

Introduction

Hi I'm Colette Morris the LADO (Local Authority Designated Officer for Allegations). Over the past few years I have chaired the Digital Safety Group for the LSCB/safeguarding partnership. The internet is an amazing place and certainly in the current climate that we find ourselves in, it helps us connect to friends and family, view films and play games, educate and even keep us fit. However the internet does also have a 'dark side' - bullying, addiction, fraud, access to inappropriate information - to name but a few. In this addition we wanted to discuss the concept of digital resilience and what we can do to help our children and ourselves as parents and users of the internet to become able to identify risks, prevent issues from occurring, report problem's and recover when things go wrong. If you need any advice, please contact me.



Hi I'm Ellen Weedon and I am the Training Officer for Children at Oldham Safeguarding Children Partnership. In this issue we are discussing Digital Resilience, but let's remember children and young people shouldn't just be expected to build Digital Resilience on their own, It's not something they can just acquire without support from friends, teachers, parents and carers. With this in mind let's think about what we should be doing to support children to help them become resilient enough to cope with a challenging world online and offline. We can do this by looking at personal skills that can be nurtured and developed. Kindness, empathy, critical thinking, confidence – those vital characteristics that make relationships positive and give children the personality assets they need. Not all of these can be taught but they can be modelled by those around them.

E-Safety Newsletter



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Digital Resilience – What is it??

Working with leading experts in this field, and drawing on resilience literature, the UK Council for Child Internet Safety defined digital resilience as -

On the next page we give some tips on how to boost resilience – we've included links to lots of resources

WHAT IS DIGITAL RESILIENCE?

A child who is digitally resilient will be able to:

! Understand when they are at risk online

Know what to do to seek help



Learn from experience

Recover when things go wrong



This involves:

- Recognising potentially risky scenarios.
- Understanding how to deal with them.
- Using these experiences to adapt what they do online in the future.

Where to go for help

CEOP helps keep children and young people safe from sexual abuse and grooming online. We help thousands of children and young people every year, as well as their parents and carers who have been in a similar situation. (CEOP are unable to respond to reports about bullying, fake accounts or account hacking.)

We are here to help and give you advice, and you can make a report directly to us if something has happened to your child online which has made either you or your child feel unsafe, scared or worried. This might be from someone they know in real life, or someone they have only ever met online.

[Contact CEOP](#)



Resilience tips

Understand when you are at risk online

- **Factfindr:** Parent Zone's new service **Factfindr** brings together young people and experts to talk about the things that matter to them - from knife crime to exam stress to the pressures of lockdown.
- **Thinkuknow:** NCA-CEOP's online service **Thinkuknow** has information and advice for children, parents and carers related to online safety and sexual exploitation. The site is structured so that children can access age-appropriate information, find out how to respond to the issue they're experiencing and, if necessary, **contact NCA-CEOP**, and it also has worksheets parents can use with their children at home.
- [Childnet Digital Resilience](#)
- [Parentzone](#)

Learn from experience

We can't change the internet but we can start to demand a better version of it'. Creating safe spaces means all of us making use of blocking and reporting tools. All of us choosing services that don't tolerate hateful content and complaining when they do. Here is a link to help you understand how to block and report harmful and hateful comments and content of all the most popular apps. [Childline blocking and reporting](#)

Recover when things go wrong

It's the hardest thing, especially as a parent - what do we do when things go wrong? As a parent we have these skills already. From the moment you let go of their hands and they take a few tentative steps and fall over flat on their face. We pick them up, give them a cuddle, manage their anxiety and give them the reassurances to try again. Although that seems simple we can't mitigate every issue, but we need to support young people by reassurance - talking and understanding and giving them skills to recover, rather than removing the issue (internet) and potentially driving the issue out of your 'radar'. Follow this link for advice on dealing with online bullying. [Childline Cyberbullying link](#)

Know what to do to seek help

For young people - depending on the age of your child there are a range of places they can go for help, for younger children they can [call Childline](#) for help and support, and for older children [The Mix](#) offer free and practical advice.

For parents and carers - [The O2 and NSPCC helpline](#) can help you with any questions or concerns you may have about keeping your child safe online

For educators or professionals - The [Professionals Online Safety Helpline](#) will continue to operate Monday to Friday 10:00am – 4:00pm. This helpline can assist with any online safety issues or concerns any professional working with children and young people may have. For help and support, please email helpline@saferinternet.org.uk

For age specific resources follow the link:

[Internetmatters Digital Resilience Toolkit](#)



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