E-Safety

For Safer Internet Day in 2016 the message is "Share a Heart" – and the day is being used to inspire a kind, respectful and inclusive internet, and help raise awareness about the issue of online hate.

The online safety landscape has evolved over recent years from a focus on creating a 'safer' internet to creating a 'better' internet – through ***modelling positive behaviours.***

In championing a better internet, the theme aims to encourage people to play their part in making the most of the positive opportunities offered online, whilst giving them the resilience, skills, knowledge and support they need to navigate any online risks they may come across.

For more information see - http://www.saferinternet.org.uk/

Why is it important to stay safe online?

Most of us are 'connected' via our laptops, mobile phones, tablets or personal computer. The potential for the internet to be a valuable and a fun resource for entertainment, making friends, keeping in touch and learning is huge. But if you use the internet, you could be at risk of illegal activity or abuse - be it bullying, fraud or something more serious. Unlike seeing someone face to face, on the net, people aren't always what they first seem.

In the same way you learn about safety when you leave the house, it is important to learn how to stay safe online. These are skills that will stay with you for life.

Reminder: Some Golden Rules

- Don't give out personal information such as your address or phone number.
- Don't send pictures of yourself to anyone especially indecent pictures; this could result in a criminal conviction.
- Don't open emails or attachments from people you don't know.
- Don't become online 'friends' with people you don't know.
- Never arrange to meet someone in person who you've met online.
- **If anything you see or read online worries you, tell someone about it – see below for information and guidance.**

Online grooming

The internet is a highly interactive tool which can allow people to communicate with each other easily, through chat programs and social networking sites and even mobile apps and games. Grooming is a social process - both children and adults can be victims of this – it is a method that someone uses to disguise themselves from who they are. This can lead to gaining the trust of an individual and their friends. These false relationships based on lies can often pave the way for:
- Exposure to upsetting images and online content
- Segregation or isolation from a persons' "real" life
- Arranging to meet in person with a view to inappropriate behaviour, exploitation of another person, sexual offence, financial abuse or worse

Social media has become an essential and exciting part of how we live. Millions of young people use these platforms daily to share content. But there are a minority of users who exploit social media to radicalise and recruit vulnerable people.

Radicalisation is also a social process - and Peter Wanless, Chief Exec of NSPCC states:

"Extremists who try to recruit vulnerable children use the 'tried and tested techniques' used by criminals for sexual exploitation" which includes aspects of grooming.

Adults also succumb to terrorist ideals through popular social media platforms such as Facebook, Twitter, Instagram etc where there is an open forum to promote and share ideals and recruit people based on like- minded thinking or a promise of something greater ro worthwhile to them.

See it – Report it!

Cyber bullying - the victim feels frightened and alone while the bully tries to hide from being caught because they can cover up their identity online. However this is the most traceable form of bullying because there's evidence that it's happened. It includes: comments, images and videos about a person can be posted online causing the victim to feel frightened and upset, or hacking into the victim's personal accounts and harass them from within their own user profile.

Sexting - usually refers to sending and receiving rude messages or videos of: naked pictures 'underwear shots' or any sexual texts, images or videos. These images or videos can be sent from a partner or a friend or someone you've met online. You also may have sent a sexual photo, video or text to someone else.

Cyber stalking – is harassment on the internet can be just as frightening as other forms of stalking, and usually starts when someone is upset by the end of a relationship or a friendship turning sour, however it can even begin entirely at random, by one online stranger towards another.

Identity Theft - the more information you make available online, the greater the risk of identity theft. It can be very tempting to reply to an email or open an attachment or post information about yourself on social networking sites, but you should never do it.

Inappropriate content - Beware of the sites you visit - the internet has many sites featuring sex, violence and drug abuse - and other illegal activities; Often anyone can access these sites, even when parental controls are in place or you could be encouraged to view them via content shared by others on social networking sites.

There is a difference between something that's offensive and something that's illegal. You are not expected to know the law in detail - but if you see something that worries you **TELL SOMEONE**

Heart of England Training Ltd

There are many websites offering information and support on internet safety, both for young people and adults. Here are some of them:

	The **Internet Watch Foundation** works with the police, the government and the education sector to reduce the following kinds of material: • child sexual abuse images hosted anywhere in the world • criminally obscene adult content hosted in the UK • incitement to racial hatred content hosted in the UK • non-photographic child sexual abuse images hosted in the UK https://www.iwf.org.uk/
	CEOP (Child Exploitation and Online Protection Centre is the UK's national police agency for protecting young people online. You can get help and advice on a range of subjects and can report directly to CEOP if you are worried about someone's behaviour towards you online. http://www.ceop.police.uk/
	Thinkuknow is run by CEOP and has information for young people between the ages of 5-16, parents and resources for professionals to teach internet safety. https://www.thinkuknow.co.uk/
	This site explains how to stay safe in different forms of online chat including mobiles, internet messenger and gaming. http://www.childnet.com/what-we-do/new-website
	Information from GOV.UK with advice about staying safe online using the simple 'Zip it, Block it, Flag it' system. It's a joint venture with the UK Council for Child Internet Safety.
	A site explaining the basics of safe surfing including how to protect your PC and avoiding internet crime. https://www.getsafeonline.org/
	Cyber Street provides easy tips so that you stay safe online. Learn how to protect your home or business from cybercrime in a fun and interactive way. https://www.cyberstreetwise.com/