SchoolBeat.org

The All Wales School Liaison Core Programme

Newsletter
Spring 2013

Contents

Dear Colleague,

We hope you had an enjoyable and safe Christmas and New Year. We are delighted to be presenting our second Core Programme news letter. This issue is packed full of interesting features to include a special feature on keeping children and young people safe when using the Internet.

Special Feature: 'Safer Surfing'

"As in any other area of life, children and young people are vulnerable and may expose themselves to danger, knowingly or unknowingly, when using the Internet and other digital technologies."

"52% of 11-16 year old Internet users say they find it easier to be themselves online, 47% talk about different things online than offline, and 27% talk about more private things online than when with other people face to face."

(Ofcom survey 2011)

⚠️ Risk - Inappropriate Web Content:

One of the key risks to young people, from using the Internet, email, chatrooms or other kinds of social networking, is from exposure to inappropriate content. This content may be pornographic, hateful, violent or harmful in nature; which encourages activities that are dangerous or illegal; or are just age-inappropriate or biased. One of the key benefits of the web is that it is open to all, but unfortunately this also means that those with extreme political, racist or sexual views are also able to represent their opinions and ideology.

The Ofcom: Children's media literacy in the nations: Summary report 07/11 reported that while 12-15s are using the Internet for social networking sites, 8-11s are more likely to use it for gaming, with 51 % cent saying they play games online on a weekly basis, (44% in 2010).

Along with the very good educational and fun gaming sites there are also some very disturbing ones. It is important to be aware of the content of the games children may be playing. Torture games are designed to mainly focus on pain and torture. They are freely available. Disturbingly, points are awarded the more you hurt people in the game.

These very disturbing games can have a destructive impact on children's psychology and thought patterns. There is a serious risk to children's mental health and wellbeing and potential behavioural changes to their life in the real world. Installing robust filters on a computer will help; however, nothing can replace an active interest in what children are doing online.

⚠️ Risk - Physical Danger:

"Grooming is when an adult deliberately befriends a child and gains their trust with the intention of sexually harming them."

It is important that children learn that not everyone online is who they say they are and advise them to not give out personal information to people they meet on the Internet.

A criminal minority make use of the Internet and chatrooms to make contact with young people with the intention of developing relationships which they can progress to sexual activity. Paedophiles will often target a child, posing as a young person with similar interests and hobbies in order to establish an online 'friendship'. These relationships may develop to a point where the paedophile has gained the trust in order to meet in person.

Children should be actively discouraged not to accept online 'friends' that they do not know in the real world and certainly not to meet up with these friends should they request such a meeting. Any concerns about inappropriate communication between a child's online friend and a child should be reported to the Child Exploitation Online Protection centre, using the CEOPs button which can be found at www.thinkuknow.co.uk.

The Core Programme has a lesson called, 'Look Who's Talking, aimed at Key Stage 3 pupils and that explores the issues around grooming and how to stay safe on the Internet. Then at Key Stage 2, the Core Programme explores the aspect of keeping safe from online users who may be lying about or disguising their identity whilst playing online games. This Lower Key Stage 2 lesson is called 'Get SMART'. There are teacher follow up resources for both these lessons in the teacher section of www.schoolbeat.org.

⚠️ Risk - Cyberbullying:

"A fifth of all 12-15 year olds have had a negative mobile or online experience in the past year, with gossip being spread about them being the most common issue (13%)."

Social networking is being driven by smartphones.

Over two in five 12-15 year olds have a smart phone, with social networking being one of the most popular activities, undertaken by 50% of teen smartphone owners on a regular basis. (33% in 2010). A fifth of all 12-15 year olds have had a negative mobile or online experience in the past year, with gossip being spread about them being the most common issue (13%).

The Core Programme refers to Cyberbullying as: when someone hurts, threatens or frightens you regularly by sending messages or images using the Internet, mobile phones or other forms of digital communication.

Helping children to reduce the risk of cyberbullying when using social networking

Cyber Mentors

Encourage them to:
- Only allow real life friends to view their online profile eg. on Facebook set privacy settings to 'friends' only
- Take care what photos they post, or anything that could upset or be misused by others
- Not share passwords with others
- Keep private information private.

If a young person is being cyberbullied they should tell a trusted adult. Any nasty messages sent to their phone or other digital devices should be stored as evidence.

www.cybermentors.org.uk can offer support to the victims of cyberbullying. If you know a young person who is being bullied, or is feeling a bit low, or is maybe troubled by something; Cybermentors, a peer online service for victims of bullying are available to listen and support.

⚠️ Risk - Illegal Behaviour:

It is important that young people understand that the online world is no different to the real world, it too is governed by laws.

If hateful comments are made in the real world then they would be dealt with seriously, this is no different for the online world. There have been a number of high profile cases in the media such as the one relating to offensive messages made by a 17 year old youth on Twitter, to Tom Daley, the Olympic high diver.

It is important that young people realise that forwarding any offensive comments to others; even if they did not originate the comment is still an offence.

Sending inappropriate images of friends or boy/girlfriends can get them into a lot of trouble. It is an offence to 'distribute indecent images of a child', that is anyone under 18 years of age. It is sometimes referred to as sexting between young people.

Trolling

In Internet slang, a troll is someone who posts inflammatory, extraneous, or off-topic messages in an online community, such as an online discussion forum, chat room, or blog, with the primary intent of provoking readers into an emotional response, or of otherwise disrupting normal on-topic discussion. The noun troll may refer to the provocative message itself, as in: "That was an excellent troll you posted".

More recently a troll has been adopted by the media as a name to describe "a person who defaces Internet tribute sites with the aim of causing grief to families."

⚠️ Risk - Illegal Activity:

What could happen if a young person illegally downloads music, films or television shows? Downloading a song, film or television programme without paying for it is a breach of copyright.

In the UK, the Copyright, Designs and Patents Act 1988 currently protects copyrighted materials and if anyone downloads or distributes copyrighted files without permission, could potentially face a civil action for thousands of pounds of damages.

The ease of access to online gambling, suicide sites, sites selling weapons, hacking sites, and sites providing recipes for making drugs or bombs are also of concern.

As a teacher, if you had any concerns about a pupil for example, under going radicalization, it is important that you report such concerns to the right authorities such as the Police.

The earlier a young person can be identified as being at risk from radicalization the sooner that young person can be engaged and supported before they or anyone else comes to harm.

⚠️ Risk - Sharing Personal Information :

Taking control of images - Once a picture is online anyone can change it or share it, even if you don't want them to. Children and young people need to be reminded not to post photos of themselves wearing swim wear or similar clothing or school uniform that may identify them.

In 2009 a survey was carried out with 70 pupils aged between 13-14 years old. Amongst the 70 pupils there were 18,100 online 'friends'. Of these friends:

- 11,639 are 'known' to them in real life (about 160 per young person).
- 6,461 were NOT known to them in real life. (About 92 per young person).

Contrary to the trend that is revealed in the above statement; it is advisable that children only have friends online that they know in the real world. Facebook has an age restriction that means children should be 13 years old to set up an account. If a child has a facebook account, it is important they make sure that the privacy settings are set to friends, to limit who can view their posts.

The Core Programme covers Internet safety at KS2 and 3. Check online for our great teacher resources that accompany these lessons at www.schoolbeat.org.

What's New?

Assemblies – KS2 and KS3 Anti Social Behaviour Alcohol

New Anti Social Behaviour Teacher Resources KS2 & KS3 Wildlife Crime (These resources are located in the Teacher section of the website. The notes and resources are to be found with KS2 'Ididn't think' ASB lesson and KS3 'Kiddo's Choice' ASB lesson).

New Parents Section

The Parents Section has now launched and has lots of very helpful information and advice. There is a useful up to date drugs index that includes information on New Emerging Drugs (NEDs), for example Mephedrone.

Between September 1 and November 30th 2012, the Schoolbeat website has had 11,416 visitors with some people visiting on more than one occasion taking the tally of hits to 22,052. Have you been one of our visitors? If not, why not drop by soon and check out all the superb, info, resources and advice.

Coming Soon!

Internet Safety Week
February 4th – 8th 2013

Internet Safety assemblies; developed in partnership with CEOP (Child Exploitation Online Protection) can be delivered by School Community Police Officers in your school, if requested.

'First 2 A Million'

Check out the excellent new resource from CEOP, 'First 2 a million' at **www.thinkuknow.com**.

The film explores the issues around posting on the Internet and consequences to choices made by the characters in the film. The film presents the question to young people, "Have you ever done something you regret? Ever shared something and wished you hadn't? Would you know what to do and where to turn if you did?"

Through an interactive film young people are invited to, "Find out what it's like when things spiral out of control". It's a film with a difference – putting the viewer in control of the outcomes.

Internet Safety Event with the Disney Store Cardiff

School Community Police Officers will be present in the Cardiff Disney store on 2 February 2013 to chat with parents about their concerns around online safety.

Regional Quiz Results

Health Minister, Lesley Griffiths commented, **"I would like to congratulate all schools participating in the quiz and I am confident that the skills and knowledge they have gained from this experience will be invaluable to them now and in the future."**

Congratulations to all our regional winners…

North Wales:
Ysgol Uwchradd Bodedern
Anglesey

South Wales:
Llangatwg Comprehensive
Neath

Gwent:
Caldicot Comprehensive School

Dyfed Powys:
Sir Thomas Picton
Haverfordwest

Drug in the spotlight!

Key Facts about Mephedrone use and supply in Wales

Young people and school children are a particular high-risk group as they appear to be more likely to try unknown drugs and are more greatly influenced by peer pressure. They are also being targeted in several areas by Mephedrone dealers to establish a market. In some areas school children have been offered tasters for less than £1. Some dealers are even cutting Mephedrone with Heroin to sell to young people to get them addicted to Heroin.

There are several factors that seem to have contributed to the increase in use of Mephedrone.

- Mephedrone is easily available in many areas of Wales
- It is cheap compared to other drugs, on average £10-20 per gram
- It is generally better quality than Heroin and Cocaine, but with a similar effects to Ecstasy and Cocaine
- Demand for Mephedrone is high due to the poor quality of Heroin available
- Heroin addicts view Mephedrone as a 'safe way' to get off Heroin, as it helps reduce withdrawal symptoms
- Mephedrone is used as a cutting agent with both heroin 'speedballing' and Cocaine marketed as Gogaine.
- The drug seems to be popular with young people in Wales as it is perceived as being a 'fun' drug and the dangers are not the same as Heroin

Mephedrone became a Class B substance on 16 of April 2010.

The British Crime Survey estimates that in the highest user age bracket of 16 to 24 year olds, 3.4% or around 300,000 used Mephedrone during 2011/12.

Although England has seen a reduction in Mephedrone use, Wales is currently seeing a significant increase in usage.

The profile of those charged with Mephedrone offences in Wales is overwhelmingly male (over 90%).

Areas of higher prevalence of Mephedrone offences appear to correlate primarily with rural areas or urban areas of higher depravation.

Over 60% of users reported that they used the drug for longer and in larger amounts than originally intended when they began.

"Mephedrone remains the fourth most prevalent illegal drug in the UK, after Cannabis, Cocaine and Ecstasy."

Mephedrone offences recorded in Wales increased by 83% in 2011/12. There were 530 offences compared with 289 in 2010/11

SchoolBeat.org

Information on the web for teachers, pupils and parents on:

Drugs and substance misuse

Personal safety

Social behaviour and the community