

**eCP.**  
KIDS ONLINE WORLD

# Navigating the Digital World:

Engaging, Educating and Empowering young minds together!

## Online Safety Awareness for Secondary Parents

Includes icons for TikTok, Instagram, Facebook, and Twitter.

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The biggest lesson we can learn as adults is to **make children feel valued...**

**Most risks online come back to self-affirmation**  
(we all want to feel liked and valued.)

Offenders seek to exploit vulnerability.

If we **increase self-esteem and confidence in children**, then they are less likely to take risks online.

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### Positive impacts of social media...

- Connects people
- Allows for creativity
- Tool for support & learning

Illustration of a person sitting on the floor using a laptop, surrounded by social media icons.

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### ONLINE RESILIENCE

To help prevent the harm, children need to be streetwise online. This is sometimes called **digital literacy**, and it has three elements:

- Technical literacy** – knowing your way around technologies and having technical skills.
- Media literacy** – understanding different platforms and being able to judge the quality and reliability of online sources.
- Social literacy** – understanding online etiquette and the way things are done online.

You can't shield children from all risks online, any more than you can offline.

**Not all of those risks have to turn into harm!**

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Ofcom: Adults Media Use & Attitudes Report 2024

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What % of 8–17-year-olds chat to strangers when gaming?

10%    31%    43%

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**18+**  
www.pegi.info  
Call of Duty: Warzone 2.0 (2022)  
NEW: Proximity Chat

**16+**  
www.pegi.info  
High on Life

**18+**  
www.pegi.info  
Grand Theft Auto: The Trilogy – The Definitive Edition

**16+**  
www.pegi.info  
Apex Legends: Season 17

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### Gaming considerations...



86% of British parents & carers ignore the age ratings on games, compared to 23% on films.

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## Gambling in gaming...

There are laws which make it illegal for young people to take part in most gambling activities, but there are also types of gambling that everybody is allowed to do...

- LOOT BOXES
- SKINS
- ESPORTS



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## Addicted to gaming?

- Feeling agitated, anxious, or depressed when unable to game
- Little or no interest in other activities
- Ignoring personal hygiene
- Decline in work or academic performance
- Lying about the amount of time spent gaming
- Staying up late gaming at the expense of adequate sleep

The World Health Organisation (WHO) now recognises gaming addiction as a mental health issue.

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### HOW DOES GAMBLING ADDICTION DEVELOP?



```

    graph TD
      A[Excitement] --> B[Dopamine]
      B --> C[Thrill / High]
      C --> D[Repeat]
    
```

Around 1,400 patients were referred for gambling addiction in the past 12 months, an increase of more than a third on the previous year.

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## Spotting the Signs of Harm

Changes you may notice in those affected by gambling could include:

- Preoccupation with gambling.
- Missing coursework deadlines.
- Withdrawal from social events/ friendships groups.
- Changes in mood & behaviour.
- Secrecy – chasing losses.
- Borrowing money.
- Unexplained debt/ new or extra money/ possessions.
- Feeling anxious and worried.

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Blocking software is a type of computer programme or app that stops you looking at specific websites or services.

Many people use blocking software tools if they find it hard to control their gambling.

There are two kinds of blocking software:

- Gambling-specific blocking software, which is designed to block gambling websites.
- General blocking software, which is designed to block any sites you want and set access permissions or parental controls.

1 Blocking Software

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TALK BAN STOP. GamCare, Gamban, GAM STOP

GAMBLOCK® PREVENTING UNDERAGE GAMBLING

betblocker

@ Net Nanny®

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Ofcom: Adults Media Use & Attitudes Report 2024 ecp.

What do you think are the 3 most popular online platforms for 3-17 year olds?

YouTube	WhatsApp	Tik Tok
87%	57%	42%

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Check out [KIDSONLINEWORLD.COM](https://www.kidsonlineworld.com) for more details

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## Inappropriate or Explicit content

The NSPCC found that 56% of 11-16 year olds have seen explicit material online.

- Sexually explicit material.
- Pornographic material.
- False or misleading information – including content disguised as support.
- Content containing profanity or vulgar language.
- Pro self-harm / eating disorder content.
- Sites that encourage vandalism, crime, terrorism, racism, eating disorders or suicide.
- Extremism.
- Hateful or offensive material.
- Sites that promote hate.

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## Parental Support

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- Discord's Family Centre**
  - > A weekly email summary activity.
  - > Shows messages or calls they've made, w friends added, and active server participation.
- Twitch** has a guide designed to help parents, educators, and other adults navigate the platform.
  - > In 2022, Twitch implemented a ban on gambling activities.
- Snapchat** has a 'Family Centre'
  - > View your teens friends
  - > See who they've messaged
  - > Restrict sensitive content
  - > Safety Checklist
- TikTok's 'Family Pairing'** allows:
  - > Time restrictions
  - > Restrict access to videos
  - > Restrict who can comment
  - > Restrict messaging
- Instagram parental supervision** allows:
  - > Notifications
  - > Restrict contacts and messaging
  - > Nudity protection feature
  - > Detects and blocks inappropriate accounts
- WhatsApp** have a Teen Information Centre designed to help teens and their caregivers navigate the platform and safeguard themselves from harm.

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## Challenges of Social Media

- Unseen Pressures...
- Constant Validation
- Social Comparison
- Advances in tech - AI
- 'Living an Insta-lie'...
- Social Influencers

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What are the risks of viewing pornography?

Unrealistic expectations of body image & performance.

XXX 18+

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### Monitoring Online Activity **ecp.**

**How to set up the parental controls offered by BT**  
Video guide from BT about how to set up parental controls.

**How to set up the parental controls offered by Sky**  
Video guide from Sky about how to set up parental controls.

**How to set up the parental controls offered by TalkTalk**  
Video guide from TalkTalk about how to set up parental controls.

**How to set up the parental controls offered by Virgin Media**  
Video guide from Virgin Media about how to set up parental controls.

**Internet Matters**

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### Best Parental Control & Mobile Monitoring Apps 2024


Review them to decide which works best for you!

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### Live Streaming

**What could go wrong?**

- Reveal Location**
- Lack of control**
- Could be recorded**

**Key message for children: Remember... online behaviours should mirror how you behave offline**

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- GROOMING
- CHILD SEXUAL EXPLOITATION
- CHILD CRIMINAL EXPLOITATION
- RADICALISATION

Targeting on & offline  
Making contact  
Gaining Information  
Becoming Friends  
Deepening Friendships  
Meeting Abuse

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### Self-generated Imagery

203,866 hashes of 11-13-year-olds were created

**XXXX**

Sharing nudes is when someone sends a naked or semi-naked image or video to another person.

The impact that the sharing of these nudes and semi nudes can lead to is shame, embarrassment, bullying, emotional distress, blackmail.

**257% increase** in reports of Sextortion

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### What is Sextortion?

Sextortion is a form of blackmail in which someone threatens to share intimate details, sexual images, or videos of you online if you don't meet their demands.

I have naked images of you... pay £200 or I will share!

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### What is intimate image abuse?

Intimate image abuse is the act of sharing or threatening to share intimate images or videos of someone WITHOUT the consent of an individual who appears in the photograph or video, and WITH the intent to cause alarm distress and humiliation or sexual gratification.

We try not to use the term 'revenge porn' as this term is misleading; it's not always an act of revenge and the content is not pornography. It is abuse.

Intimate image abuse, like many other forms of abuse, is rarely an isolated behaviour.

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### Activity: Who is the 'real' person?

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www.ecplimited.com

**"We estimate there are between 680,000 to 830,000 adults in the UK that pose a sexual risk to children. The use of AI for child sexual abuse will make it harder for us to identify real children who need protecting, and further normalise abuse".**  
 (Graeme Biggar - Director General of the National Crime Agency, 2023)

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### How will the Online Safety Act 2023 help keep children safe?

Companies must prevent children from accessing content that is harmful or age-inappropriate.

This includes content depicting, promoting, or facilitating:

- Pornography
- Serious violence
- Bullying
- Self-harm
- Pro-eating disorder
- Child Sexual Abuse
- Controlling & Coercive Behaviour
- Extremism
- Pro-Suicide

This will be regulated by OFCOM.

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**Time for a digital detox...**  
 YES Save for later

**I must BE PRESENT!!!**  
 Prioritise offline connections...  
 YES Save for later

**I must set boundaries including digital agreements**  
 YES Save for later

**\*\*RESTORE BALANCE!\*\***  
 I NEED TO... Protect my mental wellbeing...  
 YES Save for later

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### What is the Metaverse and the challenges of VR?

Oversharing private information

Experiencing Unwanted Contact

Negative impact on mental wellbeing

Spending real money

Encountering harmful content

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**Sharenting**

Estimates show that the average parent will post their child's image online almost 1000 times by the time they are five. A poll of 2000 UK parents showed that parents shared around 195 images of their children per year.

*Childnet*

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**How do you keep yourself up to date?**

**You must talk to your young people - this is where your greatest learning will come from!**

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**Sign-up for E-Safety Updates...**

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[www.kidsonlineworld.com](http://www.kidsonlineworld.com)  
E-Safety Updates

<https://www.kidsonlineworld.com/sign-up.html>

[www.ecpsafeguarding.co.uk](http://www.ecpsafeguarding.co.uk)  
[info@ecpsafeguarding.co.uk](mailto:info@ecpsafeguarding.co.uk)

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