

Information to support  
Safeguarding children in a digital world



The [digital 5 a day](#) provides a simple framework that reflects the concerns of parents/carers as well as children's behaviours and needs. It can also act as a base for family agreements about internet and digital device use throughout both the holidays and term time.

Based on the NHS's evidence-based [five steps to better mental wellbeing](#), the digital 5 a day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet.

**Many websites and apps can help children, parents and professionals:** Applications can be informative and support children and young people to develop good support networks to help their learning and development in all aspects of their life. However, we need know how to access and share information about keeping children safe in a digital world.

[Education for a Connected World A framework to equip children and young people for digital life](#) states that:

## Education for a Connected World

A framework to equip children and young people for digital life



Today's children and young people are growing up in a digital world. As they grow older, it is crucial that they learn to balance the benefits offered by technology with a critical awareness of their own and other's online behaviour, and develop effective strategies for staying safe and making a positive contribution online.

This framework describes the skills and understanding that children and young people should have the opportunity to develop at different ages and stages. It highlights what a child should know in terms of current online technology, its influence on behaviour and development, and what skills they need to be able to navigate it safely.

### **Aims of the Framework**

Education for a Connected World is a tool for anyone who works with children and young people. It enables the development of teaching and learning as well as guidance to support children and young people to live knowledgeably, responsibly and safely in a digital world.

It focuses specifically on eight different aspects of online education:

- 1. Self-image and Identity**
- 2. Online relationships**
- 3. Online reputation**
- 4. Online bullying**
- 5. Managing online information**
- 6. Health, wellbeing and lifestyle**
- 7. Privacy and security**
- 8. Copyright and ownership**

The framework aims to support and broaden the provision of online safety education so that it is empowering, builds resilience and effects positive culture change. The objectives promote the development of safe and appropriate long term behaviours, and support educators in shaping the culture within their setting and beyond.

### **Other useful information to help keep children safe:**

- [NSPCC: How safe are our children? 2019 Online abuse an overview of data on child abuse online.](#)
- [YoungMinds Asking for help:](#) We all need a bit of help sometimes. But it can be difficult to know how, or who, to ask. We look at some ways you can ask for the help you need.
- [Think U Know, NSPCC and CEOP](#) provide useful information guides and support for parents and professionals.
- NSPCC in co-operation with O2 and partners have [developed guides](#) which focus on safety and reviewed games.
- This is [a guide which Net Aware have produced](#) on sites, apps, and games that are most popular with children and young people.

## Sharing pictures of your children

Most parents love sharing photos of their children with friends and family. But remember - pictures you share online could be out there forever. Learn how to protect your child whilst staying social.

- [Thinkuknow: sharing pictures of your children online](#)

## Online contact and staying safe

Video streaming and chatting online can be exciting, but do you know how to protect your child from adult content and contact? Find out how to help them stay safe from abuse.

- [Thinkuknow: online contact and staying safe](#)

## Using parental controls

Parental controls are a great tool to help protect children online. There is plenty of advice available to help and they are not difficult to set up and use.

- [Thinkuknow: parental controls](#)

## Gaming what parents and carers need to know

There's a game out there for everyone. Some might prefer sporting games like FIFA and NBA. Others play adventure games such as Fortnite and Minecraft. Video games are arguably better than ever - because almost all of them allow you to play online with friends.

It's not just young people that are gaming online. Did you know that there are over two billion gamers across the world? (*Newzoo, Global Games Market Report, 2018*). And these gamers aren't just wasting their time - the benefits of gaming include improvement of coordination, problem-solving skills and brain speed to name a few.

As with any form of online space, adult offenders can use gaming platforms to target children and build relationships with them. This article explores the different elements of gaming and how they can be used by offenders, and what you can do to support your child whilst gaming.

- [Thinkuknow: Gaming and what parents and carers need to know](#)
- [Thinkuknow: online gaming: tips for playing safe](#)

## Online grooming: how does it work?

Some people try to use social media, live streaming platforms and apps to groom children and young people. It's important you understand how this works, so you can protect them.

- [Thinkuknow: online grooming](#)

## Live streaming and responding to the risks

Live streaming is a popular feature of lots of apps and platforms. By understanding the risks of live streaming, you can help your child to stay safe when they are online.

- [Thinkuknow: live streaming and responding to the risks](#)

### **Impact of cyberbullying or online bullying:**

Cyberbullying affects people from any age or walk of life, including children, teens, and adults who all feel very distressed and alone when being bullied online. Cyber bullying can make you feel totally overwhelmed which can result in many feeling embarrassed that they are going through such a devastating time, and not knowing what support is available to them. Many children feel unable to confide in an adult because they feel ashamed and wonder whether they will be judged, told to ignore it, or close their account which they might not want to do. (*BullyingUK part of family lives*)

- [BullyingUK: Effects of cyberbullying](#)

### **NSPCC:**

#### **Protecting children from bullying and cyberbullying – behaviours of cyberbullying**

- excluding a child from online games, activities, or friendship groups;
- sending threatening, upsetting or abusive messages;
- creating and sharing embarrassing or malicious images or videos;
- 'trolling' - sending menacing or upsetting messages on social networks, chat rooms or online games;
- voting for or against someone in an abusive poll;
- setting up hate sites or groups about a child;
- encouraging young people to self-harm;
- creating fake accounts, hijacking, or stealing online identities to embarrass a young person or cause trouble using their name.

This link will guide you through the impact, recognition, response, prevention, legislation, guidance, references, and resources.

- [Protecting children from bullying and cyber bullying](#)

### **Social media guides:**

Find out more about the safety features available on popular social networks. UK Safer Internet Centre is a partnership of three leading charities with a mission to make the internet a better place for children and young people.

- [UK Safer Internet social media checklist](#)