Internet Safety

Practice week 2023

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November 2023

NORFOLK
CONSTABULARY
Our Priority is You

Safer Schools Police Officers:

What we do.

- Work with schools to **keep children and staff safe**.
- Help **divert young people** away from crime.
- **Advocate for interventions** that help them understand their mistakes and not make the same ones again.
- **Promote safeguarding** if there are concerns about the safety of a child.
- Work hard to **break down barriers** and help children develop trust in the Police so that they see us as a source of help.
- **Work with partnership agencies** to ensure children and their families get the right help and support.

- We also work with the Constabulary's **Youth Engagement Team** and deliver "**Key Message**" assemblies in our allocated schools.

Stats and Facts.

Between September 2022 and January 2023, in our 15 Safer Schools Partnership Schools…

- **25%** of all incidents we dealt with had a link to the internet or social media – (**Online bullying, sexting, for example**.)
- **100%** of **grooming incidents** reported within our schools were committed via the internet/social media.
- **Snapchat** is the **most commonly** used application linked to incidents reported to us in school.
- The **majority of attendance issues** are linked to the use of **smartphones** or **gaming** at night time.
- **66%** of students who regularly play online computer games have been **verbally abusive** to others, or **verbally abused** *themselves* when playing online.
- We have seen a **increase** in young people accessing **harmful** and **misogynistic** content online.

The National Picture.

"A lot of it is actually just abuse" – Young People and Pornography.
(Report by Children's Commissioner Dame Rachel De Souza, 2023.)

- The average age at which children first see **pornography** is **13**.
- Young people are **frequently exposed to violent pornography**, depicting coercive, degrading or pain-inducing sex acts; **79%** had encountered **violent pornography** before the age of **18**.
- **Frequent users of pornography** are more likely to engage in **physically aggressive** sex acts.
- **Early exposure** to pornography impacts upon young people's **self-esteem.**

https://assets.childrenscommissioner.gov.uk/wpuploads/2023/05/CCO-Pornography-and-Young-People.pdf

Areas of Concern.

Cyberbullying.

Harmful content.

Inappropriate contact.

Sharing inappropriate content.

Cyberbullying

What is it?

Cyberbullying is bullying that takes place **online**. Unlike bullying offline, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone.

NSPCC - https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

Name calling.	Making threats.	Spreading rumours.	Sending images without consent.	Fake social media accounts.

What happens online DOESN'T stay online.

What are the signs?

- Belongings getting 'lost' or damaged.
- Physical injuries, such as unexplained bruises.
- Being afraid to go to school, being mysteriously 'ill' each morning, or skipping school.
- Not doing as well at school.
- Asking for, or stealing, money (to give to whoever's bullying them).
- Being nervous, losing confidence, or becoming distressed and withdrawn.
- Problems with eating or sleeping.
- Bullying others.

Harmful Content.

Things that might **worry** or **upset** a young person, or cause a **negative emotional reaction**.

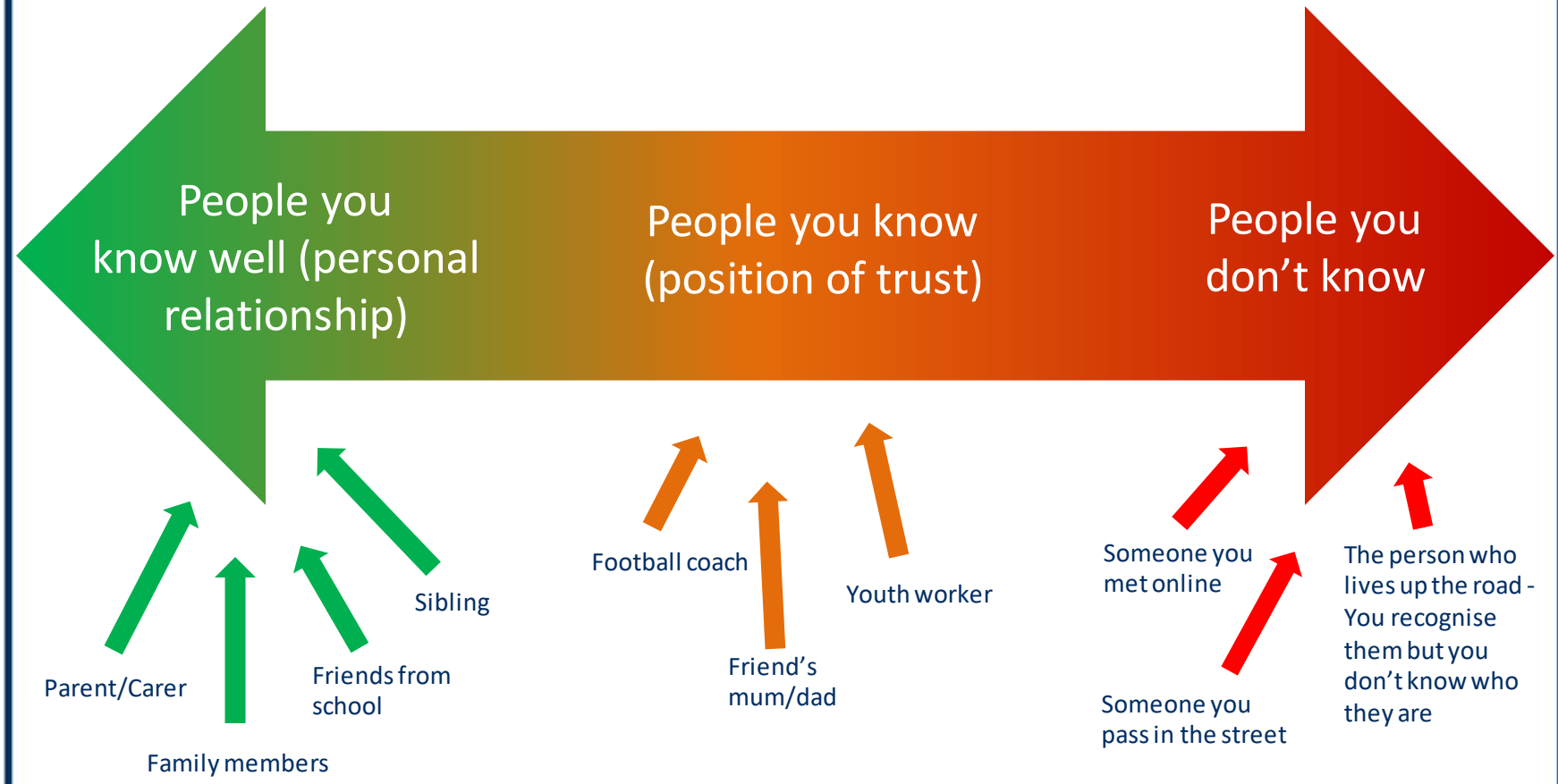
Examples:

- Violent content.
- Sexual content.
- Suicide or self-harm.
- Dangerous “trends.”
- Online hate.

What are the signs?

- Re-enacting things they've seen.
- Strange comments.
- Extreme views.
- Talking about things that sound really inappropriate.
- Being secretive about what they're watching.

Inappropriate Contact.

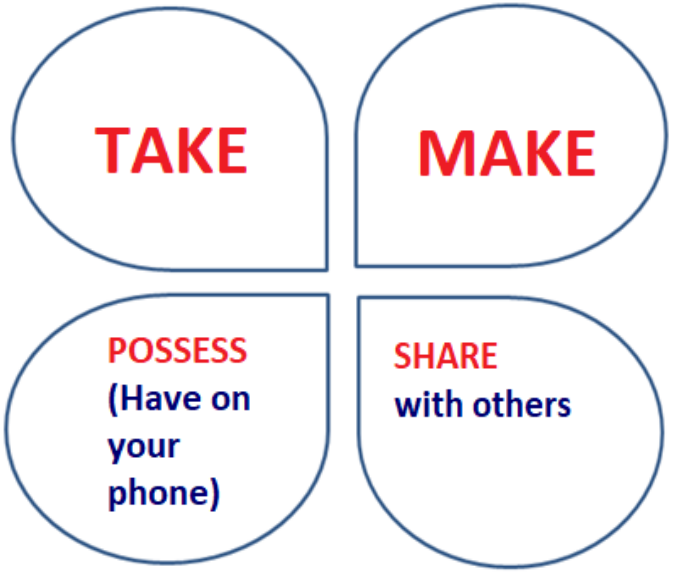


What are the signs?

- Becoming withdrawn.
- A change in behaviour.
- Being secretive.
- Being on their phone/devices a lot.
- Talking about people you don’t know.
- Asking to go out at times/to places they don’t normally go.
- Having things you know they don’t have the money to buy.
- Using more grown-up language.

Sharing Inappropriate Content:
The Law on Sexting.

It is an **offence** to…



any indecent images of anyone aged **under 18**, even if the content was created with the consent of that young person.

What are the signs?

If your child is in possession of indecent images:

- You might see the images.
- They might be secretive about what they have on their phone.
- You might hear sexualised language.
- They may use “hidden apps” “My Eyes Only” on Snapchat.

If photos of your child have been sent to others:

- They might not want to go to school.
- They might tell you they’re being bullied.
- They might be moody and withdrawn.

What to *do*:

- Remain calm!
- Don’t forward the images on!
- Talk to the school’s Safeguarding Team and make them aware.

What will the Police do?

If your child has sent an image:

- The police will try and regain control of the image and ensure it is destroyed – They will take the phones of young people who they know have the image and will ensure it is deleted from the folder and the Cloud.
- Will provide education about why they shouldn't do it.

If the image has been more widely shared, if there is bullying involved, if it becomes apparent that someone is persistently asking for images, or has images of multiple young people on their device, more action will be taken:

- The police will take the young person's phone, they'd be spoken to under caution, with an appropriate adult present, and may be referred to Norfolk Youth Justice Service.

Your children are made aware of this in internet safety sessions in school.

The Online Safety Bill.

A new set of laws to protect children and adults online will come into effect soon – There will be laws against:

"**Cyberflashing**" – Sending images of genitalia to others without their consent.

"**Upskirting**" – Taking photos or videos up someone's skirt without their consent.

"**Downblousing**" – Taking photos or videos down someone's top without their consent.

"**Deep fakes**" – Where an image of a person is changed to make it look like someone it's not.

Snapchat **13+**

Instagram **13+**

Facebook **13+**

Omegle **+13**

What'sapp **16+**

TikTok **13+**
(Direct chat is restricted to users 16+)

Kik **13+**

Twitter **13+**

YouTube
(some features are age restricted)

Minecraft **10 +**

Fortnite **13+**

Calculator

Grindr **18+**

Roblox **13+**

Be Real **13+**

Tinder **18+**

Among Us **10+**

Yik Yak **17+**

MeetMe **13+**

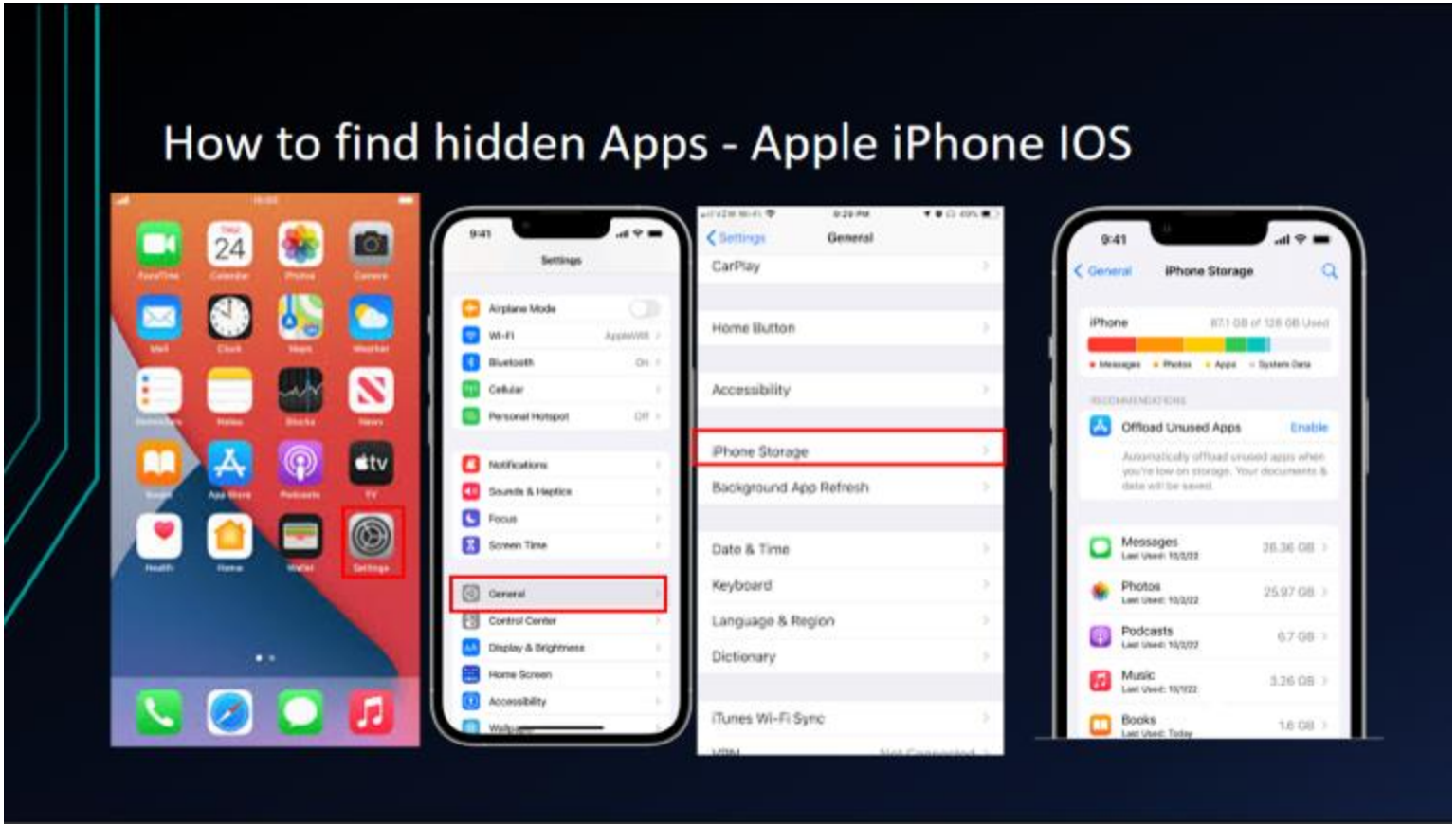
Discord **13+**

Keeping Our Children Safe

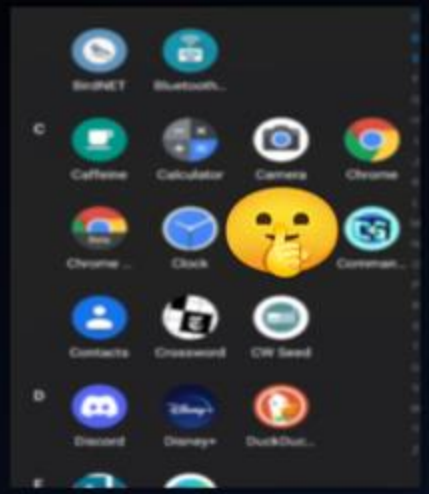
- Be aware of the signs something's wrong.
- Talk to your child about what they're doing online.
- Model good internet use.
- Put restrictions on devices.
- Have a Family Internet Agreement – Agree that you will conduct device checks.
- If you child misuses their phone, there needs to be a consequence!

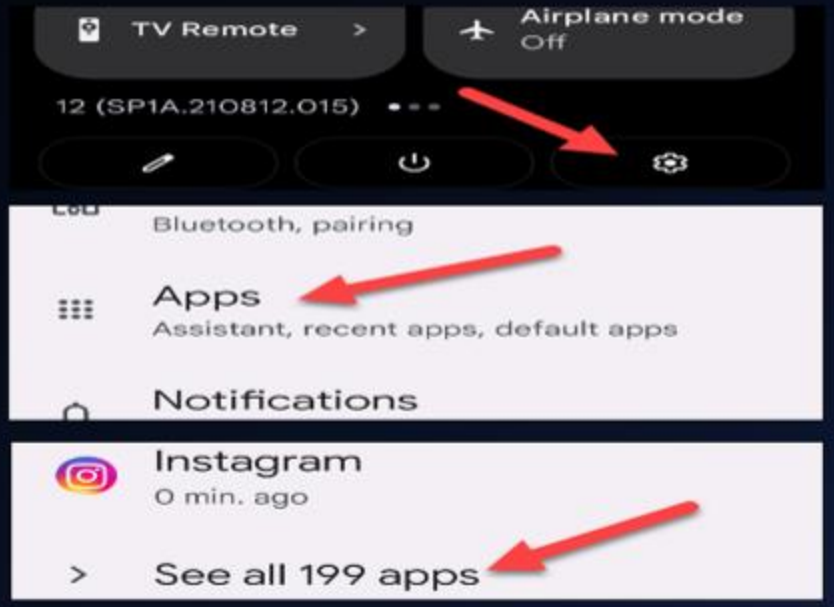
Conducting Effective Device Checks

- Know their **PINs/passwords**.
- Conduct **spot checks**.
- **Learn** how the apps work.
- **Research** the apps to see if they have hidden settings/chat facility.

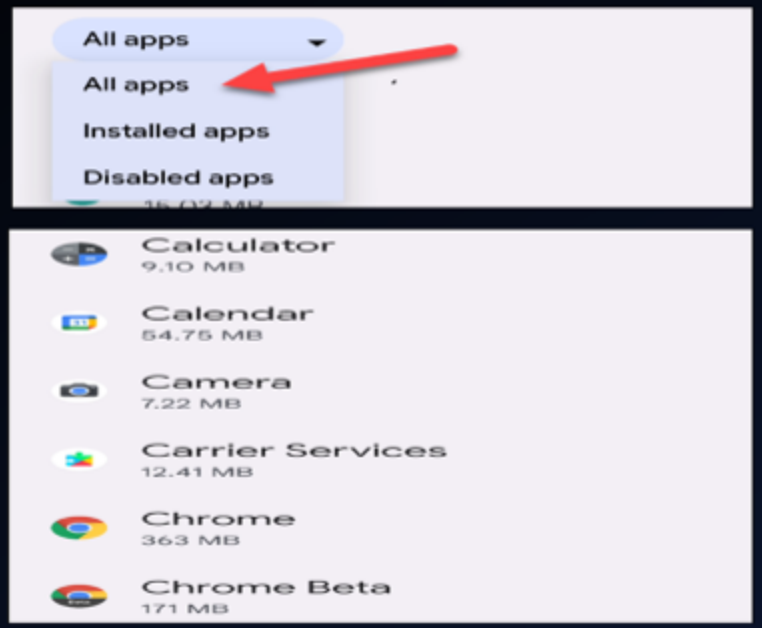

How to find hidden Apps - Apple iPhone IOS
Settings
General
CarPlay
Home Button
Accessibility
iPhone Storage
Background App Refresh
Date & Time
Keyboard
Language & Region
Dictionary
iTunes Wi-Fi Sync
iPhone Storage
Offload Unused Apps
Enable
Messages
Photos
Podcasts
Music
Books

How to find hidden Apps – Android

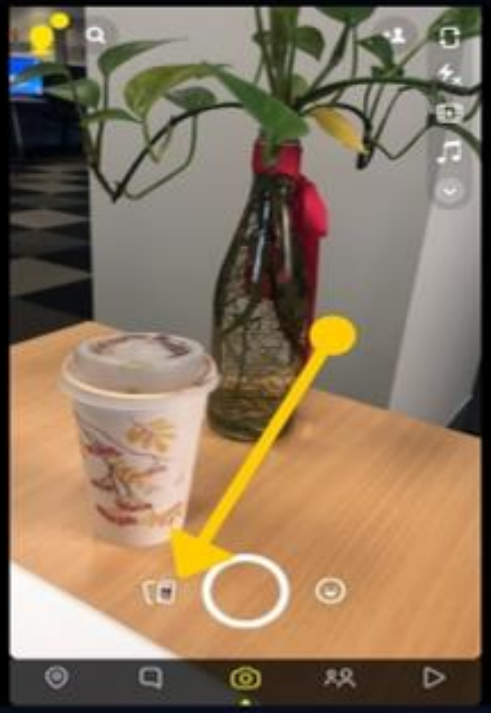


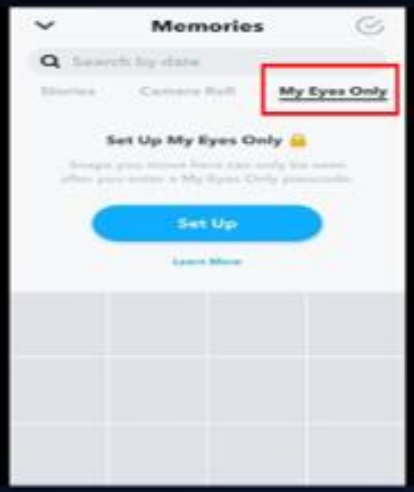


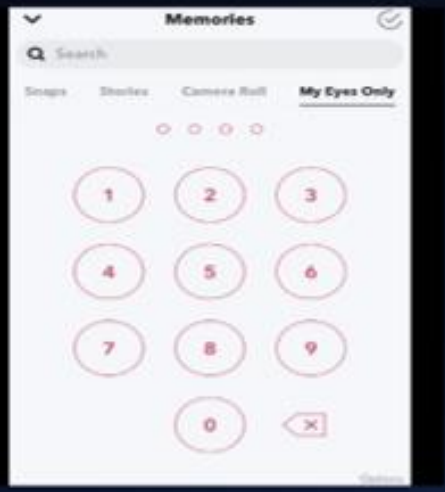
How to find hidden Apps – Android



How to access my eyes only on Snapchat







Deleting Apps.

Sometimes children may delete apps they know they shouldn't be using.

Even if an app doesn't appear to be on the phone, because it has been deleted, you can still check which apps have been downloaded by going to the App store/Play Store….

- **Apple Device** - You can check the App store to see what Apps have been downloaded and deleted. Deleted apps will have this image next to them.

- **Android Device** – Go to Play Store "Manage Apps and devices", "Manage" then click where it says "Installed" and change this to "not installed" – deleted apps should appear here.

Summary.

- **Keep talking** to your children.
- **Look out** for changes in their behaviour.
- **Be aware** of the apps they use and the risks of these. https://nationalonlinesafety.com/
- Set up **parental controls**. www.internetmatters.org/parental-controls
- Have a **Family Internet Agreement**.

Thanks for listening

NORFOLK CONSTABULARY