

Know the facts, rules and age restrictions

Twitter – 13 yrs

[Read Twitter's rules](#)

[Report to Twitter](#)

[Twitter Safety Centre](#)

Facebook – 13 yrs

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What is online abuse and what are the different types?

Cyberbullying:

Cyberbullying can occur online only, or as part of more general bullying. Cyberbullies may be people who are known to you or anonymous. Like all bullies, they frequently try to persuade others to join in. You could be bullied for your religious or political beliefs, race or skin colour, body image, if you have a mental or physical disability or for no apparent reason whatsoever.

Cyberbullying generally comprises sending threatening or otherwise nasty messages or other communications to people via social media, gaming sites, text or email, posting embarrassing or humiliating video on hosting sites such as YouTube or Vimeo, or harassing through repeated texts, instant messages or chats. Increasingly, it is perpetrated by posting or forwarding images, video or private details obtained via sexting, without the victim's permission. Some cyberbullies set up Facebook pages and other social media accounts purely to bully others.

Cyberstalking:

Cyberstalking is persistent unwanted contact from another person – either someone you know or a stranger. We often read about celebrities becoming victims of obsessed cyberstalkers, anybody can be a target.

Cyberstalkers have many different motives, including those who feel wronged by their target, ex-partners, those with misplaced sexual motives, or those who just derive pleasure from scaring other, often random people. They can exploit your digital footprint by snooping on your social media channels/apps to find out your every movement, who you are in contact with and your plans. As cyberstalkers become more determined, they intrude on more aspects of your online presence, sometimes including hacking or taking over your social media accounts.

Cyberstalking may occur online only, or as part of more general stalking or harassment activity. Stalking became a named offence in England and Wales in 2012.

What is online abuse and what are the different types?

Trolling:

Not dissimilar from cyberbullying, trolling means intentionally upsetting, shocking or winding up selected individuals, groups of people or a more general audience who are usually people not known to the troll. It generally causes offence as a result of expressing extreme views, or purely for its own sake.

Racist, religious, homophobic, political or social abuse are commonplace forms of trolling, but you could also be victimised for something as basic as the football team you support. It may also be directed against people – famous or otherwise – known for their philanthropy, charity, altruism and other good qualities ... by trolls who disagree with their motives.

One of the most upsetting forms of trolling takes place when obscenities or insults are posted against deceased people, which they cannot defend. This can result in considerable trauma for surviving relatives and friends.

Trolling can be carried out by individuals, or groups of trolls with a common aim – to upset innocent victims.

Creeping:

Creeping refers to persistently checking up on someone on social media by browsing their timeline, updates, conversations, photos/videos, profiles and friends. It can also include checking what people have written on other people's timelines, or retweeted.

Creepers tend to hide from you the fact that they are creeping you by not inviting, commenting or responding on Facebook and other social media platforms, and not looking at your LinkedIn page (as this is notified to you by the site).

Unlike cyberstalking, creeping is not in itself harmful and does not constitute an offence, though it is considered 'creepy', hence the name.



And the horrible facts and more sinister side of the internet ...

With many children spending more time
online during lockdown and enjoying
much needed social interaction the NSPCC
are warning of a surge in online
grooming.

10,391 crimes were recorded across the
UK for 2019/2020 that involved an online
element such as grooming, sexual assault
and rape

In a recent survey most young people said that online groomers were men over the age of 40 and they were targeting young girls. Actually a report last year showed that the majority of people grooming young people online were men under the age of 30! Currently, girls do have the highest number of incidents but mainly because girls are better at reporting things.

Boys tend to feel embarrassed if they fall victims to this type of crime and therefore do not say anything.

Over recent years, there has been a huge increase in boys being targeted, and not only by strange old men, but by boys their own age trying to recruit them in to gangs for criminal exploitation. Watch the video to see how a teenage boy fell victim whilst online.



<https://www.youtube.com/watch?v=hZIYSCE-ZjY>

multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Social media may promote negative experiences such as: Inadequacy about your life or appearance.

<https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>



Where to get extra support mental health and wellbeing

At Stockwood Park Academy we have lots of people here to help the students with managing their mental health. We have staff that have undertaken training in Mental Health First Aid including our on site school nurse, Dedicated counsellors on site and Luton's Mental Health Support Team come to the school fortnightly to hold sessions with students.

We also use the following free services to support our students - please see the following links to see what support is out there for you to access without the need for any referrals:

Tokko Youth Counselling Service: <https://tokko.co.uk/projects/tokko-young-peoples-counselling/>

Bedfordshire wellbeing service: <https://bedfordshirewellbeingservice.nhs.uk/urgent-help/>

Kooth: www.kooth.com

Anxiety UK: www.anxietyuk.org.uk

NSPCC: www.nspcc.org.uk

Headspace: www.headspace.com

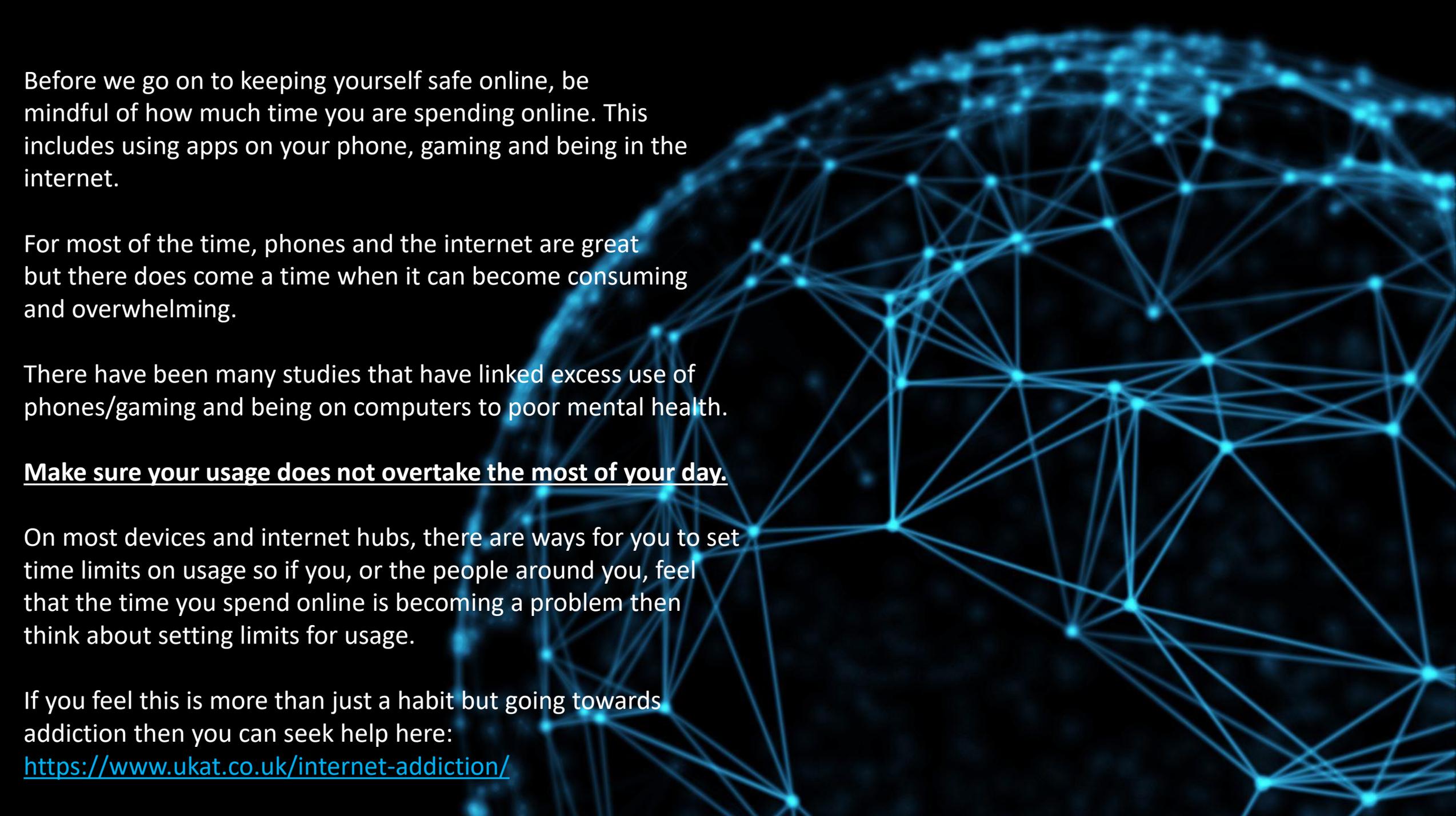
Childline: www.childline.org.uk

The Ollie Foundation: www.theolliefoundation.org

Stem 4: <https://stem4.org.uk/mindyour5-for-teenagers/>

For students





Before we go on to keeping yourself safe online, be mindful of how much time you are spending online. This includes using apps on your phone, gaming and being in the internet.

For most of the time, phones and the internet are great but there does come a time when it can become consuming and overwhelming.

There have been many studies that have linked excess use of phones/gaming and being on computers to poor mental health.

Make sure your usage does not overtake the most of your day.

On most devices and internet hubs, there are ways for you to set time limits on usage so if you, or the people around you, feel that the time you spend online is becoming a problem then think about setting limits for usage.

If you feel this is more than just a habit but going towards addiction then you can seek help here:

<https://www.ukat.co.uk/internet-addiction/>

Online safety

- Never use your full name as your username on social media – make up a nickname, as this will protect your identity.
- Make sure your passwords are strong and unique – but never share them with anyone apart from your parents.
- Be mindful of your privacy settings – on Snapchat for example, unless you have ‘ghost mode’ switched on people can look on a map and see your exact location, which can make you vulnerable.
- If someone sends you a message, photograph or video that makes you feel uncomfortable, don’t reply and instead screenshot it before telling an adult you trust.
- Think about the ‘Grandma rule’ – if you wouldn’t feel comfortable sending that message, photograph or video to your grandmother, don’t send it at all.

Have you thought about your future jobs?

According to agency central 9 out of 10 recruiters use **social media** in the hiring process. This means that when you send off an application, **your potential employer is checking your profile** on LinkedIn, Twitter, Facebook, Instagram and whatever other platforms you might be on.



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What to do if you feel you are being asked to do something you are uncomfortable with or you know is not right.

Tell someone. You can tell your parent/carer, you can tell someone at school, tell the police or you can report it online.

Tell an adult:

This is so important. It can be an adult at home or at school.

At school you can report anything that worries you to your trusted adult, form tutor or HOY. You can also make an anonymous report to:

TSPAantibullying@thesharedlearningtrust.org.uk

Other ways and places to report online content

Childline, making a report:

<https://www.childline.org.uk/login/?returnPath=%2finfo-advice%2fbullying-abuse-safety%2fonline-mobile-safety%2fsexting%2freport-nude-image-online%2freport-remove%2f>

Bedfordshire Police:

<https://www.bedfordshire.police.uk/information-and-services/Crime/Cyber-crime-and-online-safety/Cyber-crime-and-online-safety>

CEOP:

CEOP is run by the police and stands for Child Exploitation Online Protection. They are the national leaders on internet safety and sexual exploitation. They have lots of support and advice including a reporting service:

www.ceop.police.uk/safety-centre

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Getting a nude picture of you removed:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>

Other places and things where you can get help and support

Online gaming:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-gaming/>

Sexting and sending nudes:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>

Online grooming:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>

REPORT
REMOVE

**Nude image of you online?
We can help take it down.**

The Safeguarding Children Boards in Bedford Borough, Central Bedfordshire and Luton are promoting the Childline & Internet Watch Foundation (IWF) tool which helps children and young people to report a nude image or video of themselves that has been shared online. The IWF can then take steps to remove it from the internet. Given the recent [Ofsted](#) report and research from many other organisations, we know there are many reasons for taking/sharing and equally many barriers to reporting images and videos. It is therefore imperative that children and young people know that they can take action themselves and that something will be done.

Importantly, a child or young person can even report an image/video that hasn't been uploaded and shared. The IWF will assign a 'hash' (a digital fingerprint) to prevent the image being uploaded by anyone.

More information from the IWF can be found [HERE](#) and the Childline reporting tool, 'Report Remove', can be found [HERE](#). We would urge you to raise awareness of the new service and share the information about the '[Report Remove](#)' tool with children, young people and their parents/carers.

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