



Safeguarding Update

October 2021

Issue 34



Managing social media

Over the past few years, our lives have been disrupted greatly and usual routines have changed for most of us. Whilst social media can be an effective tool for staying connected to friends and family, it can also be a place where negative language and imagery is regularly

shared which can have a negative impact on mental health and wellbeing.

Anna Freud have created a booklet that aims to highlight some key social media issues and offers advice and guidance on how to minimise the impact of social media on mental health.

Click here to access the booklet:

<https://www.annafreud.org/on-my-mind/managing-social-media/>



If you're concerned about a child call 0300 470 9100



The alliance of organisations working together to deliver the new emotional

wellbeing and mental health service for children and young people in Surrey, is delighted to announce the new service name: **Mindworks**

Surrey also has a brand new website: www.mindworks-surrey.org providing children, young people, families and carers with information about services, advice and resources. It is a source of essential information, including how to ask for help in a crisis via the 24/7 Crisis Line.

NSPCC

The NSPCC have recently reported a significant increase in online grooming. Figures from a

freedom of information request to 42 police services in England and Wales have found that:

- In 2021 there is was an all-time high, a jump of around 70%.
- Snapchat and Instagram were the most common tools used by offenders.
- There were 5,441 offences of sexual communication with a child recorded between April 2020 and March 2021.

There can be little doubt that lockdown played a significant role in this and a couple of important points are made:

- These are recorded offences; it is widely suspected that the majority of offences go unreported and undetected.
- Although the most common tools used by offenders to groom children were Snapchat and Instagram, grooming can happen anywhere, e.g. it can start in a game and lead to private chat within an app or within the game.

Advice

Talk to your child. Their online lives and the myriad of games/apps they are using can appear overwhelming, but unless you understand their online lives, the support you can give them is limited.

Use parental controls. All games, apps and consoles come with parental controls such as turning off chat. Many children and young people use gaming for socialising with their friends so if you do allow them to chat, keep a watchful eye on their friends list.

For further advice on setting parental controls, please visit:

<https://www.saferinternet.org.uk/>



In December 2020, the government announced that a future Online Safety Bill will place a legal duty of care on tech companies to protect young people on their platforms. Their goal is to make the UK the safest place in the world to be a child online. To join the campaign or for further information, please visit:

<https://www.nspcc.org.uk/support-us/campaigns/end-child-abuse-online/>