



William Gilbert Endowed C of E Primary School and Nursery

www.williamgilbertend.derbyshire.sch.uk

Safeguarding and Child Protection

at William Gilbert School

Online Safety Update



Responding to Online Challenges and Hoaxes

Online challenges have become a regular part of today's online culture. There are two main reasons young people choose to engage with them:

To be creative

Challenges often provide an opportunity to do or make something new, unique, and different. This could mean creating or participating in a cause, trend, or activity for fun.

To be social

Taking part in online challenges can provide a sense of community and can help increase online popularity. Some young people may also feel peer pressure to take part.

Why do some challenges become dangerous?

While social media doesn't necessarily condone reckless behaviour, it can inadvertently reward it. The more outrageous a video is, the more attention it is given through likes and shares. Some young people are preoccupied with going viral and could go too far when trying to achieve this. If a friend or someone they admire has participated in a dangerous challenge, a young person might be more inclined to try it out.

Some of the riskiest internet challenges are really hoaxes deliberately designed to frighten and shock viewers. These **Hoaxes** include false warnings circulated on social media to warn others about risky challenges that don't exist. These create panic and unnecessary worry. Different online challenges emerge regularly. Some are described as trending (quickly gaining popularity to generate a 'buzz') and can sometimes go viral (being widely and rapidly shared over multiple platforms and groups). In some cases, dangerous 'challenges' that are not widespread are reported on as being 'viral'. This can be a form of scaremongering that might actually have the opposite impact it intended.

At school, our online safety education focuses on positive social behaviours both on and offline. We aim to develop pupils **digital resilience**, this teaches them to understand online risk, know where to go for help, and engage with safety behaviours (e.g. talking to a trusted adult). Developing pupil's digital resilience means that they can use critical thinking skills and help-seeking behaviours in their everyday online interactions. This will help them identify risks, and block and report users or content.

No matter the challenge, hoax or viral, our advice for pupils remain the same: ***"If you see something online that's upsetting or dangerous to you or others (or something that will hurt someone's feelings), you should tell someone you trust about it. They will help you figure out what to do next."***

For any safeguarding, child protection concerns or advice regarding the information contained in this newsletter - Designated Safeguarding Leads can be accessed via our safeguarding email

safeguarding@williamgilbertend.derbyshire.sch.uk or by telephone on 01332 840 395

If you believe that any child is in danger ring [Call Derbyshire Tel: 01629 533190](tel:01629533190) choosing the option for urgent child protection calls at any time

Online Challenges - Advice for Parents and Carers



How to have a conversation about online challenges with your child

Talking to your child about online challenges can seem daunting, especially if they don't come to you on their own. Having an honest conversation with your child about their online habits is the best way to clear up confusions.

Tips for talking to your child:

- ✓ Approach your child in a relaxed setting where you won't be interrupted - for example, on a walk or a drive in the car.
- ✓ Consider when you wish to talk to your child. Try avoiding times when your child is tired.
- ✓ Talk to other parents about how they have brought up similar conversations with their children.
- ✓ Listen to your children and allow them time to speak and feel heard.
- ✓ Refrain from showing upsetting or dangerous content to your children, as chances are they haven't seen it and you risk encouraging curiosity.

Your child may come to you to talk. You may have to initiate a conversation. However it happens, here are some questions to consider asking:

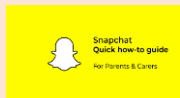
- What do you know about online challenges?
- Why do you think that young people take part in these challenges?
- Do you think that these challenges are dangerous? If yes, which ones and why?
- Could you or someone else get hurt? If yes, how?
- Will taking part in the challenge get you into trouble?

Remember - children may be experiencing peer pressure and potential bullying. Talk to those in your care and remind them that it is okay to say 'no' if they feel uncomfortable or worried about what someone wants them to do.

Links to further advice and support - Parental Guides



<https://www.internetmatters.org/hub/esafety-news/parents-guide-to-roblox-and-how-your-kids-can-play-it-safely/>



<https://www.internetmatters.org/hub/guidance/snapchat-safety-a-how-to-guide-for-parents/>



<https://www.internetmatters.org/resources/tiktok-safety-guide-for-parents-to-support-young-people-on-the-app/>







<https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking/>

Online Challenges – Advice for Children



Talking to a trusted adult about online challenges can seem daunting. However, having an honest conversation about things that have upset you online is the best way to clear up any confusions you may have.

If you are being pressured to take part in an online challenge, remember to:

-  **STOP** – Take a moment. Don't make any quick decisions.
-  **ASSESS** – Assess any risks involved in taking part.
-  **FLAG** – Express your concerns by talking to a trusted adult or friend.
-  **EXHALE** – Just breathe. You don't have to make these decisions alone.

Here is some advice to help you talk to your trusted adult:

- If you are feeling nervous or embarrassed about having a conversation, ask your trusted adult if they have some free time to discuss what's worrying you.
- Start by saying what it is that has upset you and how it makes you feel.
- Show them where you have seen the online challenge, if a friend sent you it, or if you found it on social media.
- Tell them if someone has been pressuring you to do an Online Challenge that you are not comfortable with.
- Explain you are worried about feeling pressured into doing an Online Challenge, but you don't know how to say no to your friends.

Remember, even if it seems like everyone else is taking part in an online challenge, it does not mean you need to participate. Others may be feeling pressured to take part. It is always okay to say 'no', especially if you feel unsafe or worried. If something seems really dangerous or risky, consider reporting it.

Reasons you can use to 'say no' to your friends:

- I would get my phone taken off me.
- I'd get grounded for a week!
- My parents are in the same room as me, so I can't.
- I'm not interested in doing that, but thanks for asking.



Visit Google's Interland to play fun games as a family to be internet awesome



https://beinternetawesome.withgoogle.com/en_us/interland

What to do when you see something scary or worrying online. Watch this helpful video. Click the image to watch this BBC Bitesize video.

Remember – after speaking to a trusted adult you can also use the report button. This is a way of telling someone that you've seen or heard something upsetting.

