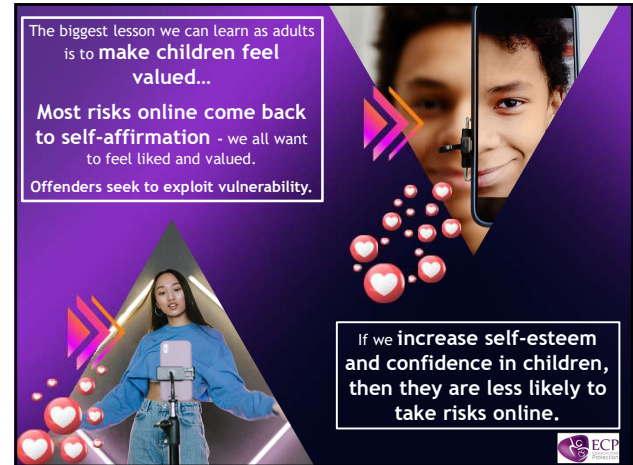




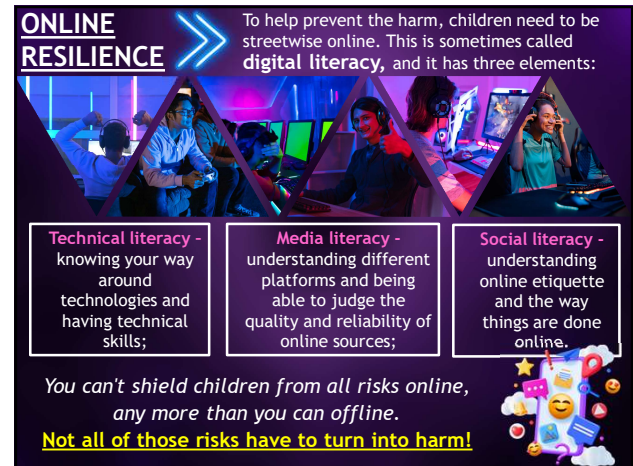
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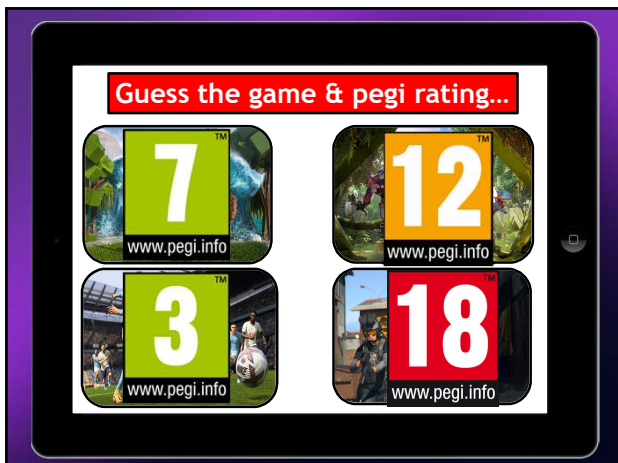
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5



6

## Addicted to Gaming?

Gaming addiction is officially recognised by the WHO (World Health Organisation) as a mental health condition.

- Feeling agitated, anxious, or depressed when unable to game
- Little or no interest in other activities
- Ignoring personal hygiene
- Decline in work or academic performance
- Lying about the amount of time spent gaming
- Staying up late gaming at the expense of adequate sleep

7

## GAMBLING WITHIN GAMING PLATFORMS

The interface shows a 'Recommended Gambling' section with categories: SLOTS & CASINO, POKER, SPORTS BETTING, TABLE GAMES, and DICE. Below this, there are sections for SKINS, LOOT BOXES, and ESPORTS.

8

## Gamer's Parent Support

- Discord (13 icons):** Stay connected with your teen through discord's family centre.
  - an activity dashboard accessible in Discord
  - A weekly email summary of your teen's activity.
 It shows the number of messages or calls they've made, new friends added, and active server participation.
- Twitch (3 icons):** Streamers can now apply specific tags to their own content.
  - Twitch has a guide designed to help parents, educators, and other adults navigate the platform
  - In 2022, Twitch implemented a ban on gambling activities.
- Kick (18 icons):** Kick offers a much more generous revenue split for creators.
  - Some streamers even receive sponsorship to indulge in hours of continuous gambling.
  - Offers a variety of popular streams for users to watch, including gaming, gambling, and real-life (inappropriate) content.

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## Spotting the Signs of Harm

Changes you may notice in those affected by gambling could include:

- Preoccupation with gambling.
- Missing coursework deadlines.
- Withdrawal from social events/ friendships groups.
- Changes in mood & behaviour.
- Secrecy - chasing losses.
- Borrowing money.
- Unexplained debt/ new or extra money/ possessions.
- Feeling anxious and worried.

10

## Blocking Software

Blocking software is a type of computer programme or app that stops you looking at specific websites or services.

Many people use blocking software tools if they find it hard to control their gambling.

There are two kinds of blocking software:

1. Gambling-specific blocking software, which is designed to block gambling websites.
2. General blocking software, which is designed to block any sites you want and set access permissions or parental controls.

Logos shown: TALK BAN STOP, GamCare, Gamban, GAM STOP, GAMBLOCK, betblocker, Net Nanny.

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## Inappropriate or Explicit Content

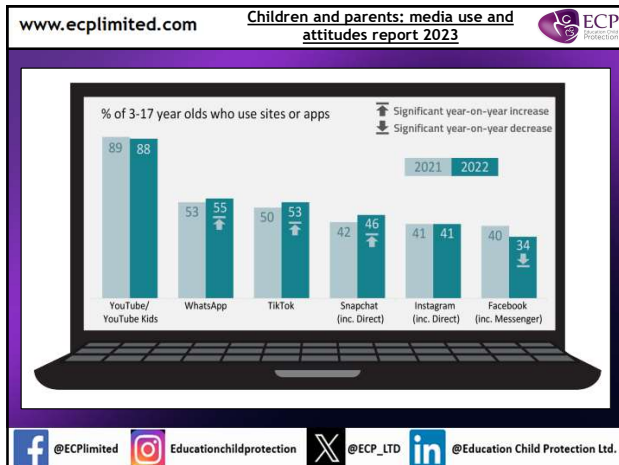
The NSPCC found that 56% of 11-16 year olds have seen explicit material online.

- Sexually explicit material.
- Pornographic material.
- False or misleading information - including content disguised as support.
- Content containing profanity or vulgar language.
- Pro self-harm / eating disorder content.
- Sites that encourage vandalism, crime, terrorism, racism, eating disorders or suicide.
- Extremism.
- Hateful or offensive material.
- Sites that promote hate.

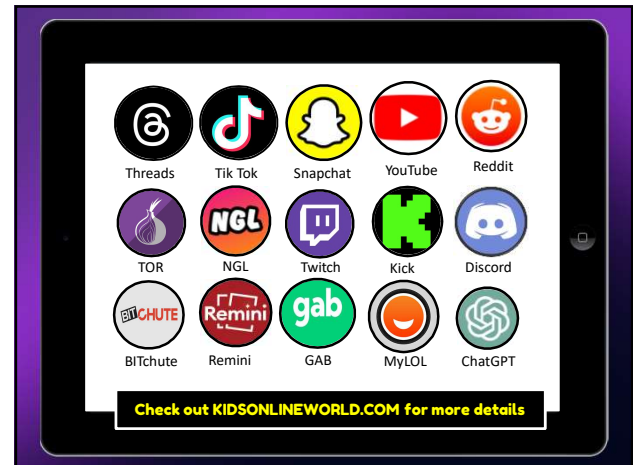
Logos: ECP Protection, KIDS ONLINE WORLD.

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13



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### Monitoring Online

Internet matters.org

How to set up the parental controls offered by BT  
Video guide from BT about how to set up parental controls.

How to set up the parental controls offered by Sky  
Video guide from Sky about how to set up parental controls.

How to set up the parental controls offered by BT  
Video guide from BT about how to set up parental controls.

Quostodio Parental Control  
Best Apps

Mobiclip  
Best for Activity Scheduling

Bark Premium  
Best for Social Media Monitoring

Boomerang  
Best for Android Device Monitoring

FamilyTime Premium  
Best for Mobile Users

LOCATEGY  
Best for Location Tracking

Net Nanny  
Best for Online Monitoring

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### Live Streaming

What could go wrong?

- LIVE** Reveal Location
- LIVE** Lack of control
- LIVE** Could be recorded

**Key message for children: Remember... online behaviours should mirror how you behave offline**

16

**XXX**

Sharing nudes is when someone sends a naked or semi-naked image or video to another person.

**Self-generated Imagery**  
127,732 reported as 11-13-year-old girls.  
63,057 were 7-10-year-olds, a 123% increase.

The impact that the sharing of these nudes and semi nudes can lead to is shame, embarrassment, bullying, emotional distress, blackmail.

ECP

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### Why are children & young people sending nudes or semi-nudes?

- Joining in because they think that 'everyone is doing it'...
- Boosting self-esteem 'for the likes'...
- To get attention and to connect with new people on social media...
- They may find it difficult to say 'no', if the person is someone they have feelings for...

?

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## Cyber/ Online Crime laws

**S160 of Criminal Justice Act 1988**  
Taking, making, sharing or keeping naked or semi-naked pictures of a child

**Malicious Communications Act 1988 / Communications Act 2003**  
Sending of grossly offensive, indecent, obscene or menacing messages or include false information

**Protection from Harassment Act 1997**  
Harassment / Stalking

**10**

19

## Cyberbullying

Trolling	Flaming
Roasting	Doxing
Outing	Dissing
Griefing	Denigration
CD9	Ghosting

**Understanding their language**

20

## Challenges of Social Media

- Unseen Pressures...
- Constant Validation
- Social Comparison
- Advances in tech - AI
- 'Living an Insta-lie'...
- Social Influencers

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## Challenges of Social Media

- Time for a digital detox... ☒ YES ☐ Save for later
- I must BE PRESENT!!! Prioritise offline connections... ☒ YES ☐ Save for later
- I must set boundaries including digital agreements ☒ YES ☐ Save for later
- \*\*RESTORE BALANCE!! I NEED TO... Protect my mental wellbeing... ☒ YES ☐ Save for later

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## Cyberbullying

Research completed by 5,294 individuals aged 16-84 years from Swansea University found 83% of social media users surveyed were recommended self-harm content on their personalised feeds, such as Instagram's 'explore' and TikTok's 'for you' pages, without searching for it.

Worryingly, 76% said they had harmed themselves more severely because of viewing self-harm content online.

**SAMARITANS**  
How social media users experience self-harm and suicide content

23

## Cyberbullying

Unrealistic expectations of body image & performance.

What are the risks of viewing pornography?

**18+**

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## How will the **Online Safety Act 2023** help keep children safe?

Companies must prevent children from accessing content that is harmful or age-inappropriate.

This includes content depicting, promoting, or facilitating:

- Pornography
- Serious violence
- Bullying
- Self-harm
- Pro-eating disorder

*Child Sexual Abuse  
Controlling & Coercive Behaviour  
Extremism  
Pro-Suicide*

This will be regulated by OFCOM.



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## What is intimate image abuse?

Intimate image abuse is the act of sharing (or threatening to share) intimate images or videos of someone, with or without their consent and in order to cause distress.

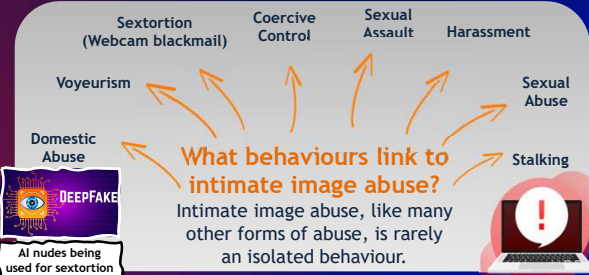
We try not to use the term 'revenge porn' as we believe it is misleading; it's not always an act of revenge and the content is not pornography. **It is abuse.**

**What behaviours link to intimate image abuse?**

Intimate image abuse, like many other forms of abuse, is rarely an isolated behaviour.

Behaviours linked to intimate image abuse include: Sextortion (Webcam blackmail), Coercive Control, Sexual Assault, Harassment, Voyeurism, Domestic Abuse, Stalking, and Sexual Abuse.

**DEEPFAKE**  
AI nudes being used for sextortion scams!



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## HOW TO PREVENT SEXTORTION

- DON'T POST TOO MUCH PERSONAL INFORMATION
- USE YOUR SOCIAL MEDIA PRIVACY SETTINGS
- USE A NICKNAME ON DATING SITES
- NEVER ACCEPT UNKNOWN FRIEND REQUESTS
- DON'T CLICK ON LINKS OR DOWNLOAD FILES
- COVER YOUR WEBCAM
- INSTALL GOOD ANTIVIRUS SOFTWARE

CALL YOUR LOCAL POLICE  
101 IN AN EMERGENCY ALWAYS CALL 999

NCA National Crime Agency

CEOP Revenge Porn Helpline

REPORT REMOVE

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

SAMARITANS

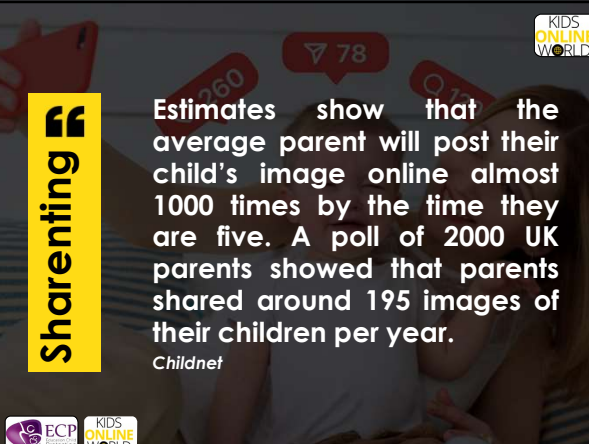
PAPYRUS

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## Sharenting

Estimates show that the average parent will post their child's image online almost 1000 times by the time they are five. A poll of 2000 UK parents showed that parents shared around 195 images of their children per year.

Childnet



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## How do you keep yourself up to date?

**KIDS ONLINE WORLD**

Believe in children Barnardo's

National Gambling Helpline 0808 8020 133 GamCare.org.uk

PAPYRUS common sense media

NOS National Online Safety

NSPCC YGAM

childline ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111

SWGfL Safe, Secure, Online

CEOP

internet matters.org learn about it / talk about it / deal with it

Ofcom

UK Safer Internet Centre www.saferinternet.org.uk

REPORT REMOVE

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

INEQE SAFEGUARDING GROUP

Childnet International

**You must talk to your young people - this is where your greatest learning will come from!**

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## Pop over to KIDSONLINEWORLD

KIDSONLINEWORLD

www.kidsonlineworld.com

E-Safety Updates

QR code linking to www.kidsonlineworld.com/sign-up.html

Focus on... HOW DOES IT WORK? IS IT SAFE... TOP TIPS... FORTNITE

www.ecplimited.com

info@ecplimited.com

ECP Protection

Instagram: @ECP\_LTD @ECPLIMITED @EDUCATIONCHILDPROTECTION @ECP\_LTD @EDUCATION CHILD PROTECTION LTD

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