

# Online Safety Newsletter

# April

“Technology is not the problem. It is how we use it!”

## Digital Resilience

I thought I would take the opportunity to go over digital resilience in April's newsletter. We have had lots of bookings recently asking around cyberbullying, sexting and online gaming. I am talking and recommending to parents and schools to make sure we are focussing our online safety work around digital resilience. Resilience is based around young people recognising when they are at risk, and knowing what to do. If we can make children more resilient they are more likely to stay safe when anything bad happens. It is really important parents set consistent boundaries around online safety within the home. Young people will make mistakes but that's the best way for them to learn and we need to help them recover. **Schools can promote resilience by working on soft skills like empathy and self-esteem.** Resilience is not about toughing up children. Children need to take risks, and learn that they can recover when things go wrong. It's ok for us not to understand all the areas online or apps that young people use. But we do know what is good, bad and dangerous. However by discussing and sharing values will help young people process their experiences. We do need to talk to young people about challenging content online they may come across from very thin models to animal cruelty. By talking to young people about difficult things the issue will be much easier to manage.

## Live streaming apps – what are they?

Live streaming apps are instant meaning there is no moderation. Young people enjoy using them as it's like being in their own reality TV show. My research suggests Musical.ly is a popular area for year 5, 6 and 7.

### Musical.ly

- A free social media network where users can create and upload videos of themselves for one minute
- People film themselves dancing or lip-syncing to their favourite songs.
- The videos can then be shared across Facebook, What's App or Twitter
- Age limit is 13 or get permission from someone over 18.

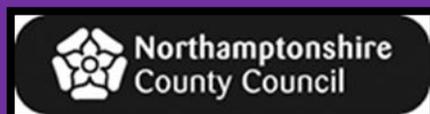
We are now on Instagram. Give us a follow: **nccybersafe** the account will be advice around **self-esteem** and **online safety**. We wanted another social media account to support parents, schools and practitioners to help keep young people safe online.



## Report: Safety Net – Cyberbullying's impact on young people's mental health: Inquiry Report

Another interesting report came out a few weeks ago, that I recommend you take a look at. I have summarised just some of the key findings.

- The average age of children getting a smart phone is 10 years old
- 82% (most popular) of young people use Youtube
- 61% of children first created their social media account before the prescribed age limit of 13
- Time spent on social media increases with age: 37% of 16 and 17 year olds using social media for more than four hours a day.
- Young people are the heaviest users of social media are most vulnerable to low wellbeing and symptoms of anxiety and depression.
- **Impact of bullying and self-esteem** – being exposed to negative messages or other forms of bullying can also reinforce negative beliefs that children and young people hold about themselves, their lives and their future



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