Mountain Rescue Safeguarding Newsletter - Spring 1

Focus on Staying Safe Online

Safer Internet Day 2023

Find out more and get involved

**Safer Internet Day –
7th February 2023**

Safer Internet Day 2023 took place on the 7th of February 2023, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'.

Coordinated in the UK by the UK Safer Internet Centre, the annual celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people. At Dixons Fazakerley Academy, we encourage our students to reflect on how they can keep themselves safe online and enable them to identify online risks.

The UK Safer Internet Centre is asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive

change together. With your help, Safer Internet Day can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year.

The UK Safer Internet Centre has lots of advice about how to help keep your child safe online. Follow this link for more information: UK Safer Internet Centre

Practical tips for starting a conversation about life online

The internet plays a significant role in the lives of children and young people. Talking to young people about their life online and encouraging them to share their experiences with you, is a key part of helping to safeguard your family. Whatever your level of knowledge or confidence, these five tips will help you start, manage and maintain an open dialogue with your children about life online, and help you support them to use technology safely and positively.

1. Be positive and open minded about the internet

It's important to recognise the exciting opportunities that going online can offer children and young people. Although your children may use the internet differently to you, their experiences are still significant. If your child mentions something you haven't heard of, ask them to show you, or explain in more detail, or you may need to do your own research. Try to keep conversations broad, and value their opinions when they're talking about what they enjoy doing, to show that you are interested in all aspects of their online world.

Your child might not be ready to talk about something straight away, so show them that you are there to listen whenever they are ready.

---

2. Talk early and often

The most effective way to deal with any online issue is to make conversations about the internet a part of your everyday routine. Talking openly about life online from an early age, can be a helpful bridge to sharing safety messages and addressing more difficult conversations at a later date; it also shows your child that you are someone who knows about the internet and can help them.

3. Create a safe space for conversations

Look for opportunities to talk together. Sometimes, talking face-to-face can feel difficult, so talking alongside each other when out for a walk, or travelling in the car for example, are options that might make it easier. Remind them often that they can talk to you about anything, no matter how difficult, and that they will not be judged or blamed. Your child might not be ready to talk about something straight away, so show them that you are there to listen whenever they are ready.

4. Keep it relevant

As they get older, your children will use technology differently from when they first went online. Their knowledge and understanding will grow too, as will the challenges they may face on the internet. Ask open-ended questions to let your child lead the conversations you have. There are appropriate ways to approach all online safety topics with different ages. For example, with a teenager, nude images can be spoken about in wider conversations around consent and healthy relationships. For younger children, you could discuss what types of images are okay to share online, and what areas of our bodies are private.

5. Be proactive

Working together to create an agreement, outlining how the internet and technology will be used within the family, is a useful way to set clear expectations and boundaries for your children. You might include time spent online; who your children can communicate with; appropriate apps and games; and why safety tools are helpful to block and report inappropriate content. Ask your child what they would do if something went wrong online and they needed help, and reinforce the importance of telling an adult as soon as anything happens that makes them feel upset, worried, or uncomfortable in any way.

My child has said something worrying – what do I do?

Let them explain in their own words what has happened.

Remain composed.

If you are feeling shocked, angry or worried, it's likely that your child is feeling worse, but reacting that way may close down the conversation and lead your child to believe that they are to blame. Acknowledge the challenges they have overcome, and let them know that they've done the right thing by telling you.

Be honest.

It's okay if you are unsure what to do next, the important thing is to let your child know you are there for them. There is a lot of further support out there to help you decide on your next steps.

Save the evidence wherever possible.

You may be able to report what has happened to the online service being used when the incident occurred. Evidence may include screen shots taken on a laptop or mobile device, emails, texts or online conversation histories.

Make a report as soon as possible.

Knowing who to report to is a really useful step to resolving many issues, so try to familiarise yourself with the reporting, blocking or moderating settings available on the services your child is using. Depending on what has happened, it might be necessary to let us at school know too, or other agencies such as the police.

How to make a report

Follow this link for detailed information on when and how to make a report if you have a concern:

[How to make a report](#)

Online Radicalisation

The online world can be used by some to encourage racism and hatred towards minority groups. This is called radicalisation.

Spotting the signs of radicalisation

More important than any one sign is the feeling that something is not right. Friends and family are often the first to spot worrying changes taking place. These can be big or small changes that take place very quickly or over a longer period. Trust your instincts and if you're concerned seek advice. Click on the following link for further information: Actearly.uk radicalisation support

Exploiting vulnerability

The following factors might contribute to a vulnerable person becoming radicalised:

- The need for belonging

- Bereavement

- Looking for a cause or reward

- Mental health

- Isolation

- A sense of injustice or grievance

- Access to extremist material online

- A desire for power, respect or status

- Bullying

- Drug or alcohol misuse

To find out more about how to help someone close to you, visit:

liverpool.gov.uk/prevent

https://ehd.liverpool.gov.uk/kb5/liverpool/fsd/service.page?id=vpt5pUMEYZw

https://www.counterterrorism.police.uk/actearlypartners/

Get help if you're worried about someone being radicalised - GOV.UK (www.gov.uk)

https://www.gov.uk/report-terrorism

www.gov.uk/prevent-duty-training