Carrington School *AD ASTRA*

Online Safety

"My parents won't let me walk to school by myself bc they think it is too dangerous, but they have given me a phone with a million more daily risks than I face irl."

Year 7, October 2023

(irl = In Real Life)

Most of us are vulnerable online, but particularly children

Young people are at risk of the following areas whilst online:

Understanding the Risks

- Emotional Harm
- Financial Harm
- Physical Harm

Online Bullying (Cyberbullying)

1 in 8 young people have been bullied on social media

- Direct via the use of verbal attacks

- Indirect via exclusion and by spreading rumours

- Through social networking sites, gaming sites, chat rooms, email or phone messages

- Can occur alongside physical bullying
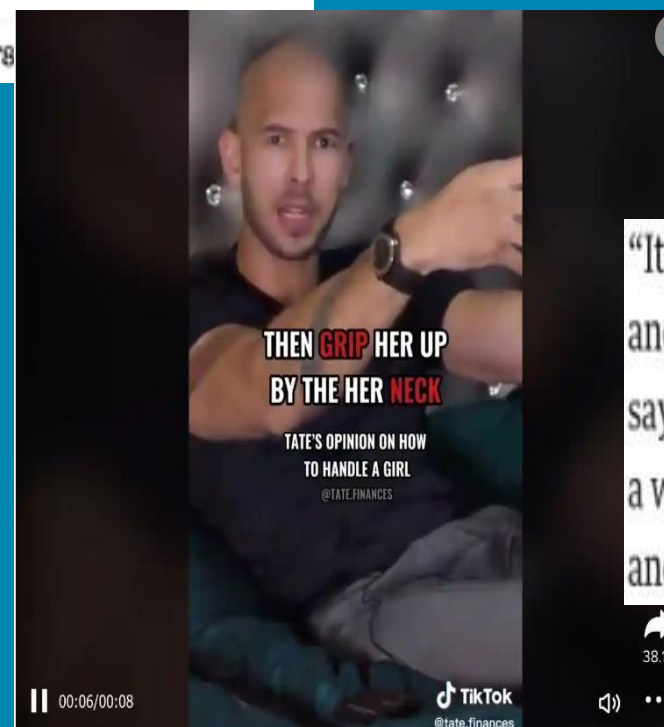
Normalising Extreme Views

Alan Freestone
@AlanFreestone

I hope the women of Plymouth collectively take some responsibility for this. Misandry & the anti-man rhetoric from teachers causes incel

Young men without hope, without a path, without anything meaningful t strive for become dangerous to the societies around them.

17:51 · 13/08/2021 · Twitter for Android

33 Retweets 2,078

Respect 101:

HE RECEIVES LOYALTY & LOVE BECAUSE HE RESPECTS THE MAN.   SHE CHOSE NOT TO

blk_chauvinist · Follow

blk_chauvinist Reality Check for Women/Feminists... Men require and demand respect in much the same way that YOU require and demand attention. Deal with it!

#FeminismIsCancer
#MenAreThePrize

2w

Liked by [redacted] and 11 others
APRIL 19

THEN GRIP HER UP BY THE HER NECK

TATE'S OPINION ON HOW TO HANDLE A GIRL
@TATE.FINANCES

00:06/00:08   TikTok
@tate.finances

38.1K

"It's bang out the machete, boom in her face and grip her by the neck. Shut up bitch," he says in one video, acting out how he'd attack a woman if she accused him of cheating. In another, he describes throwing a woman's

Pornography

- 51% of 11-13 year olds reported that they had seen pornography at some point, rising to 66% of 14-15 year olds. (Revealing Reality, 2022)

- The average age of viewing porn is 12 in the UK (NSPCC, 2023)

- An NSPCC study in 2023 found that between 14-18 year olds:
  - 22% of students had viewed porn on multiple occasions.
  - **One in five** said they had a porn habit
  - **One in 10** said they felt addicted

- **Three quarters (75%) of parents felt that their child would not have seen pornography online. But of their children, more than half (53%) said they had in fact seen it. (BBFC 2020)**

9/29/2025
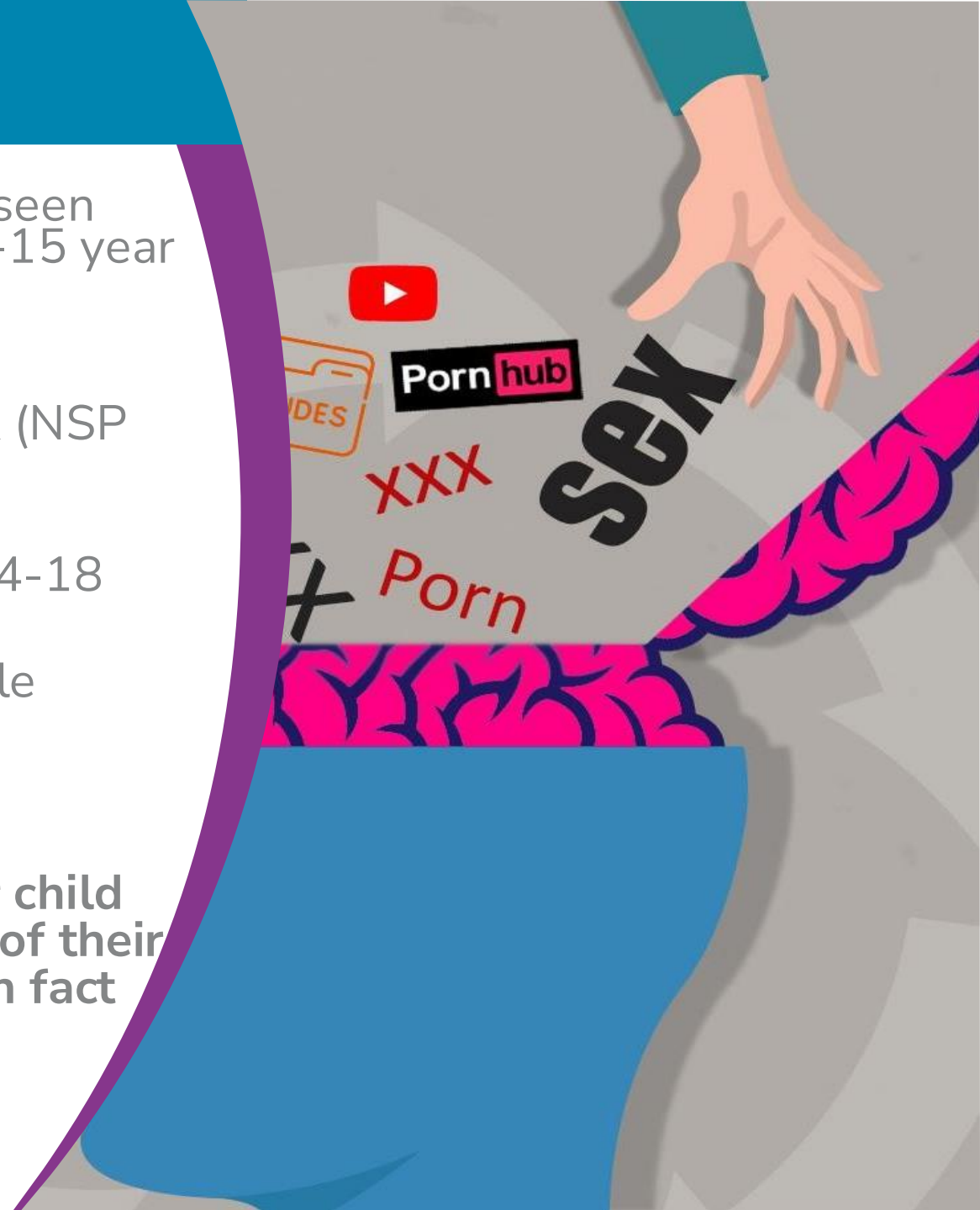
Pornography

- "If you put a phone in a child's hand, you are putting porn in a child's hand … don't do it unless you are ready to speak to them about pornography."

Boy (15)

Barnado's Research 2022

Harmful Content

- Pro-Ana and Pro-Mia sites
- #selfharm and #suicide: "83% of social media users surveyed were recommended self-harm content on their personalised feeds" (Swansea University, 2023)

- Private accounts
- Body image and extreme diets
- Tiktok challenges

Social media firms 'monetising misery', says Molly Russell's father after inquest

Coroner finds harmful online content likely to have contributed to Molly's death 'in a more than minimal way'

02:03

▶️ 'I hope the world will be safer', says Molly Russell's father after inquest – video

Generative AI

- Cyberbullying and sexual harassment
- Generative child sexual abuse material (CSAM)
- Disinformation and fraud
- Impacts on education
- Privacy concerns
- Bias or discrimination

Spain sentences 15 schoolchildren over AI-generated naked images

Teenagers each given a year's probation after creating and spreading faked images of female classmates in south-west Spain

The pictures had been circulating on WhatsApp. Photograph: Jaque Silva/SOPA Images/REX/Shutterstock

July 2024

Contact

'Contact: being subjected to harmful online interaction with other users; for example: peer to peer pressure, commercial advertising and ==adults posing as children or young adults with the intention to groom or exploit them== for sexual, criminal, financial or other purposes' (KCSIE 2021).

Child Sexual Exploitation or Grooming

Online grooming is the technology-facilitated process of befriending a young and vulnerable person by an adult perpetrator for the express purpose of sexual abuse and exploitation (NSPCC)

…ed by an internet predator who lured him to a location and slit his throat in 2014 REX FE

Chat apps and Social Media

- Location
- Oversharing
- Contact with people they do not know

Conduct

- Girls as young as six were sending sexually explicit texts during the pandemic

- Girls sent the majority of concerning messages

- Eleven-year-old girls and 13-year-old boys attempted to send the highest proportion of sexts (SafeToNet, 2020)

- 39% of 12-17 year olds said they had received a sexual photo or video. The mean average age at which respondents received their first sexual image from someone was 14. (ESET, 2024)

Conduct

- In England and Wales, the Protection of Children Act 1978 makes it an offence to take, make, show, distribute, possess (with a view to distribute) or publish an indecent photograph or pseudo-photograph of a child

- The Sexual Offences Act 2003 (England and Wales) defines a child, for the purposes of indecent images, as anyone under the age of 18
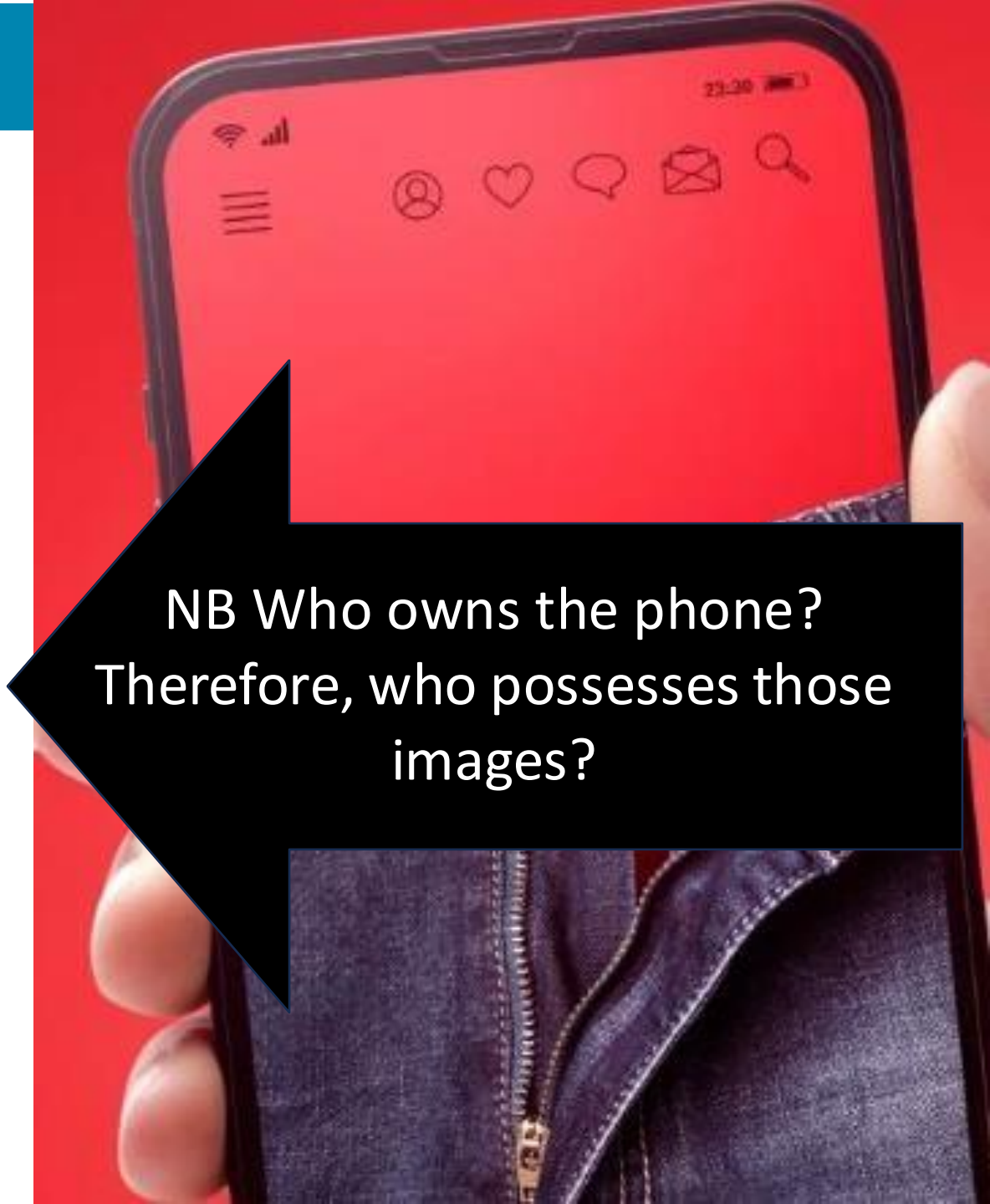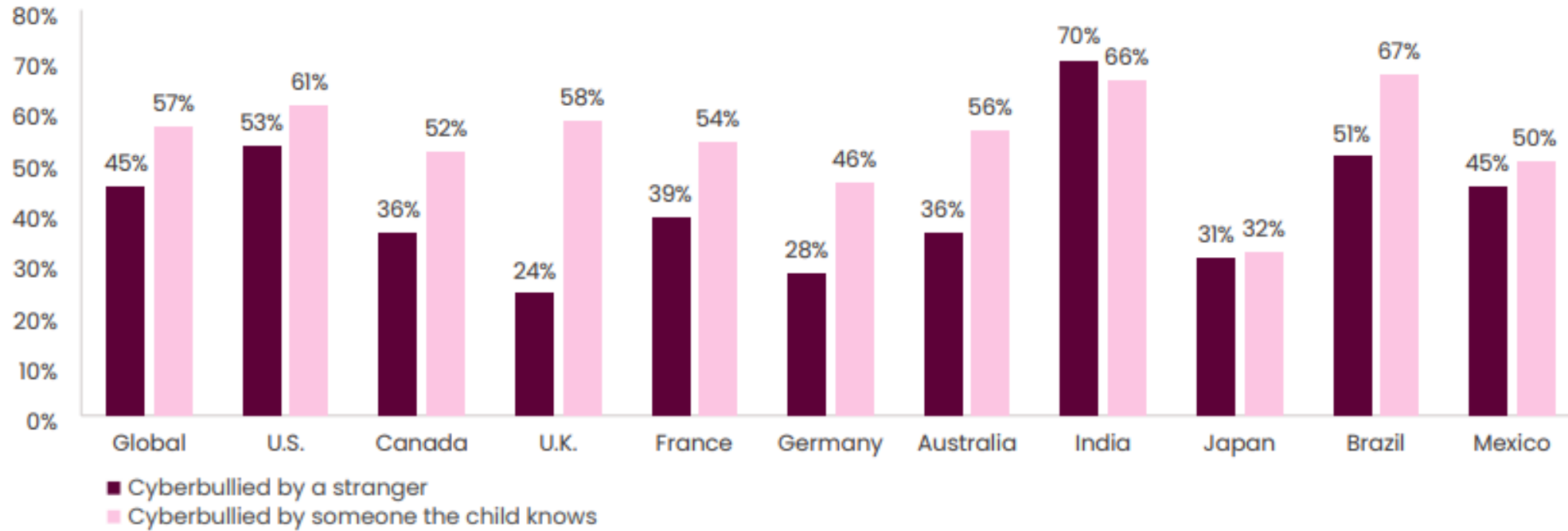
NB Who owns the phone? Therefore, who possesses those images?

Cyberbullying by strangers and by people the victim knows

	Global	U.S.	Canada	U.K.	France	Germany	Australia	India	Japan	Brazil	Mexico
Cyberbullied by a stranger	45%	53%	36%	24%	39%	28%	36%	70%	31%	51%	45%
Cyberbullied by someone the child knows	57%	61%	52%	58%	54%	46%	56%	66%	32%	67%	50%

■ Cyberbullied by a stranger
□ Cyberbullied by someone the child knows

- Group Chats e.g. Class chats, "1st to 500"
- Livestreaming
- Gaming online
- Social Media/Apps including streaks

Gaming

- 12% of adolescents are at risk of problematic gaming, with boys more likely than girls to show signs of problematic gaming (16% vs 7%).

- The majority of addicted gamers are adolescents and young adults within the age bracket of 18 to 34 years old.

- The average age of a gaming addict is 24 years of age.

- Around 8.5% of children and teenagers under 18 around the world may be addicted to gaming. (WHO, 2024)
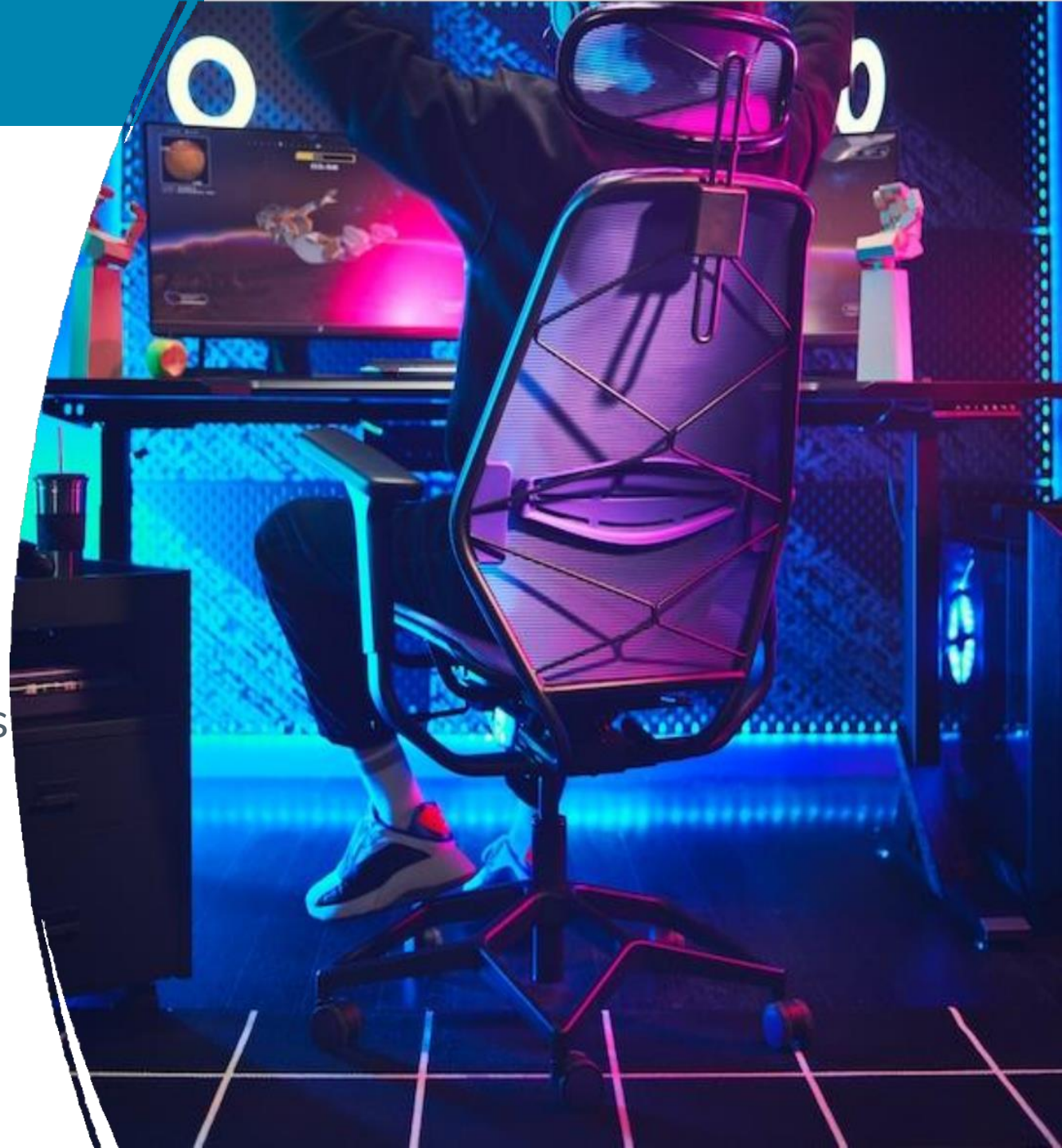
Commerce

'Commerce – risks such as online gambling, inappropriate advertising, phishing and or financial scams'
(KCSIE 2021)

Carrington
School *AD ASTRA*

Commerce

Children as young as young as 11 have problems with gambling, while almost half a million children have admitted to betting regularly say the Gambling Commission.

Jack Ritchie death: gambling addiction began as teenager, inquest hears

English teacher who took his own life in 2017 began using fixed-odds betting terminals while in the sixth form

Jack Ritchie with his parents, Charles and Liz, who have campaigned for reform of gambling legislation after their son took his own life. Photograph: Gambling With Lives/PA

Buying vapes online:

Do you know where your child's money goes?

Vaping danger lessons in Plymouth after vapes spiked with Spice

It comes after a Plymouth dad claimed that Spice had been put into his son's vape and had turned him into a "monster

NEWS

By **Carl Eve** Crime Reporter & **Alison Stephenson** Local Democracy Reporter
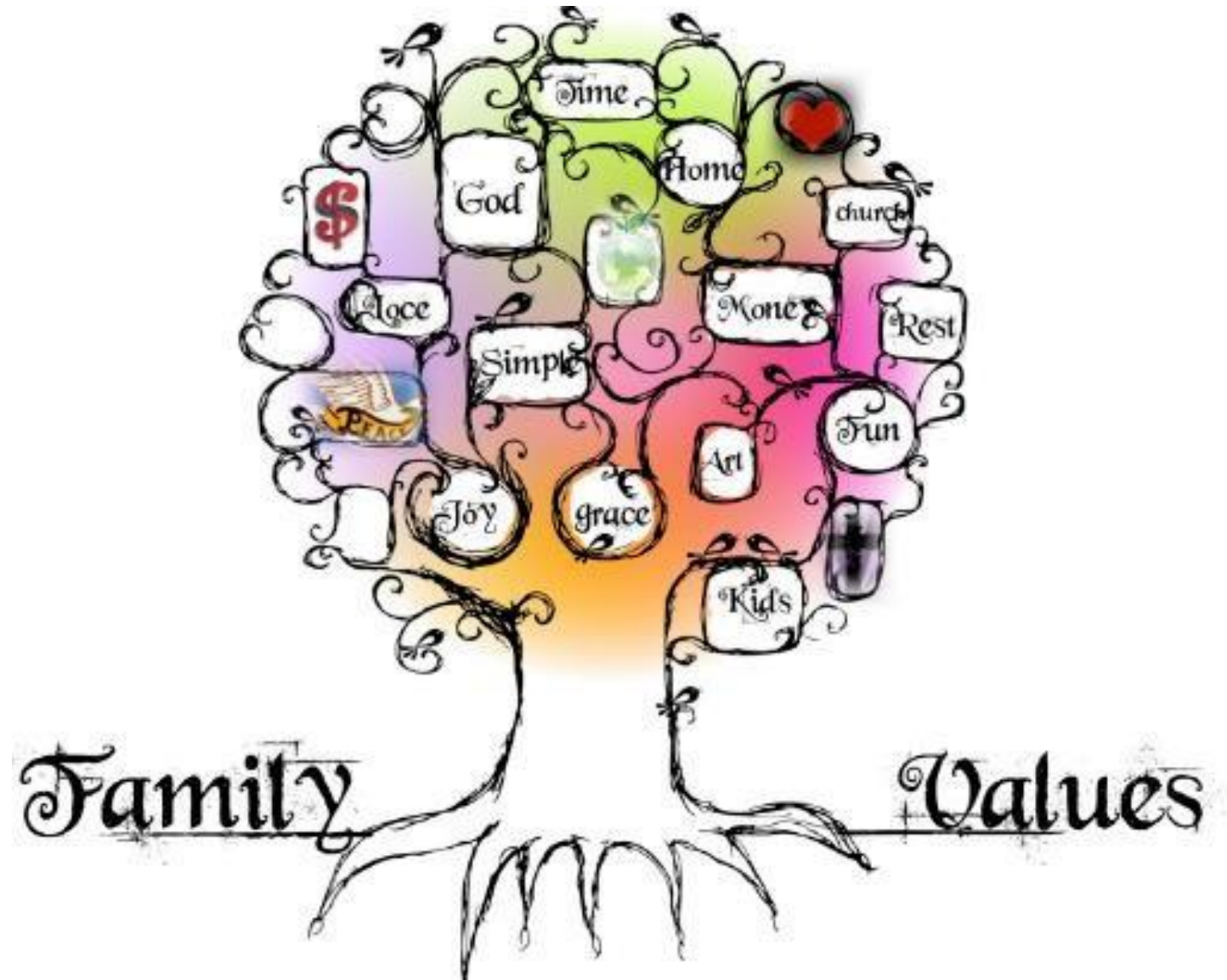
06:30, 26 AUG 2024

Bookmark

How can we support?

Values

What are your values as a family?

How does this relate to online?

Family Agreements

Childnet Family Agreement

Now it is time to write your agreement.

Our agreement:	Who is responsible for this?

What happens if someone doesn't follow the agreement?

Date: | Review date:

Signatures:

TECHNOLOGY GOALS

Level One (smartwatch)

- Come home at the agreed upon time.
- Check in when you are making changes in your schedule. If you do not reach your parents and it's optional, come home.
- Do not message during school hours. Do not message Dad during working hours until it is important.
- Do not send a message that you wouldn't want someone else reading.
- Take good care of your watch. If you lose it, you pay to replace it.

Level Two (cell phone, pictures and no internet)

- Do not take pictures of your private parts. Do not take pictures that imply nudity. Do not take pictures in any public bathroom.
- Do not send a message that you wouldn't want someone else reading.
- Phone turns off at 8pm at night and charges in parents' bedroom. No collecting it until 7am.
- No cellphones during meal times.
- No cellphones during homework.

Level Three (cellphone, approved friends, pictures, and no internet)

Parent-Child Phone Agreement

Purpose:
This agreement is designed to help Cecilia develop emotional regulation, self-care habits, responsible school work, and good communication skills. In exchange for following these guidelines, Cecilia will have access to their phone. This is a shared commitment to build trust, responsibility, and support healthy habits.

Part 1: Emotional Regulation

- Commitment: I, Cecilia, agree to practice emotional regulation by acknowledging my feelings and finding healthy ways to express them.
- Examples:
  - Taking deep breaths or a short break when I feel overwhelmed.
  - Talking to a trusted adult (parent, teacher, counselor) when I need help processing my emotions.
  - Refraining from using my phone when I'm angry or upset as a way to avoid acting out or sending harmful messages.

- Parent Support: My parent agrees to listen to me when I need to talk about my feelings, offer support, and help me find healthy solutions without judgment.

Part 2: Self-Care

- Commitment: I agree to prioritize my well-being by practicing good self-care routines.
- Examples:
  - Getting at least 8 hours of sleep each night.
  - Limiting screen time, especially before bed, to sure I have enough rest and downtime.
  - Taking breaks from my phone to focus on hobbies, relaxation, and physical activity.

Part 2: Self-Care

Commitment: I agree to prioritize my well-being by practicing good self-care routines.

Examples:
- Getting at least 8 hours of sleep each night.
- Showering/bathing almost every day.
- Reading chapter books and practicing math comes before screentime and games.
- Limiting screen time, especially before bed, to make sure I have enough rest and downtime.
- Taking breaks from my phone to focus on hobbies, relaxation, and physical activity.

Parent Support: My parent agrees to help me maintain healthy habits by encouraging breaks from the phone and participating in activities together that promote self-care, such as outdoor walks or creative time.

Part 3: School Work

Commitment: I agree to complete my school assignments on time and put effort into doing my best work.

Examples:
- Completing homework before using my phone for social media, games, or other entertainment.
- Asking for help when I don't understand my assignments or when I need more time to complete them.
- Checking in regularly with teachers and parents to make sure my assignments are complete and/or to ask for any additional support or assistance.

Parent Support: My parent agrees to help me create a good homework schedule and will offer help or guidance if I am struggling with my work.

Part 4: Communication

Part 4: Communication

Commitment: I agree to communicate openly, respectfully, and responsibly with my family, friends, and anyone else.

Examples:
- Responding to family messages in a timely manner, especially when I am out.
- Avoiding hurtful language or gossip.
- Letting my parent know if I come across something harmful, inappropriate, or uncomfortable.

Parent Support: My parent agrees to communicate respectfully with me, answer my questions, and trust me while being available for guidance when needed.

Consequences for Not Meeting Expectations

If I do not follow this agreement, I understand that:
- My phone access may be limited or suspended.
- We will have a conversation about what went wrong and how I can improve before I can regain access.

Reviewing the Agreement

This agreement will be reviewed on a regular basis to see how we are doing and if any changes need to be made.

Signed:

Cecilia _____ Date: _____

Aaron _____ Date: _____

Building Trust

If kids can trust you with the little stuff, they will come to you with the big stuff.

Dr. Laura Markham

Become a part of their reality

- Online life is real life and it is their life

- Young people's happiness is often linked to their connectedness

- Be positive!

Role modeling is the most basic responsibility of parents. Parents are handing life's scripts to their children, scripts that in all likelihood will be acted out for the rest of the children's lives.

— Stephen Covey —

Detox

Research shows that young people want to reduce their use!

Carrington School *AD ASTRA*

Are your young people absolutely clear on what makes up a healthy relationship?

Do they know what red flags to look out for offline and online in relationships?

Learning

"My parents don't know what I do online. They don't understand tech so I just do what I want"

Year 7, 2024

When Things Go Wrong

What would you do if your young person told they were addicted to porn?

When Things Go Wrong

What would you do if your child came to tell you they had sent an unsolicited nude of themselves and it had gone round the school?

When Things Go Wrong

What would you do if your child came to tell you that they were being bullied online?

Online Bullying, Managing the Risks

- Work with children to **block the bullies**

- Tell children you are pleased that they told you about the problems, **reassure them** it's not their fault and that you are going to help

- If the child knows the bully through school or another organisation, **contact relevant member of staff**

- If necessary, help children to **change contact details**

- As a last resort, call the police. It is not against the law, however the '**Protection from Harrassment Act**' can be applied

- Parents need to keep in mind that it is possible for their child to be the bully, as well as the victim

- Children cannot be expected to be resilient to bullying and need to be able to feel supported

1. Do a little homework
2. Pick your moments
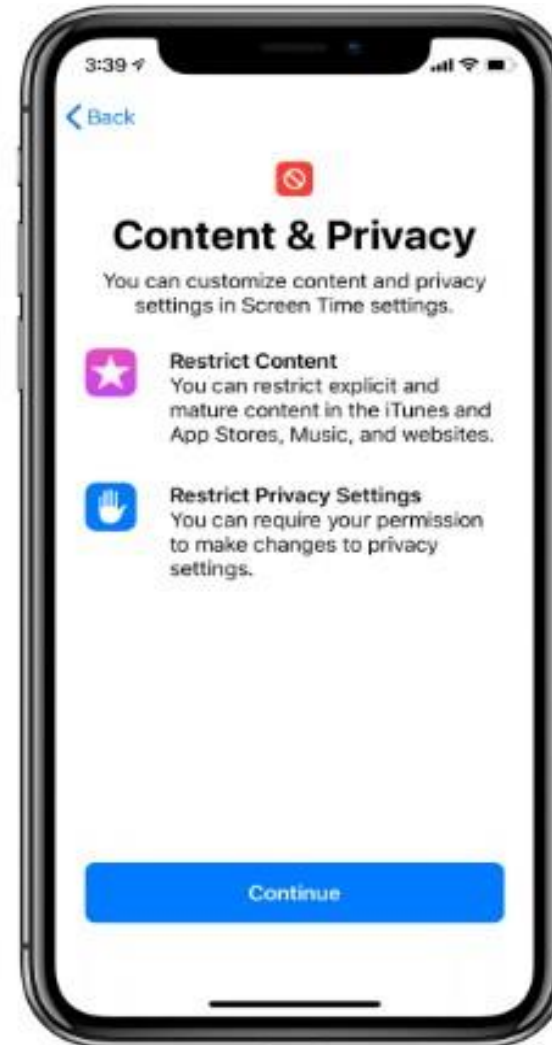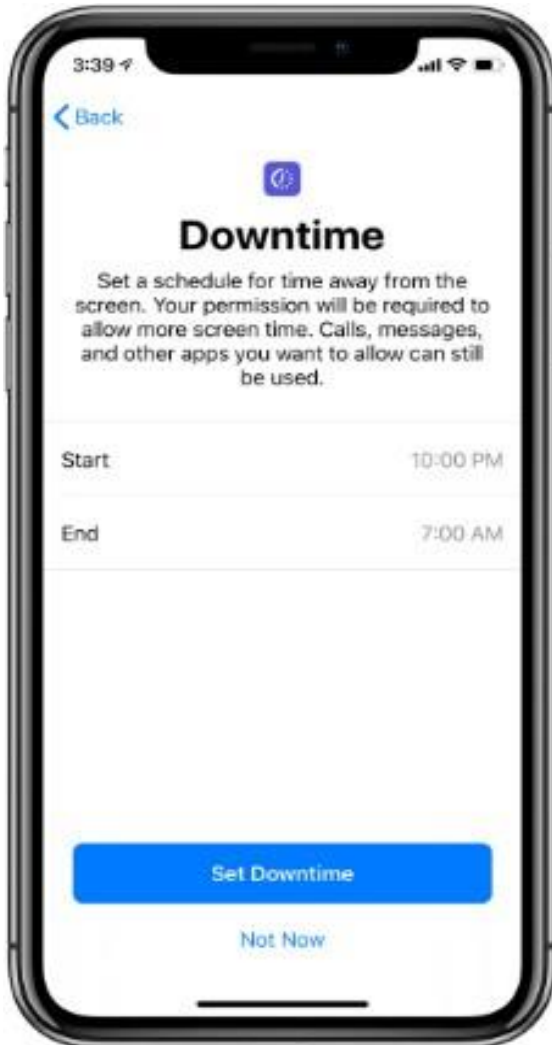3. Avoid the "big talk" – little and often

The Conversation

4. Keep conversations positive
5. Make positive choices
6. Connection rather than investigation

Practical Ways To Support
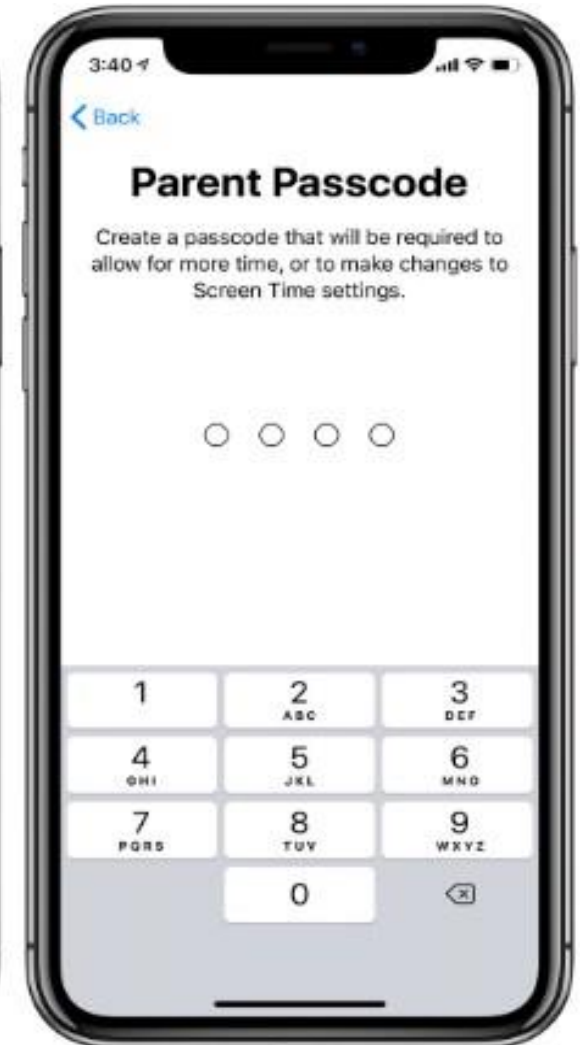
Limit Screen Time – Downtime and Apps

Where are ALL phones/ devices at night?

Monitoring

1. Aura
2. Qustodio
3. Microsoft Family Safety
4. Norton Family
5. Google Family Link
6. FamiSafe

Safetydetectives.com

Practical Ways to Support - Gaming

Games Consoles:

- Check the content of the game and any chat function
- Consider who your child could have contact with whilst using the game
- Check the in-app purchasing
- Does the game affect your child's behaviour?

Practical Ways to Support – Social Media

Things to check:

- ❑ Oversharing
- ❑ Location sharing
- ❑ Talking to people they do not know
- ❑ Inappropriate conduct
- ❑ Unrealistic sense of reality
- ❑ Obsessive focus on likes and comments

Age Restrictions

More than 1.6 million social media accounts are owned by underage children

Children are signing up to social media at an increasingly young age, the study by the Advertising Standards Authority found.

Josie Clarke • Tuesday 29 November 2022 00:01

Snapchat, TikTok, Instagram, Facetime (Apple ID), YouTube (with parental consent), Spotify, WhatsApp etc etc

France approves law requiring parental consent for minors on social media

France approved a new law Thursday requiring social media platforms like TikTok to verify users' ages and obtain parental consent for those under 15 years in an effort to protect children online.
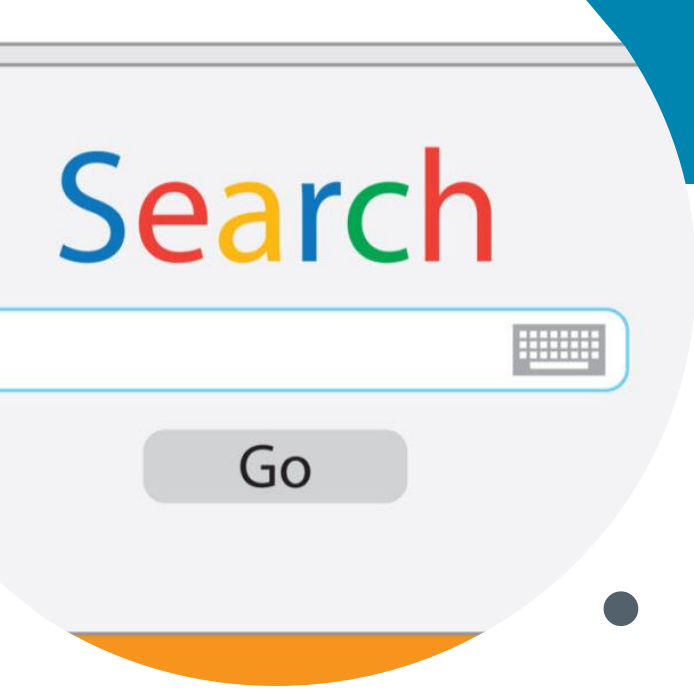
Issued on: 29/06/2023 - 14:33 • 2 min

13 years old

Search

Go

- Sometimes, innocent searches can lead to not so innocent results

- If you're worried do ensure SafeSearch is on (or equivalent)

Reporting

- The Child Exploitation and Online Protection Command (CEOP) helps keep children safe from online grooming.

- If you come across an indecent image of a child online, it is important to report this to the Internet Watch Foundation (IWF) so that they can review this content.

- If you know a young person who has had a sexual image or video of themselves shared online, and they're under 18, talk to them about Childline and the Internet Watch Foundation's Report Remove tool.

Reporting

- Online content which incites hatred should be reported to [True Vision at report-it.org.uk which covers](http://report-it.org.uk) the grounds of race, religion, disability, sexual orientation or gender.

- If you're worried that a child is being abused, or at risk of being abused, you should contact the NSPCC helpline

Resources

- **Childhood 2.0 (YouTube/Prime)**
- **The Social Dilemma (Netflix)**
- **Raised on Porn (YouTube)**
- **Protect Your Eyes (Instagram)**
- **Parenting in a Tech World (Facebook)**
- **Limited Screen Time (Facebook)**
- **That parent group (with Cath Hakanson) (Facebook)**
- **Ask Lisa – Dr Lisa Damour (Podcast)**
- **1000 Hours Outside – The Undeclared War On Childhood (Podcast)**
- **Anxious Generation – Jonathan Haidt (Podcast)**

Resources

Online safety resources and guides | NSPCC Learning

Parents and Carers - UK Safer Internet Centre

Parents & carers | Childnet

Parents' Ultimate Guides | Common Sense Media

Advice For Young People | Counter Terrorism Policing

Thank you for listening

"Communication is THE key to keeping our young people safe"

NSPCC