

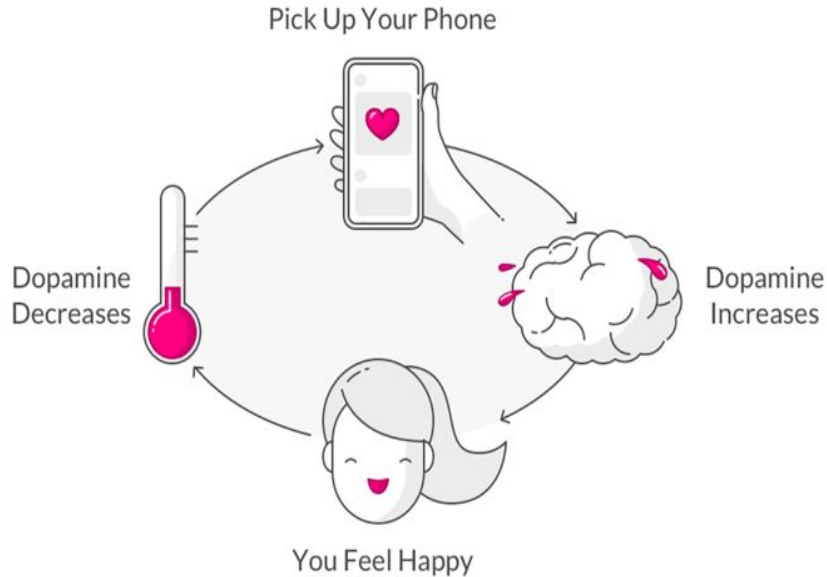
Keeping Children Safe Online

Benefits of technology and social media

- Opportunity to get help/information online
- Learning from others through online platforms
- Connecting with friends and family far away
- Help to manage logistics
- Great educational tool
- Expand or connect to supportive communities

Challenges to technology and social media

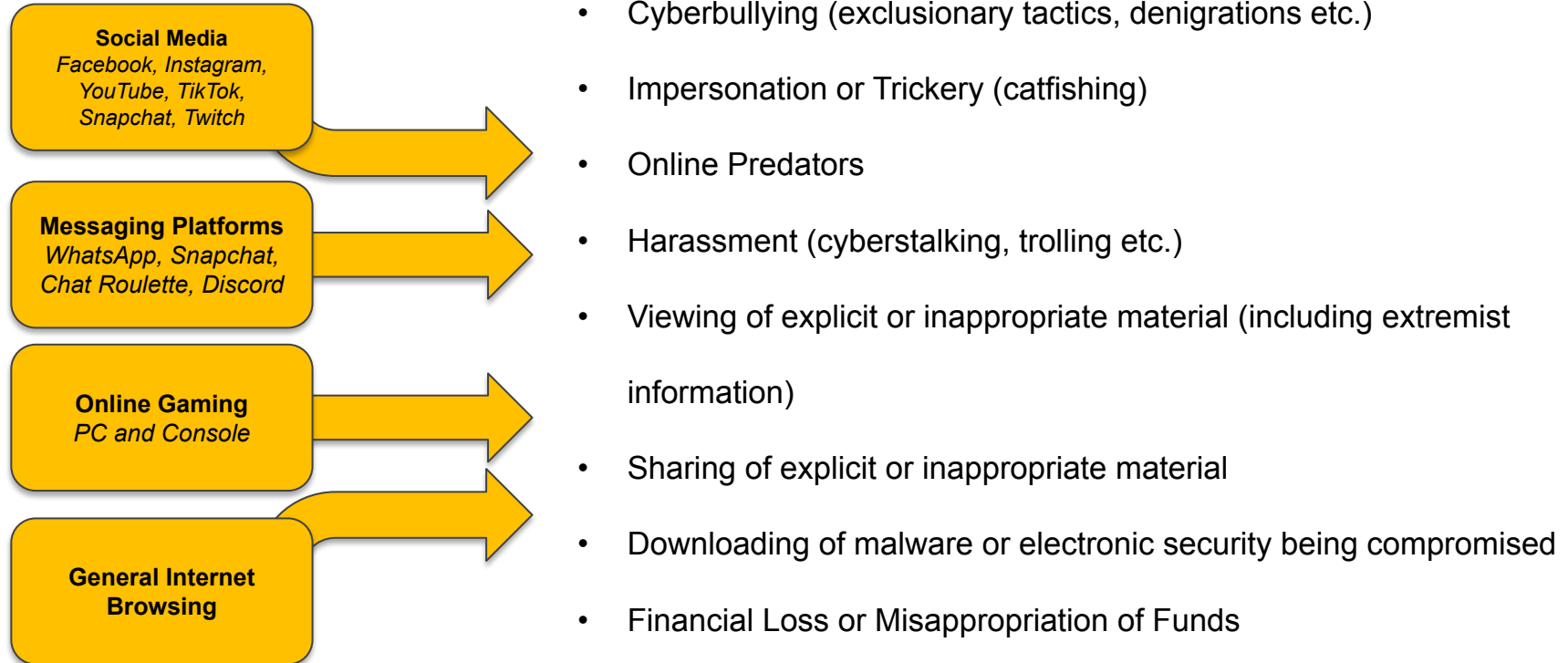
The Dopamine Reward Loop



@lemonade.com

- Distracting
- Mental Health - Competition comparison
- Self esteem
- Fear of Missing Out
- Escalation of social conflict
- Talking with strangers online
- Inappropriate images or information
- Radicalization
- Grooming

Hazards to Children Online



Vulnerabilities to Children Online

Social Media

- Lack of information sharing controls and sharing of personal information
- Unsecured sharing of location or GIS data
- Accounts do not require verified identity documents
- Algorithm driven content delivery
- Easy sharing of data either stored or live (e.g. webcam access)
- International access

Messaging Platforms

- Ease of access across multiple electronic devices
- Accounts/ sites do not require verified identity documents
- Easy sharing of data either stored or live (e.g. webcam access)
- Typically high levels of encryption, allowing for enhanced anonymity
- International access
- Connectivity for specific platforms does not require individuals to know each other (Omegle/Discord)

Online Gaming

- Connectivity does not require individuals to know each other (e.g. via online multiplayer titles)
- Cost of in-game items in both paid for a 'freemium' titles
- Accounts/ sites do not require verified identity documents (typically using usernames)
- International access

Potential Consequences to Children

Speaking to strangers/sharing personal information/photos

- Victimization of individuals and possible exploitation
- Personal security may be compromised

Sharing passwords with others

- Access to personal information
- Financial Loss
- Identity Theft

Sharing via DM or on social media

- Victimization of individuals and possible exploitation

Cyber-bullying/shaming

- Physical, emotional or mental health issues (e.g. low self esteem, anxiety or depression)
- Social isolation

Potential Consequences to Children

Sharing files (including explicit or inappropriate material)

- Victimization of individuals and possible exploitation
- Financial Loss
- Identity Theft

Viewing of explicit material

- Potential for radicalisation regarding personal ideology

Grooming

- Victimization of individuals and possible exploitation

Hazards to Children Online

The UK Office of National Statistics estimated that between 2019-2020:

17% or '1 in 6'

Children aged 10-15 years old had spoken to someone online they had never met before

**16% of girls
compared with 6%
of boys**

aged 13 to 15 years were significantly more likely to report receiving sexual messages

11% or '1 in 10'

Children aged 13-15 years old had reported receiving a sexual message online

2% or '1 in 50'

Children had reported speaking to someone online who they believed was their age but later found out they were much older

5%

Of children aged 10 to 15 years reported meeting up in person with someone that they had only spoken to online

What Signs Can Parents Look For?

Potential behaviour changes

- Shift in online activity or secrecy about activity
- Changes in behavior, in friendships or school
- Talking about an older person or boyfriend / girlfriend
- Harmful or inappropriate and dangerous behaviours

Children are unlikely to be aware that what they are experiencing is abuse

- If they see something that concerns them about a friend - they must know they can and should tell an adult about their concerns.



KEEP
CALM
AND
COMMUNICATE

Communication is Key

- 1) Develop open and honest communication that reinforces your family's key values
- 2) Be explicit about the dangers as well as the benefits
- 3) Enter into a safety contact with them and include them in the decision making
- 4) Everything is "Public, Permanent and Traceable"
- 5) Open communication encourages transparency

Where to get further help

Resources at ASL

- Technology resources for parents
- TILM and SST



External Resources

- [Common Sense Media](#)
- [UK Safer Internet Centre](#)
- [Internet Matters](#)
- [Apple Families](#)
- [NSPCC](#)
- [CEOP](#)