Suicide Website!

Recently the BBC published a story about an online pro-suicide forum which has failed to be shut down despite being linked to at least 50 UK deaths. Through such websites, people (including children) can research suicide methods and resources. The BBC did not name the website but an example we know of is 'sanctioned suicide' or "SaSu." It is U.S based so avoids the UK's online safety bill. It has a chat forum where people can discuss methods of suicide, or "CTB" (catching the bus) - which is the slang they use on there for suicide.

Online Safety Bill

The Bill outlines tighter regulations on the content that adults and young people can access and enforces new legal responsibilities on companies. The act will work with Ofcom to investigate issues, issue penalties and issue guidance for social media websites and companies.

Social media platforms will be expected to:
-Remove illegal content quickly or prevent it from appearing in the first place, including content promoting self-harm
-Prevent children from accessing harmful and age-inappropriate content
-Enforce age limits and age-checking measures
-Ensure the risks and dangers posed to children on the largest social media platforms are more transparent, including by publishing risk assessments
-Provide parents and children with clear and accessible ways to report problems online when they do arise

Sextortion & Webcam Blackmail

- The IWF have reported a steep increase in reports of children being blackmailed to share sexual images of themselves by abusers, a practice also known as 'sextortion'.
- Older teens between the ages of 14-17, particularly boys, are the most targeted victims for this crime.
- Some 6% of the reports also depict Category A material, which includes the most serious instances of child sexual abuse.

Websites to look out for are: **OMEGLE - INSTAGRAM LIVE - TIKTOK/TIKTOK LIVESTREAMS - TWITCH**

These are all interactive platforms that use video and web chat to connect you to people all over the world. These can often be people you are not familiar with. There is also a risk of the person viewing the video chat or live stream, screen recording this without your consent or knowledge.

Learning Feature - Doomscrolling

Our digital world offers many benefits to young people but also poses risks to their well-being. One issue is the phenomenon of repeatedly scrolling through distressing online content, often referred to as "doomscrolling." This behaviour has a profound impact on children, making it essential for parents and caregivers to understand and address this concern.

Doomscrolling is becoming increasingly common among children, potentially exposing them to streams of upsetting news and divisive opinions. The consequences are undeniable:

1. Anxiety and Stress: Distressing content can lead to increased anxiety and stress in children. The amount of time spent alone can also lead to feelings of loneliness and detachment from real-life social interactions.
2. Sleep Disruption: Distressing content can disrupt children's sleep patterns, leading to difficulties falling asleep or staying asleep throughout the night.
3. Emotional Impact: Doomscrolling can lead to emotional distress, as children may have trouble processing the upsetting content they encounter online.

To protect, parents and caregivers must establish a routine of digital mindfulness. Here's how to start:

1. Set Screen Time Limits: Encourage children to spend a reasonable amount of time online and set specific screen time limits.
2. Personalise Content: Help children curate their online experiences by choosing age-appropriate, positive, and educational content.
3. Open Communication: Create a safe space for children to talk about their online experiences, feelings, and concerns.
4. Engage in Offline Activities: Encourage children to participate in offline activities, such as sports, hobbies, or spending time with friends and family, to balance their online presence.