Solefield School
Sevenoaks

Online guidance for pupils and parents

Online safety and Social media

Online safety and Gaming

A guide to online reporting

Digital Wellbeing at school

Online Safety and Social Media

Social media is an online platform that allows users to connect with others online . Depending on what platform you use, social media can allow you to communicate and share information with others with the intention to update or engage a specific audience. This can often include sharing videos, images, status updates or posts with a group of followers that can sometimes cover a global scale.

A lot of the time, social media is a positive place where users support each other. Despite this, it can also house toxic and harmful behaviours, which can be directed towards specific individuals or groups with the intention to harass, or cause upset.

Benefits of Social Media

1 Available and accommodating to most audiences

2 Can promote positivity and healthy expression

3 An accessible platform to connect with others

4 An instant platform for news and global awareness

Considerations for Social Media

1 Harmful and offensive content may be seen across platforms

2 Can be used to promote misleading information

3 Can promote unhealthy expectations and pressure for young people

4 Can impact digital wellbeing if not managed correctly

Harm on Social Media

Many social media platforms have adapted to include reporting features in order to tackle certain types of online harm. Some of these harms to watch out for include:

1 Fake online profiles

2 Misinformation or fake ads

3 Scamming or fraud attempts

4 Radical online content

Socialising Online

Social media provides a lot of freedom in how to connect with other users as well as how information and content is made available. This has provided certain platforms with worldwide appeal, giving anyone an opportunity to connect and engage with others. To promote keeping safe on social media, ensure that young people know how to:

1 Report harmful content online

2 Block and report users who are being offensive or harmful

3 Manage privacy settings to limit exposure to known friends and family members

4 Speak to a trusted adult if they are concerned about something online

To find out more about Social Media visit the SWGfL hub:
swgfl.org.uk/topics/social-media/

or scan the QR code

Online Safety & Gaming

Gaming refers to playing electronic games, whether through consoles, computers, tablets, smartphones or other devices. Gaming remains one of the most popular forms of entertainment, attracting a wide range of age groups from all across the world. Gaming is always looking to develop, often improving on graphical features, accessibility and user engagement as years go by.

Unlike many other forms of media, gaming brings a sense of challenge to the player. Usually there is a degree of skill involved that players need to develop in order to progress. Depending on the type of game, it can also offer players a platform where they can be imaginative and explore their own creativity.

Some games have rich storylines and characters that are engaging and memorable. Many players also use it as an opportunity to compete and socialise with other users whether it be in person or online. More often than not though, people game, because it is fun!

Benefits of Gaming

1 Can develop critical and creative skills

2 Can bring educational benefit and awareness

3 Is available to most audiences and family members

4 Is an easy and accessible way to socialise with others

Considerations for Gaming

1 Have awareness of appropriate age restrictions

2 Parental awareness around purchasing

3 Active discussions around socialising safely

4 Reporting harmful or offensive content online

Socialising Online

A staple of gaming is the community that surrounds it. Groups and audiences can gather around a specific game, character or theme to build specific fan bases that can interact with each other. Young people may like to socialise online because:

1 It gives them a platform to be with friends outside of school

2 There is usually a competitive element at play, which can feel rewarding

3 It can build confidence and social skills which may not be attainable physically

4 It gives opportunity to young people who have difficulty socialising with friends and others

Reporting and Blocking

Gaming communities can range from supportive and educational, to toxic and harmful. In some instances, it can even lead towards more radical content being promoted. When faced with something or someone being harmful online, make sure young people know how to:

1 Report the player or piece of content

2 Mute or block the player

3 Manage their privacy settings or communication options

4 Speak with a trusted adult for support

To find out more about Gaming visit the SWGfL hub:
swgfl.org.uk/topics/gaming/

or scan the QR code

A Guide to Online Reporting

SWGfL — Safe. Secure. Online.
REPORT HARMFUL CONTENT

The internet is a vast ocean of information, opinions, and content. While many of us will go online and have a positive experience, we must accept that this is not always the case for everyone. So when we see something online that we know is harmful, it is time to take action and report it.

Why Should I Report?

A lot of us can witness or fall victim to online harm. If you become concerned or feel uncomfortable about something you have seen online, the following points illustrate why reporting content is always the best course of action.

1 Reporting can often lead towards harmful content being removed

2 Reporting shows why certain types of behaviour should not be tolerated online

3 Reporting allows control to be taken away from online perpetrators

4 Reporting works towards a safer internet for everyone

When Should I Report?

When you make a report, you are essentially escalating it for review around whether something should remain online or not with reference to the law or specific standards associated with online platforms. You should always report if you come across content that:

1 Contains child sexual abuse material or terrorist content

2 Is harmful or abusive towards yourself or others

3 Promotes self-harm or suicide

4 When someone is impersonating you or others

5 Contains unwanted sexual advances

6 Contains violent content

7 Threatens you or others

8 Contains pornographic content

Who Should I Report To?

Different services are required for different types of content with reporting processes available for both illegal and legal but harmful content. To get a better understanding of where you should go to for support, follow the below guide.

1 **Report Harmful Content** (reportharmfulcontent.com) – Reporting legal but harmful content

2 **Internet Watch Foundation** (iwf.org.uk) – Reporting child sexual abuse material

3 **ACT** (act.campaign.gov.uk) – Reporting terrorism related content

4 **Dial 999** – If content shows a child or someone in danger

Other Services and Support

Refer to the below services for further advice and support:

1 **Revenge Porn Helpline** (revengepornhelpline.org.uk) – Suitable for adults over the age of 18 experiencing or affected by intimate image abuse

2 **Professionals Online Safety Helpline** (swgfl.org.uk/helplines/professionals-online-safety-helpline) – Online safety issues and concerns for professionals

3 **Report Remove** (childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online) – Supporting under 18s to report nude images that have been shared

4 **StopNCII.org** (stopncii.org) – Supporting adults with protecting their intimate images from perpetrators of intimate image abuse.

For more information on reporting visit:
swgfl.org.uk/topics/reporting/

or scan the QR code

SWGfL — Safe. Secure. Online.

REPORT HARMFUL CONTENT

UK Safer Internet Centre

Professionals Online Safety Helpline

Digital Wellbeing at School

SWGfL Safe. Secure. Online.

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.

Supporting Digital Wellbeing

Children and young people may be introduced to technology from a very young age so it's important to know what can support them with their digital wellbeing. This can include:

1 Effective time away from devices

2 Healthy and appropriate expression online

3 Positive influences and interactions

4 Critical thinking around information and online harm

Poor Digital Wellbeing

There are still behaviours in children and young people that can contribute towards poor digital wellbeing. Some of these include:

1 An over-reliance on technology

2 Exposure to abuse or online harm

3 Poor online/ offline balance

4 Negative influences or social interaction

What Can Schools Do?

Digital wellbeing plays an important part in the overall health of your school community. Understanding how technology, apps, online platforms and other spaces can affect students, staff and parents is hard, but consider the following ways to support digital wellbeing at school.

1 Encourage appropriate breaks away from devices

2 Create safe spaces for individuals to talk through concerns

3 Encourage the use of parental controls and filtering options for apps where necessary

4 Appropriate offline activities in school

5 Have staff maintain a good understanding of trends and popular apps

6 Develop a school community approach towards online critical thinking

7 Explain what harmful online content is and ways it can present itself

8 Making the community aware of online reporting routes

To find out more about Digital Wellbeing visit the SWGfL hub: swgfl.org.uk/topics/digital-wellbeing/

or scan the QR code

Further Support

Professionals Online Safety Helpline: saferinternet.org.uk/professionals-online-safety-helpline

Harmful Sexual Behaviour Support Service: swgfl.org.uk/harmful-sexual-behaviour-support-service/

Report Harmful Content: reportharmfulcontent.com

Professionals Online Safety Helpline

HARMFUL SEXUAL BEHAVIOUR SUPPORT SERVICE *for the children's workforce*

REPORT HARMFUL CONTENT

UK Safer Internet Centre

NOMINET