E-Safety and Anti-Bullying Champions Newsletter

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Welcome

Welcome to the Pan-Dorset E-safety and Anti-Bullying champions newsletter. We hope this newsletter will help you to stay up to date with current issues in E-safety and Anti-Bullying and allow champions to share information and best practice. Please contact the SSCT to obtain or share information.

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Pan-Dorset E-safety protocol live

The pan-Dorset Inter-Agency Safeguarding Children Procedures section on E-safety has been extensively revised and now includes sections on:

- General Management of Incidents Involving Digital Media
- Cyberbullying
- Sexting
- Viewing or Uploading Inappropriate Material
- Grooming and Sexual Abuse Using Digital Media
- Allocation of Digital Equipment to a Young Person
- Further Information
- Legal Information

This procedure details what practitioners should do in the event of an E-safety incident. It also covers what needs to be done if digital equipment is to be allocated to a young person. Staff and volunteers must also follow the Safe Working Practice and Electronic Communication Procedure to minimise risk to young people and to themselves.
http://pandorsetscb.proceduresonline.com/chapters/p_esafety.html

http://pandorsetscb.proceduresonline.com/files/safer_wking_elec_comm.pdf

Update on sexting

You may have seen in the media that there is discussion going on at a governmental level about the police response to sexting, as to whether a crime record should be created and how or when these cases should be disclosed at a later date, for example to employers. This may lead to a change in how we deal with Sexting incidents within Dorset Police: if this does happen we will of course update champions with the new procedures. We are expecting updated guidance May/June.

Instagram baited groups

There is a growing trend in the UK of so-called "baited pages". These usually appear on Instagram, but have also been seen on other Social media platforms.

Typically these pages are being used to bully and harass young people. This is done by making the page private, and stating in the bio that people have to send in their pics (of ex boyfriends/girlfriends or any sexting images) to be accepted into the page, that way they obtain more images. They will then post those images with nasty and derogatory comments to accompany them.

The accounts are usually based around a geographical area or even a specific school, for example, "Essex_XXXX_baited" often the name of the accounts contain derogatory terms and highly sexualised insulting language.

If you are aware of one of these sites, report it to the social media platform. If it is not removed fairly quickly then contact the Professionals Online Safety Helpline for assistance on 0844 381 4772 or visit www.saferinternet.org.uk/about/helpline

Adapted from an SWGFL blog post at

http://swgfl.org.uk/magazine/Instagram-Gossip-Style-Pages

Safer Internet Day 2016

What did you do for safer internet day 2016? Within Dorset Police we played our part for a safer internet with our Chief Constable getting involved on Twitter.

We also went out into lots of schools to deliver our E-safety messages around SID2016.

Resources
ENABLE Anti-bullying

ENABLE (European Network Against Bullying in Learning and Leisure Environments) adopts a holistic view to reducing bullying by involving pupils, staff and parents/carers. ENABLE's unique approach is how social and emotional skills of young people works hand in hand with a comprehensive peer support programme to create a shift in culture where students speak out about bullying, support each other and respect each other's differences. The 10 social and emotional learning modules influence students' behaviour by not only helping them to develop their social and emotional skills but also encouraging them to reflect on their own and on their peers' behaviour. The Peer Support Programme helps young people run campaigns and activities which educate the whole community including parents/carers about bullying.

This material can be downloaded free-of-charge from http://enable.eun.org/implementing_enable and there is lots more information about the project to help you decide whether these resources might be useful in your setting.

STAR toolkit

Childnet have a toolkit of activities available for use with young people with autism covering the main topics around Safe, Trust, Action, Respect. We have recently looked at these resources with some specialist teachers and many of the activities look to be a useful addition to materials already available. They can be downloaded from http://www.childnet.com/resources/star-toolkit

Know your friends with Josh and sue

CEOP have a useful video on their website that has been developed for young people with learning difficulties. It covers cyberbullying, personal information and speaking to strangers and can be accessed at
https://www.thinkuknow.co.uk/teachers/resources/

The video comes with two commentaries one for those with moderate to severe and one for those with mild to moderate learning difficulties. There is also a lesson plan that can be downloaded to support the video. The video can also be viewed from the parents section of the site.

Ditch the Label Survey

Ditch the Label have also just published their annual survey into bullying. One of the most striking findings is that over half of those being bullied say it is because of attitudes towards their appearance.

Young people were also asked whether they had told someone they were being bullied online: around 60% reported and 40% didn't. Of those, 86% reported to a family member and 88% of these were satisfied with the support; around the same proportion (87%) told a teacher and only 58% were satisfied with the support.

For more information go to
http://www.ditchthelabel.org/1/wp-content/uploads/2016/04/Annual-Bullying-Survey-2016-Digital.pdf

Dorset Young Researchers

The Young Researchers is a partnership project between young people in schools/colleges, Action for Children and Dorset County Council.

Young people are trained in research skills and supported to carry out research that helps to shape service development of local authorities and their partners. They have just released their 2016 report into Feeling Safe and Bullying survey which was completed by 1675 11-16 year old across 11 different schools.
Interesting information from this report include:

- Of those being bullied currently, 93% were being bullied in school; only 16% were being bullied online
- 66% were being bullied at least once per week
- 81% had told someone but only 55% said it had helped

The Young Researchers' recommendations are that young people need:

Someone to talk to and get support from

Opportunities to build confidence and make friends

Specialist services including: mediation, counselling and 1 to 1 support from adult/tutor

To download the full report go to
http://www.dorsetyoungresearchers.com/Home/

Effects of the internet of mental health

There have been a number of studies looking at whether there is a link between internet use and mental health issues in young people. While no study has yet shown a causal link, there does seem to be a link with less good sleep, and with anxiety and stress.

http://www.theguardian.com/society/2015/sep/11/teens-social-media-night-risk-harm-mental-health-research

A separate study by the National Citizens Services has also shown that girls are likely to turn to social media when feeling stressed, twice as likely as boys to do so.

ParentZone have carried out research with young people and their teachers in this field – *The Perfect Generation*. As might be expected, young people had diverse views about whether the internet was a positive influence but it was clear that schools are dealing with an ever increasing number of pupils with mental health issues. The report recommends that schools are given more support to deal with this increasing burden. The report also suggests that teachers seemed to overestimate young people's propensity to seek help and information online. The young people in the survey preferred to get support from their friends and families, but are sometimes prevented from doing so by shame or fear. For more information:

https://parentzone.org.uk/article/perfect-generation-internet-undermining-young-peoples-mental-health

**Safer Schools and Communities Team
Education and Training for Professionals**

The SSCT provides training for professionals in the following areas:

E-safety, including Protecting Young People Online, Safer Digital Working Practices and CEOP ThinkUKnow
Anti-bullying, including Anti-homophobic bullying
Drugs and the law
Preventing Violent Extremism
Restorative practices
Child Sexual Exploitation

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