Children & Young People – Healthy Relationships Online

tender
acting for healthy relationships

Aims of this Session

- To develop a good understanding of the risks and potential online harms children & young people can experience when using technology and online platforms.

- To develop further skills and knowledge to support children and young people when using technology or online platforms.

- To identify, locate and name sources of support for parents, carers and young people.

The school is working across the year
with the charity **Tender** to deliver **RE:SET;**
the online toolkit that supports schools and education settings in exploring, adapting and resetting their existing relationships education across the whole school.

- Staff Training -

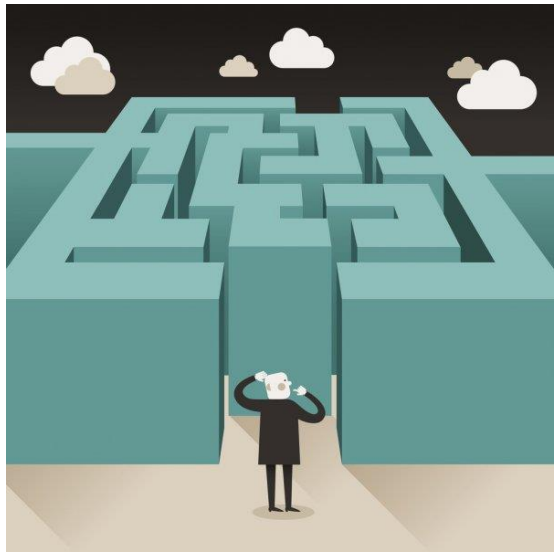
- Campaigns & workshops with students -

- Parents & Carers Information Sessions -

- Teaching resources & bespoke support -

Who are Tender?

Tender **talks** to children about having healthy and safe relationships.



Tender **challenges** any ideas or opinions about relationships that are harmful or unkind.

Tender **listens** and **supports** children to say what they think about relationships and **to get help** if they need it.

Group Commitment

- Take care of yourself
- Consider your responses
- Confidentiality
- Intersectionality
- Time Keeping
- Anything else?

Why is **RE:SET** important?

- Every school across the UK is required to teach relationship education. The government made this a requirement in 2020 and underlined the need for children to stay safe and prepare for life in modern Britain. The government also said the change was brough in because of increasing concerns around child sexual abuse and exploitation and the risks associated with growing up in a digital world.

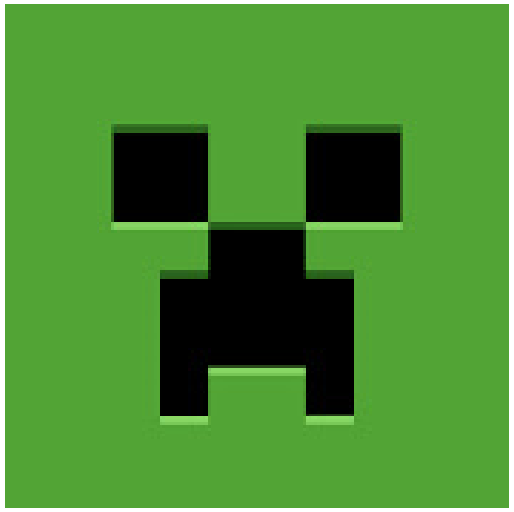
- RESET is a whole school approach, which means all parts of the school works together and are committed to a shared goal of ending gender-based violence. It is a partnership between senior leaders, teachers and all school staff, students as well as parents, carers and the wider community to embed change.

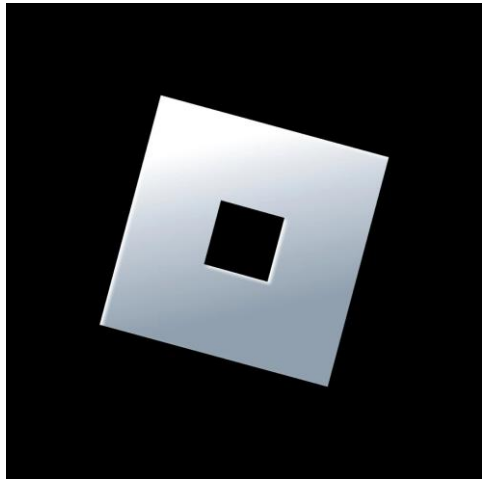
What digital technology do we use, including different devices and platforms?

What are the benefits of using this technology?

What might be the consequences if we didn’t have this technology?

What icons do you recognise?





Potential for Online Abuse & Risks

- Social Media
- Calls and Texts
- Emails
- Airdrop and File-Sharing Apps
- Online Forums
- Live Streaming Sites
- Gaming Sites
- Tracking Devices

What are the key take-away messages about the risks of online platforms?

- Oversharing
- Sharing their location
- Talking to people they don’t know
- Sending or receiving inappropriate content
- Unrealistic sense of body image or reality
- Obsessive focus on likes and comments

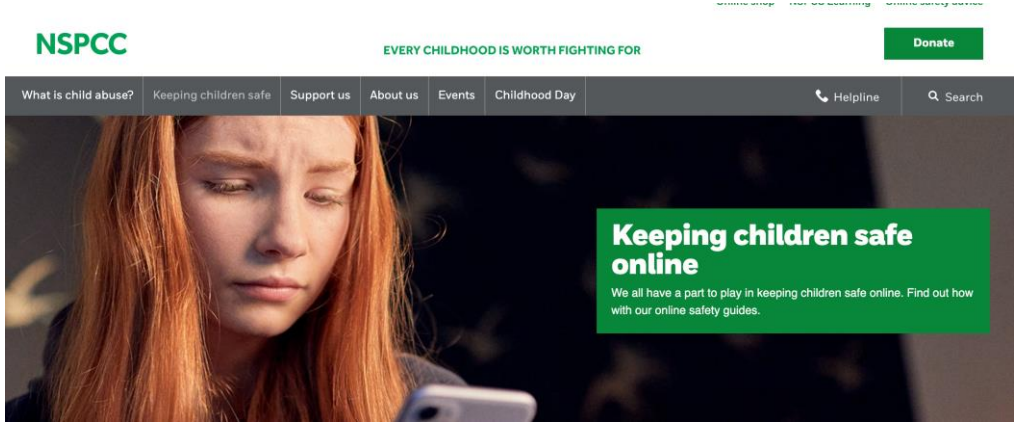
How do I talk to my child about having healthy relationships online?

- Be open-minded and remember why people use the internet.
- Talk about it often.
- Think about how, when and where you're going to talk to them.
- Do your research and be willing to learn.
- Check in on parental controls/settings.
- Create an agreement, together.

Tips to keep your child safe while gaming

- Sign up with the correct age
- Build a list of age-appropriate games
- Explore communication settings
- Explore the platform together
- Have regular conversations about gaming
- Check out the NSPCC Online Safety Hub
- Pan European Game Information - PEGI provides age classifications for video games in 38 European countries. The age rating confirms that the game content is appropriate for players of certain age. PEGI considers the age suitability of a game, not the level of difficulty.

Specialist Support



The Cyber Helpline

Supporting victims of cybercrime

GET SAFE ONLINE .org

CEOP

REPORT REMOVE

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

3. Get help and support

For parents / carers

NSPCC
Free support and advice for adults concerned about the safety or wellbeing of a child.
0808 800 5000
nspcc.org.uk

O2 | NSPCC
Free online safety support and tech advice.
0808 800 5002
nspcc.org.uk/onlinesafety

family lives
Free, professional, non-judgmental support and advice.
0808 800 2222
familylives.org.uk

YOUNGMiNDS
fighting for young people's mental health
Free, confidential, expert advice on how to support young people's mental health & wellbeing.
0808 802 5544
youngminds.org.uk

For children

childline
Providing help and support for under 18s.
0800 11 11
childline.org.uk

THE MIX
Providing help and support for 13–25 year olds.
0808 808 4994
themix.org.uk

Do you have any questions?

Tender
acting to end abuse