Internet Safety

The use of the internet has risen massively within the last few years and with there being around a 200 million increase year on year in young adults using social media, this means there are unfortunately many opportunities for something to go wrong. There are many things to be aware of when using social media, these include hacking and cyberbullying along with many others.

Cyberbullying

Social media has become a big part of our lives, especially for those aged between 15-25, studies showed that they're to spend a lifetime average of 5 years and 3 months on social media. Many have had bad experiences online, with 60% of those surveyed said they have witnessed online bullying although most of them do not intervene. If you do find yourself offended or even being a victim of cyberbullying, there are many things you can do. Talking to someone is crucial in these situations, whether it's a family member, friend or even someone you don't know as well but are able to confide in, remember you can always talk to us at Skills for Security. There are also many helplines and websites including https://www.samaritans.org/ and https://www.stopbullying.gov.

Something else you're able to do is report it, as mentioned earlier you are always able to speak to us here at Skills for Security and as a training provider we do have processes in place in order to support you throughout and come to a solution with your best interest as our priority. You are also able to report it to the police, further information on these processes are in our Internet safety leaflet. Feel free to ask a member of staff at Skills for Security for this handout or further information.

With social media being so easy to access it is important you are aware of the impact you may have, as well as there being a possibility of you being a target of cyberbullying you also need to be careful of how you behave. Being conscious of the things you say on social media and the way you portray yourself is key in order to avoid offending anyone, be careful of the things you discuss and even your views and how you display them.

Sexual Abuse and Grooming

With many young people using social media and online gaming daily, there's a greater risk of something possibly going wrong or coming across someone dangerous. Although you might not think of it as dangerous with it only being online, it can be. Someone looking to groom a young person will often use popular sites targeted to and popular with that age group, they may interact often and be very active on both social media and gaming sites.

There are ways of reporting a case if you feel uncomfortable or unsafe, for example using https://www.ceop.police.uk/safety-centre/. CEOP is a law enforcement agency and is there to help keep children and young people safe from sexual abuse and grooming online.