

Digital Resilience

Participant handout

What is digital resilience?

“Digital resilience encapsulates the need to develop knowledge, skills and strategies in order for children and young people to:

- Manage their online experience safely and responsibly while protecting their digital identity
- Identify and mitigate risks to stay safe from harm online
- Understand the importance of using reliable sources and employing critical thinking skills to identify misinformation
- Seek help when they need it
- Learn from their experiences and recover when things go wrong
- Thrive and benefit from the opportunities the internet offers.”

(Enhancing Digital Resilience in Education: An Action Plan to Protect Children and Young People Online, hwb.gov.wales)

Social media:

- In 2022, Meta-owned platforms were used in 38% of grooming offences where the means of communication was known
- At the end of March 2022, Snapchat was used in 33% of all reported grooming cases where the platform was known
- Twitter (now X) openly allows adult content. Due to this, the type of computer programmes used to detect child abuse struggle to differentiate between a consenting adult and an un-consenting child/young person

Gaming:

- Children and young people may come into contact with strangers online who use avatars to hide their identity
- Games which have unmoderated voice and text chat have been used to exploit children
- Children and young people may visit unregulated websites to get hints and tips. This could lead to them being exposed to harmful content

Artificial Intelligence (AI):

- Most AI CSAM found is now realistic enough to be treated as ‘real’ CSAM
- AI CSAM has increased the potential for the re-victimisation of child sexual abuse victims, as well as for the victimisation of famous children and children known to perpetrators
- Deep fakes are pre-existing images, audio, videos which are manipulated using AI software



Indecent images of children (IIOC):

A person is committing an offence if:

- They take, permit or make an indecent image or 'pseudo' image of a child
- If they distribute or show this image
- If they store or have in their possession such an image
- If they publish on any form of social media

Pornography:

- Not all pornography is legal. Images involving children, extreme violence or animals is illegal
- Pseudo images of children are also illegal (cartoons, drawings, Hentai, AI etc.)
- Intimate image abuse (revenge porn) is a crime under the Sexual Offences Act 2003

Online grooming:

- Groomers gradually introduce sexual content into conversations or show sexually explicit material that may encourage the child or young person to engage in sexual activities online or to meet them in real life
- If the victim tries to cut off communication, groomers scare the victim into continuing the relationship by convincing them that they will tell their parents what they have been doing online and that they have viewed pornographic pictures, etc.

Cyber-bullying:

- Cyberbullying has become one of the biggest risks to young people online
- It can begin as a joke and can quickly escalate into targeted campaigns of abuse, threats and inappropriate images – often across multiple social media platforms
- It can be within a peer group or more from internet trolls who use their anonymity to target children and young people online

Risk factors:

- Questions about sexual identity and/or identifies as LGBTQIA+
- No safe outlet to explore sex and sexuality
- Lack of information about healthy sexuality development and relationships

Building resilience:

In about 1/3 of reports of confirmed grooming cases, the young person showed resistance to the contacts made by perpetrators. This was done by simple strategies such as:

- Disclosing what had happened
- Blocking or deleting the suspect
- Reporting inappropriate behaviour
- Only accepting/following people they trust
- Tightening their security settings.



Signs that a child may be experiencing online harm:

- Become possessive over their devices and become agitated, concerned, or fearful if someone else picks them up
- Talk vaguely about a 'new friend' but don't offer any further information
- Leave the home for longer periods of time with little to no explanation about where they are going
- Abscond from school to be able to talk with their 'friend'

Signs that an adult may pose a risk online:

- Starts to spend increasing amounts of time on the Internet and becomes preoccupied with it
- Needs to be online so often that it impacts on family/work life
- Increasingly views adult pornography
- Hides traces of their online activity and storage of files

Responding to a disclosure:

- Listen carefully & give the child your full attention
- Stay calm to help the child feel as safe and comfortable as possible
- Note the time, and sign and date the record you make
- Reassure they are right to tell
- Explain what will happen next
- Do not delay in making a report to the relevant parties

Seek help and advice:

- Call 999 if a child is in immediate danger or 101 if it is not an emergency
- Contact the Stop It Now! helpline on 0808 1000 900 or [use our live chat](#) or [secure messaging service](#)
- Confide in your designated safeguarding lead or line manager
- Visit www.survivorsuk.org or call their national helpline on 0845 1221201
- Find and contact your local social services by visiting <https://111.wales.nhs.uk/localservices/>
- Visit www.napac.org.uk for support and advice.
- Report inappropriate contact online here: www.ceop.police.uk/safety-centre
- Visit www.safeguarding.wales for up to date safeguarding procedures
- Contact the NSPCC child protection helpline on 0808 800 5000 or email help@nspcc.org.uk

Make use of safe spaces online:

- <https://safety.google/>
- <https://families.google/familylink/>
- <https://hwb.gov.wales/zones/keeping-safe-online>
- <https://hwb.gov.wales/zones/keeping-safe-online/in-the-know/>
- www.parentzone.org.uk
- www.internetmatters.org
- www.saferinternet.org.uk
- www.childnet.com
- www.commonssensemedia.org



- www.connectsafely.org
- www.wisekids.org.uk
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- www.life360.com/uk/
- www.kids360.app
- www.wisekids.org.uk
- <https://www.microsoft.com/en-gb/microsoft-365/family-safety>
- <https://www.internetmatters.org/digital-matters/>

Resources:

- **Family Safety Plan –**
<https://www.lucyfaithfull.org.uk/our-new-family-safety-plan-empowering-families-to-prevent-child-sexual-abuse/>
- **Digital Safety Plan –**
<https://shorespace.org.uk/wp-content/uploads/2023/05/Digital-safety-plan-Shore.pdf>
- **If your child gets into trouble online -**
<https://www.lucyfaithfull.org.uk/if-your-child-gets-into-trouble-for-their-online-sexual-behaviour/>
- **NSPCC Techosaurus campaign –**
www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/
- **Safeguarding resources -**
www.lgfl.net/safeguarding
- **Thinkuknow -**
<https://www.ceopeducation.co.uk/>
- **Online safety and advice resources -**
https://www.iwf.org.uk/resources/?gad_source=1&gclid=EAlalQobChMI7ZaTuqLciwMV4ZxQBh0hDTK5EAAAYAAAEgKc9_D_BwE

Child safe search engines:

- Kidrex – <https://www.alarms.org/kidrex/>
- Swiggle - <https://swiggle.org.uk/>
- Kiddle - <https://www.kiddle.co/>
- Wackysafe - <https://wackysafe.com/>

Reporting harmful content:

- www.ceop.police.uk/
- www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/
- <https://reportharmfulcontent.com/?lang=en>
- <https://report.iwf.org.uk/en>
- <https://www.actionfraud.police.uk/>



Further support and information:

- www.lucyfaithfull.org.uk/wales.htm
- www.shorespace.org.uk
- <https://get-help.stopitnow.org.uk/>
- www.csacentre.org.uk
- www.barnardos.org.uk
- www.papyrus-uk.org
- www.youngminds.org.uk
- www.westand.org.uk
- www.victimsupport.org.uk
- www.samaritans.org
- www.mind.org.uk
- www.safeline.org.uk
- www.thesurvivorstrust.org
- www.napac.org.uk
- www.welshomensaid.org.uk/what-we-do/live-fear-free-helpline/

Evaluation and equal opportunities monitoring:

If you have not already done so, please complete an evaluation and the equal opportunities monitoring form. Your feedback is greatly appreciated.

- **Public Education Evaluation** – https://www.surveymonkey.com/r/primaryprev_publiced
- **Equal opportunities monitoring** - https://www.surveymonkey.com/r/prim_equal_monitoring

Contact:

For further information on our Public Education sessions, Early Intervention project or Train the Trainer events, please contact wales@lucyfaithfull.org.uk

