform was acquired by Epic Games, the company behind Fortnite, just last year. The move was a push to start generating revenue through methods like bringing paid gaming to Houseparty users.

Monkey

App review by Amanda Bindel, Common Sense Media
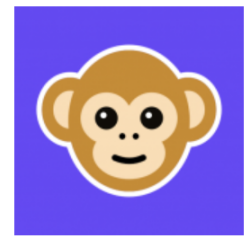
Common Sense says

✓ age 17+ ★★★☆☆ ⓘ

Quick video-chatting with strangers for older teens only.

Android | Free | Social Networking

♡ Save | ✦ Rate app

MeetMe - Chat and Meet New People

App review by Dana Anderson, Common Sense Media

Common Sense says

✓ age 18+ ★★☆☆☆ ⓘ

Creepy social network features racy photos, suggestive talk.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

LiveMe - Live Video Chat

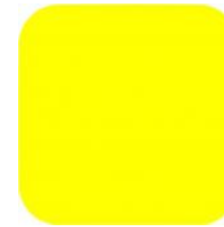App review by Amanda Bindel, Common Sense Media

Common Sense says

✓ age 17+ ★★★☆☆ ⓘ

Privacy and other concerns abound with live video streams.

iPhone, iPod Touch, iPad, Android | Free | Social N

Yubo

App review by Patricia Monticello Kievlan, Common Sense Media
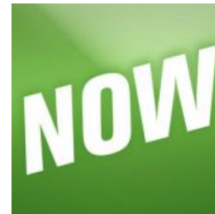
Common Sense says

✓ age 17+ ★★★☆☆ ⓘ

Looks-oriented friend finder risky for younger kids.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

♡ Save | ✦ Rate app

YouNow: Broadcast, Chat, and Watch Live Video

App review by Amanda Bindel, Common Sense Media

Common Sense says

✓ age 17+ ★★★★☆ ⓘ

Live video with major privacy issues, parent concerns.

iPhone, iPod Touch, Android | Free (with in-app purchases) | Social Networking

Paren
age
★★
Based

Kik

App review by Dana Anderson, Common Sense Media

Common Sense says

✓ age 17+ ★★★☆☆ ⓘ

Social networker connects with strangers, bots, websites.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

Whisper - Share, Express, Meet

App review by Chris Morris, Common Sense Media

Common Sense says

✓ age 18+ ★★☆☆☆ ⓘ

Private, often iffy, thoughts go public on anonymous app.

iPhone, iPod Touch, iPad, Android, Kindle Fire | Free | Social Networking

Digital Footprints

Digital Footprint

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Live My Digital for parents: Digital Footprint

1,982 views · Jul 1, 2016

👍 3   👎 0   ➤ SHARE   ☰+ SAVE   •••

Digital Footprints – Impact on universities and Employers

What is a digital footprint and why is it important?

A digital footprint is your online identity and individuality and is what makes you unique.

It is builds the online reputation, or impression depending on the things you do online.

It is important to be aware of it because anything posted online is permanent and stays there forever regardless of being deleted.
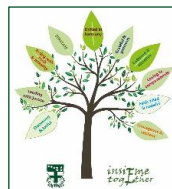
Impact on universities and Employers

MANAGE YOUR DIGITAL FOOTPRINT

The information that Google reveals is what you, and what others, have shared about you on public online platforms. Knowing what you've got out there is the first step to shaping your personal brand moving forward.

92% of companies use social media for recruiting.

3 of 4 hiring managers and recruiters check candidates social profiles, even if they aren't provided.

1 of 3 employers rejected candidates based on something they found on social profiles.

Impact on universities and Employers

Top tips about what children should think about when posting online

- Talk to your children about what they are posting online and why it can have an impact
- Let them know what is and what is not acceptable to post
- Explain the dangers and the legal implication of posting content that are sexualised, inappropriate or controversial
- Ensure that they know the dangers of posting content and personal details including pictures.
- Let them know not them not to divulge any personal details such as name, address or contact details to anyone online and check to see if they have their location services turned on
- Let them know that you are there for them if they want to discuss or run things past you before posting or afterwards

with thanks to Family Lives

Digital Footprints

It really is a case of using common sense when it comes to social media. Be aware employers will look for you so don't post detrimental statuses about your current company or co-workers.

If you have them, delete or untag any unsavoury photos, posts or groups you're part of and make sure you have a friendly profile picture.

Is your email address professional? An email address like supermonkey2000@hotmail may not be the kind of image you want to project…
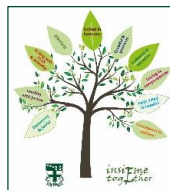
Social Media Do's

- Share pictures of achievements
- Reach out and connect to people in the industry
- Interact with a brand you want to work for (recruiters love to know that you are engaged with the company)
- Demonstrate your creative side
- Use good communication skills (spelling, grammar, have a clear message)
- Professional LinkedIn Account
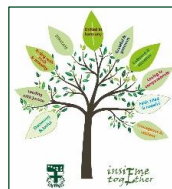
Managing devices

- Supervise the device until they are 16 years old.
- Make it a condition of them having the device that you help them use it sensibly.
- Use parental control apps like Our Pact and Circle to **limit** access to devices.
- Stay on the front foot - before you give them a device, set out a contract of use
- Limit the time spent on electronic devices and remove them in the evenings/night. – Do you know how to track screen time?
  - Iphone- settings-screen time
  - Huawei- settings-digital balance- screen time
  - Samsung- settings-device care- battery
- Know what she is doing online – open space at home for access
- Know logins and passwords- if you pay the bill- you own the phone- you are responsible for it use. This includes the wifi at home!
- School monitoring of devices – even at home (e-forensics)
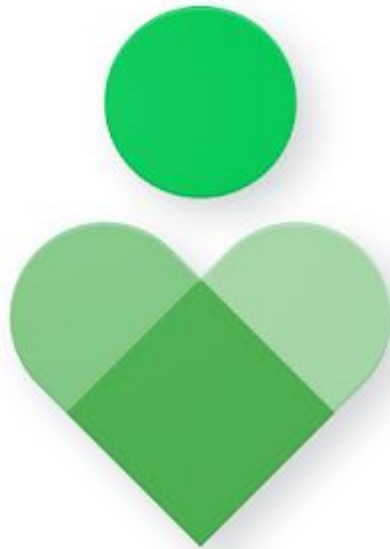
Download the digital wellbeing app on their phone. Encourage them to check their screen time and usage weekly.

Where Can I Get Practical Advice?

- NSPCC www.nspcc.org.uk
- CEOP (Child Exploitation & Online Protection Centre) www.thinkuknow.co.uk
- Net Aware www.net-aware.org.uk
- PACE (Parents Against Child Exploitation) www.paceuk.info
- UK Safer Internet Centre www.saferinternet.org.uk
- Parent Zone www.parentzone.org.uk
- www.childnet.com
- https://www.tigermobiles.com/2015/05/how-to-protect-your-children-on-their-smartphone/
- https://www.internetmatters.org/
- www.commonsensemedia.org

If you have any worries about a child do not keep them to yourself, share your concerns with the relevant agencies

Off The Record Merton

Counselling - Free and confidential counselling to young people aged 11-25. All Ursuline Students are entitled to access services.

Online Support - Free online counselling for young people aged 11-25.

www.talkofftherecord.org

Kooth gives Young People under the age of 20 **fast, free and anonymous access to professional counsellors** with safe online support **365 days a year.**

- Online counselling and emotional well-being platform for children and young people aged 11-18
    - Councelling takes the form of an assessment session and then up to 5 follow up sessions of up to 1hr long.
- Accessible through mobile, tablet and desktop and free at the point of use (it is not an app).

www.kooth.com

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

On Kooth you can

Chat to our friendly counsellors

Read articles written by young people

Get support from the Kooth community

Write in a daily journal

It is NOT a crisis support page.

REMINDER: If accessed through the school tablet what is written is NOT confidential as school monitors the tablets 24/7. Any safeguarding concerns will be brought to schools' attention and parents informed.

Questions?

We will answer in the chat