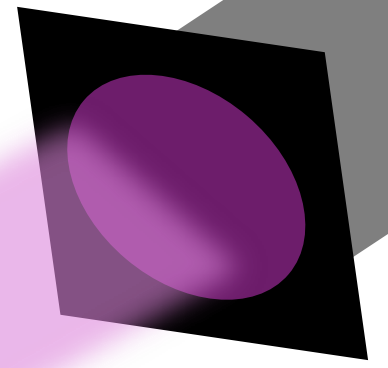


North Lincolnshire
**CHILDREN'S
MULTI-AGENCY
RESILIENCE &
SAFEGUARDING
BOARD**



In the Spotlight...

Online abuse

In this Spotlight...

The focus of this edition of the Children's MARS Spotlight is online abuse

Online abuse is any type of abuse that happens on the internet. It can happen across any device that's connected to the web, like computers, tablets and mobile phones. And it can happen anywhere online, including:

- *social media*
- *text messages and messaging apps*
- *emails*
- *online chats*
- *online gaming*
- *live-streaming sites.*

Children can be at risk of online abuse from people they know or from strangers. It might be part of other abuse which is taking place offline, like bullying or grooming. Or the abuse might only happen online.

[NSPCC: Online Abuse](#)

In this edition of the Spotlight you can, find information about...

- Key messages for practice
- Key tools and resources
- Further reading and sources of support for practitioners
- Contacts

Key messages for practice

The Children's Commissioner completed a survey in early 2022 exploring children's exposure to harmful content online. The survey found that boys are more likely to access harmful content, including material depicting diet restriction and self-harm.

Worryingly, children with free school meal eligibility were also more likely to see every type of harmful content surveyed.

[Children's Commissioner](#)

When responding to cases of online abuse, it's important for adults to understand the impact it can have on a young person's wellbeing. It's also important for adults to understand that online and offline abuse are often entwined and they should ask tactful questions when the child is ready to understand the context of the abuse. This will enable them to provide the child with the right support.

[NSPCC](#)

Parents are displaying important gaps of knowledge around cyberbullying but even more concerning, children aren't considering behaviors like jokes and name-calling harmful online

[Cyberbullying in plain sight \(2022\) McAfee](#)

New data released by the Internet Watch Foundation shows almost 20,000 webpages of child sexual abuse imagery in the first half of 2022 included 'self-generated' content of 7-10 year old children which is 8000 more instances than the same period last year.

While the fastest increases are among the 7-10 age group, the 11-13 age group represents the biggest amount of 'self-generated' imagery.

'Self-generated' child sexual abuse imagery is created using webcams or smartphones and then shared online via a growing number of platforms. In some cases, children are groomed, deceived or extorted into producing and sharing a sexual image or video of themselves.

[Internet Watch Foundation](#)

Key tools and resources

[So You Got Naked Online](#) is a resource offering advice and strategies for parents, children and young people who have shared a sexting image or video online and have lost control over that content and who may be sharing it

CEOP: Thinkuknow 11-18s website offers advice articles and signposts clear ways young people aged 11-18 can access help and support across 7 key categories:

1. Relationships
2. Socialising online
3. Nudes
4. Sex and sexual content online
5. Sexual abuse
6. Support
7. Online safety

The [parent zone website](#) has a range of articles to support parents with digital parenting. Articles include being safe online, what apps to watch out for and what to teach children about internet safety.

The Marie Collins Foundation has joined forces with the NWG Network to produce a new [online sexual harm reduction help guide for parents and carers](#) aimed at reducing online harm

[TALK Checklist by Internet Watch Foundation](#) – The TALK checklist is for parents/carers to use when they are worried about their child's internet use. The website contains practical advice on how to have the conversation with the young person

[Childline's cyberbullying online guide](#) helps parents and children recognise bullying and what to do about it. It also includes advice around how to support someone who is being bullied and how to help them cope once the bullying has been addressed.

Internet Watch Foundation
The CSA prevention campaign aims to empower girls, and warn their parents and carers about the risks posed by online predators targeting children. Their [parents and carers guide](#) helps parents know what to look out for, what to do and how to protect their child.

[Parents Protect internet safety guide](#) gives parents and carers useful information about risks to children associated with internet enabled devices including: sexting, online gaming, cyberbullying, grooming and social media including signposting to other resources and information

The Children's Commissioner has launched [a parents guide to online sexual harassment](#) with information about how they can support children and young people to stay safe online

'[The things I wish my parents had known: Young people's advice on talking to your child about online sexual harassment](#)' draws together advice from 16-21 year olds on how parents should manage tricky conversations around sexual harassment and access to inappropriate content, including pornography

Key tools and resources

[Digital matters](#) is an interactive learning app for Key Stage 2

[Safer Internet Day's YouTube Channel](#) has a number of video resources for young people and parents

[SWGfL's professionals online safety helpline](#) is a free helpline for professionals working with children with any online safety issues they may be facing

There are a range of educational resources on the [Safer Internet Day website](#) aimed at schools and settings

[My family's digital toolkit](#) is for parents to create a personalised safety plan for their child online

[Inclusive Digital Safety: Advice for parents & professionals supporting children with SEND, care-experience or from the LGBTQ+ community](#)

[The Stop Non-Consensual Intimate Image Abuse website](#) is a practical tool to help organisations remove your intimate images and videos from the internet.

Advice articles for university students on topics such as online stalking, sextortion and hate speech is available on the [Revenge Porn website](#).

[Internet matters – a comprehensive guide to TikTok](#)

[The Marie Collins Foundation website](#) has a range of tools and resources for parents, carers and professionals relating to technology-assisted harm

[This presentation](#) shared at SWGfL's Online Safety Day conference 2022 shares a range of statistics and feedback from young people about their life online and the types of abuse they have experienced.

[This technology assisted harmful sexual behaviour podcast](#) focuses on the prevalence of TA-HSB in children and young people, the challenges for professionals and resources to manage incidents

[Connecting safely online](#) shares advice for parents and professionals to support children with Special Educational Needs and Disabilities (SEND)

Further reading and sources of support for practitioners

1. [Children's MARS Risk Outside the Home Toolkit](#) contains various resources for professionals and children, young people and families relating to online abuse and safety
2. The [Harmful Sexual Behaviour Support Service](#) which gives guidance and support to professionals working with children on harmful sexual behaviours, including self-generated sexual imagery, sharing sexual content online and sexual harassment and abuse. Call SWGfL practitioners on the HSB Support Service on 0344 2250623 or email: hsbsupport@swgfl.org.uk
3. [Project Evolve](#) is an award-winning digital literacy toolkit for professionals in education. Developed by [SWGfL](#), the toolkit defines and provides the digital skills for children and young people to be safe online and avoid exploitation
4. [Thinkuknow: Send me a pic?](#) Is an educational resource about the consensual and non-consensual sharing of nude images among young people. The resource pack contains three sessions plans based on short film clips. Each clip shows a fictional online chat where young people request, receive and discuss issues related to nude images
5. [A facilitators guide: helping parents and carers #AskTheAwkward](#) is an NCA-CEOP resource that will support professionals to deliver workshops with parents and carers, to help them overcome some of the awkwardness that comes with discussing online relationships with their children
6. Help young people gain the knowledge, skills and confidence to identify risk and seek help with [Thinkuknow's Online blackmail education resource for 15-18 year olds](#). You'll find a session plan, worksheets and slides designed to be used across a range of settings
7. The Children's Society have produced a [What is the Dark Web? guide](#) to help practitioners understand more about online safeguarding including advice around how to talk to young people about it and where to seek further support
8. [Teaching online safety in school: guidance supporting schools to teach their pupils how to stay safe online, within new and existing school subjects](#) (2019) Department for Education
9. [University of East London research report on European Youth Cybercrime, Online Harm and Online Risk Taking](#) sets out the key findings from research and highlights the motivations and pathways into cybercrime and online harm
10. [The Lucy Faithful Foundation's Risk of Online Sexual Abuse \(ROSA\) project](#) worked with a number of young people who participated in technology assisted harmful sexual behaviour and aimed to explore the background of their offending and how to help them stop offending in future. The findings from the project can be found on their website.

Contacts

The Children's MARS Board produces quarterly news updates which provide information on the work of the Board and includes updates on local and national guidance. We also promote new education and training opportunities, resources for professionals and volunteers, support for children and families and information relating to events and conferences through our communications email list.

If you wish to subscribe for Children's MARS communications emails, please complete the [communications sign up form](#).

A collection of our previous news updates can also be found on the [communications page](#).

The Children's MARS Board regularly post updates via the partnership social media pages Safe North Lincs. Support and advice for children and families can be found on our Facebook and Twitter pages.

Follow us on Facebook [Safe North Lincs](#) or Twitter [@SafeNorthLincs](#)



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