

General Safety

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When children reach Secondary School, they are suddenly exposed to a much wider pool to choose their friends from. Whilst they may initially stick with kids they know from Primary School, eventually and naturally, they will form new friendships with children they didn't previously know.

Any new worries/pressures mean your child could be vulnerable to peer pressure / manipulation.

This session will look at Online Safety, Exploitation and Drugs.

Online Safety

78% of under 13 year olds have a Social Media account despite being below the age requirement.

96% of 13 – 18 year olds have a Social Media account such as Facebook, Instagram, Snapchat and Whatsapp.

A recent study by **Childwise** showed teenagers were now using online services, such as social networks and on demand services like YouTube, more than they are watching conventional television channels.

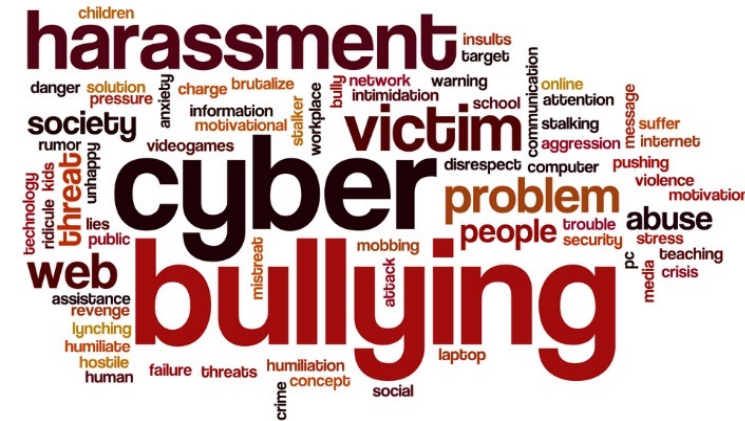
53% of 11-16 year olds have seen explicit material online.

94% of those had seen it by the age of **14**.



Online or Cyberbullying can take the form of many behaviours including:

- Harmful messages (text, voicemail, email)
- Uploading or forwarding photographs/videos of another person that leads to their shame and embarrassment
- Impersonating another person online
- Sharing private messages
- Excluding people from online groups



Screenshotting

Screenshotting is when someone takes a copy of their screen and stores it as a picture. **Anything** on a screen can be screenshotted.

What are the risks?

Screenshotting means that images and messages which are thought to have been sent privately, can be recorded, stored and shared with others, without the sender knowing about it.



As Youth Officer, I am called more and more into schools to talk about offences which are being committed by young people, mainly through the use of their phones.

These offences often are due to unkind language being used in WhatsApp groups. There is also a trend in using language telling young people to “kill themselves.”

The other concern is that some of this language is racist and/or Homophobic, which constitutes a **Hate Crime**.

IT IS HATE CRIME

When someone commits a crime and shows hostility towards what they think is the victim's disability, race, religion, sexual orientation or transgender identity. A hate crime could include:



THREATS



DAMAGING
PROPERTY



HARASSMENT

#!@%

@*!#



VIOLENCE



! TO REPORT HATE CRIME !

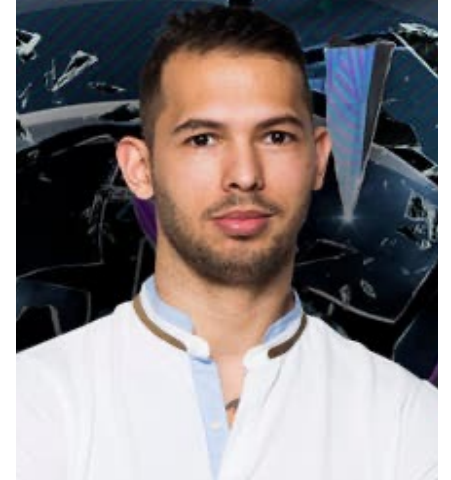
Call the police on **101** or **999** Or, contact **[stophateuk.org](https://www.stophateuk.org)**

Social media and influencers



Social media influencers have a significant impact on the way young people think, behave, and interact with the world, both positively and negatively.

Andrew Tate, has millions of online followers and is appealing to and radicalizing young men by suggesting that women are somehow the property of men, or, have only got where they are in life, because of men.



Youth Produced Imagery

Creating or sharing explicit images of a child is illegal, even if the person doing it is a child.

A young person is breaking the law if they:

- take an explicit photo or video of themselves, or a friend
- share an explicit image or video of a child, even if it's shared between children of the same age.
- possess, download or store an explicit image or video of a child, even if the child gave their permission for it to be created.



So, why do young people send 'nudes?'

- they may be 'in love' with someone and trust them completely (i.e. not feeling at risk)
- to boost their self-esteem / feeling proud of their body
- to test their sexual identity or explore their sexual feelings
- wanting to fit in with friends
- being in a long distance or online relationship and wanting the relationship to be sexual
- wanting to flirt with others, or connect with new people on social media
- worrying about being seen as 'not sexy', 'frigid', or 'shy'
- feeling under pressure, from a partner/someone's demands for a photo (especially if they are persistent) and that it's easier to give in
- feeling harassed, threatened or blackmailed into sending picture

What is sextortion?

Sextortion is a type of cyber extortion. It involves the threat of having sexual information, images or clips shared. This is done to get money from you. It doesn't always matter if the images actually exist or not.

The victim is asked to take off their clothes in front of a webcam. They can also be asked to perform sexual acts. The victim does this, believing it to be a private act, but it is not. They don't know that they are being recorded.

The offender will then threaten the victim. They may demand money. They may threaten to share the images or videos on social media, or share publicly.

So, what are some other risks of being online?

Too much screen time is bad for the eyes

Games can be addictive

Is what your child is playing/doing, age appropriate?

Who is, (or may be) in the chat room with them?

People online not being who they say they are...

If your child has a Webcam (and it's on), people may be able to see into their/your room...

Young people could open themselves up to be groomed/radicalised



Grooming

Grooming is when someone builds an emotional connection **with a child** to gain their trust for the purposes of exploitation, or trafficking.



Children and young people can be groomed :

Online

Face to face

By a stranger

OR

By someone they know

Groomers may be male, or female and could be any age.

Radicalisation is the process by which a person comes to support terrorism and forms of extremism leading to terrorism.

Extremism is defined as vocal or active opposition to fundamental British values, including democracy, the rule of law, individual liberty and the mutual respect and tolerance of different faiths and beliefs.



Who is vulnerable to being drawn into terrorism?

Radicalisation usually happens over time, during which, behaviours as well as opinions are likely to change. The changes may be apparent to friends, family and professionals coming into contact with the person involved. It is possible to intervene during the process, to prevent vulnerable people from being drawn into terrorist-related activity.

There is no single profile that could highlight someone as vulnerable to radicalisation. Individual circumstances, experiences, or state of mind, could lead towards a terrorist ideology.

The message for your young person?

Be sensible when using the internet. Only activate your camera when you want to. Make sure it is 'off' at all times when not required. Never allow yourself to be duped into activity that you will later regret.

If using video chat apps, be alert to the fact that 'contacts' are not always who they say they are. If you allow a friendship/relationship to develop, be guarded if unusual requests are made of you.

Don't keep it to yourself, or try to deal with it alone. Tell an adult you trust. It can help to talk.
Don't reply to any nasty messages you receive. Keep the messages that you've been sent so you can show someone.

Don't share, comment, or like any bullying posts. Sharing or commenting could make the bullying worse.

You may make mistakes, have doubts or need support or advice. If so, contact the Police or a support agency, immediately.

Remember, what goes on the internet, stays on the internet, forever.

Top tips to encourage your child's online safety



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.



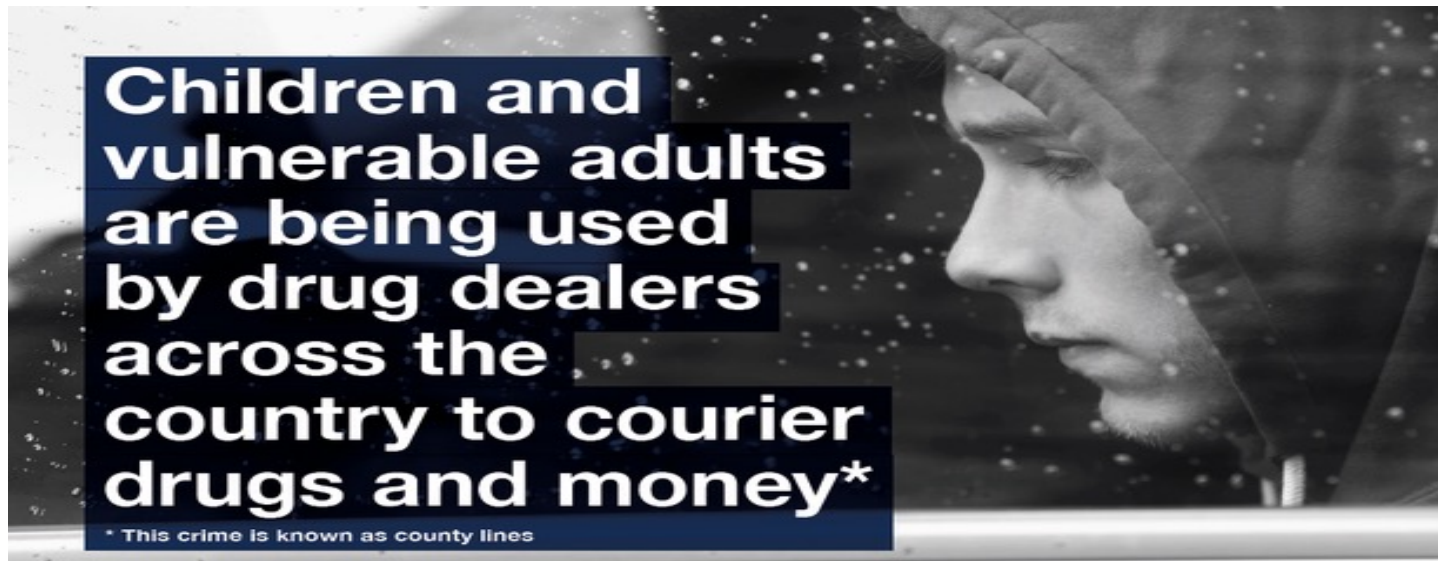
Remind your child about their digital footprint – what goes on the internet, stays on the internet - forever...

Exploitation is a form of abuse. It occurs when anyone is persuaded or forced into doing something, in exchange for something...



Children and young people can receive money, mobile phones, credit, expensive clothing, jewellery, new haircuts, food, or other items/gifts in exchange for their activities.

Gangs use their power and position to groom, recruit and exploit children and young people for the purpose of criminal gain.



County lines is a term used to describe gangs and organised criminal networks within the UK, involved in using children and vulnerable adults to transport and sell drugs around the UK.

County Lines refers to the phone lines / networks used.



Gangs recruit and use children and young people to move drugs and money for them. Children as young as 10 and up to 17 years old are recruited, often using Social Media.

They are exploited and forced to carry drugs between locations, usually on trains or coaches.

They are also forced to sell drugs to local users. The most common drugs involved are heroin and cocaine (crack and powder), but also MDMA, (Ectstasy), cannabis and amphetamines.

It is important to remember that the young person may not understand that they have been exploited.

The child or young person may feel that they have gained a new sense of status and belonging and thus loyalty towards the exploiters, who they may consider as friends, or 'family', and they believe that these people care for them.

They may enjoy the money, gifts etc they are receiving.



Spotting the signs of Exploitation



- Unfamiliar names on their mobile phones
- Talking differently – using new slang
- Interest in music which glorifies weapons/gang culture
- Substance or alcohol abuse
- Committing crimes such as shoplifting
- Going missing from school, or suddenly getting poor results at school
- Going missing for long periods of time, or staying out unusually late
- Having unexplained amounts of money, more than one mobile phone, new clothes/shoes, or 'gifts'

Cannabis (Class B)



Most common form is herbal leaves, stalks or buds. Costs around £10 for a small bag.



Usually smoked, with tobacco in a joint, or pipe, but is sometimes cooked and eaten in food.

The hallucinogenic effects of cannabis are mainly due to a compound in it called THC (tetrahydrocannabinol). It's this which makes cannabis illegal.

There's been a rise in the popularity of Edibles (cannabis infused gummy sweets). Edibles containing THC are also illegal!

Nitrous Oxide

Nitrous oxide (NOS) is a gas with several legitimate uses, (mainly medical). After cannabis, Nitrous Oxide is the most commonly misused substance among 16 to 24 year-olds in England.

People open the canister, transfer the gas into a container (usually a balloon), then inhale from the balloon.

Nitrous oxide can cause headaches, dizziness, unconsciousness or death, from lack of oxygen. It can be hard to judge the amount to use safely. Regular use can stop white blood cells from forming properly. NOS is now a Class C Drug. Possession of it is illegal!



Vaping and use of NPS

Curiosity is one of the reasons that young people might be tempted to vape, or use New Psychoactive Substances. These mimic the effects of other illegal drugs e.g. cannabis/Ecstasy. The perception of young people is that vaping is less harmful than smoking and when using NPS, that this is less harmful than taking the actual drugs.



There has been recent news coverage re vapes confiscated from school pupils, being found to contain high levels of lead, nickel and chromium. The results showed children using them could be inhaling more than **twice** the daily safe amount of lead, and **9** times the safe amount of nickel.

Some vapes confiscated by schools recently, have also been suspected of containing THC/Mephedrone.

Physical health signs of drug abuse:

Eyes are bloodshot, or pupils dilated/constricted in normal light.

Sudden frequent nose bleeds

Unexplained injuries/accidents

Changes in appetite or sleeping patterns

Unusual smells on clothes, breath, or body

Shakes, tremors, incoherent or slurred speech, unstable outbursts

Behavioural signs of drug abuse:

Loss of interest in extracurricular activities/hobbies/clubs

Lack of hygiene

Unusual or unexplained injuries

Sudden financial problems

Withdrawal from society

Sudden change or difficulty with relationships/friendships

Frequently getting into trouble (fights/arguments)

Penalties



Class A –

Cocaine, Heroin, LSD,
Magic Mushrooms,
Crystal Meth

Possession

Up to **7** years in prison
and/or unlimited fine

PWI / Supply

Up to **LIFE** in prison
and/or unlimited fine

Class B –

Cannabis, Ketamine,
Mephedrone
Synthetic
cannabinoids
e.g. Spice

Up to **5** years in prison
and/or unlimited fine

Up to **14** years in prison
and/or unlimited fine

Class C –

Anabolic steroids,
benzodiazepines

Up to **2** years in prison
and/or unlimited fine

Up to **14** years in prison
and/or unlimited fine

Any Questions?



Sussex Police

