

"My parents wont let me walk to school by myself bc they think it is too dangerous, but they have given me a phone with a million more daily risks than I face irl."

Year 7, October 2023

(irl = In Real Life)



Welcome & Introductions

St Peter's Catholic School
Keeping Our Children Safe
Online

It does happen here.





Safety

**Keeping Our
Children Safe
Online**

9th October 2024

Year 7	Year 8	Year 9
<p>Online Safety Day:</p> <ul style="list-style-type: none"> ➤ Healthy Relationships ➤ The Law ➤ Safety Online ➤ Being an Upstander (Mob Mentality) ➤ Cyberbullying 	<p>Online Safety Day:</p> <ul style="list-style-type: none"> ➤ Data Protection ➤ The Law ➤ Safety Online ➤ Boundaries ➤ Privacy Online 	<p>Online Safety Day/RSE Day:</p> <ul style="list-style-type: none"> ➤ Healthy Relationships ➤ The Law ➤ Porn ➤ Selfies ➤ Data ➤ Nudes/Sexting
<p>Citizenship Lessons:</p> <ul style="list-style-type: none"> ➤ CSE (Grooming) ➤ Peer Pressure ➤ Body Image 	<p>Citizenship Lessons:</p> <ul style="list-style-type: none"> ➤ Discrimination 	<p>Citizenship Lessons:</p> <ul style="list-style-type: none"> ➤ Media Literacy including Fake News, Misinformation, Echo Chambers, Filter Bubbles etc ➤ Eating Disorders ➤ Suicide/Self Harm ideation ➤ Support online for mental health

Year 10	Year 11	Year 12	Year 13
<p><u>Citizenship Days:</u></p> <ul style="list-style-type: none"> ➤ Evaluating Sources ➤ Discrimination including racism and sexism online ➤ Porn ➤ Revenge Porn ➤ Nudes ➤ Child Sexual Exploitation (CSE) ➤ Hate Crimes <p><u>Citizenship Lessons:</u></p> <ul style="list-style-type: none"> ➤ Online Privacy ➤ Data ➤ Fake News ➤ Revenge Porn ➤ Deepfakes ➤ Rights and Responsibilities 	<p><u>Citizenship Days:</u></p> <ul style="list-style-type: none"> ➤ Evaluating Sources including misogyny and Incels ➤ Nudes ➤ Addiction online ➤ Hate Crimes 	<p><u>Citizenship Days:</u></p> <ul style="list-style-type: none"> ➤ Healthy Relationships Online including Revenge Porn and Nudes ➤ Porn Addiction 	<p><u>Citizenship Days:</u></p> <ul style="list-style-type: none"> ➤ Gambling ➤ Healthy Relationships Online ➤ Consent ➤ Revenge Porn

Outline

Part 1: Risks

- 1. Contact**
- 2. Content**
- 3. Conduct**
- 4. Commerce**

Part 2: Support

- 1. How we can support our young people**
- 2. Suggested Resources**



Content

‘Content: being exposed to illegal, inappropriate or harmful content, for example: pornography, fake news, racism, misogyny, self-harm, suicide, anti-Semitism, radicalisation and extremism’ (KCSIE 2024).

Boy, 15, first to be charged with riot in England following recent disorder

© 14 August 2024



Girl, 13, admits violent disorder at asylum hotel



GETTY IMAGES

Riots spread in parts of the UK following the fatal stabbing of three girls

André Rhoden-Paul

BBC News

13 August 2024

A 13-year-old girl has been convicted of violent disorder following unrest outside a hotel housing asylum seekers during the riots.

She pleaded guilty to the charge after she was seen punching and kicking the entrance of the Potters International Hotel during a protest in **Aldershot**, Hampshire, on 31 July.

17 September 2024

A 12-year-old boy, who is the youngest to appear in court in relation to this summer's riots, has been handed a 12-month referral order.

The DPP told the PA news agency: "We had an instance where a family marched their 14-year-old to the police station, having seen on social media that that individual had been involved in the disorder.

"And actually, we took the decision that the wrath that had been visited on that child by his parents was more effective than anything the criminal justice system could deliver."

- In 2023, there was an increase of 6.4% compared to the previous year, and the third highest total of referrals since 2015.
- There was also a greater number of referrals relating to Extreme Right Wing (19%) terrorism concerns compared to Islamist extremism (11%)
- Children and young people are overly represented in both Prevent and Channel data, with 63% of referrals relating to under 20s, and 31% being aged 14 and under.

NEWS

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'I was radicalised by the far right aged 15'

3 March

Manchester Arena attack



John said he was sharing his experiences in order to help prevent others from making the same mistakes

By Abbie Jones & Lauren Hirst

BBC News

A former right-wing extremist has described how he was radicalised as a 15-year-old boy in the wake of the Manchester Arena bombing.

Normalising Extreme Views

"It was unbelievably easy as a young teenager to access propaganda and now it's just as easy - maybe easier," John told BBC North West Tonight.

Night after night, he said he would sit in his bedroom, scrolling through far-right forums, watching videos and scouring social media until the early hours.

"I was just a very sort of angry, lost teenager," said John, who comes from a small town in the north-west of England.

"For me, it took just one click of joining a forum online before I'd been essentially manipulated to hate Islam. "It started when I saw a post that said 'If you think British soldiers shouldn't be on the streets, share this'. "I connected to that because someone in my family was a soldier and was struggling.

"I joined a group online and then people started saying it was because we're sending off billions in foreign aid and helping refugees and there's nothing left for the soldiers.

"And a naive 15-year-old me believed that and didn't think to fact-check it."

Content

Normalising Extreme Views

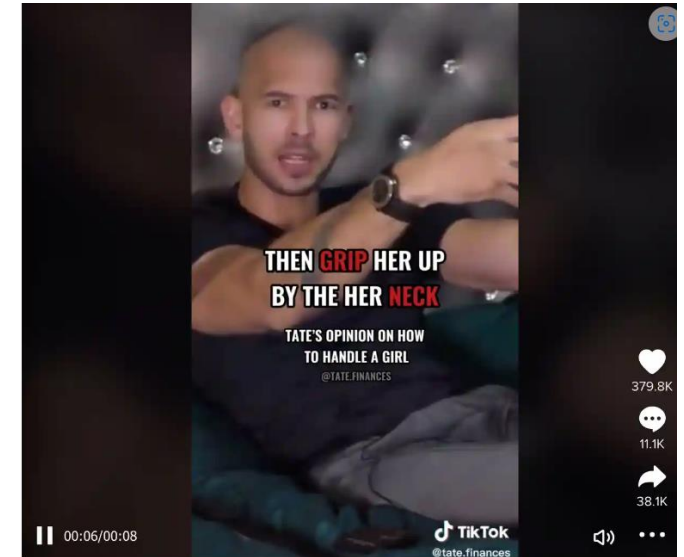


Alan Freestone
@AlanFreestone

I hope the women of Plymouth collectively take some responsibility for this. Misandry & the anti-man rhetoric from teachers causes incel Young men without hope, without a path, without anything meaningful to strive for become dangerous to the societies around them.

17:51 · 13/08/2021 · [Twitter for Android](#)

33 Retweets 2,078 Quote Tweets 62 Likes



“It’s bang out the machete, boom in her face and grip her by the neck. Shut up bitch,” he says in one video, acting out how he’d attack a woman if she accused him of cheating. In another, he describes throwing a woman’s



Pornography

“Pornography is currently one click away for children of all ages in the UK”

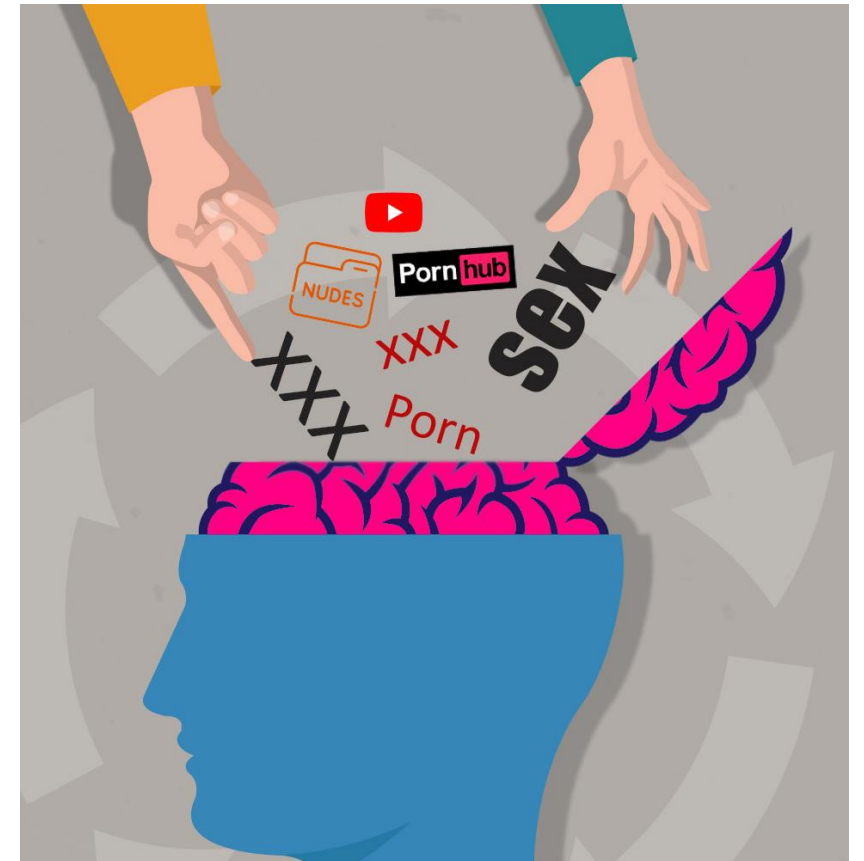
David Austin, Chief Executive of the BBFC (2020)

“12-17 year olds are the biggest consumer group of porn in the UK”

NSPCC (2019)

Pornography

- 51% of 11-13 year olds reported that they had seen pornography at some point, rising to 66% of 14-15 year olds. (Revealing Reality, 2022)
- The average age of viewing porn is 12 in the UK (NSPCC, 2023)
- An NSPCC study in 2023 found that between 14-18 year olds:
 - 22% of students had viewed porn on multiple occasions.
 - **One in five** said they had a porn habit
 - **One in 10** said they felt addicted.
- **Three quarters (75%) of parents felt that their child would not have seen pornography online. But of their children, more than half (53%) said they had in fact seen it.** (BBFC 2020)



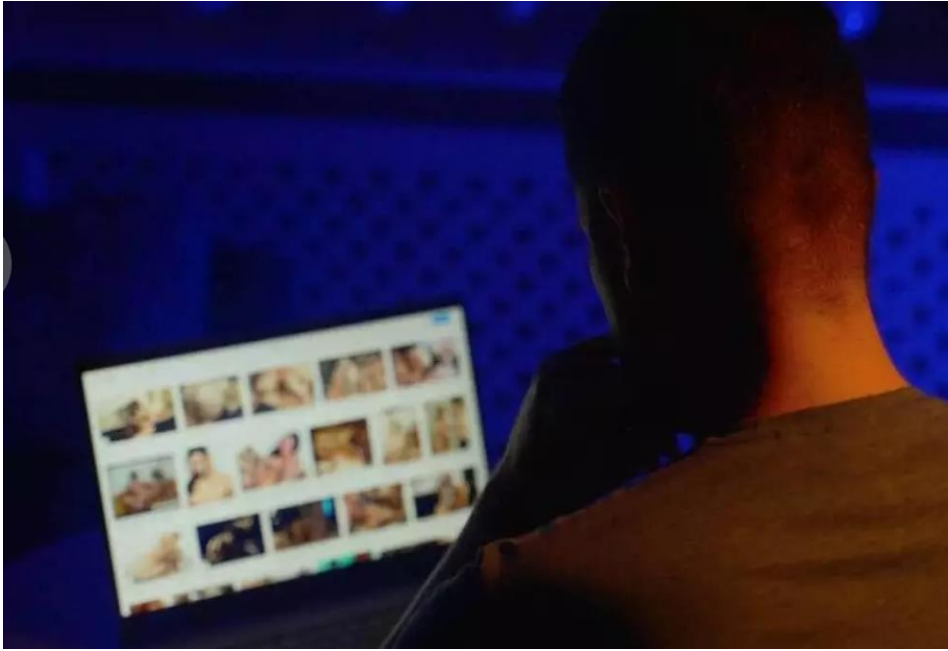


Pornography

“If you put a phone in a child’s hand, you are putting porn in a child’s hand ... don’t do it unless you are ready to speak to them about pornography.”

Boy (15)

Barnado's Research 2022



Pornography



Harmful Content

- Pro-Ana and Pro-Mia sites
- #selfharm and #suicide: "83% of social media users surveyed were recommended self-harm content on their personalised feeds" (Swansea University, 2023)
- Private accounts
- Tiktok challenges

Social media firms 'monetising misery', says Molly Russell's father after inquest

Coroner finds harmful online content likely to have contributed to Molly's death 'in a more than minimal way'



■◀ 'I hope the world will be safer', says Molly Russell's father after inquest - video

Sweet, tiny body diet

Day 1: fast
Day 2: raspberries
Day 3: raspberries
Day 4: fast
Day 5: raspberries
Day 6: raspberries
Day 7: mango
Day 8: fast
Day 9: mango

Raspberries: 250g
per day (135 calories)



Day 10: mango
Day 11: fast
Day 12: mango
Day 13: mango
Day 14: mango
Day 15: fast
Day 16: mango
Day 17: mango
Day 18: fast

Mangos: 125g per
day (74 calories)

You can eat double but you won't lose as much weight.

Everyday is less than 20g of carbs to release ketones for weight loss.



Harmful Content

Boy, 11, dies in TikTok craze horror after stunt went tragically wrong, says mum

A boy from Lancaster has tragically died after trying 'chroming', a trend he and his friends had seen on TikTok.

By GRACE PIERCY, News Reporter

09:31, Thu, Mar 7, 2024 | UPDATED: 09:38, Thu, Mar 7, 2024



30



Listen to this article



Boy, 13, dies after trying dangerous TikTok 'Benadryl Challenge'

TikTok does not allow searches for 'Benadryl' on app

Chelsea Ritschel New York • Thursday 20 April 2023 08:29 • Comments



Generative AI

- Cyberbullying and sexual harassment
- Generative child sexual abuse material (CSAM)
- Disinformation and fraud
- Impacts on education
- Privacy concerns
- Bias or discrimination

Spain sentences 15 schoolchildren over AI-generated naked images

Teenagers each given a year's probation after creating and spreading faked images of female classmates in south-west Spain



📷 The pictures had been circulating on WhatsApp. Photograph: Jaque Silva/SOPA Images/REX/Shutterstock

July 2024



Contact

‘Contact: being subjected to harmful online interaction with other users; for example: peer to peer pressure, commercial advertising and adults posing as children or young adults with the intention to groom or exploit them for sexual, criminal, financial or other purposes’ (KCSIE 2021).

CSE

Child Sexual Exploitation or Grooming

Online grooming is the technology-facilitated process of befriending a young and vulnerable person by an adult perpetrator for the express purpose of sexual abuse and exploitation (NSPCC)



lured by an internet predator who lured him to a location and slit his throat in 2014 REX FEATURES

Gaming Online – “The biggest concern for Yr 7s and 8s...”

I think it is Roblox because anyone can chat with you and you don't know who they are.

Being in a game filled with adults who bully and use adult language.

Being picked on due to their age or ability by rude online players.

Everyone talks to strangers online because it's how social media and games work and most people do stay safe online and if not then they usually report it anyways.

Some online games need you to have voice chat so you have to communicate with strangers which can be dangerous.

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Technology

Roblox: 'I thought he was playing an innocent game'

30 May 2019



Mother's Concerns Over Fortnite Grooming Incident



By Frank McDougall

19 AUGUST 2023

NEWS

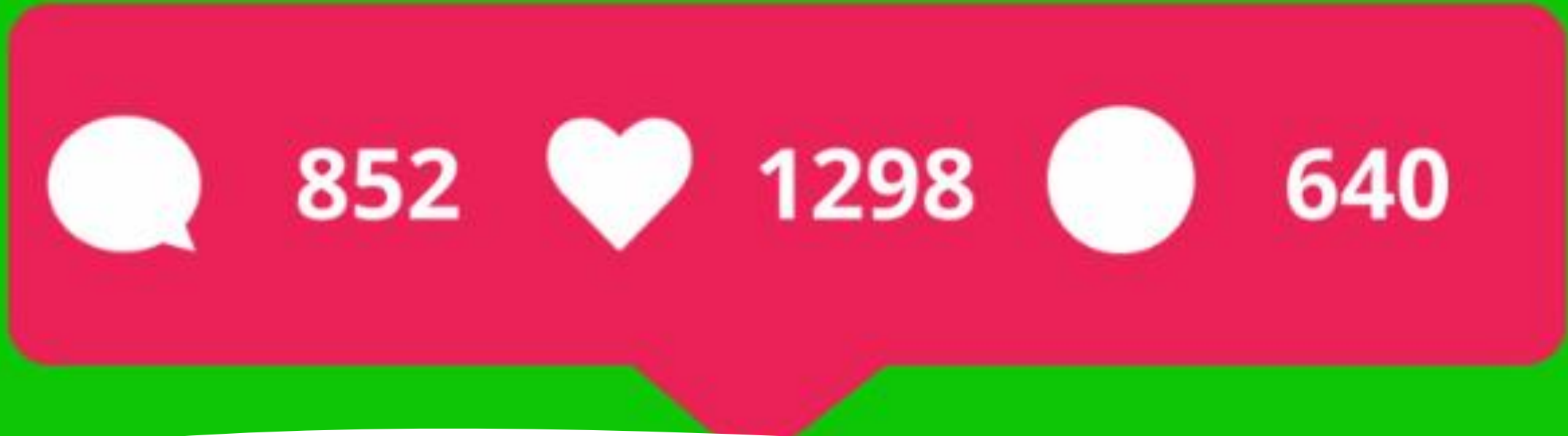
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Wales | Wales Politics | Wales Business | North West | North East | Mid | South West | South East | Cymru | L

Minecraft paedophile Adam Isaac groomed boys online

20 January 2017



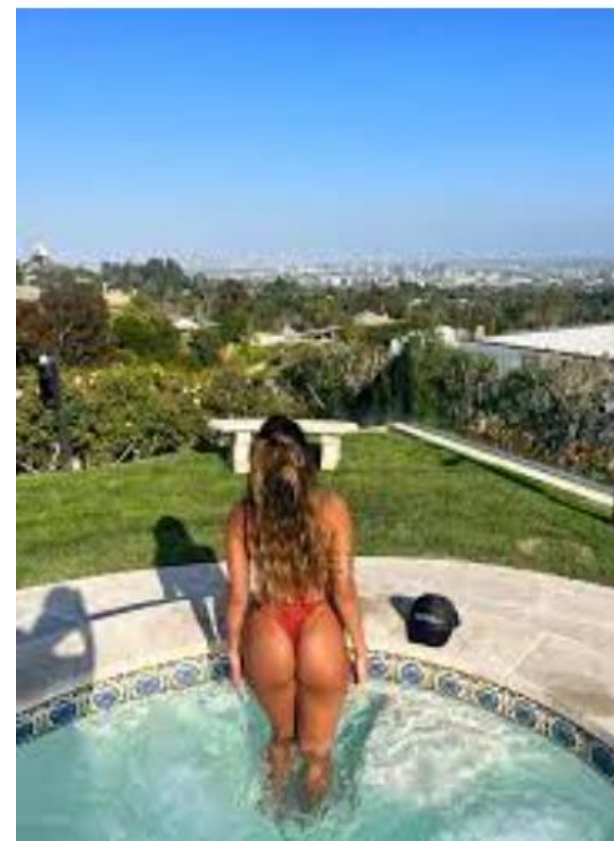


**Chat Apps and
Social Media**

***“If they are fit and have rizz, then I would
add them. I know how to stay safe.”***

Year 8 Student

2024



Chat Apps and Social Media

More skin = More likes



Chat Apps and Social Media

- *Location*
- *Oversharing*
- *Contact with people they do not know*
- *Omegle, BeReal, Discord*

Conduct

‘Conduct: personal online behaviour that increases the likelihood of, or causes, harm; for example, making, sending and receiving explicit images (e.g consensual and non-consensual sharing of nudes and semi-nudes and/or pornography, sharing other explicit images and online bullying’ (KCSIE 2021).



Conduct

- Girls as young as six were sending sexually explicit texts during the pandemic.
- Girls sent the majority of concerning messages.
- Eleven-year-old girls and 13-year-old boys attempted to send the highest proportion of sexts (SafeToNet, 2020)
- 39% of 12-17 year olds said they had received a sexual photo or video. The mean average age at which respondents received their first sexual image from someone was 14. (ESET, 2024)

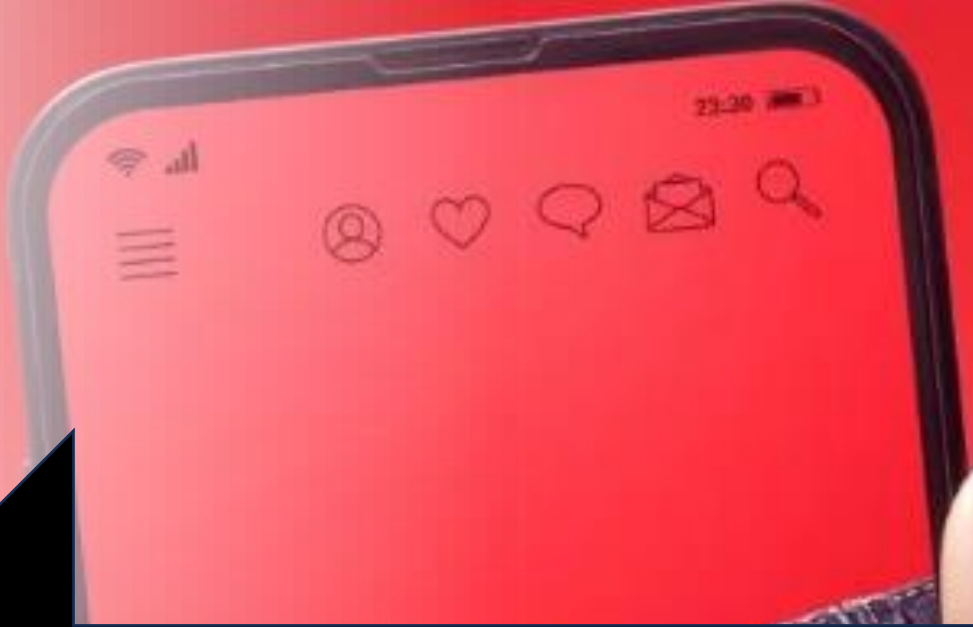





Conduct

In England and Wales, the [Protection of Children Act 1978](#) makes it an offence to take, make, show, distribute, possess (with a view to distribute) or publish an indecent photograph or pseudo-photograph of a child

The Sexual Offences Act 2003 (England and Wales) defines a child, for the purposes of indecent images, as anyone under the age of 18



NB Who owns the phone?
Therefore, who possesses those images?



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Watch: Child abuser Jay Lang questioned by Essex Police

Police have released video of a child abuser being questioned by officers during their investigation.

Jay Lang, 24, of Canvey Island, Essex, targeted at least 26 boys aged between 11 and 16, posing as a teenage girl on social media to extract indecent images before blackmailing them.

In the footage, which Essex Police described as being "the moment he realised he wasn't getting away with what he had done" Lang denied the allegations and told officers to "keep digging" as they questioned him about indecent pictures on his phone.

He was jailed at Basildon Crown Court for 21 years.

Alert issued to ALL UK children over online 'sextortion epidemic': Police warn foreign gangs are blackmailing hundreds of kids over intimate pics - as mother of victim, 16, who took his own life issues plea to other desperate youngsters

By [REBECCA CAMBER](#) CRIME AND SECURITY EDITOR and [KATHERINE LAWTON](#)

PUBLISHED: 21:49, 29 April 2024 | UPDATED: 22:57, 29 April 2024

Share

515 shares
 427 View comments

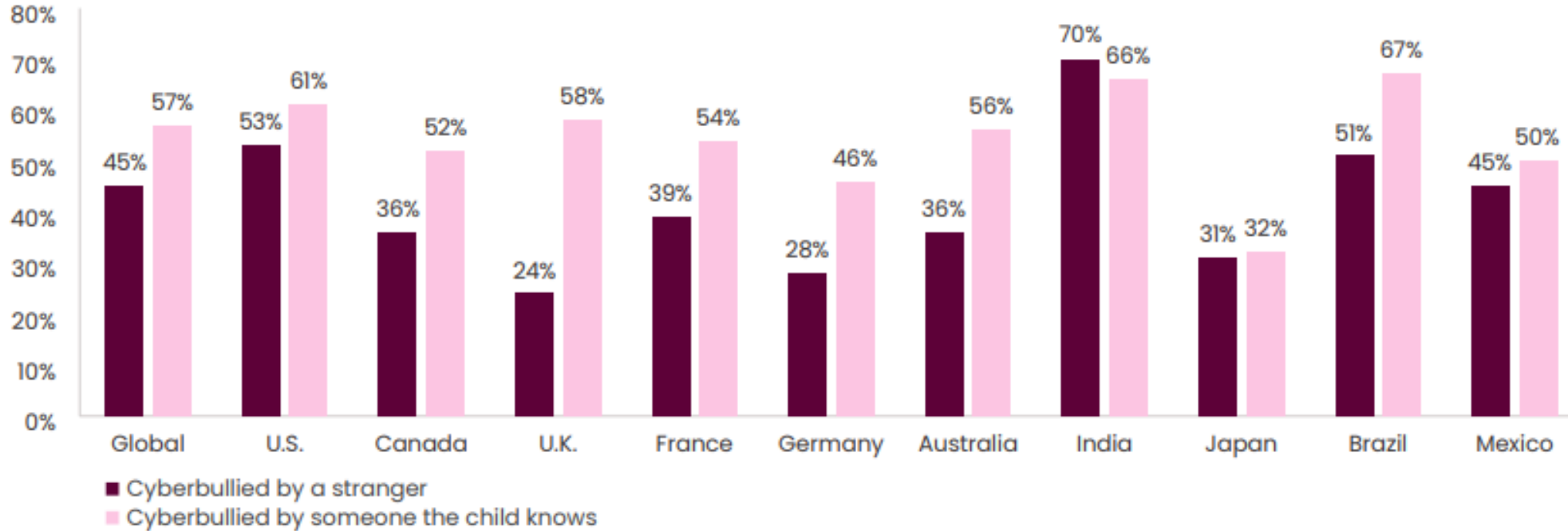
Teachers were given an unprecedented alert yesterday about pupils being targeted in 'sextortion' scams.

The National **Crime** Agency warned all 570,000 primary and secondary teachers across Britain that children as young as five are at risk.

It is the first time the NCA has issued a national alert to schools and experts say it is urgently needed to stem a 'sextortion epidemic'.

Cyberbullying

Cyberbullying by strangers and by people the victim knows



- **Group Chats e.g. Class chats, "1st to 500"**
- **Livestreaming**
- **Gaming online**
- **Social Media/Apps including streaks**

Gaming

- 12% of adolescents are at risk of problematic gaming, with boys more likely than girls to show signs of problematic gaming (16% vs 7%).
- The majority of addicted gamers are adolescents and young adults within the age bracket of 18 to 34 years old.
- The average age of a gaming addict is 24 years of age.
- Around 8.5% of children and teenagers under 18 around the world may be addicted to gaming. (WHO, 2024)



A person is seen from the back, wearing a headset and sitting at a desk. In front of them are several computer monitors. The leftmost monitor shows a desktop with many icons. The middle monitor displays a game or application with a blue and red interface. The rightmost monitor shows a list of items or a social media feed. The background is a plain wall with some decorations.

Commerce

‘Commerce – risks such as online gambling, inappropriate advertising, phishing and or financial scams’ (KCSIE 2021).

Commerce

Children as young as 11 have problems with gambling, while almost half a million kids have admitted to betting regularly say the Gambling Commission.

Jack Ritchie death: gambling addiction began as teenager, inquest hears

English teacher who took his own life in 2017 began using fixed-odds betting terminals while in the sixth form



📷 Jack Ritchie with his parents, Charles and Liz, who have campaigned for reform of gambling legislation after their son took his own life. Photograph: Gambling With Lives/PA

Vaping danger lessons in Plymouth after vapes spiked with Spice

It comes after a Plymouth dad claimed that Spice had been put into his son's vape and had turned him into a "monster"

NEWS

By [Carl Eve](#) Crime Reporter & [Alison Stephenson](#) Local Democracy Reporter

06:30, 26 AUG 2024

Bookmark 



Commerce

Buying vapes online:
Do you know where your child's
money goes?



How can we support?

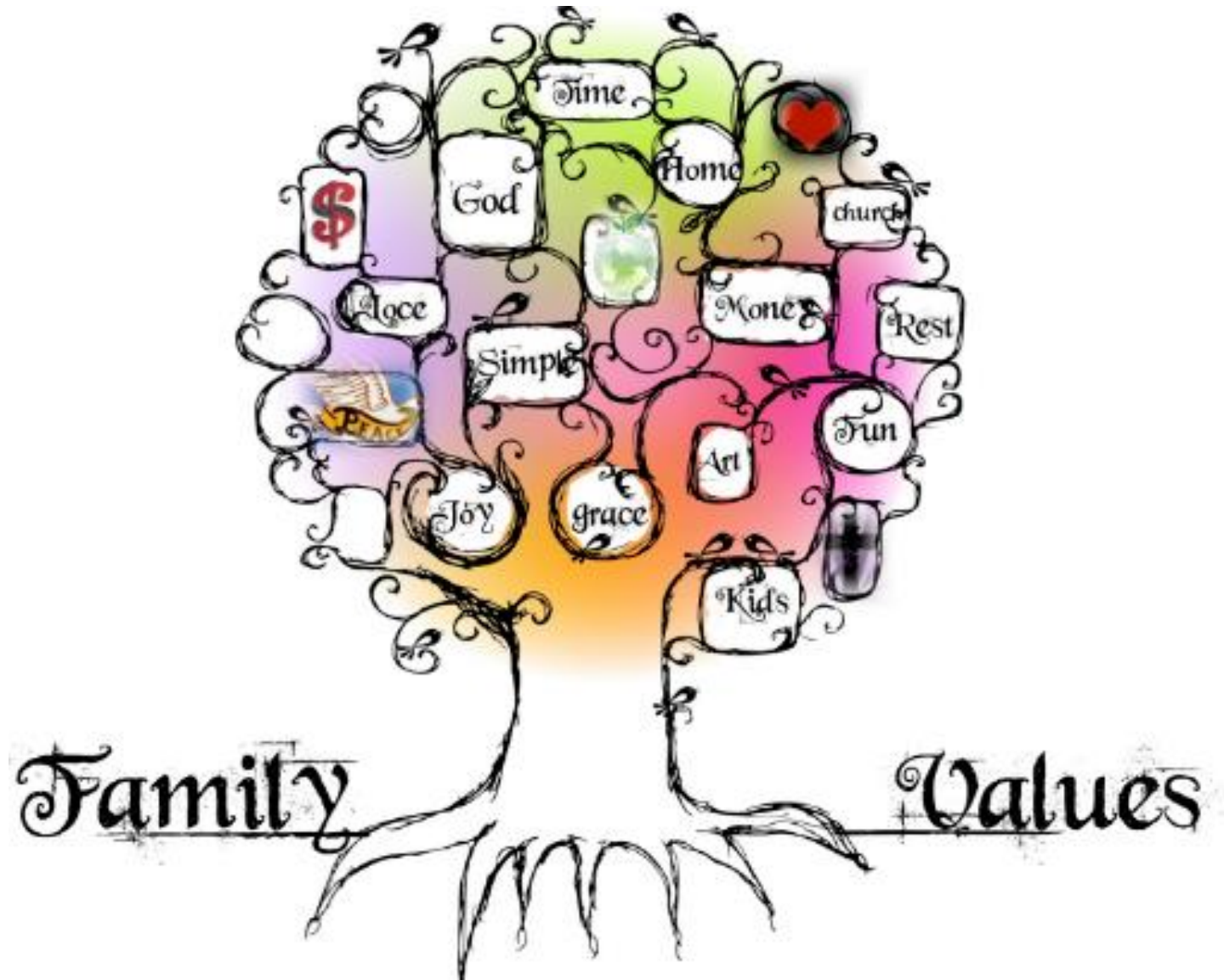
**PARENTAL
CONTROL**

PASSWORD
●●●●●●

Values

What are your values as a family?

How does this relate to online?





Our Rocks

How we can we follow our
Rocks when online?

Family Agreements

Childnet Family Agreement

Now it is time to write your agreement.

Our agreement:	Who is responsible for this?
What happens if someone doesn't follow the agreement?	Date: Review date: Signatures:

TECHNOLOGY GOALS

Level One (smartwatch)

- Come home at the agreed upon time.
- Check in when you are making changes in your schedule. If you do not reach your parents and it's optional, come home.
- Do not message during school hours. Do not message Dad during working hours until it is important.
- Do not send a message that you wouldn't want someone else reading.
- Take good care of your watch. If you lose it, you pay to replace it.

Level Two (cell phone, pictures and no internet)

- Do not take pictures of your private parts. Do not take pictures that imply nudity. Do not take pictures in any public bathroom.
- Do not send a message that you wouldn't want someone else reading.
- Phone turns off at 8pm at night and charges in parents' bedroom. No collecting it until 7am.
- No cellphones during meal times.
- No cellphones during homework.

Level Three (cellphone, approved friends, pictures, and no internet)

Parent-Child Phone Agreement

Purpose:

This agreement is designed to help Cecilia develop emotional regulation, self-care habits, responsible school work, and good communication skills. In exchange for following these guidelines, Cecilia will have access to their phone. This is a shared commitment to build trust, responsibility, and support healthy habits.

Part 1: Emotional Regulation

- Commitment: I, Cecilia, agree to practice emotional regulation by acknowledging my feelings and finding healthy ways to express them.

- Examples:

- Taking deep breaths or a short break when I feel overwhelmed.
- Talking to a trusted adult (parent, teacher, counselor) when I need help processing my emotions.
- Refraining from using my phone when I'm angry or upset as a way to avoid acting out or sending harmful messages.

- Parent Support: My parent agrees to listen to me when I need to talk about my feelings, offer support, and help me find healthy solutions without judgment.

Part 2: Self-Care

- Commitment: I agree to prioritize my well-being by practicing good self-care routines.

- Examples:

- Getting at least 8 hours of sleep each night.
- Limiting screen time, especially before bed, to make sure I have enough rest and downtime.
- Taking breaks from my phone to focus on hobbies, relaxation, and physical activity.

Part 2: Self-Care

Commitment: I agree to prioritize my well-being by practicing good self-care routines.

Examples:

- Getting at least 8 hours of sleep each night.
- Showering/bathing almost every day.
- Reading chapter books and practicing math comes before screentime and games.
- Limiting screen time, especially before bed, to make sure I have enough rest and downtime.
- Taking breaks from my phone to focus on hobbies, relaxation, and physical activity.

Parent Support: My parent agrees to help me maintain healthy habits by encouraging breaks from the phone and participating in activities together that promote self-care, such as outdoor walks or creative time.

Part 3: School Work

Commitment: I agree to complete my school assignments on time and put effort into doing my best work.

Examples:

- Completing homework before using my phone for social media, games, or other entertainment.
- Asking for help when I don't understand my assignments or when I need more time to complete them.
- Checking in regularly with teachers and parents to make sure my assignments are complete and/or to ask for any additional support or assistance.

Parent Support: My parent agrees to help me create a good homework schedule and will offer help or guidance if I am struggling with my work.

Part 4: Communication

Part 4: Communication

Commitment: I agree to communicate openly, respectfully, and responsibly with my family, friends, and anyone else.

Examples:

- Responding to family messages in a timely manner, especially when I am out.
- Avoiding hurtful language or gossip.
- Letting my parent know if I come across something harmful, inappropriate, or uncomfortable.

Parent Support: My parent agrees to communicate respectfully with me, answer my questions, and trust me while being available for guidance when needed.

Consequences for Not Meeting Expectations

If I do not follow this agreement, I understand that:

- My phone access may be limited or suspended.
- We will have a conversation about what went wrong and how I can improve before I can regain access.

Reviewing the Agreement

This agreement will be reviewed on a regular basis to see how we are doing and if any changes need to be made.

Signed:

Cecilia

Date: _____

Aaron

Date: _____

Building Trust

If kids can trust
you with the
little stuff, they
will come to you
with the big stuff.

Dr. Laura Markham



Become a part of their reality

- Online life is real life and it is their life
- Young people's happiness is often linked to their connectedness
- Be positive!



Role modeling is the most basic responsibility of parents. Parents are handing life's scripts to their children, scripts that in all likelihood will be acted out for the rest of the children's lives.

— *Stephen Covey* —



Role Modelling

Detox

Research
shows that
young people
want to reduce
their use!



Healthy Relationships

Are you children absolutely clear on what makes up a healthy relationship?

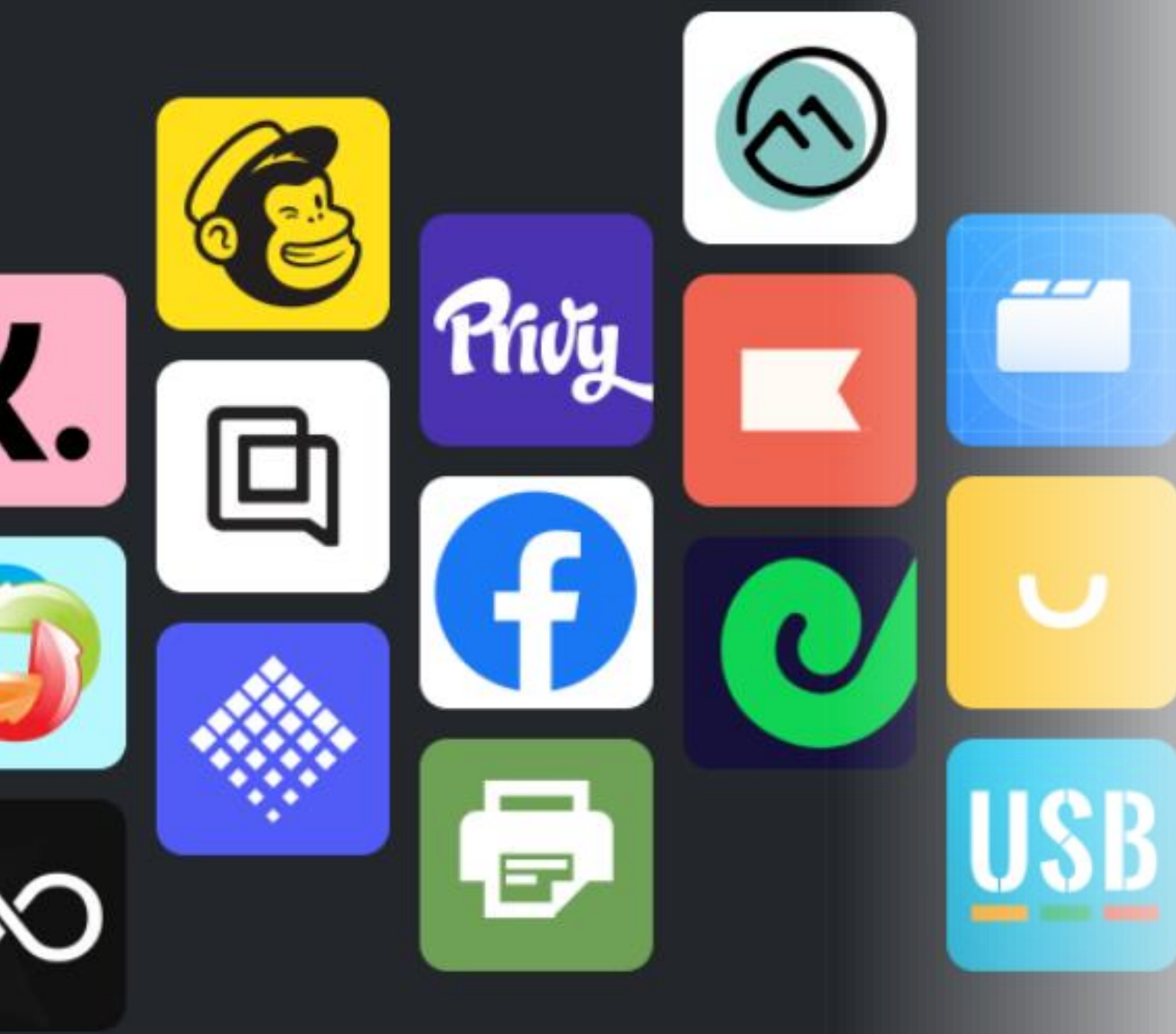
Do your children know what red flags to look out for offline and online in relationships?



Exploring Sexuality

- The internet helps young people learn important information about relationships and sex.
- Most young people become involved in nudes.
- Educational websites and forums are especially helpful for LGBTQ+ young people.





Learning!

“My parents don't know what I do online. They don't understand tech so I just do what I want”

Year 7, 2024

Help them be Upstanders!

ARCS:

- Act
- Report
- Challenge
- Support



Choose To Challenge

*How do I call something out?
Don't overthink it. Here's a few ideas.*

“
**DON'T
BE THAT
PERSON...**

“
**ARE WE
REALLY
STILL
SAYING
THAT?!**

“
**EXPLAIN
WHY
THAT'S
FUNNY**

“
**MATE,
THAT'S
NOT OK**



**FIND OUT MORE
ABOUT
CHALLENGING**



When Things Go Wrong

What would you do if your child came to tell you they were addicted to porn?



When Things Go Wrong

What would you do if your child came to tell you they had sent an unsolicited nude of themselves and it had gone round the school?



When Things Go Wrong

What would you do if your child came to tell you they had pressurised another student into sending them a nude?



When Things Go Wrong

What would you do if your child came to tell you that they had been cyberbullying another student?



When Things Go Wrong

What would you do if your child came to tell you that they had spent over £500 on skins?

The X Plan – could there be an "O" plan for online?

When a teenager ends up in a **dangerous situation** they text their parent or a trusted adult the letter X. Teens and parents then follow a prewritten script, something along the lines of the following:

Teenager: “Hello?”

Parent: “Something has come up, and I need to come and get you right now.”

Teenager: “What happened?”

Parent: “I’ll explain when I get there. See you in five minutes.”

Then the teenager can tell their friends that their parent called, something happened at home, and they need to be picked up. This way, teens don’t face their friends’ ridicule.

In addition, putting the X Plan into effect means that kids don’t have to share details of the situation with parents if they don’t want to. They are allowed to say as little or as much as they wish—even if it’s clear that they lied to their parents earlier in the day about what they were doing or where they were going to be.

The Conversation

- 1. Do a little homework**
- 2. Pick your moments**
- 3. Avoid the “big talk” – little and often**
- 4. Keep conversations positive**
- 5. Make positive choices**
- 6. Connection rather than investigation**

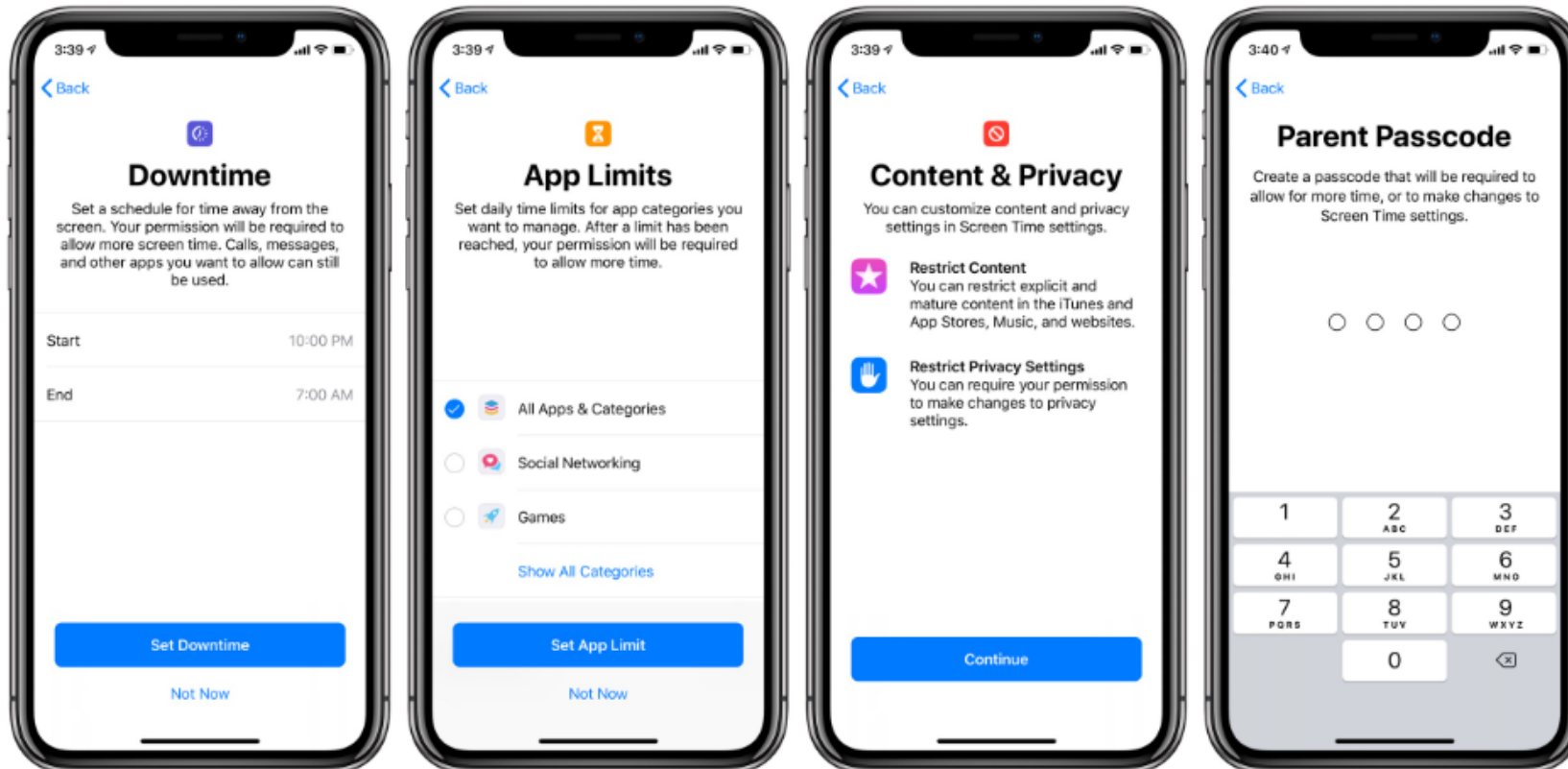




Practical Ways To Support



Practical Ways to Support Limit Screen Time – Downtime and Apps



Practical Ways to Support
Limit Screen Time – Downtime and
Apps

Where are
ALL phones/
devices at
night?



Practical Ways to Support - Monitoring

1. Aura
2. Qustodio
3. Microsoft Family Safety
4. Norton Family
5. Google Family Link
6. FamiSafe

Safetydetectives.com

Summary

Today

7 days

14 days

30 days



Screen Time

1h 20m

Limit: 4h

Add extra time +

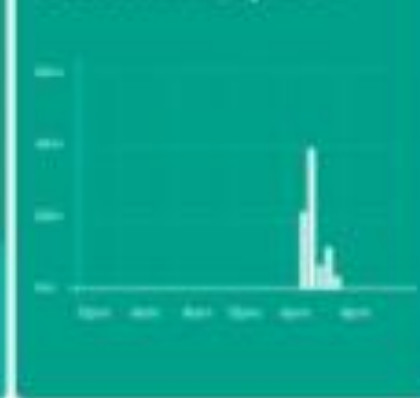
Screen Time by hour



App activity

- Minecraft
- Disney Plus
- Tik Tok
- Clash of ck
- Whatsapp

Screen Time by hour



Web Activity

- youtube.com
- discord.com
- altered.com
- example.com
- twitter.com

See More

All

Web

Apps

Searches





Practical Ways to Support - Gaming

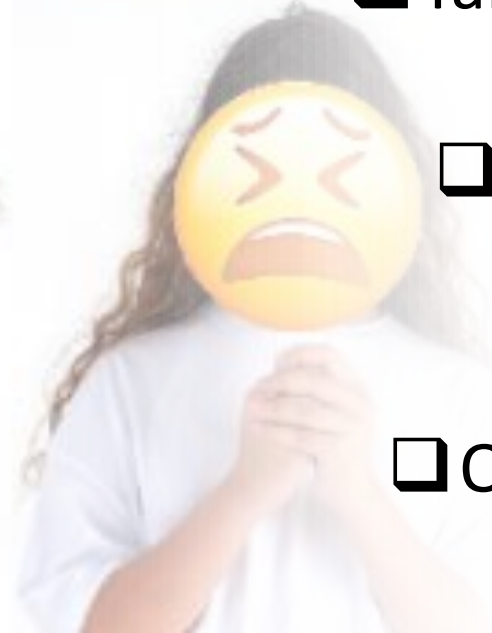
Games Consoles:

- **Check the content of the game and any chat function**
- **Consider who your child could have contact with whilst using the game**
- **Check the in-app purchasing**
- **Does the game affect your child's behaviour?**

Practical Ways to Support – Social Media

Things to check:

- Oversharing
- Location sharing
- Talking to people they do not know
- Inappropriate conduct
- Unrealistic sense of reality
- Obsessive focus on likes and comments



News > UK

More than 1.6 million social media accounts are owned by underage children

Children are signing up to social media at an increasingly young age, the study by the Advertising Standards Authority found.

Josie Clarke • Tuesday 29 November 2022 00:01



France approves law requiring parental consent for minors on social media

France approved a new law Thursday requiring social media platforms like TikTok to verify users' ages and obtain parental consent for those under 15 years in an effort to protect children online.

Issued on: 29/06/2023 - 14:33 ⌚ 2 min

Practical Ways to Support – Age Restrictions

**Snapchat, TikTok, Instagram,
Facetime (Apple ID), YouTube
(with parental consent),
Spotify, WhatsApp etc etc - 13
years**

NETFLIX Updates its Parental Controls!

Finally! Parents can lock individual accounts with a 4-digit pin.

Practical Ways to Support - Streaming

You can set parental controls on:

Netflix

Disney+

Amazon Prime Video



Practical Ways to Support – Search Engines

Sometimes, innocent searches can lead to not so innocent results. If you're worried do ensure SafeSearch is on (or equivalent)



Practical Ways to Support - Reporting

- The Child Exploitation and Online Protection Command (CEOP) helps keep children safe from online grooming.
- If you come across an indecent image of a child online, it is important to report this to the Internet Watch Foundation (IWF) so that they can review this content.
- If you know a young person who has had a sexual image or video of themselves shared online, and they're under 18, talk to them about Childline and the Internet Watch Foundation's Report Remove tool.



Practical Ways to Support - Reporting

- Online content which incites hatred should be reported to True Vision at report-it.org.uk which covers the grounds of race, religion, disability, sexual orientation or gender.
- If you're worried that a child is being abused, or at risk of being abused, you should contact the NSPCC helpline



Resources

- **Childhood 2.0 (YouTube/Prime)**
- **The Social Dilemma (Netflix)**
- **Raised on Porn (YouTube)**
- **Protect Your Eyes (Instagram)**
- **Parenting in a Tech World (Facebook)**
- **Limited Screen Time (Facebook)**
- **That parent group (with Cath Hakanson) (Facebook)**
- **Ask Lisa – Dr Lisa Damour (Podcast)**
- **1000 Hours Outside – The Undeclared War On Childhood (Podcast)**
- **Anxious Generation – Jonathan Haidt (Podcast)**

Please note that these resources do not necessarily reflect the views of St Peter's Catholic School

Resources - Books



- Good Pictures, Bad Pictures (Book for younger children)
- Do Hard Things – Alex Brett
- Lies Girls Believe – Dannah Gresh
- 12 Ways Your Phone is Controlling You – Reinke
- Untangled – Lisa Damour
- Your New Playlist - Jon Acuff

For Parents

- [The Anxious Generation – Jonathan Haidt](#)
- Screens and Teens – Kathy Kock
- Hold Onto Your Kids – Mate and Neufeld
- The Emotional Lives of Teenagers – Lisa Damour
- The Conscious Parent – Dr Shefali
- Brainstory – Daniel Siegel
- The Teenage Brain - Jensen

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Resources

- Online safety resources and guides | NSPCC Learning
- Parents and Carers - UK Safer Internet Centre
- Parents & carers | Childnet
- Parents' Ultimate Guides | Common Sense Media

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Resources

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- [Parents' Ultimate Guides | Common Sense Media](#)
- [Advice For Young People | Counter Terrorism Policing](#)

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**"Communication is THE key to
keeping our young people
safe"**

NSPCC



If you had 2 minutes, we would be really grateful for your feedback.

We work really hard to make these sessions as useful as possible, so any feedback you can give is invaluable.

Many thanks

Keeping Children Safe Online Evaluation (2024)

