Random quokka

The quokka (Setonix brachyurus) is a small macropod about the size of a domestic cat. It is the only member of the genus Setonix. Like other marsupials in the macropod family (such as kangaroos and wallabies), the quokka is herbivorous and mainly nocturnal.

The quokka's range is a small area of southwestern Australia. They inhabit some smaller islands off the coast of Western Australia, particularly Rottnest Island just off Perth and Bald Island near Albany.

Often called "**The happiest animal on the world"**.

ChatGPT

Good morning everyone. It's an honour to be here with you—those who stand at the very frontlines of care, support, and resilience. You work with children who have already experienced far too much instability. And today, we acknowledge the new frontier of risk—and of hope: the online world.

[The Reality]

Let's be honest—online safety can feel like chasing shadows. Just when we understand one threat, a new one appears: sextortion, AI-generated abuse, untraceable cryptocurrency transactions, ever-changing social media trends. And all this, while our children—resilient, curious, brilliant—try to navigate it without a map.

But here's what we *must* understand: online harm is no longer "virtual"—it's real harm, with real impact on self-worth, trust, and development. It enters bedrooms at night and stays hidden during the day. And unless we face it with open eyes and open hearts, we risk letting children fall through the cracks, silently.

[The Untold Issues]

We must talk about digital identity and how a single post can follow a child into adulthood. About extremist content disguised as friendship. About staff members who need more guidance—not because they don't care—but because no one trained them on the ethics of being a safe adult *online*.

We must look at care plans and ask—how are we factoring in digital trauma? Are we noticing when a child's sudden withdrawal isn't from a fight in the home—but a message online? Are we creating therapeutic spaces to unpack digital harm?

[The Role of Managers]

You are not expected to be tech experts. But you are digital anchors. The ones who set the tone. Who decide which platforms are allowed in the home. Who create the permission for children to talk, without fear of judgment or punishment.

Your job isn't to control the online world. It's to build resilience within the children *and* within your teams.

[Call to Action]

Let's go beyond policy. Let's start asking better questions:
Are your teams trained in recognizing digital trauma signs?
Do your care plans include conversations about safe tech use?
Are your digital devices and platforms safe by design—or just convenient?
This is not about adding more to your plate—it's about shifting how we see what's *already* on it.

[Conclusion]

Children in care are not just navigating trauma—they're navigating a digital space that often amplifies it. But with you—trained, informed, brave—they can also navigate toward healing, belonging, and empowerment.

Thank you for being here. Thank you for stepping up. And thank you for being the adult you once needed, online and off.

MANUS
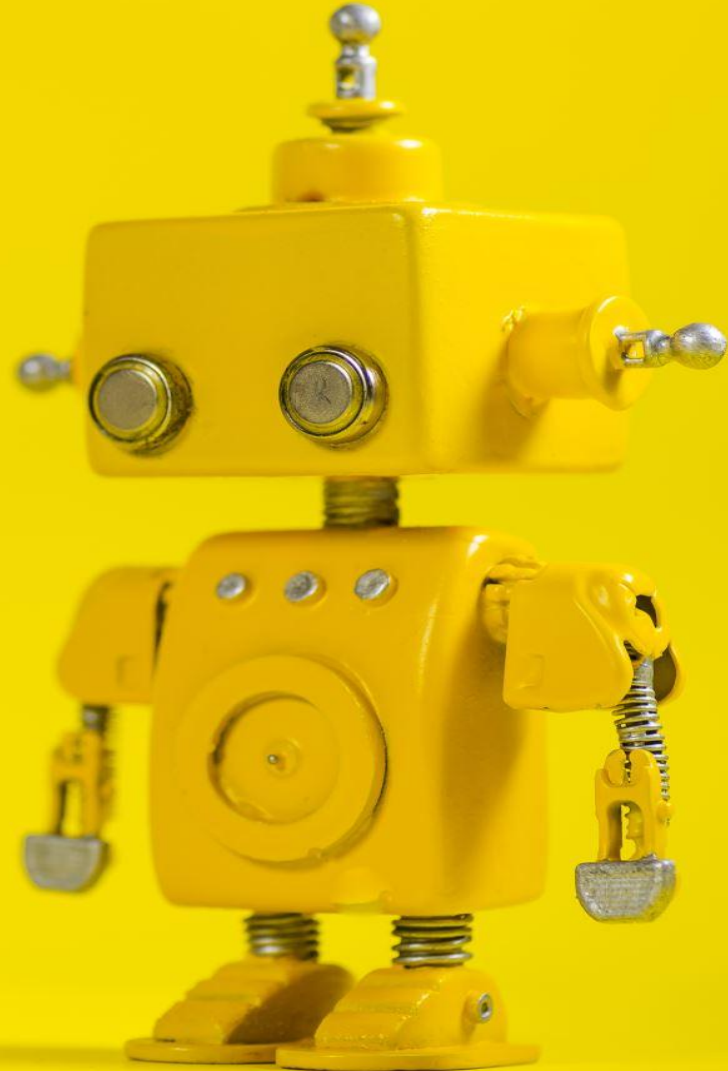
MANU# Final Speech on Online Safety for Children's Home Managers in the UK## IntroductionGood morning everyone, and thank you for inviting me to speak with you today about online safety for children in residential care. As we all know, the digital world presents both incredible opportunities and significant challenges for the young people in our care. While the presentation we've just seen from Boris Radanović provided excellent insights into many aspects of online safety, I'd like to expand on some additional topics that are particularly relevant to our work in children's homes.The children and young people we support often face unique vulnerabilities in the online space. Many have experienced trauma, disrupted attachments, and complex family dynamics that can make them particularly susceptible to certain online risks. At the same time, digital technology offers them vital opportunities for connection, learning, and developing their identity. Our challenge is to navigate this balance thoughtfully and effectively.## Digital Literacy and Critical Thinking SkillsOne area that deserves more attention is the development of digital literacy and critical thinking skills. In today's information-saturated environment, children need to learn how to evaluate what they see online. For children in care, who may have gaps in their education or inconsistent adult guidance, these skills are even more crucial.We need to actively teach young people how to:- Identify reliable sources of information- Recognize fake news and misinformation- Understand when they're being marketed to- Critically evaluate content they consumeThis isn't just about protecting them from harm—it's about empowering them to be confident digital citizens. Consider implementing regular digital literacy sessions in your homes, where young people can discuss and analyze online content in a supportive environment.## Mental Health Impacts of Social MediaThe presentation touched on cyberbullying, but we need a deeper understanding of how social media affects mental health, particularly for children in care who may already struggle with self-esteem and belonging.Research shows that excessive social media use can contribute to:- Anxiety and depression- Poor body image- Social comparison and FOMO (Fear of Missing Out)- Sleep disruptionFor children who have experienced rejection or loss, these effects can be magnified. They may seek validation online in ways that put them at risk, or become overly dependent on digital connections.We need to help young people develop healthy relationships with social media by:- Creating "tech-free" times and spaces in our homes- Modeling balanced technology use ourselves- Teaching mindfulness and self-awareness around digital use- Providing alternative sources of connection and validation## Specific Challenges for Children in CareThe UK Safer Internet Centre and Internet Matters have highlighted several online safety challenges that are unique to children in care:### Contact with Birth FamiliesMany children maintain contact with birth family members through social media, sometimes circumventing formal contact arrangements. This can be emotionally destabilizing and potentially unsafe.We need clear policies on managing this reality, rather than simply prohibiting it. The "Digital Passport" initiative launched by the UK Council for Internet Safety offers a promising approach—a living document that travels with the child between placements, recording their online preferences and any safeguarding concerns.### Identity ProtectionChildren in care often have complex identity needs and may be at risk if their location or care status is revealed online. Yet they also need opportunities to express themselves and build connections.We should:- Teach privacy-conscious social media use- Help young people understand their digital footprint- Work with them to manage privacy settings across platforms- Have honest conversations about the risks of oversharing### Placement Stability and Digital ContinuityWhen children move between placements, their digital lives can be disrupted. They may lose access to devices, accounts, or online communities that are important to them.The "Digital Passport" mentioned earlier can help ensure continuity in their digital lives. Additionally, we should:- Document important online accounts and connections- Ensure smooth transitions of devices where possible- Maintain consistent approaches to online safety between placements## Digital Inclusion and Access IssuesWhile we focus on protection, we must not forget that digital access is a right and a necessity in modern society. Children in care often experience digital poverty and exclusion.A 2020 report from the Carnegie UK Trust found that children in care frequently have limited or supervised internet access compared to their peers, potentially hampering their education and social development.We need to:- Ensure equitable access to devices and internet- Provide opportunities to develop digital skills- Balance protection with digital opportunity- Advocate for digital inclusion in care planning## Online Gaming SafetyThe presentation briefly mentioned gaming, but this deserves more attention as it's a significant part of many young people's digital lives. For children in care, gaming can provide valuable social connections and a sense of achievement.However, there are specific risks to consider:- In-game purchases and gambling-like mechanics that can lead to financial issues- Voice chat features that may expose children to inappropriate content or contacts- Gaming addiction and the need for healthy boundaries- Age-appropriate game selection and understanding of rating systemsResidential care settings should develop specific policies around gaming that recognize both its benefits and risks. This might include:- Regular discussions about gaming experiences- Clear boundaries around age-appropriate content- Education about in-game purchases and financial literacy- Promoting healthy gaming habits as part of overall wellbeing## Staff Training and CompetencyThe presentation emphasized adult responsibility, but we need to acknowledge the digital skills gap that exists among many care professionals. A report by the Department for Education found that many residential care workers lack confidence in supporting young people online.To address this:- Invest in regular, up-to-date training for all staff- Create a culture where staff can discuss online concerns without judgment- Develop "digital champions" within your teams- Stay informed about emerging platforms and trendsThe Social Switch Project mentioned by Catch22 offers excellent training specifically designed for professionals working with vulnerable young people.## Practical Implementation StrategiesMoving from theory to practice, here are some concrete strategies for implementing effective online safety approaches in residential settings:### Collaborative Policy DevelopmentRather than imposing restrictions, involve young people in creating online safety policies for your home. This builds ownership and teaches responsible decision-making.### Balanced Monitoring ApproachesFind the right balance between monitoring for safety and respecting privacy. Overly restrictive approaches can push risky behavior underground, while too little oversight leaves children vulnerable.Consider:- Age-appropriate filtering systems- Regular check-ins rather than constant surveillance- Clear protocols for when intervention is necessary- Transparent conversations about monitoring### Incident Response ProtocolsEnsure all staff know how to respond to online safety incidents, including:- Documentation procedures- When to involve police or other agencies- Supporting affected young people- Learning from incidents to prevent recurrence## Peer Support and Positive Online ExperiencesWhile much of our focus is on risk, we must also promote positive online experiences. Children in care can benefit enormously from:- Peer mentoring programs where older young people support younger ones with online safety- Opportunities to develop digital creativity through coding, design, or content creation- Connecting with support communities for care-experienced young people- Using technology to document their life story and build positive identityThese positive experiences build resilience and give young people the confidence to navigate online challenges.## Technology-Facilitated Sexual Abuse PreventionThe presentation covered grooming and CSAM, but we need specific approaches for children in care who may be particularly vulnerable to technology-facilitated sexual abuse due to previous trauma or attachment issues.Prevention strategies should include:- Age-appropriate discussions about online consent and healthy relationships- Trauma-informed approaches that recognize triggers and vulnerabilities- Clear pathways for disclosure and support- Collaboration with specialist sexual abuse services## Emerging Technologies and Future RisksFinally, we need to stay ahead of emerging technologies and risks:### AI and DeepfakesArtificial intelligence is making it increasingly difficult to distinguish real content from fake. Children in care may be particularly vulnerable to manipulation through deepfake technology.### Virtual and Augmented RealityAs these technologies become more accessible, they present new challenges for supervision and safety.### Cryptocurrency and Online ScamsYoung people leaving care are particularly vulnerable to financial exploitation through cryptocurrency scams and get-rich-quick schemes.## ConclusionIn conclusion, while the presentation we've seen provides an excellent foundation for understanding online safety, the unique circumstances of children in residential care require additional considerations and approaches.By combining robust safeguarding with digital empowerment, we can help the young people in our care navigate the online world safely and confidently. Remember that our goal isn't just to protect them from harm, but to equip them with the skills, knowledge, and resilience they need to thrive in a digital society.The UK Safer Internet Centre, Internet Matters, and Catch22 all offer excellent resources specifically designed for supporting children in care online. I encourage you to explore these resources and implement a holistic approach to online safety in your homes.Thank you for your attention, and I look forward to your questions.S
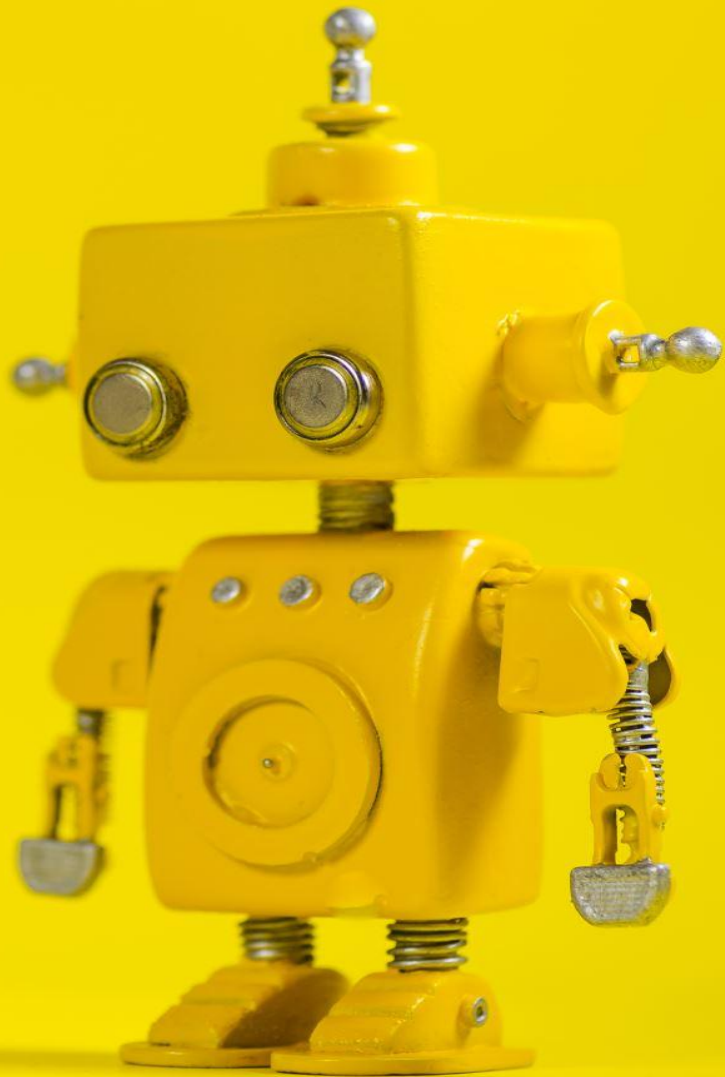
New study finds social media breaks don't improve mood, despite the "detox" hype

SUCHSCIENCE STAFF · **MARCH 31, 2025**

Read more books!

LET'S BANS THE PHONES

TECHNOLOGY IS A USEFUL SERVANT BUT A DANGEROUS MASTER.

Christian Lous Lange
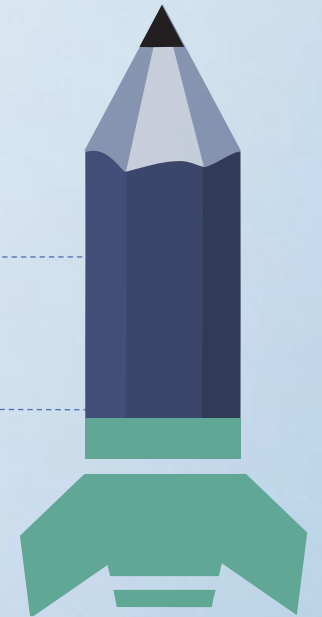
CORE	**Content** Child engages with or is exposed to potentially harmful content	**Contact** Child experiences or is targeted by potentially harmful *adult* contact	**Conduct** Child witnesses, participates in or is a victim of potentially harmful *peer* conduct	**Contract** Child is party to or exploited by potentially harmful contract
Aggressive	Violent, gory, graphic, racist, hateful or extremist information and communication	Harassment, stalking, hateful behaviour, unwanted or excessive surveillance	Bullying, hateful or hostile communication or peer activity e.g. trolling, exclusion, shaming	Identity theft, fraud, phishing, scams, hacking, blackmail, security risks
Sexual	Pornography (harmful or illegal), sexualization of culture, oppressive body image norms	Sexual harassment, sexual grooming, sextortion, the generation and sharing of child sexual abuse material	Sexual harassment, non-consensual sexual messaging, adverse sexual pressures	Trafficking for purposes of sexual exploitation, streaming (paid-for) child sexual abuse
Values	Mis/disinformation, age-inappropriate marketing or user-generated content	Ideological persuasion or manipulation, radicalisation and extremist recruitment	Potentially harmful user communities e.g. self-harm, anti-vaccine, adverse peer pressures	Gambling, filter bubbles, micro-targeting, dark patterns shaping persuasion or purchase
Cross-cutting	Privacy violations (interpersonal, institutional, commercial) Physical and mental health risks (e.g., sedentary lifestyle, excessive screen use, isolation, anxiety) Inequalities and discrimination (in/exclusion, exploiting vulnerability, algorithmic bias/predictive analytics)			

Online crime ~~deepfakes~~

Dead in 6 hours: How Nigerian sextortion scammers targeted my s

9 June 2024

New Survey Reveals 77% Women Faced Online H

Europol warns of c recruiting mir

Dangerous trend

Children involved in criminal activities are getting younger every day.

"The youth of today are the leaders of tomorrow." — Nelson Mandela

ed suicide fused to take

d': parents of t warning

ok his life after g for greater

Introducing ProjectEVOLVE Safeguarding: Upskill Your Safeguarding Knowledge

🕐 10th March 2025   2-3 min read

At SWGfL, we have recognised the increasing pressures placed on educators to safeguard students from online harm. That is why we are proud to introduce ProjectEVOLVE Safeguarding, an advanced and comprehensive toolkit built upon our award-winning ProjectEVOLVE family of services.

ProjectEVOLVE Safeguarding

What is ProjectEVOLVE Safeguarding?

Record Surge in Intimate Image Abuse Reports to the Revenge Porn Helpline

🕐 3rd April 2025

SWGfL Partners with Secure Schools to Provide Cybersecurity Solutions for the Education Sector

🕐 31st March 2025

Record Surge in Intimate Image Abuse Reports to the Revenge Porn Helpline

By Andy Robinson, Marketing and Communications Manager   🕐 3rd April 2025   3-4 min read

The Revenge Porn Helpline has released its latest annual report, revealing an alarming 20.9% increase in intimate image abuse reports across 2024, marking the highest number of reports in the service's history. A total of 22,275 reports were made, up from 18,421 in 2023, underscoring the urgent need for stronger legal protections and enhanced victim support.

Despite this surge, the Helpline successfully maintained an impressive 90.9% takedown rate across intimate images that were reported. However, the scale of the problem remains overwhelming. Since its inception in 2015, the Helpline has reported more than 412,000 intimate images, with 387,000

SWGfL
Safe, Secure, Online

Online Safety   Security   Education & Tech

Search

SWGfL Attends the Launch of the Digital Youth Work Standards

By Andy Robinson, Marketing and Communications Manager

🕐 1st April 2025   4-5 min read

SWGfL were pleased to attend the launch of the National Youth Agency's (NYA) new Digital Youth Work Standards, funded by the Department for Culture, Media and Sport (DCMS). Held at Tata

Featured Articles

Record Surge in Intimate Image Abuse Reports to the Revenge Porn Helpline

🕐 3rd April 2025

SWGfL Partners with Secure Schools to Provide

North Yorkshire Council: Using AI to reimagine Children's Social Care

North Yorkshire Council's successful proof-of-concept has positioned it at the forefront of AI-powered solutions for children's social care.

Artificial Intelligence | Cyber | 03 Feb 2025

Overview: a proof of concept journey

Strong stakeholder engagement and governance

Ethical considerations at the forefront

Proof-of-concept benefits

Technical hurdles

Next steps

Overview: a proof of concept journey

Children's social workers are the linchpin of child protection, yet information overload can hinder their effectiveness. North Yorkshire Council identified a critical challenge: social workers dedicate 80 per cent of their time to administrative tasks due to the sheer volume of data they manage. This includes case notes, forms, assessments, and uploaded images, all stored in disparate formats within the case management system (Liquid Logic LCS).

This data sprawl creates two major problems:

> 1. Time-consuming searches: Finding the information needed often requires trawling through multiple sources, delaying timely intervention for vulnerable children.
> 2. Limited access to historical data: Crucial insights can be buried within years of casework data, making it difficult to draw on past experiences to improve outcomes.

Recognising these limitations, the council embarked on a bold initiative. Funded by the Department for Education's Data and Digital Solutions Fund, they developed a proof-of-concept project to reimagine case management using Artificial Intelligence (AI) powered by Microsoft Azure.

The proof of concept aimed to:

Privacy settings

Print | Top

Features

Responsible use of AI in social work with children and families

27 March   5 mins read   Social Care

At CYP Now's recent Safeguarding Children in the Digital Age conference, two sector experts explored the ethical implications of responsibly using artificial intelligence in social work with children and families.

2025

Topics to chat about

- Rise in severity of online abuse of children

- More complex issues that require our attention

- AI companionship and challenges with it

- Cryptocurrencies and gaming currency

- AI "bastardization" of content on social media

- -Adult content and our approach to it
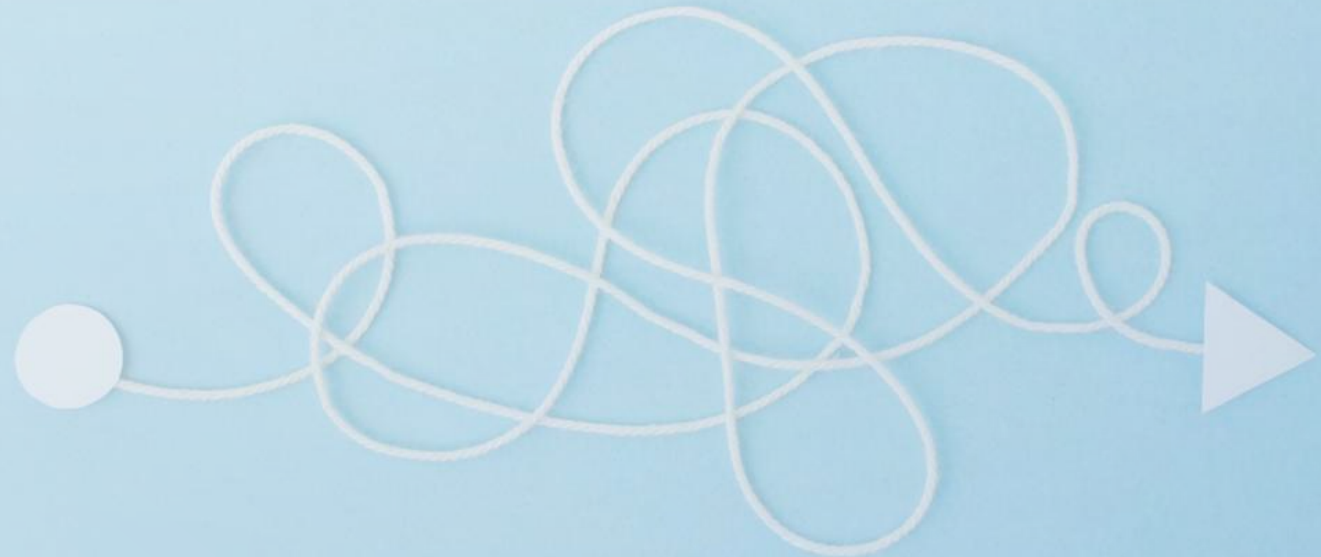
The Guardian

Conversation

Non judgemental
Non victim blaming
Open and sharing

Main social media app/site used

16-24s   65+

16-24s	App/Site	65+
9%	Facebook	77%
24%	Instagram	6%
29%	TikTok	2%
4%	X/Twitter	6%
26%	Snapchat	1%
8%	Other	8%

*among the 99% of 16-24 internet users using social media

*among the 71% of 65+ internet users using social media.
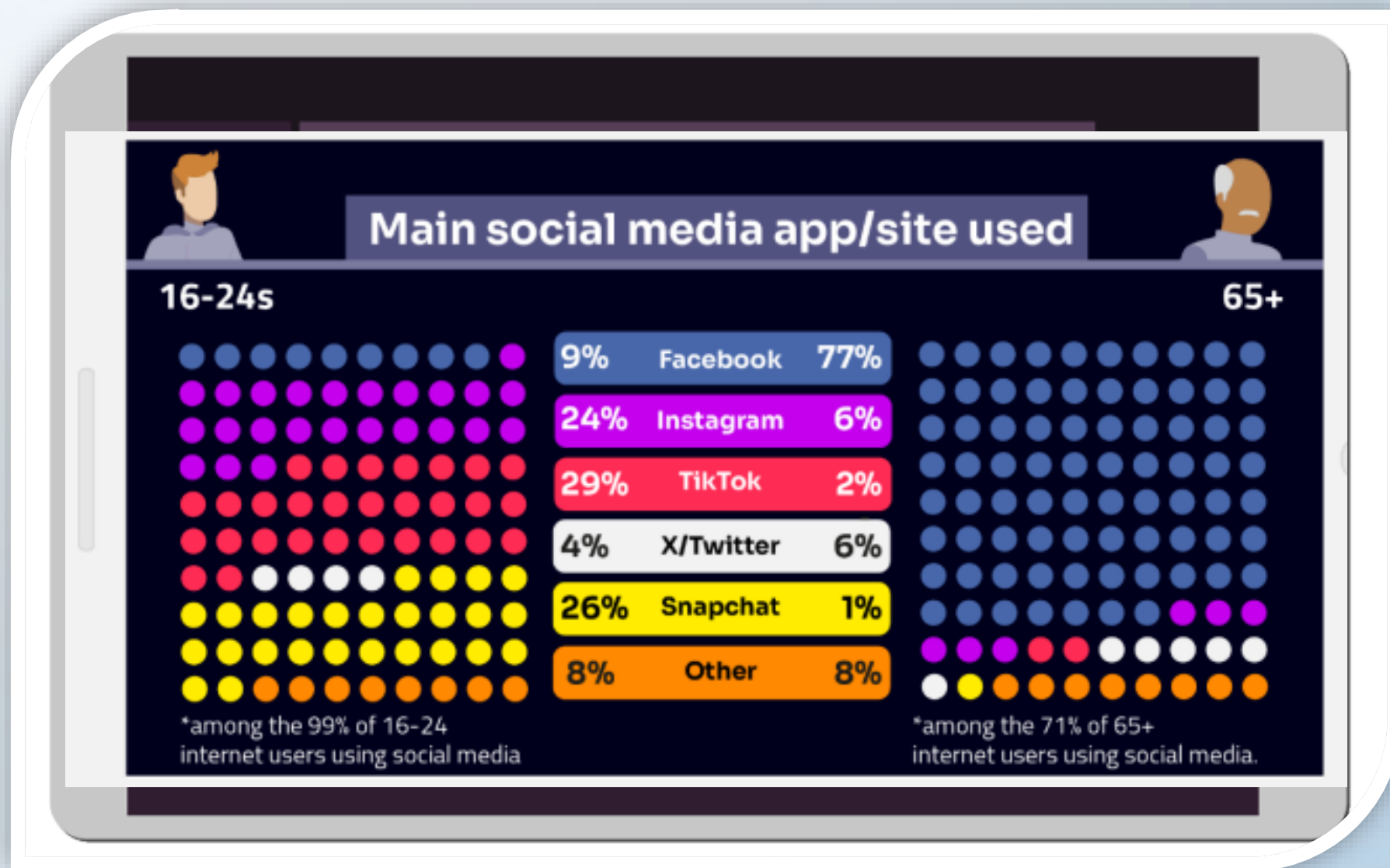
You are the bridge builders!

Ask questions!

All resources are available:

swgfl.org.uk

www.swgfl.org.uk

Ofcom Announces New Age Assurance Guidance to Protect Children from Harmful Content

By Andy Robinson, Marketing and Communications Manager   🕐 16th January 2025   3-4 min read

Ofcom have announced a critical milestone in protecting young users from harmful content online. Ofcom's newly published industry guidance, stemming from the Online Safety Act, provides an outlined roadmap for industry to ensure children are shielded from online pornography and other harmful material online.

Featured Articles

Prosecutors Urged to Take Stronger Action in Removing Victim Images from Perpetrator Devices

🕐 24th March 2025

SWGfL Supports Ofcom's Enforcement of the Illegal Harms Codes

🕐 17th March 2025

Digital Migration

Expectations

Impact
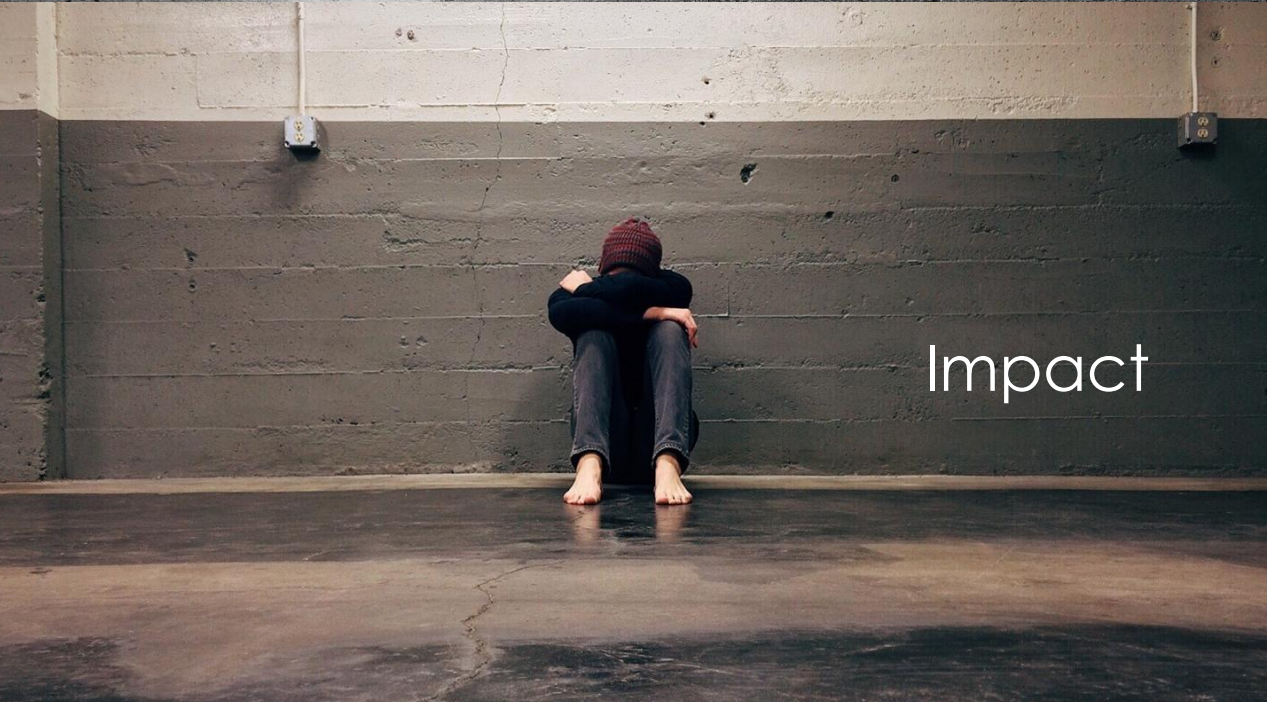
Future?

Every Minute of Internet in 2024

60 Seconds

- Approximately **120 new users registered** (LinkedIn)
- Around **36 million votes cast** (Reddit)
- Approximately **$4.4 million in sales** (Amazon)
- Approximately **500 hours of video uploaded** (YouTube)
- Roughly **41.7 million messages sent** (WhatsApp)
- Around **347,222 stories posted** (Instagram)
- About **150,000 messages sent** (Facebook)
- Over **560,000 emails sent** (Gmail)
- Roughly **404,444 hours of video watched** (Netflix)
- Roughly **48,000 hours of music streamed** (Spotify)
- Roughly **319 million tweets sent** (Twitter)
- Around **79,000 pins added** (Pinterest)

www.aloinfotech.in
contact@aloinfotech.in

Issues Kids Feel Result From Cyberbullying
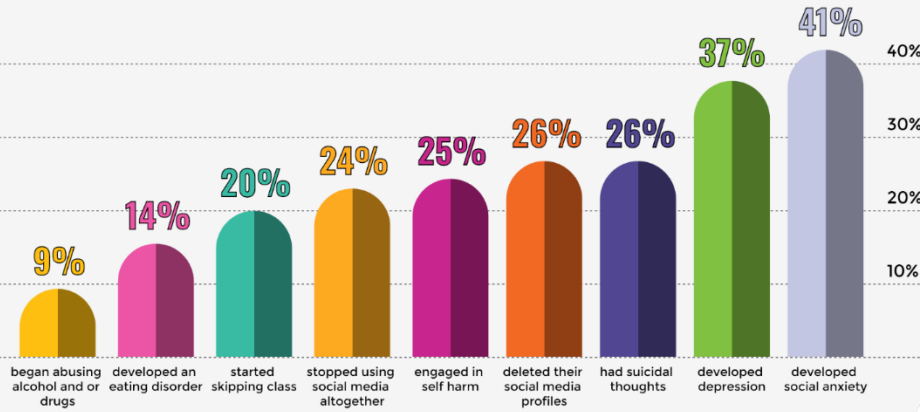
Effect of Cyberbullying	Percentage
began abusing alcohol and or drugs	9%
developed an eating disorder	14%
started skipping class	20%
stopped using social media altogether	24%
engaged in self harm	25%
deleted their social media profiles	26%
had suicidal thoughts	26%
developed depression	37%
developed social anxiety	41%

Where are People Cyberbullied?

Social Media Platforms

Platform	Percentage
Twitter	9%
YouTube	10%
WhatsAPP	12%
Snapchat	31%
Facebook	37%
Instagram	42%
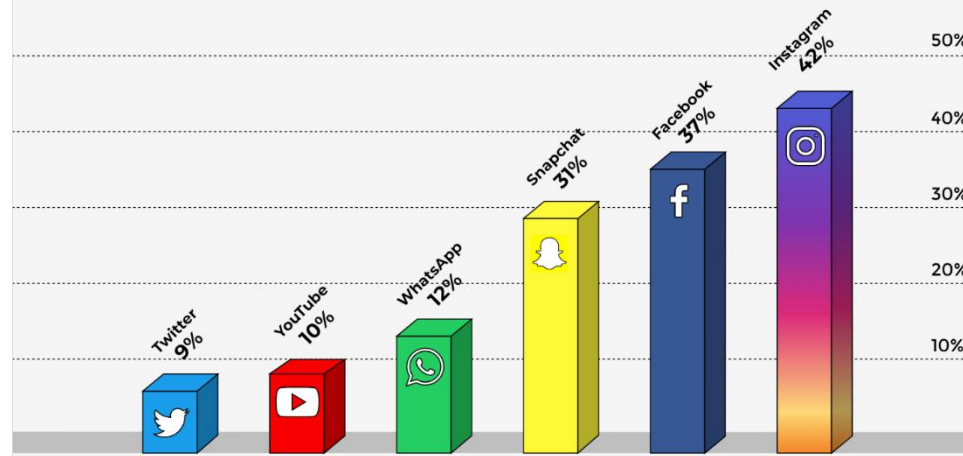
Reasons for cyberbullying

Teens who report being bullied say it was because of their:

#	Reason	Percentage
1	Appearance	61%
2	Academic achievement	25%
3	Race	17%
4	Sexuality	15%
5	Financial status	15%
6	Religion	11%
7	Other	20%
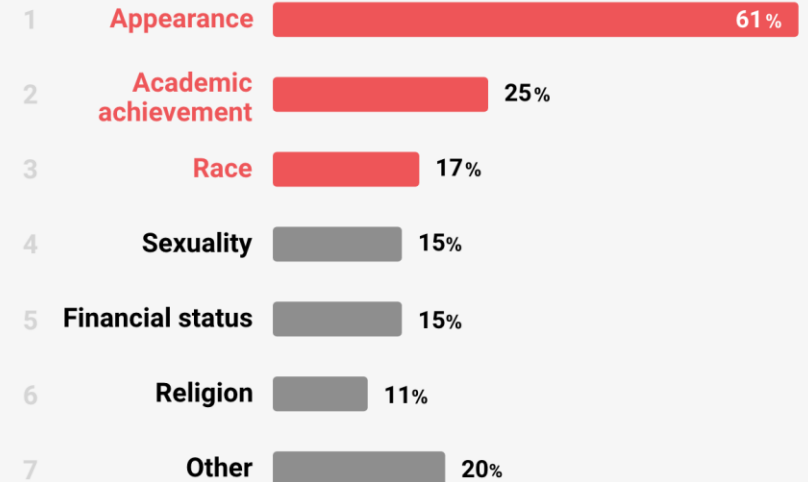
Source: nveee.org

firstsiteguide.com

88% of 8-17s have sent a kind message online to a friend who was feeling sad or upset in the last year

83% have experienced people being kind to them online in the last year

42% have felt worried or anxious about something online in the last week

49% have had someone being mean to them in the last year

CYBER BULLYING vs. FOMO

What to do?

- **Have an open conversation**

Listen, and offer support and encouragement. If your child is the victim of cyberbullying, remind them that this is not their fault and that no one deserves to be treated in this way. Some young people think that if they are the target of online bullying, they must have done something wrong. It is also important to encourage your child to save the evidence. They can do this by taking a screenshot of what has happened or by keeping the messages they have received.

- **Don't reply**

Most of the time the person doing the bullying is looking for a reaction when they are being mean online. Tell your child not to reply, instead they should tell a trusted adult what has happened. Reassure them that even if they are also at fault, they should come and talk to you or a trusted adult. You can then work out the best way to resolve the situation together.

- **Don't deny access to technology**

Although it can be very tempting to remove a device from a young person if they are being bullied, having their device taken away may prevent them from speaking to you about worrying issues in the future.

- **Discuss next steps**

Ask your child what they want you to do next. This might involve speaking to school to get support and advice, blocking the user or profile or reporting the behaviour to the site or service it is on.

verywell

Gaming Stats by Age

Under 18		21%
18 - 34		38%
35 - 54		26%
55 - 64		9%
Over 65		6%
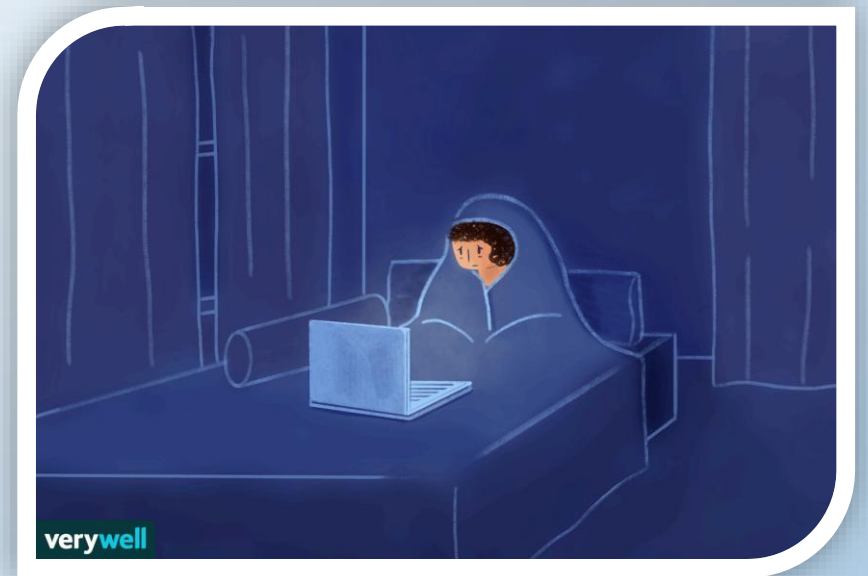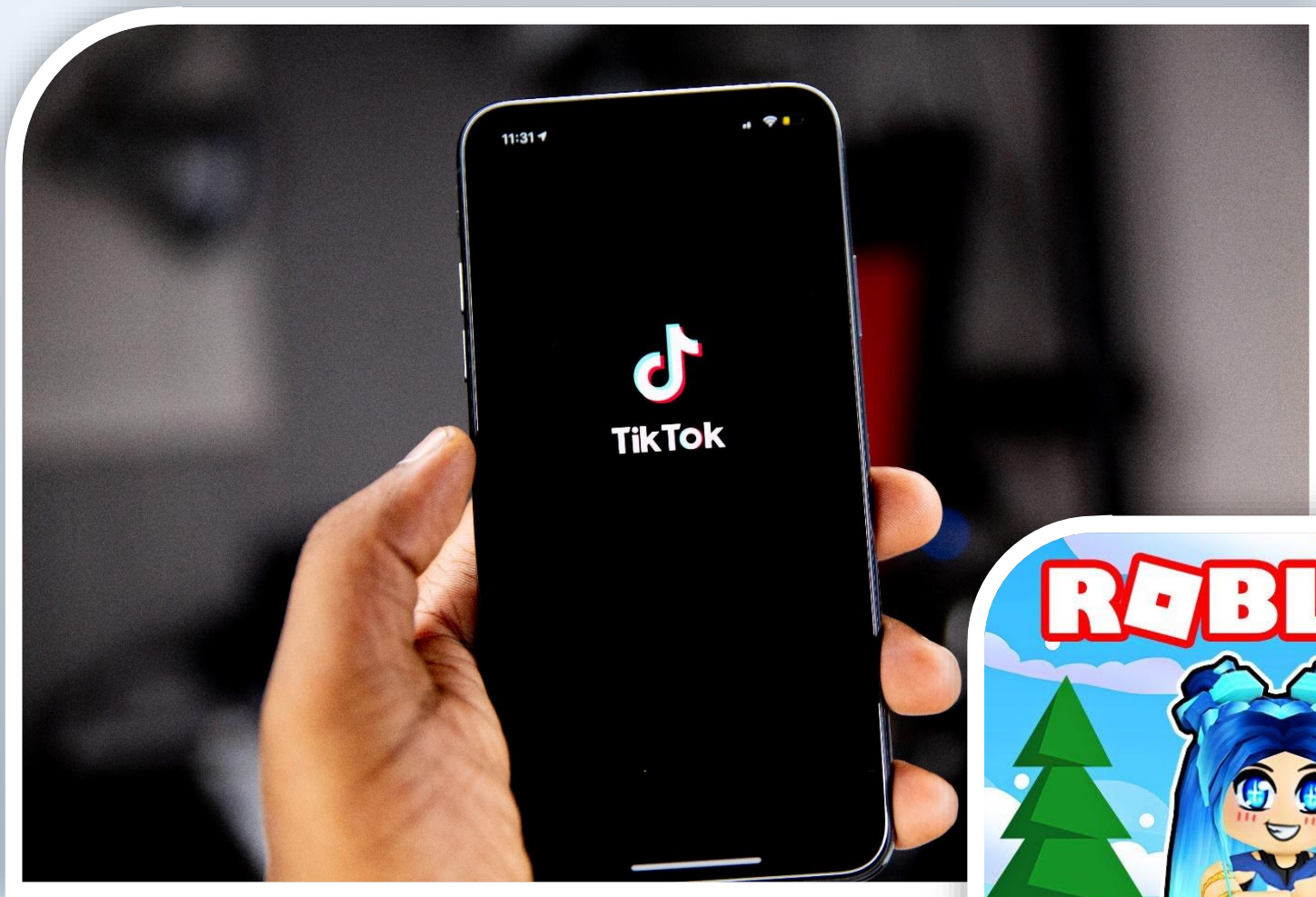
gamequitters.com

Source: Stevens et al 2020

Average age?

*Gaming refers to playing electronic games, whether through consoles, computers, tablets, smartphones or other devices. To this day, gaming remains one of the most popular forms of entertainment, attracting a wide range of age groups from all across the world.

Super Cluster
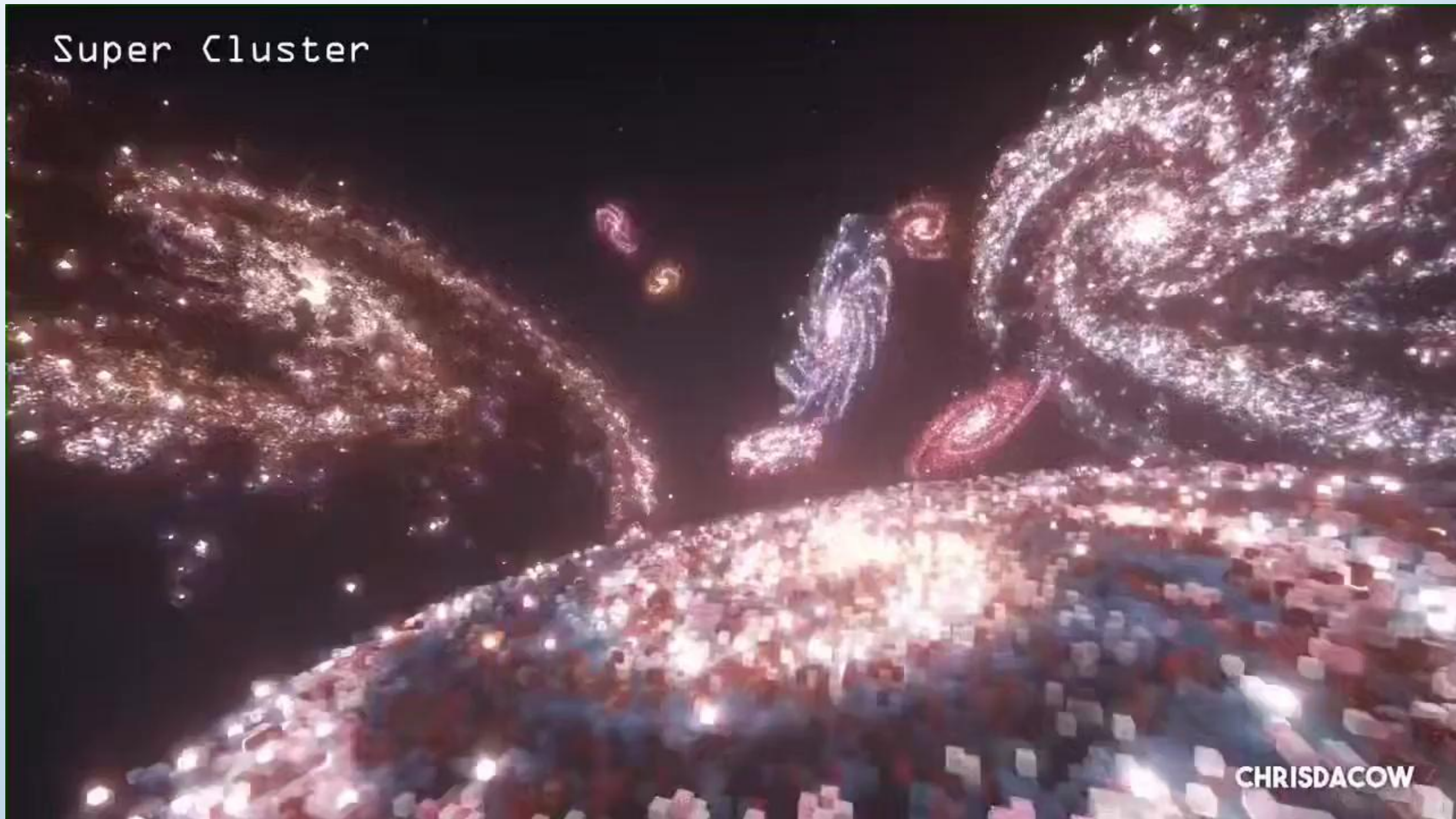
CHRISDACOW
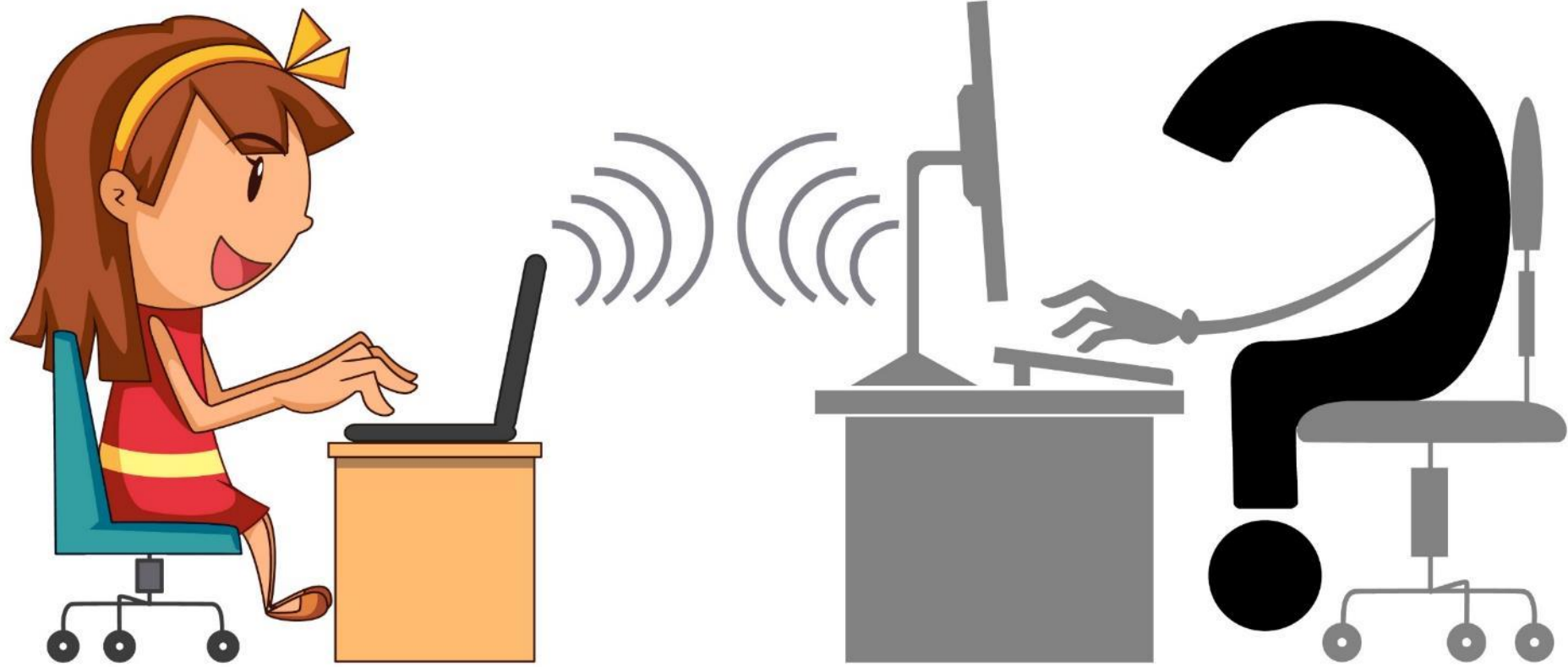
Signs of grooming

- **Have they suddenly become very secretive?** People who abuse will try to stop young people telling their friends and family about the abusive relationship.

- **Are they sad or withdrawn but won't say why?** If something is going on with your child online it might be really upsetting them. They might feel trapped, like they can't talk about it. Let them know you're there to listen.

- **Do they seem distracted?** We can all get caught up in ourselves if things are worrying us. If they seem unusually preoccupied it might be because things are weighing on them which they feel they can't talk about.

- **Do they have sudden mood swings?** Mood swings are not uncommon in adolescence but they can be a sign that someone has built a relationship with your child which is affecting their moods.

- **Are they unable to switch off from their phone or social media?** Lots of us find it hard not to check our phone or the internet, but if your child gets particularly worried or stressed when they can't, this can be a sign someone is controlling them.

https://www.thinkuknow.co.uk/parents/articles/Online-grooming/
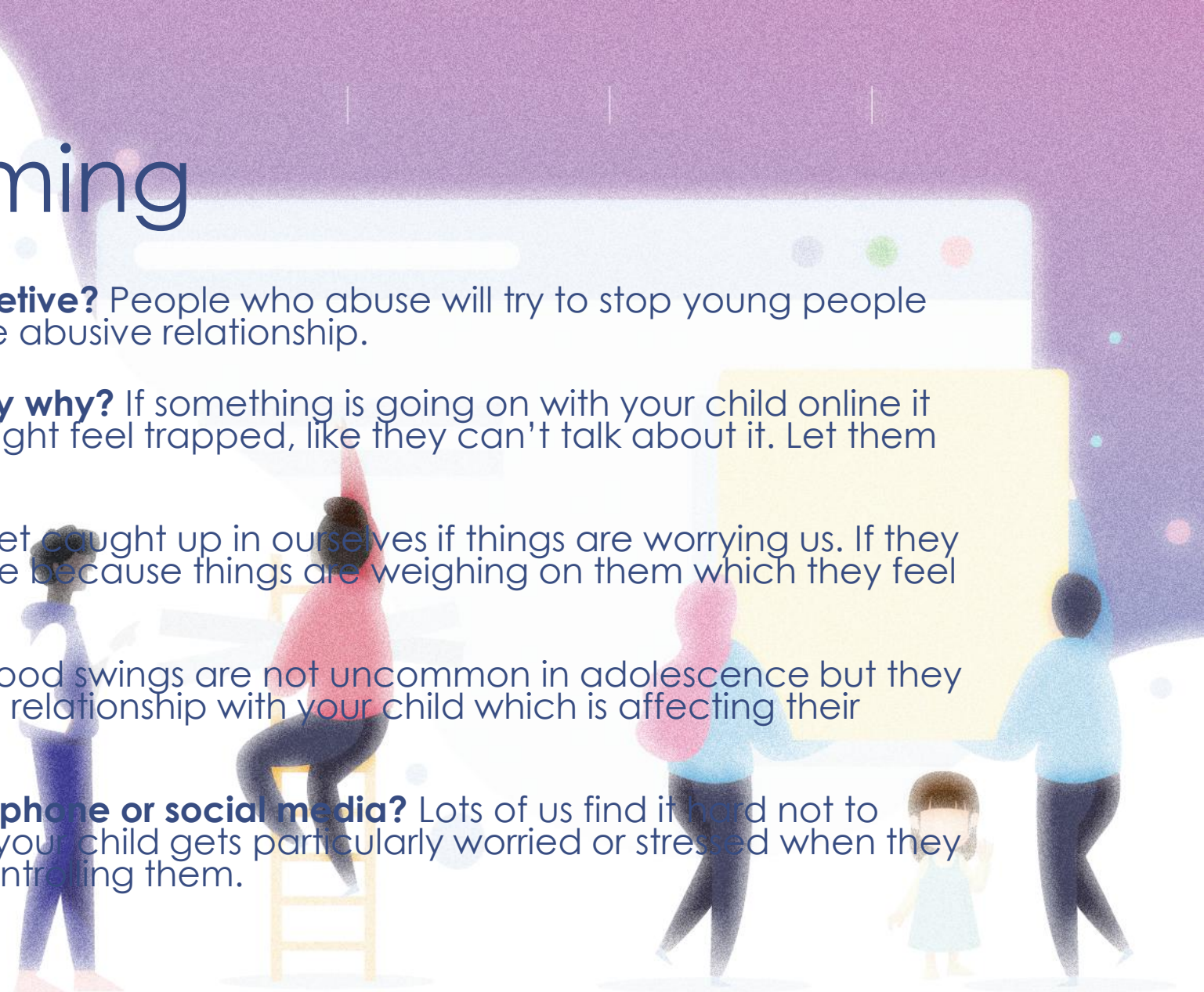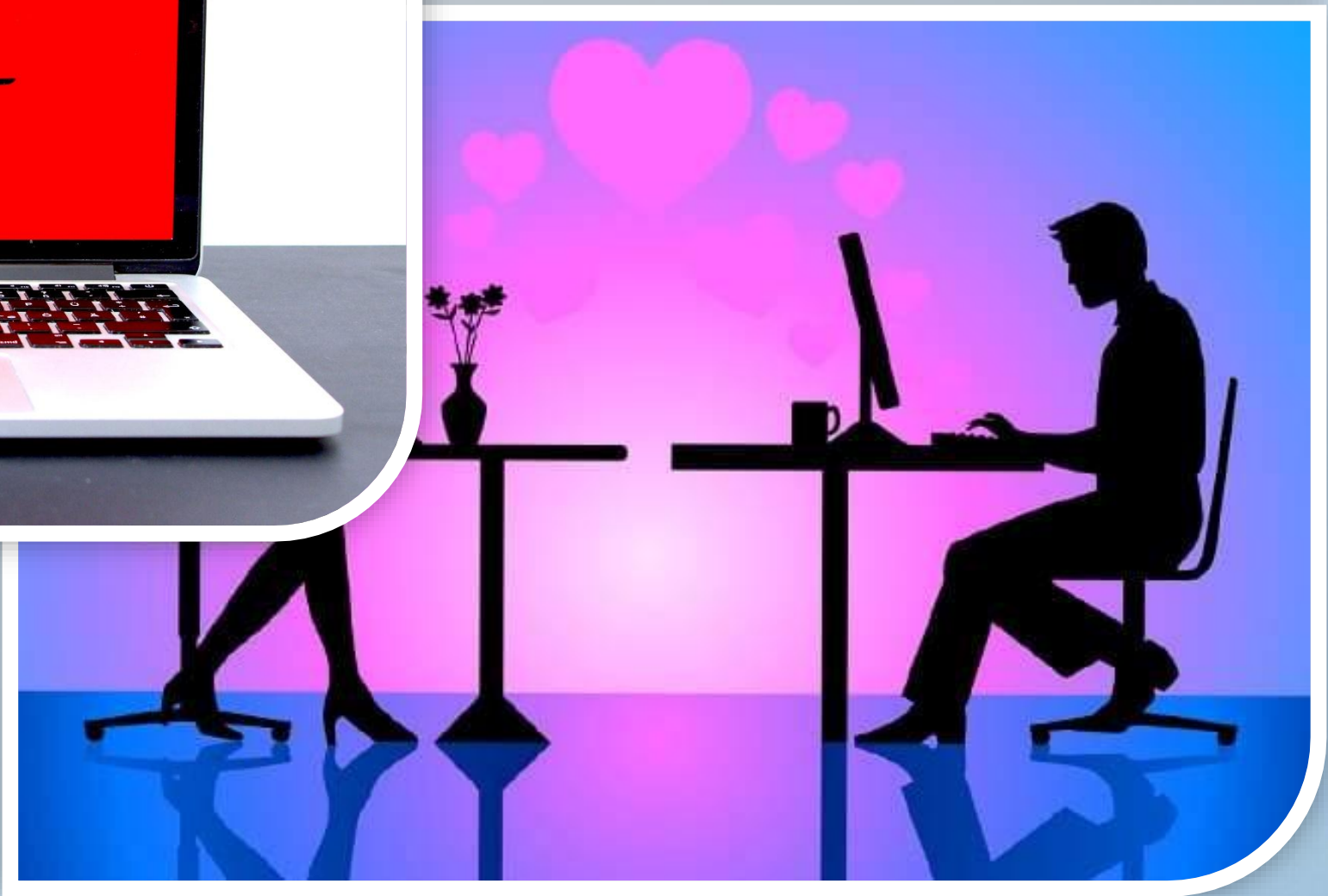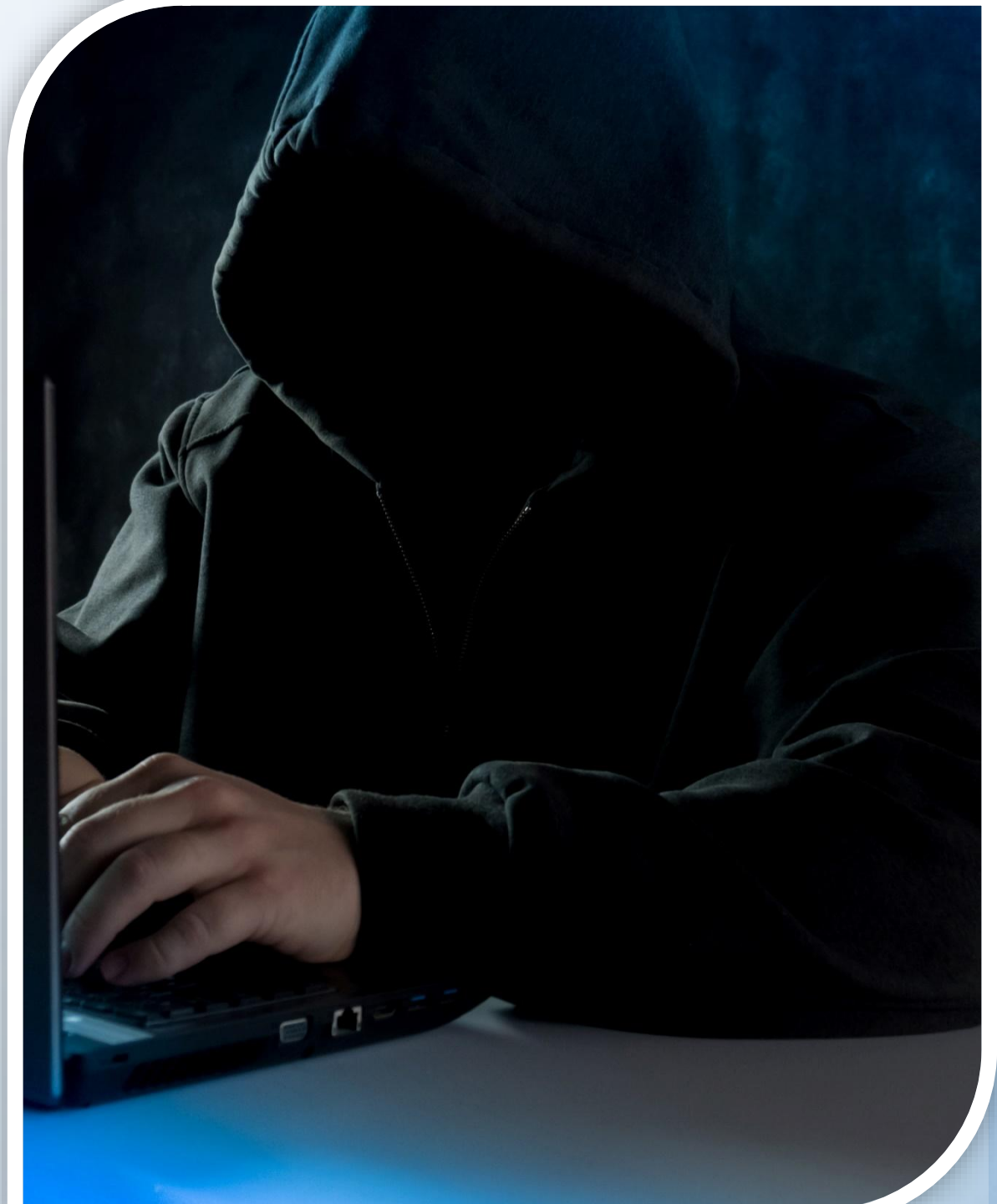
Real or not?

4 things to remember

Extreme rise of CSAM especially young girls

Rise of sextortion especially young boys

Risks of joining unmonitored and unfiltered online groups and chats

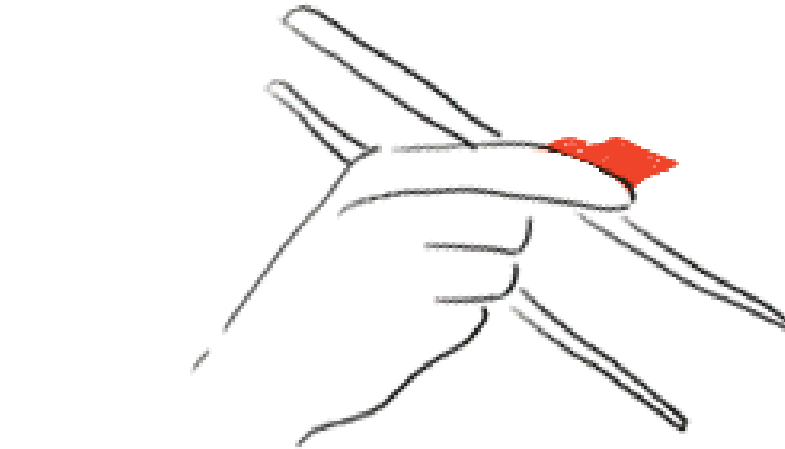Risks of abuse are rising

Education?

Fun?
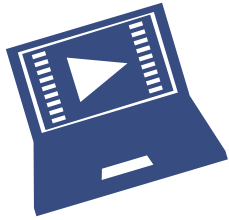
Engagement?

Harmful content?
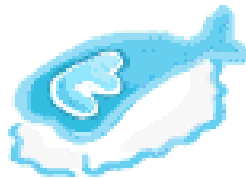
the ULTIMATE list of EDUCATIONAL WEBSITES

VIDEOS

khanacademy.org
TED.com
academicearth.org
unplugthetv.com
thenewboston.org/
    tutorials.php
youtube.com/user/
    crashcourse
youtube.com/user/
    minutephysics
youtube.com/user/
    CGPGrey

MUSIC

justinguitar.com
musictheory.net
ultimateguitar.com
playbassnow.com
howtoplaypiano.ca
teoria.com

busuu.com
verbling.com

BOOKS

gutenburg.org
librivox.org
bartleby.com
poemhunter.com

<P> PROGRAMMING

codeacademy.com
learncodethehardway.com
htmldog.com
trypython.org
rubymonk.com
codingbat.com

DIY'S / HOW TO'S

instructables.com
thedailymiscellany.com
wikihow.com

COURSES

coursera.org
ureddit.com
udacity.com
edx.org

LANGUAGE LEARNING

duolingo.com
memrise.com
bbc.co.uk/languages
livemocha.com
busuu.com
verbling.com

VIDEOS

khanacademy.org

Facebook Checklist

Downloadable booklets to guide you through your profile settings in Facebook
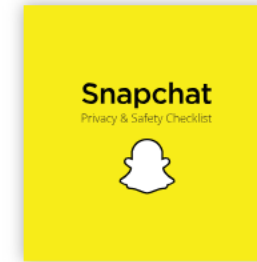

X (Formally Twitter) Checklist

Downloadable booklets to guide you through your profile settings in X

Instagram Checklist

Downloadable booklets to guide you through your profile settings in Instagram

Snapchat Checklist

Downloadable booklets to guide you through your profile settings in Snapchat

Roblox Checklist

Downloadable booklets to guide you through your profile settings in Roblox

TikTok Checklist

Downloadable booklets to guide you through your profile settings in TikTok
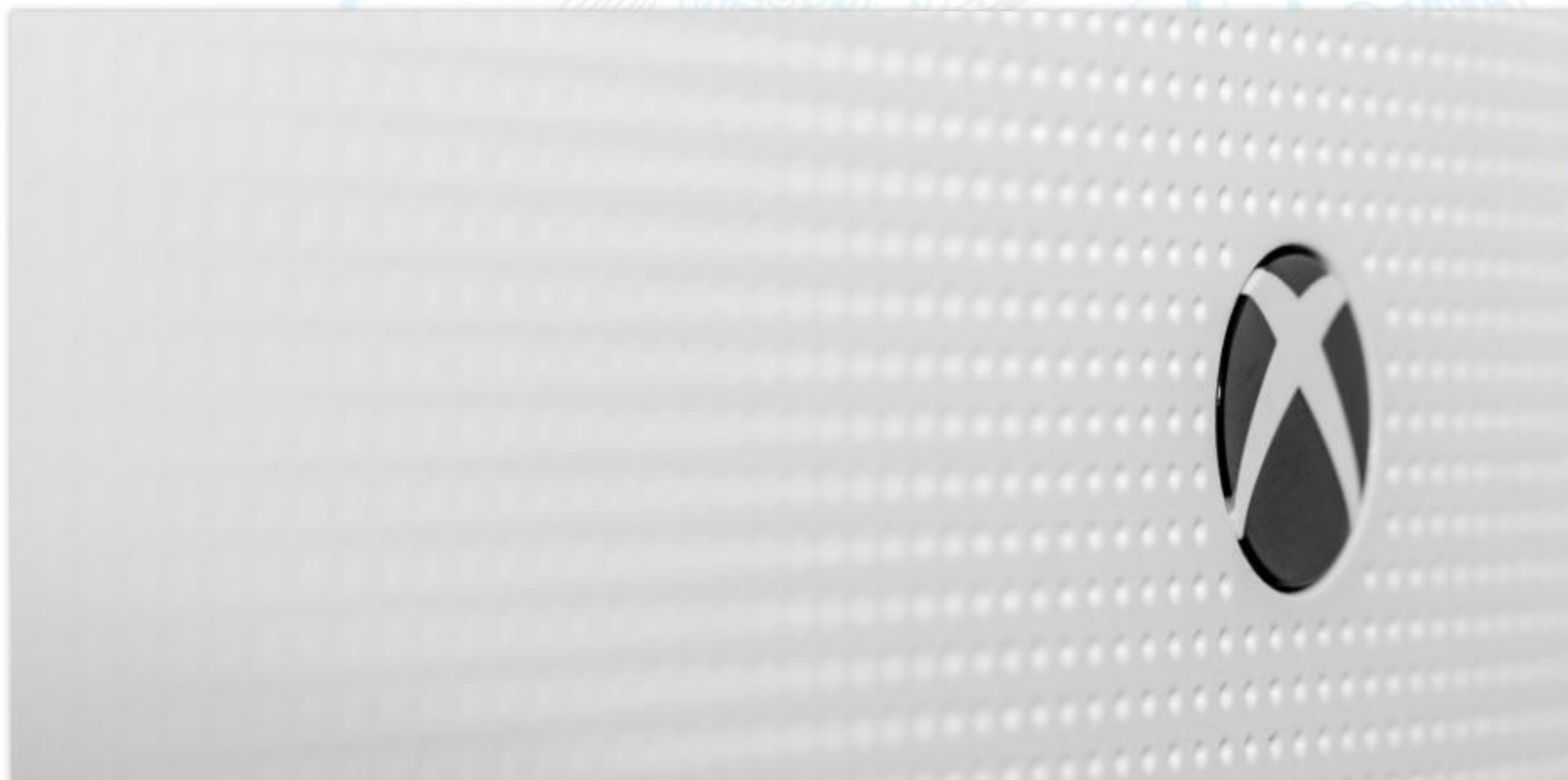

Netflix Checklist

Downloadable booklets to guide you through parental controls

Yubo Checklist

Downloadable booklets to guide you through privacy and security features on Yubo

SWGfL
Safe, Secure, Online

Online Safety   **Security**   **Education & Tech**

Xbox Series X Parental Controls and Security Settings

Featured Articles

UK Safer Internet Centre Helpline Annual Report - Practitioner Highlights
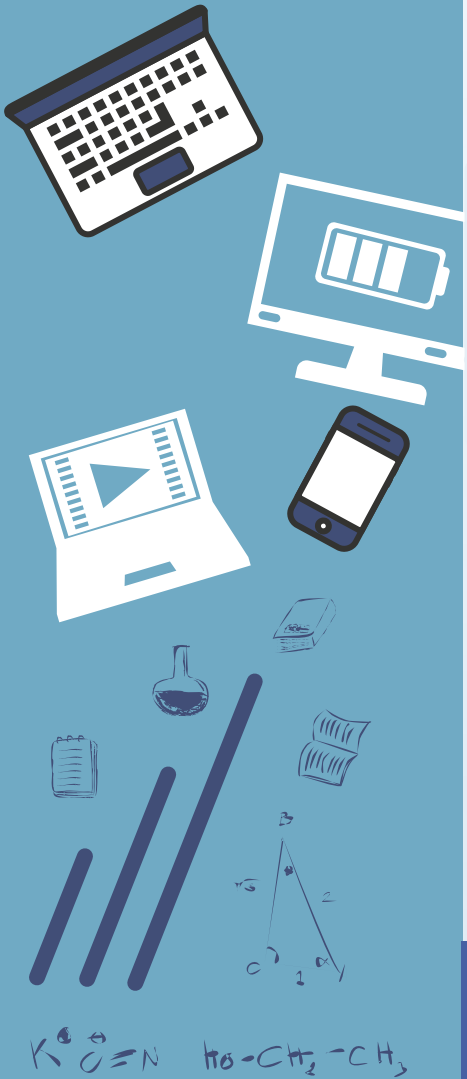
🕐 26th November 2020

We are

UNITED

All resources are available:

swgfl.org.uk

" We all need to take responsibility and step up our education and knowledge about the online world. We need to become positive digital role models in the lives of children around us. We created the Internet, we made it popular it wasn't created for children, we need to make sure its as safe as possible

" Children are resilient and they need us to help them guide them through the digital world. At the same time we need to equip and teach them the tools for help, advice, reporting and taking action. We need more positive upstanders, who will take action and report concerns and challenges. We all together can create a better and safer internet.

" You are in a position of building trust and resilience in the digital space with the children you work with. Build the bridge of communication, respect, non victim blaming and non judgmental conversations. Educate yourself on Online safety provisions and Child Online Protection and Safeguarding. Be the adult we all needed as a teenager.
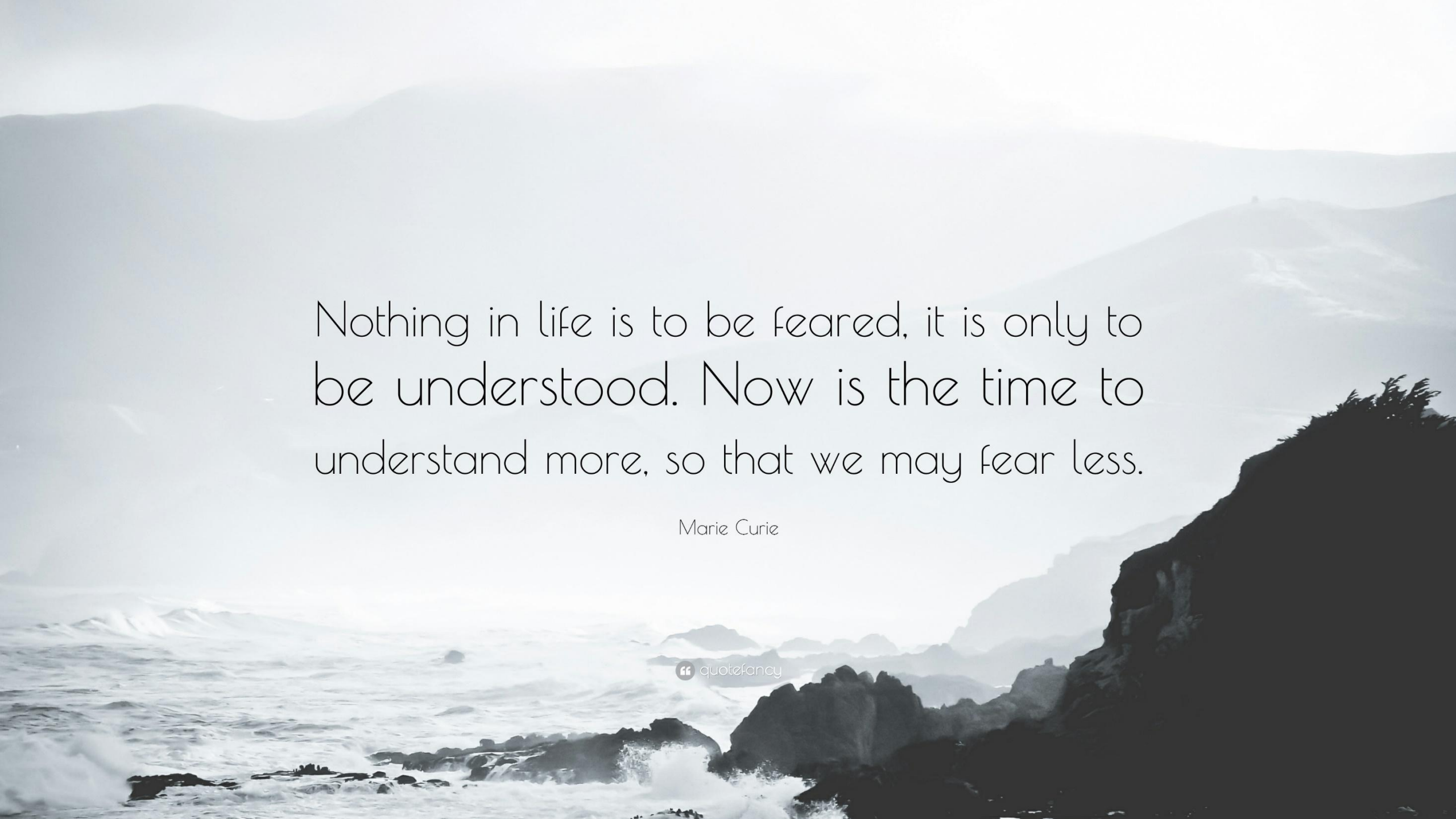
Responsibility?

Lead by **example**!
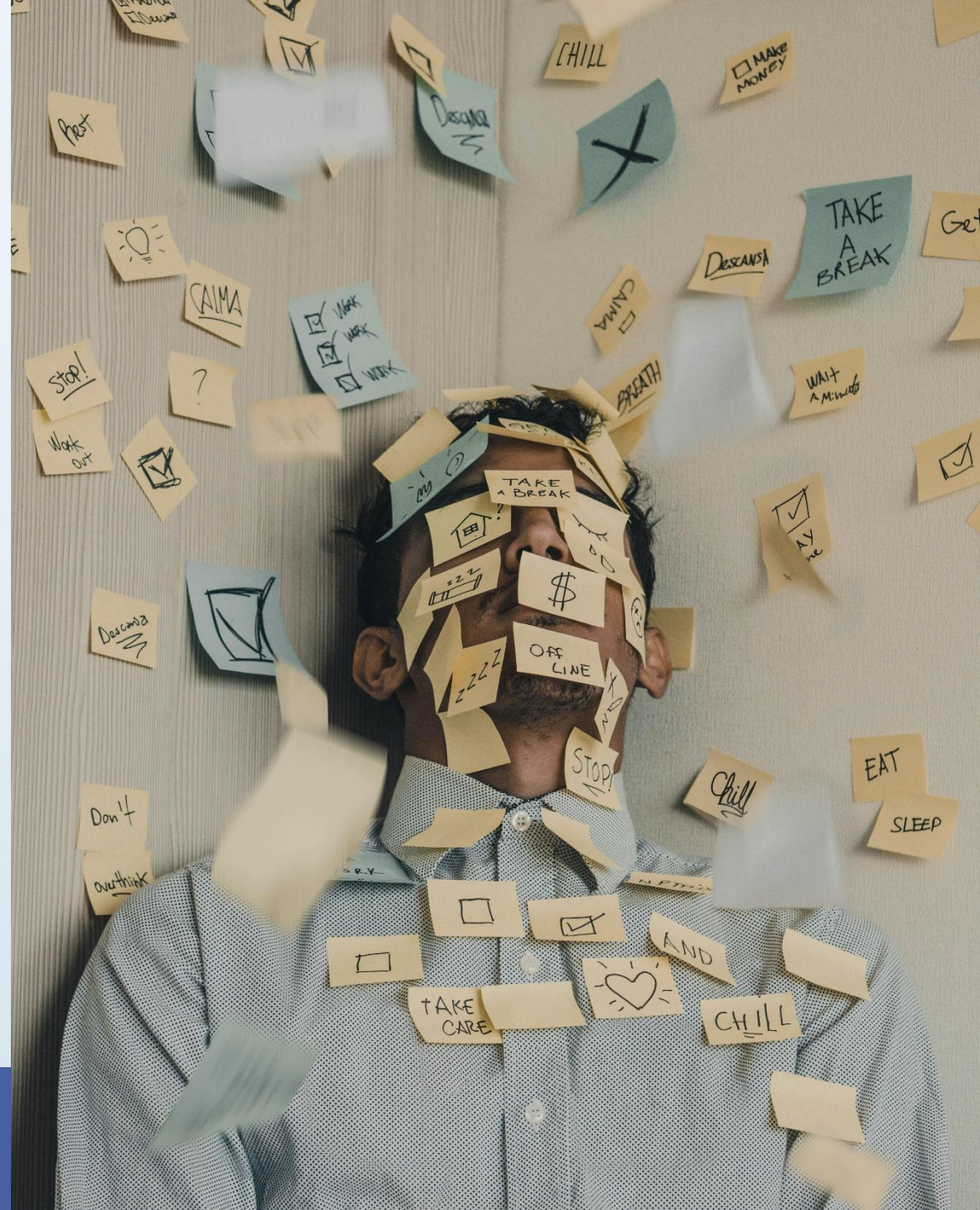
Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.
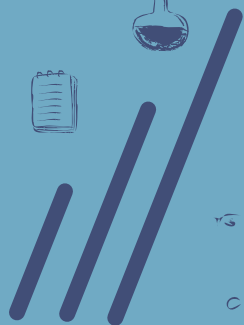
Marie Curie

We cannot solve our problems with the same thinking we used when we created them.

Albert Einstein

Lets start thinking differently…

ing!

...org.uk with any

gfl.org.uk