

NSG ONLINE SAFETY



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- Target Mentors:
- 8 tips for talking to your child about online safety
- Latest Trends: Cyber flashing & Zoomerang
- Target Mentors - go out on a high at the Service Six conference



NSG Online Safety

In this issue we say thank you and farewell to our Year 11 Target Mentors; give you some insights into the latest social media trends and how to protect yourselves; summarise the results of our time online survey; and outline some CEOP home safety activities for parents.



Target Mentors

Thank you to our Target Mentors



The online safety team and Tineka Edwards would like to thank the Target Mentors (Targeting and Reducing Grooming, Exploitation and Trading online), for their dedication to their role as Target Mentors at NSG and their training with Target Six over the last two years. They have accomplished presentations at two service six conferences and worked with multiple year groups to research ongoing issues faced by our students as they navigate the online world. They are all year 11 students and so they are stepping down to concentrate on their GCSE exams.

It is time to recruit some new Target Mentors - If you want to find out more please contact Miss Edwards tedwards@nsg.northants.sch.uk

Consent & Health Relationship - article

The Target Mentors have taken on a piece of research yearly and presented the findings at the Annual Conference of TARGET. This year's conference was on Consent and Healthy Relationships which took place on 31 March; the feedback from the audience was amazing, one person compared their presentation to university level.

What is consent? By definition, consent is: 'permission for something to happen or agreement to do something'. Consent doesn't just have to be about the big things like consenting to medical treatment or consenting to sexual activity; consent can be about anything. Whether this be asking to give a hug or checking if it's ok to engage in a sensitive conversation. Most of all, consent is about understanding and respecting boundaries a person has put in place.

Target Mentors

It is important that children understand that they shouldn't be forced into doing anything they are uncomfortable with and having open conversation helps them to think and explore ideas on consent. In many cultures, not giving elders a hug or a kiss is often considered disrespectful. The language we use around children is also important when considering gender roles, as this impacts on consent e.g. In Psychology Today it was highlighted that typical phrases like 'boys will be boys', create gender stereotypes that allow unconscious biases to form and proliferate. The demands and orders used in communications with children e.g. "come over here" or "put that down" does not convey consent quite the opposite it depowers the child. These words correlate to how children behave: The Good Childhood Report conducted in 2020 showed that 1 in 8 boys felt that 'being tough' was the most important trait for boys. This highlights the correlation between children's perception of what is expected of them and the language that is used around them

In the UK, the age of consent is 16, this means it is the legal age at which consent to taking part in sexual activity can be given. Although this is the age of consent, if consent is withdrawn, the activity should not take place. Similarly, both people need to give consent: it must be a mutual decision to go forward with the sexual activity. However, if either person is underage, intoxicated or incapacitated by drugs or alcohol, or asleep or unconscious, consent cannot be given, therefore if anything happens, it is considered to be sexual assault. Consent can be given not just through verbal communication, but also through body language. It's a criminal offence for any kind of sexual activity to take place between two people where one or both are under 16. Likewise, It is illegal for an adult in a position of trust or responsibility to have sex with a 16 or 17 year old.

Nowadays, children have more access to online platforms. With this, younger children are becoming more exposed to dangers and risks that many years ago children wouldn't have been open to. Children can talk to people they don't know with a click of a button, for example through 'quick add' on snapchat. In fact, a research project run by CEOP and Brook estimated that over one-third of young people have started a relationship with someone they met online. With a growing online society, it is important that children know the risks of communicating with people online, and more importantly they know the importance of consenting before doing anything online. Young people need to know that they shouldn't let anyone force them into doing anything, whether online or in person that will have a detrimental impact on them. .

Sources: [Online dating learn about it](#)

Children's Gender Roles & Stereotypes | The Children's Society (childrenssociety.org.uk) The Danger of "Boys Will Be Boys" | Psychology Today

Latest Trends

Cyber Flashing & Zoomerang

What is it?

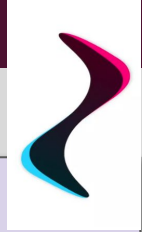
Cyber-flashing is when a stranger sends an explicit picture, uninvited, to a phone via Wi-Fi or Bluetooth. It's sexual harassment. It's most likely to happen on public transport or in crowded places. The file-sharing app AirDrop for iPhone and iPads is most commonly associated with cyberflashing, but there are lots of different file-sharing apps out there. With AirDrop, it's easy for anyone to send images. The automatic preview feature means that those who receive an image will automatically see it without actually opening them.

Steps to stay safe

1. Restrict who can send files to their phone. Most file-sharing apps allow users to restrict who can send files to them by Wi-Fi or Bluetooth. Open 'Control Centre' (swipe up from the bottom of the screen or down from the upper-right corner, depending on the model) Press firmly on the network settings card in the upper-left corner. This will open more connectivity controls Tap and hold the AirDrop icon Select 'Contacts Only', or 'Receiving Off' (to not receive AirDrop requests) Or, do this by going to Settings > General > AirDrop. Some of the other most popular file-transfer apps include: Google Drive Dropbox Microsoft OneDrive AirDroid Zappya
2. Turn off Bluetooth when not using it Otherwise, it's easy for strangers nearby to send images to your phone. To do this on iPhone, open 'Control Centre, then tap the Bluetooth icon. The icon dims when it's off. On Android, swipe down from the top (you might need to do this twice or scroll across). Then tap the Bluetooth 'B' icon to turn it off. It'll be grey when Bluetooth is off.



Latest Trends



Zoomerang

What is it?

Purpose: Zoomerang is one of the most popular apps right now. It is a simple video creator that allows you to capture short videos, apply filters, and add special effects and background music. You can then share these videos on social media. It is most popular for helping people create videos for Instagram and Tik Tok. Zoomerang is known for its simplified tutorials which make video creating and editing accessible to almost everyone, including younger kids with access to a child's iPhone or any mobile device.

Why We Should Be Worried?

One of the features that is cause for concern with Zoomerang is location tracking. This can allow online predators to see where someone is located when using the app. The Zoomerang app is rated E for Everyone, but as it allows users to share videos of themselves, there is still a risk involved. It is easy to screenshot portions of a video to manipulate them and to take brief moments out of context. Cyberbullying does occur regularly utilising this tactic.

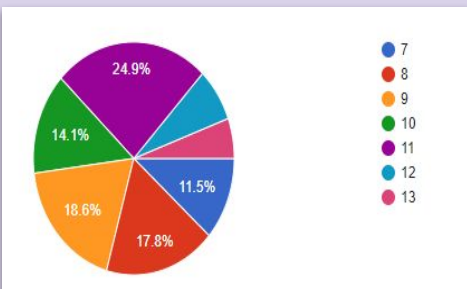
Advice for Parents

Results of our 'Spending Time Online' survey

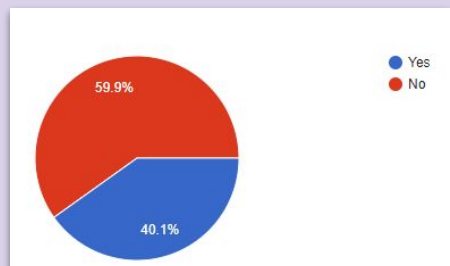
At the start of May 2023, we carried out a survey with all year groups to gain a picture of their online habits and the impact they have on their studies.

The key findings can be found below.

Year Group of respondents



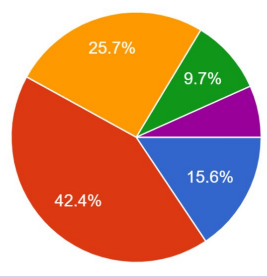
Do you think your online behaviour had a negative affect on your preparation for previous assessments?



Advice for Parents

Results of our 'Spending Time Online' survey

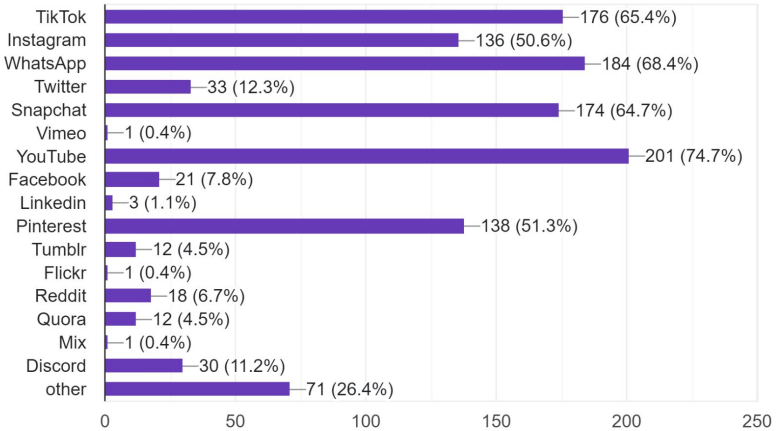
How would you describe your relationship with your phone?



- I'm the boss! I can happily leave my phone in another room and will ignore notifications if I'm busy doing something else.
- It can wait! I like to have my phone nearby but will finish what I'm doing before responding to notifications.
- I can't help myself! If a notification comes through, I have to take a look even if I'm in the middle of something.
- It's not good! I spend lots of time checking to see if people have contacted me or responded to my posts.
- My life would be better if smartphones had never been invented! The use of my mobile phone is having a major negative impact on my mental health.

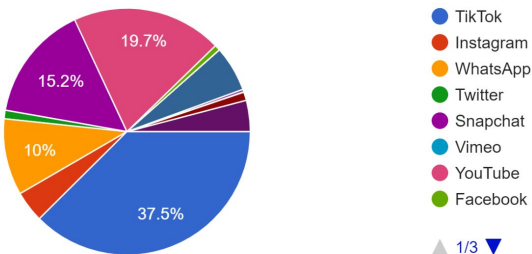
Which of these online services do you use regularly?(tick all that apply)

269 responses



Which of these online services do you spend the most time on? (some devices allow you to view the number of minutes spent on each app)

269 responses



Advice from students' to their peers about phone use during exam periods

block or disable apps that you don't need to use

Delete, downtime or close any app getting in the way of learning.

throw it away.

Turn notifications off to avoid distractions and don't keep checking it

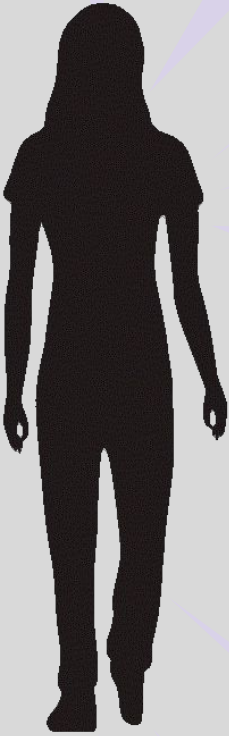
put a timer on how long you can be on your phone/apps for

Delete tiktok or put screen time limits on it that remind you to take a break. Find other things that help you relax or give you a 'dopamine hit' follow positive influences and fill your feed with self improvement rather than typical influencing and ads

Go cold turkey. Just give up phone usage for certain hours in a day.

Delete social media (particularly tiktok!)

delete social media, those who truly care about you can talk to you in person or via texting/calls





CEOP's Home Safety Activities

Over the next few issues, we are going to share CEOP's ideas for engaging young people in conversation about online safety. In this issue, we focus on Cybersecurity

Conversation starters

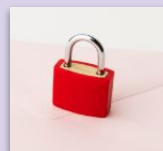
- What is personal information and why is it a good idea to keep it private? How might you protect your personal information online?
- Why do you think passwords are important? How could you create a password that nobody would guess?
- Have you ever seen a pop-up on screen or been sent a message asking you to click a link? What do you think could happen if you clicked the link?

Pick one action to do as a family

- Visit our [CEOP Education website](#) and look for tips on how to keep personal information private online.
- Find out how to improve your cyber security as a family by creating a [Cyber Action Plan](#) using the National Cyber Security Centre's online tool.
- Pick an activity from our [Cyber aware activity sheet](#) to do as a family.

Fun family activity

Who is the most cyber secure?



Ask each person in the family to write down all the different online accounts they have. This could be online gaming accounts, social media accounts, email accounts or school accounts. How many are there?

Now ask them to tally up how many different passwords they use for all of their accounts. The **highest number wins!**

Use this as an opportunity to talk about how to create a strong password.



CEOP's Home Safety Activities

8 steps to support your child to be safer online

1.Explore together. Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.

2.Chat about online safety little and often. Talk to them about how to stay safe on new services, and in general. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.

3.Help your child identify trusted adults who can help them if they are worried. This includes you and other adults at home, as well as adults from wider family, school or other support services. Encourage them to write a list of their trusted adults.

4.Be non-judgemental. Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

5.Talk about how their online actions can affect others. As your child engages with others online, remind them to consider how someone else might feel before they post or share. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

6.Parental controls. Make use of the parental controls available on your home broadband and any internet enabled device in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.



7.Direct your child to age appropriate information about relationships and sex. It's natural for young people to look for info on relationships and sex online. It's important to understand this and talk to your child in a positive way. CEOP Education, Brook and The Mix provide age appropriate information you can signpost your child to.

8.Make sure they know about CEOP. Young people can report a concern about grooming or sexual abuse to CEOP at www.ceop.police.uk/safety-centre/



Reporting Routes for Parents and carers

If you think a child is in immediate risk of harm, then phone 999. All the agencies below can offer additional support.

	<p>Parents and carers can report concerns about child sexual abuse and exploitation to the National Crime Agency</p>
	<p>Parents and carers can seek advice from NSPCC's safeguarding experts if they are concerned</p>
	<p>Adults can anonymously report child sexual abuse images and videos. Caregivers can also support their child to report and remove nude images.</p>
	<p>Parents and carers can seek confidential support if they are worried about a child or young person's sexual behaviour</p>