

A decorative graphic on the left side of the slide, consisting of a network of white lines and small circles, resembling a circuit board or a stylized tree structure, set against a blue gradient background.

SAFEGUARDING FOR PARENTS

TAMMIE REDMAN


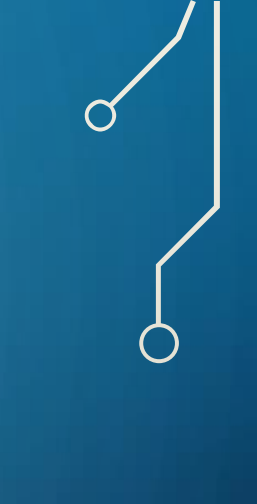
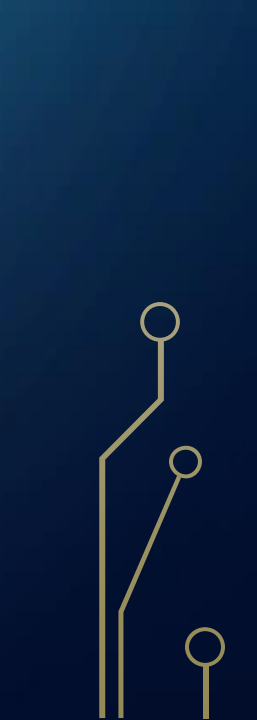
TAMMIE REDMAN SAFEGUARDING & CONSULTANCY

DO YOU REMEMBER WHEN?





SO LETS EXPLORE

- **What is safeguarding?**
 - **Online risks**
 - **Face to face risks**
 - **Minimising the risks**
 - **Helping children to identify risk factors for themselves**
 - **How to spot the signs that their child might be at increased risk of harm or exploitation**
 - **Knowing where to go for help**
- 
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- 

WHAT IS SAFEGUARDING AND CHILD PROTECTION

Safeguarding is about minimising risk

Child protection is when something has happened

Everyone who comes into contact with children and families has a role to play.

Parents have a responsibility to be good enough parents

Schools have a responsibility identify harm


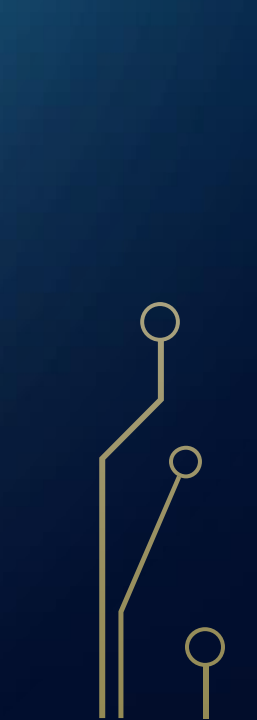
Childrens Social Care have a duty to investigate

WHAT DO YOU THINK ARE THE BIGGEST RISKS FOR CHILDREN TODAY?

- Radicalisation
- Online Grooming
- Child abduction
- Sexting
- Being physically assaulted
- Bullying
- Seeing inappropriate content online
- Domestic Abuse
- Self Harm
- Mental Health issues
- Sexual exploitation
- Stranger Danger
- Being run over
- Gang Activity
- Drug taking
- Assault
- Anti Social Behaviour
- Overprotection
- Knife crime



THE BIGGEST RISKS TO OUR CHILDREN TODAY

1. Seeing inappropriate content online
 2. Mental Health issues
 3. Domestic Abuse
 4. Over protection
- 
- 

OVERPROTECTION

- Not allowing children to go out
- Not allowing children to take reasonable risks
- Constant supervision
 - Online
 - In the home
 - Outside the home

DOMESTIC ABUSE

- It impacts all relationships
- There were **9784** reported DV incidents during 2020-2021
- This averages **812** per month.
- This averages **27** incidents per day.
- These are just the reported cases. Estimates are that less than 2% of incidents get reported
- 2020 – 19% increase nationally in reported cases (30% in MK)
- 20% of Children are impacted by Domestic Abuse at some point
- Intimate relationships between young people also come under this category.

Added risk for Children

- Child getting in between parents
- Child trying to stop violence
- Child is attacking parent who is a victim
- Being the stepchild
- Violence to animals
- Violence during pregnancy
- Child being used in contact disputes
- Death



WHAT MKACT OFFER

- **Crisis Intervention Service in the community: Helpline offering information, advice and support**
 - MK ACT – Independent Domestic Violence Advisors / Community Support
 - MKC – housing options advisors
 - Family Law Solicitors – Access to legal advice
 - Support Groups
 - Volunteer Co-ordinator
- **Emergency Refuge :**
 - Accommodation and support for up to 28 families
- **Fresh Start:**
 - Adults – Perpetrating Intimate Partner Violence
- **Group-work Programmes / Training**
 - Adults - Freedom / Recovery Toolkit / Ilam

- Domestic Violence Unit –**01908 276102.**
(Police)

- MKACT- **0344 375 4307**

- PVP referral – **101**

- **MARAC CO-ORDINATOR MILTON KEYNES**

Thames Valley Police

01908 686513

- Karma Nirvana -**0800 5999 247**
www.karmanirvana.org.uk

- National Domestic Violence Helpline: **0808 200 0247**

MENTAL HEALTH

- Every one has mental health
- 1 in 4 of us will be negatively impacted by mental health at some point
- Self harm
- Check for changes in motivation
- Talking is essential
- Control mechanisms
- Services need to be accessed early
- Talk to school and GP
- Be open
- Make time
- Listen to what is not being said as well as what is being said
- Look at coping strategies
- Network around the child <http://www.kooth.com/>
- Beating the blues <http://www.beatingtheblues.co.uk/>
- Fear Fighter <https://apps.beta.nhs.uk/fearfighter/>
- Samaritans <https://www.samaritans.org/education/deal/dealing-with-feelings/self-harm-myths-and-facts>
- YIS <https://www.mkyis.org.uk/>
- MKMIND <https://www.mind-blmk.org.uk/>
- Q-Alliance <http://qalliance.org.uk/counselling>
QYouth@qalliance.org.uk
- Service Six [Service Six- Supporting those that need help in our community](#)
- Arthur Ellis <https://www.arthurellismhs.com>

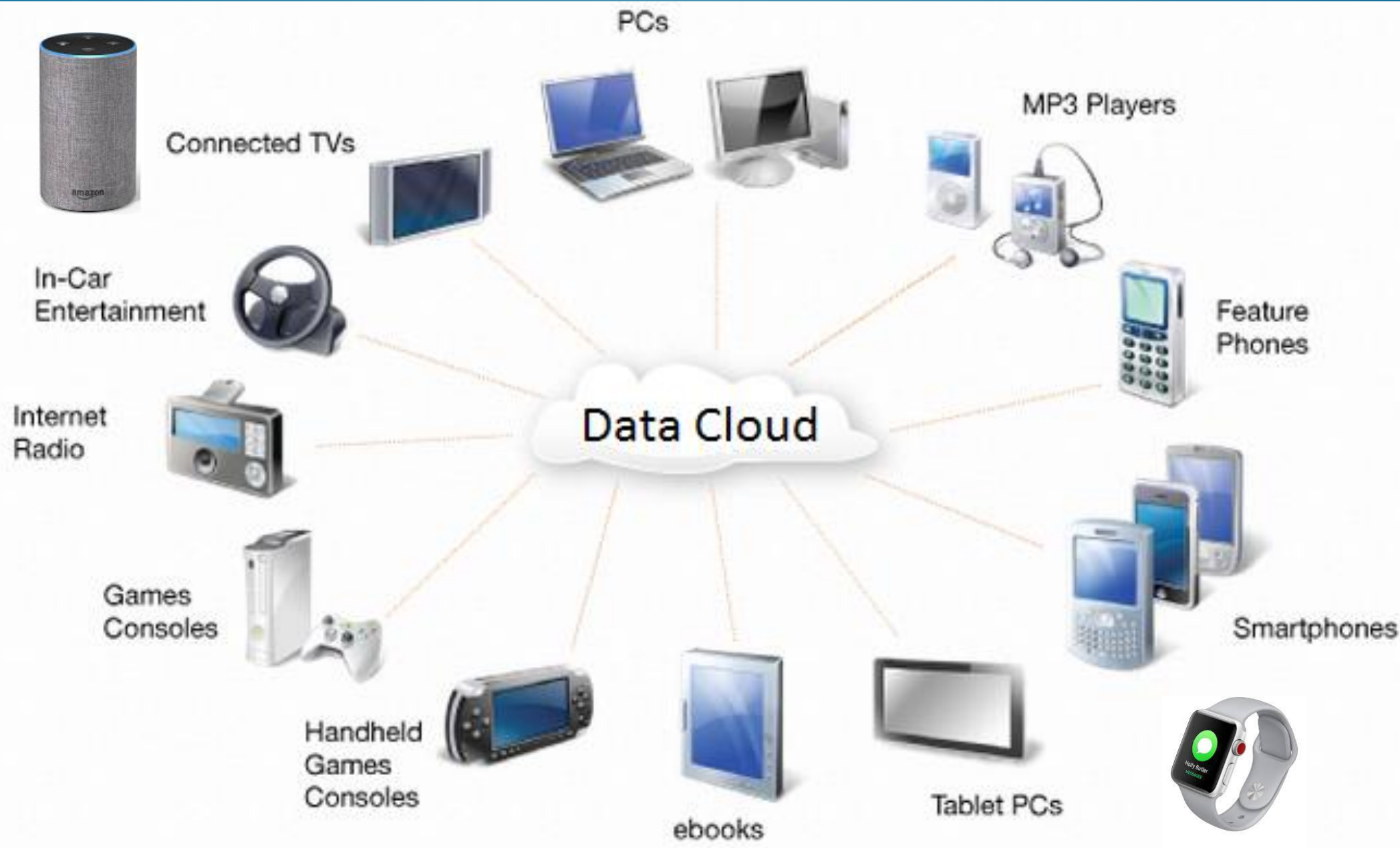
SEEING INAPPROPRIATE CONTENT



INTERNET ACTIVITY

- Content
 - What is the risk?
 - How do we raise awareness?
 - How do we minimise risk?
 - How do we monitor?
- Conduct
- Contact

Do you know what your child is accessing?



A GROUP OF 2000 YOUNG PEOPLE AGED BETWEEN 7- 14 YEARS

- 89% of them had been approached by a stranger online who made them feel uncomfortable
- 59% of them blocked the person or shut down the game or app
- 13% of them told a parent
- 100% of them knew what they should have done
- The majority gave the reason for not reporting as



DIGITAL FOOTPRINT

- 87% of Unborn children have a digital footprint.

- 96% by the age of 2

Digital eye 2021

- 47% of UK employers use publicly available online information when examining potential job candidates.
- Introduced as a requirement for schools from September 2022

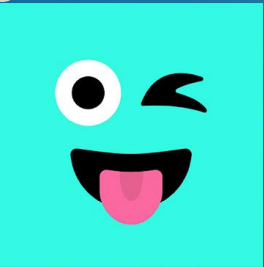
(Microsoft 2010)



Sometimes I feel left out because my friends have like Instagram and things like that and they talk about it at school and I can't, so I sometimes feel left out.

E Aged 12 (adopted)

ACTIVITY - SOCIAL MEDIA



A



B



C



D



E



F



G



H



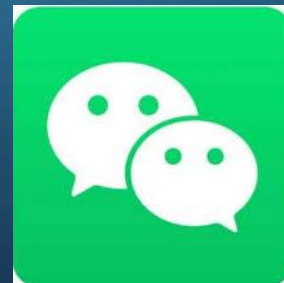
I



J



K



L



M



N

WHAT DO YOU NEED TO KNOW?

- What is it?
- What is it used for?
- What is the age recommendation
- What are the risks?
- What can we do to minimise risk?

- <https://swgfl.org.uk/resources/checklists/>
- <https://ineqe.com/>
- <https://www.saferinternet.org.uk/>
- <https://www.thinkuknow.co.uk/professionals/>
- <https://parentzone.org.uk/>
- <https://www.childnet.com/parents-and-carers>
- <https://www.lgfl.net/default.aspx>
- <https://www.getsafeonline.org/>
- <https://www.internetmatters.org/>
- <https://swgfl.org.uk/about/>
- <https://www.net-aware.org.uk/>
- [social media cheat sheet.pdf \(barnardos.org.uk\)](#)
- Platforms advertising

HOOP & WINK

[Hoop: A guide for parents \(net-aware.org.uk\)](https://net-aware.org.uk)



Our safety ratings

Overall safety rating: Poor 😞 😞 😞 😞 😞

Safety features



Privacy & location



Reporting & blocking



Content

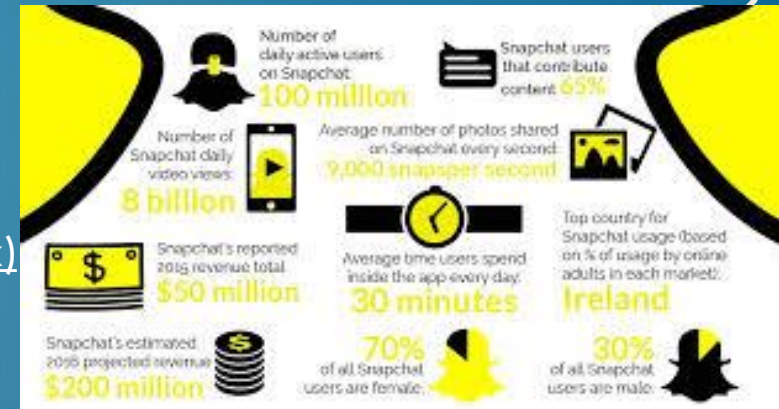


Official
age rating

SNAPCHAT



Snapchat: A guide for parents (net-aware.org.uk)



Our safety ratings

Overall safety rating: Average 😞 😞 😞 😞 😞

Safety features



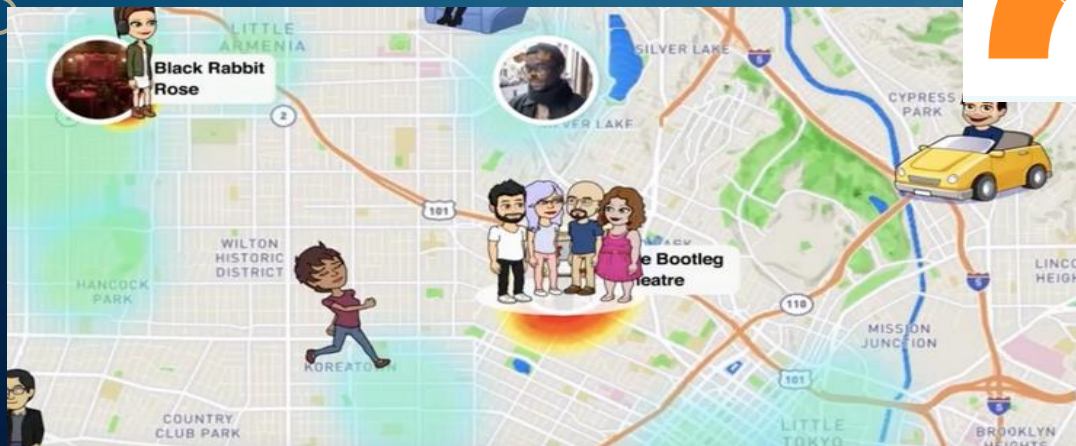
Privacy & location



Reporting & blocking



Content



13+

Official
age rating

WHATS APP

[WhatsApp: A guide for parents \(net-aware.org.uk\)](https://www.net-aware.org.uk/WhatsApp)



Our safety ratings

Overall safety rating: [Average](#) 😞 😞 😞 😞 😞

[Safety features](#)



[Privacy & location](#)



[Reporting & blocking](#)



[Content](#)



16+

Official
age rating

INSTAGRAM

- [Instagram: A guide for parents \(net-aware.org.uk\)](https://www.net-aware.org.uk)



Our safety ratings

Overall safety rating: [Average](#) 😞 😞 😐 😊 😊

[Safety features](#)



[Privacy & location](#)



[Reporting & blocking](#)



[Content](#)



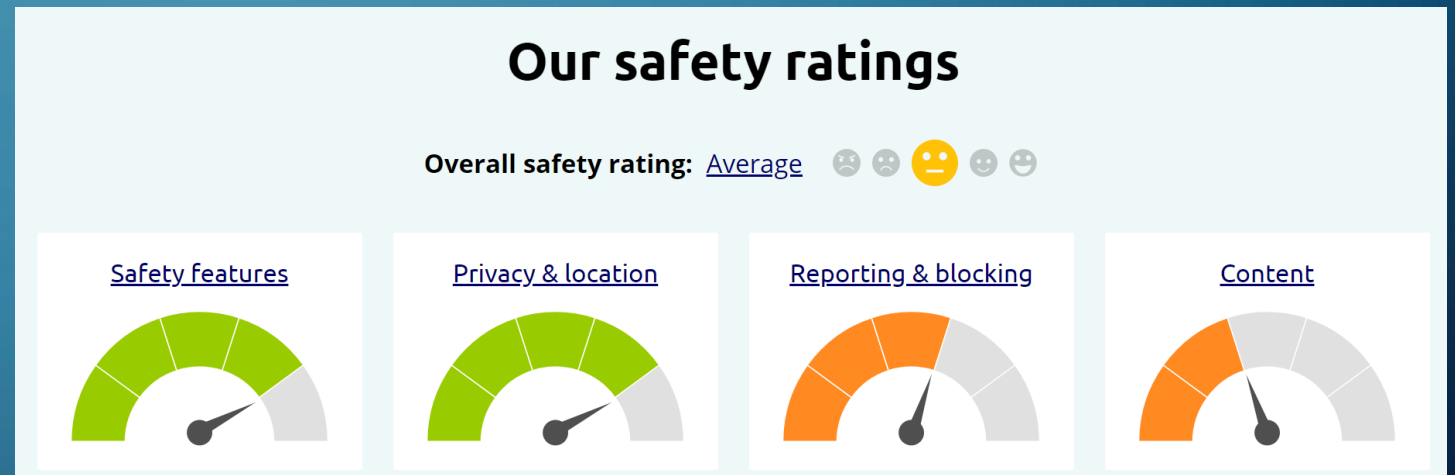
13+

Official
age rating

TIK TOK



[TikTok: A guide for parents \(net-aware.org.uk\)](https://www.net-aware.org.uk/TikTok)



The Dangers of the Tik Tok choking challenge – YouTube

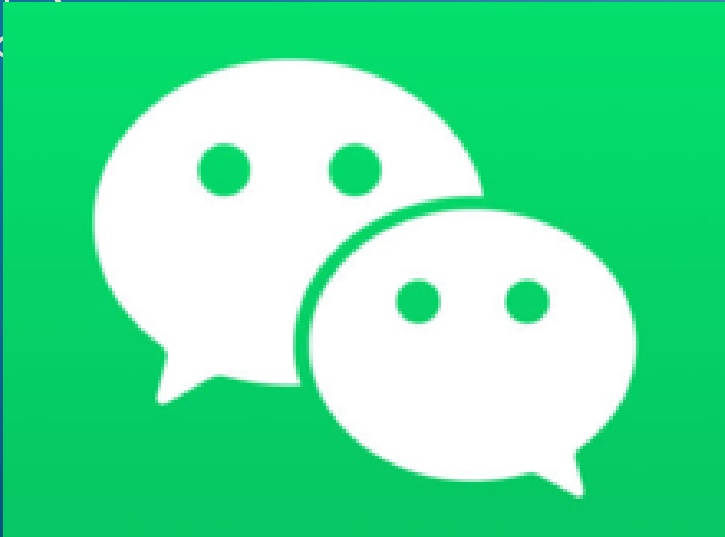
Skull breaker challenge, the choking game: When viral videos turn deadly - YouTube



Official
age rating

WECHAT

[WeChat: A guide for parents \(net-aware.org.uk\)](https://net-aware.org.uk)



Our safety ratings

Overall safety rating: [Average](#) 😞 😞 😞 😊 😊

[Privacy & location](#)



[Reporting & blocking](#)



[Content](#)



13+

Official
age rating

IF FACEBOOK WERE REAL LIFE





PEGI

PEGI (The Pan-European Game Information age rating system) was established in 2003 to help European parents make informed choices

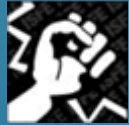
3+

7+

12+

16+

18+



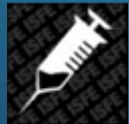
Violence - Game contains depictions of violence



Discrimination - Game contains depictions of, or material which may encourage, discrimination



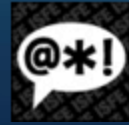
Sex - Game depicts nudity and/or sexual behaviour or sexual references



Drugs - Game refers to or depicts the use of drugs

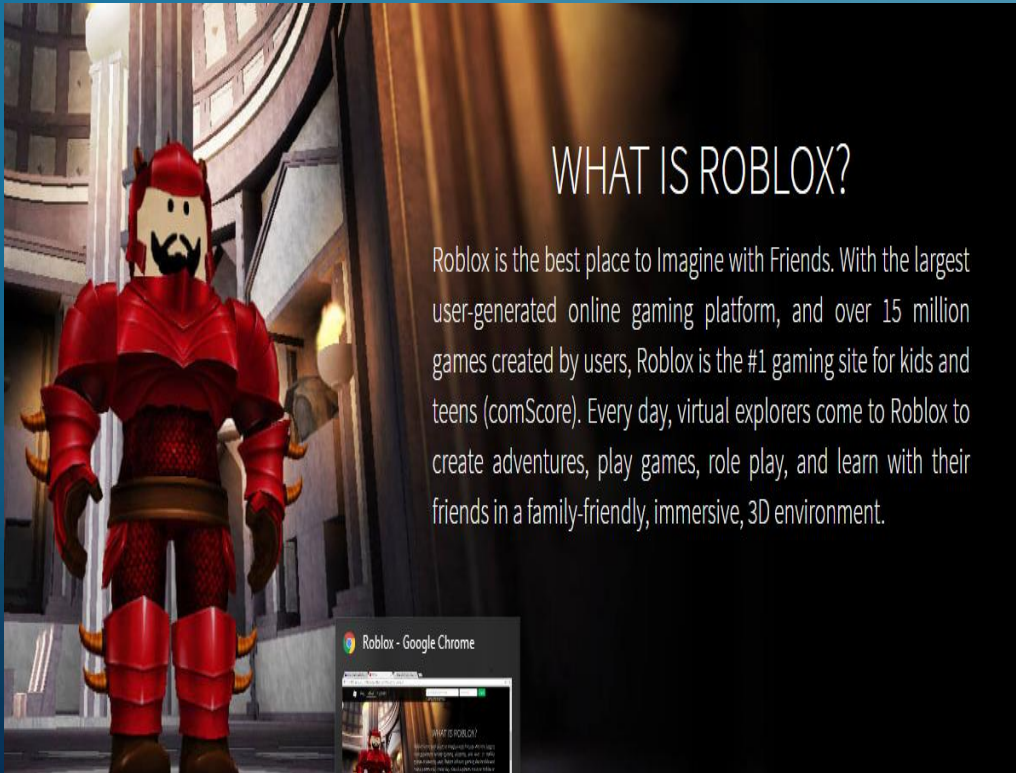


Fear - Game may be frightening or scary for young children



Bad Language - Game contains bad language

ROBLOX



[Roblox: A guide for parents \(net-aware.org.uk\)](https://www.net-aware.org.uk/Roblox)

Our safety ratings

Overall safety rating: [Good](#) 😊 😐 😐 😐 😐

[Safety features](#)



[Privacy & location](#)



[Reporting & blocking](#)



[Content](#)



7+

Official
age rating

MINECRAFT



[Minecraft: A guide for parents \(net-aware.org.uk\)](https://www.net-aware.org.uk/minecraft)

Our safety ratings

Overall safety rating: [Average](#) 😊 😐 😐 😐 😐

[Safety features](#)



[Privacy & location](#)



[Reporting & blocking](#)



[Content](#)



7+

Official
age rating

FORTNITE- BATTLE ROYALE



- Fortnite: Battle Royale: A guide for parents ([net-aware.org.uk](https://www.net-aware.org.uk))

Our safety ratings

Overall safety rating: Average 😞 😞 😞 😞 😞

Safety features



Privacy & location



Reporting & blocking



Content



12+

Official
age rating

AMONG US



- [Among Us: Is it safe? \(net-aware.org.uk\)](https://net-aware.org.uk)

Our safety ratings

Overall safety rating: [Average](#) 😞 😞 😊 😞 😊

[Safety features](#)



[Privacy & location](#)



[Reporting & blocking](#)



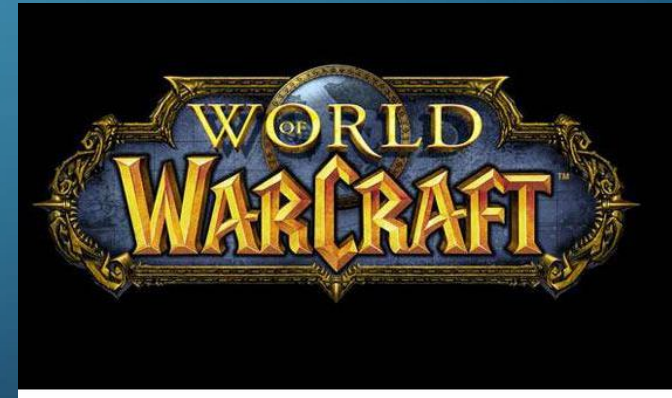
[Content](#)



Official
age rating

ONLINE GAMING

- Grand Theft Auto
- Call of Duty:
 - Black Ops II – sales of £324m in the first 24 hours after going on sale
- Web games:
 - World of War Craft
 - Runescape
 - Everquest
 - Friv
 - Mini Clip
 - World of Tanks
- Games consoles (Xbox 360, Playstation 3, Wii)



GRAND THEFT AUTO CALL OF DUTY MANHUNT.....

- https://youtu.be/A_JyincexX4?t=76

Scenes of :

- Torture
- Rape
- Murder
- Gambling
- Gang crime
- Orgies
- Lap dancing
- Strippers



OTHER ISSUES

- Gambling websites
- Ancestry websites
- Dating Websites
- Copy cat sites
- Scams
- Phishing
- Cybercrime
- Identity Fraud
- Hacking
- Malware & Viruses
- Trojan Horse or worms
- Spyware



- 12 year old girl hi lucy here
- fmlv_uk38 hi how are you sweetie?
- 12 year old girl kwl
- fmlv_uk38 I used to play hockey in my younger days by the way
- 12 year old girl how old r u now
- 12 year old girl yeh
- fmlv_uk38 lol. not too old I hope. good at sex anyway lol
- 12 year old girl i dont play now
- fmlv_uk38 discovered boys and sex huh?
- 12 year old girl aint dun sex yet
- fmlv_uk38 interested though
- 12 year old girl corse
- fmlv_uk38 I'd love to be your first
- 12 year old girl yeh rite
- fmlv_uk38 lol
- 12 year old girl im only 12
- fmlv_uk38 I would though - I'm good at it. did you read my hi5 profile?
- fmlv_uk38 doesn't matter to me - if you want to that's all that counts
- 12 year old girl hav anothr look in mo
- 12 year old girl where r u im in London
- fmlv_uk38 south london
- 12 year old girl serious
- fmlv_uk38 of course. I don't lie hun. and if you wanted to visit I'd love that



Online grooming techniques

- Bribery and gifts
- Flattery
- Sexualised games
- Threats
- Blackmail
- Desensitisation – pornography, child abuse images, video and web cams may be used

YOUTH PRODUCED SEXUAL IMAGERY (SEXTING)

The use of a mobile phone, web cam or other similar electronic device to distribute pictures or video of sexually explicit images. It can also refer to text messages of a sexually-charged nature.

I SAW YOUR WILLY



<https://youtu.be/z1n9Jly3CQ8>

INTERNET WATCH FOUNDATION

186 % increase in sexual abuse photos and videos involving 7-10 year olds

7-10 year olds

- 5900 in 2020 has risen to 16,878 in 2021
- Most self generated using webcams or smart phones

11-13 year olds

- 38,498 to 91,535

14-15 year olds

- 1,411 to 3,148

Risks

- Speed of Distribution
- Permanence
- Unintended recipients
- Location-based services
- Unwanted contact
- Long-Term Consequences – Emotional/Legal

REMOVING IMAGES

New UKCIS guidance on the sharing of nude and semi-nude images which has replaced their sexting advice. (also includes how to get images removed) [Sharing nudes and semi-nudes: how to respond to an incident \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/624421/ukcis_guidance_on_the_sharing_of_nude_and_semi-nude_images.pdf)

Age

ID

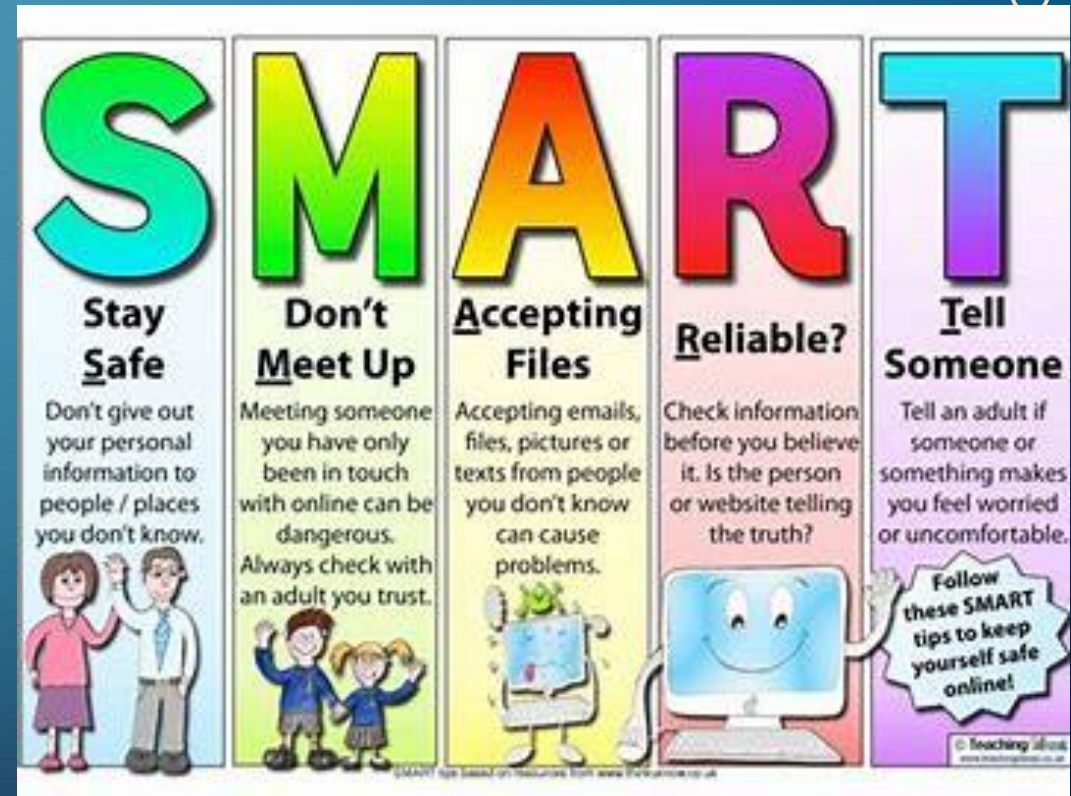
Report

Updates



ONLINE SAFETY

- Ensure access to internet is monitored
- Talk about what they are accessing
- Know who their 'friends' are on line
- Enforce and monitor age appropriate resources
- Limit time accessed
- Ensure children understand risks
- Work with school to keep safe online
- Keep up to date with current risks



TOOLS TO SET UP PARENTAL CONTROLS

- You Tube – videos showing how to set up controls on different devices and apps
- Apps contain a help section
- Net aware has information sheets to set up controls
- Internet provider can help you set up
- Parental monitoring apps as google family link

- M-spy
- Net Nanny
- Norton Family Premier
- Kaspersky safe kids
- Qustodio

Tracking Apps

1. Find My iPhone
2. mSpy
3. Google Maps
4. FamiSafe
5. Life360 - Family Locator

Never let a child set up the parental controls

Remember all devices!

CYBERBULLYING

Offline

Home was a sanctuary

Bystanders intervene

Often Physical

Bully strong/victim weak

Local & intimate

See the impact

Online
bullying
V's
Offline
bullying

Online

Can be 24/7

Bystanders take part

Usually words/picture

Roles can change

Mass audience

Don't see impact

NEW SUPPORT FOR CHILDREN



REPORTING

- Many children do not report
 - More likely to report to friends
- Reaction may impact on future disclosure
- How to report
 - Report functions on websites
 - Contact the ISP/Network Provider



BARRIERS TO REPORTING

- Loss of computer privileges
- Perceived lack of expertise of teachers/parents
 - (Digital Natives v Digital Immigrants – Marc Prensky, 2001; Generational digital divide – Byron, 2008)
- Belief that teachers will “judge them” (Phippen, 2012)
- Self-blame
- Perceive that it is not possible to find the perpetrator
- Blackmail (photographs etc.)
- Fear of revenge

CLICK CEOP BUTTON



- 21,987 reports received between 2015-2016. Approx. 16% came from the Click CEOP Button.
- 1/5 related to self-generated images
- Over 2.6 million children have seen Thinkuknow

(CEOP2015)

CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse. Please complete the below to start your report to one of CEOP's Child Protection Advisors.

I am

Under 18 years old

A parent/guardian

A professional
working with
children or young
people

I am worried about something that has happened to

myself

someone else

Continue


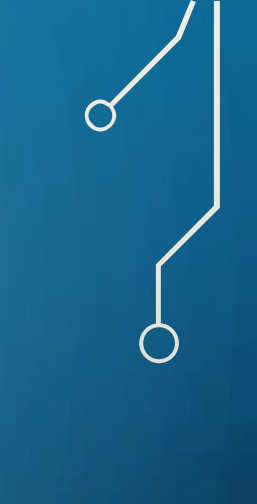
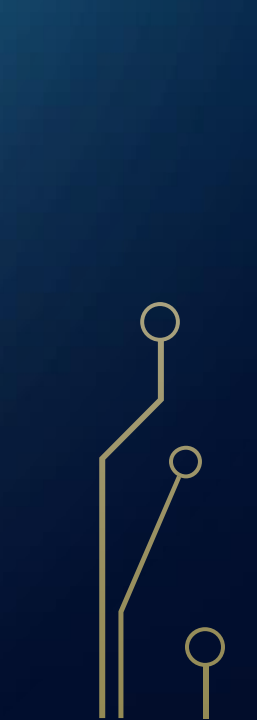


Tips for Staying safe online

- Privacy settings need to be set to “Friends only”
 - Including comments, posts and photos
- Use https: and strong passwords
- “Friends” should be people you know and trust in the real world
- Only post content and photos you wouldn't mind showing your family!
- Learn how to report any issues directly to the internet provider or social network provider



KEEP SAFE

- Keeping safe on line means that we need to be proactive.
 - Working with vulnerable children means that they are more likely to be targeted by family and by strangers.
 - Our work makes us vulnerable too, for every happy family who have adopted successfully, there will be those who did not get through the assessments and a family who will have lost their child (not just parents, but aunts, uncles & grandparents)
- 
- 
- 

Tips for Young People

- 'Grandparent Assessment'
- Remember webcam feeds can be recorded and faked
- Don't webcam with people you don't know
- Turn the webcam off after use
- Delete people that make you feel uncomfortable
- Know how to report a problem

Tips for young people

- Think before you post
- Remember webcam feeds can be recorded and faked
- Protect your personal information
- Don't webcam with people you don't know
- Turn webcam off and turn away when not in use
- Only share your location, phone number/BBM pin with your close friends
- Delete and block those who make you feel uncomfortable
- Block rude/abusive contacts
- Avoid sites that facilitate anonymous messaging
- Report any concerns and screenshot evidence
- Save evidence and report

Family agreement

A great way to start positive family conversations around safe and responsible internet use, and to agree clear expectations and boundaries.

Things to consider

▶ Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- What devices, tech, toys or games do we have with internet access?
- Do we already have any rules about use of tech we want to include in our family agreement?

🕒 Managing time online

- How long do we spend on our devices?
- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

✈ Sharing

- What is or isn't okay to share online?
- What should we check before posting images and videos online?
- How do we keep personal information belonging to ourselves and others safe?
- Do we need a family email address to use when signing up to new accounts?
- Do we know how to use privacy settings and strong passwords, and why these are important?
- How can we use features like livestreaming and disappearing content safely?

🔍 Online content

- What can we do if we see something online which seems unreliable or untrustworthy?
- When is it okay to download files, games or apps, or click on a link?
- Do we know what the age requirements, or ratings, on the games and apps we use mean?
- Do we need any restrictions on making in-game or in-app purchases?
- Which websites are okay for us to use?

Use the questions below to help guide your conversations, focusing on those most relevant for your family.

Turn over the page for a template where you can record your agreements and expectations in writing.

💬 Communicating online

- Who can we talk/chat/play games with online? Do we only know them online, or offline too?
- How can we keep ourselves safe when communicating with people who we only know online?
- How can we be a good friend when we are online?

⚠ If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, to meet up, or to share personal information?
- Do we know where the report and block buttons are online?

✅ To finish...

- How could parental controls help our family?
- What will happen if one of us breaks the family agreement?
- When should we review our family agreement?

Once you've talked about your family's use of technology and the internet, think about what simple steps you can take going forward. We've given some examples for different ages below...

We agree to... (Under 11s)

I will use my tablet for ____ mins a day.
I will make sure the children's favourite games are bookmarked for them to get to easily.

Who is responsible for this?

Hannah and Izzy
Nan

We agree to... (Pre-teens)

I will tell mum and dad when I see something that worries me.
I will put parental controls in place but review it as the children grow up.

Who is responsible for this?

Tom, Ella and Yasmin
Mum

We agree to... (Teenagers)

I will make sure all my social networking sites are private.
I won't post photos of our children without their permission.

Who is responsible for this?

Amar and Yusuf
Dad

Let's keep kids safe online

Creating a family agreement is a great way to start conversations about online safety.
Make sure you regularly review what you have agreed together to keep this up-to-date.
For more information visit Net Aware.



_____ agree(s) to:
(e.g. check before I download a new app)

_____ agree(s) to:
(e.g. check with my child before I
share photos of them online)

We both agree to:
(e.g. regularly talk about what we
enjoy doing online and why, just as
we would with offline activities)

Signed: _____

Signed: _____



KEEPING UP TO DATE

<https://ineqe.com/>

60 second update video and alerts

www.internetmatters.org

Risks of different app and platforms

<https://www.net-aware.org.uk/>

Risks for each platform or app

Parental controls



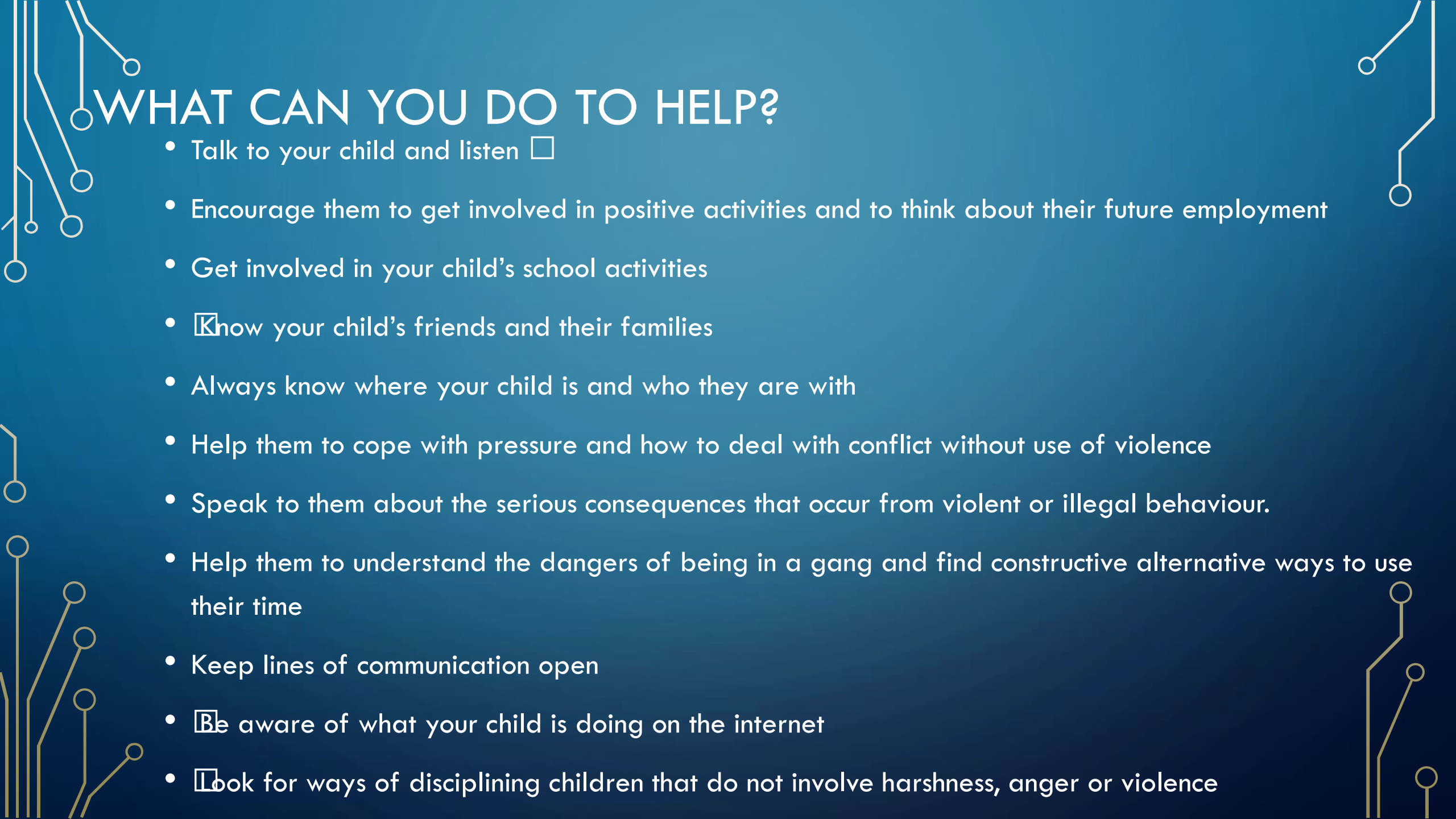
Parental controls



GANG ACTIVITY AND KNIFE CRIME



- Specific dress style
- Poor Behaviour
- Using slang or language with an aggressive tone
- Poor school results or skipping school
- Carrying weapons
- Unexplained injuries or sums of money/possessions
- Staying out late
- Graffiti style tags on possessions
- Music which glorifies weapons/gang culture
- Sexretive about friends
- Unexplained belongings/money




WHAT CAN YOU DO TO HELP?

- Talk to your child and listen ☐
- Encourage them to get involved in positive activities and to think about their future employment
- Get involved in your child's school activities
- Know your child's friends and their families
- Always know where your child is and who they are with
- Help them to cope with pressure and how to deal with conflict without use of violence
- Speak to them about the serious consequences that occur from violent or illegal behaviour.
- Help them to understand the dangers of being in a gang and find constructive alternative ways to use their time
- Keep lines of communication open
- Be aware of what your child is doing on the internet
- Look for ways of disciplining children that do not involve harshness, anger or violence



WHAT SUPPORTS CHILDREN TO BE SAFE

- Good Friendship Group
 - Confidence
 - Understanding what a healthy relationship looks like
 - Trusted adults around them
 - Being taught autonomy of their own body
 - Parents who show an interest in what they are doing
 - Knowledge of how to report and who to report to
 - A sense of belonging
- 
- 