![Cardinal Newman Catholic School logo — EX UMBRIS IN VERITATEM]

Online Safety Newsletter

March 2023

'**Cyberflashing**' is where somebody digitally sends sexual images or pornography to an unsuspecting person. Due to the nature of channels used to send these images, the victim will not know they have been cyberflashed until they have actively opened the notification or gone into the app.

AirDrop is a file and image sharing app, bespoke for Apple devices, which enables users to drop content for nearby devices to accept or reject. Cyberflashing most commonly occurs using Apple AirDrop, as strangers can send images to a victim's phone without having their details saved.

Supporting victims of cyberflashing and giving preventative advice.

76%

Of girls aged 12-18 have been sent unsolicited nude images

*Cyberflashing can also occur through **file sharing apps** and **social media**, especially if the perpetrator has the victim's details.*

Best practices for parents and carers (preventative):

Discuss boundaries and encourage open communication

Tell your child that their boundaries are valid and that if anything breaks those boundaries – whether strangers inside or outside of school; or even close friends or partners – then they should speak to you or a trusted adult about it straight away. Make sure that they know you will support them without judgement no matter what happens.

Check your child's AirDrop settings

If your child has an iPhone, check their AirDrop settings with them (Settings > General > AirDrop) and, if necessary, take a look at their privacy settings. The default is set to "Everyone", meaning anyone nearby can send unsolicited photos straight to your child's phone. We recommend switching to "Contacts Only" so that only friends can send photos, or even "Receiving Off" if you and your child decide this is the safest option for them.

Establish safety features of other apps

Cyberflashing still occurs through social media and file sharing apps when privacy and safety features have not been enabled. Look through your child's apps with them and set privacy settings to "friends only"; be selective about who can follow them or they can follow. We recommend using our partner Childnet's "My Life Online" conversation guide to facilitate conversation and establish rules.

Best practices for parents and carers (if your child is a victim of cyberflashing):

Keep calm and praise them for approaching you

It can be very difficult for a child to speak up about things which they perhaps don't fully know about or which they may find embarrassing. They may have gone through a lot of anxiety and worry to bring it up with you, so make sure you insist that they have done the right thing and that none of it is their fault.

Assess the situation and report

If this has happened at school, you may want to contact your child's school, as their safeguarding policies will allow them to escalate and deal with the situation. If this has happened with a perpetrator outside of school, in public, it can still be worthwhile to seek support from the school, or you may want to consider calling the local police.

Change your child's phone settings

If your child has an iPhone, check their AirDrop settings with them (Settings > General > AirDrop) and switch the default from "Everyone" to "Receiving Off", or at least "Contacts Only".

Seek help from the professionals

Make sure your child is aware of the support available for victims. Provided by the UK Safer Internet Centre and operated by **SWGfL**, **Report Harmful Content** is a national reporting centre that has been designed to assist anyone in reporting harmful content online, as well as offering guidance and mediatory support to victims.

The Mix is a charity which provides free, confidential support for young people under 25 via online, social and mobile.

Online Sexual Abuse

Unwanted sexual advances on social media
Report Harmful Content detail how you can report unwanted sexual advances on the more popular social networking sites below:
https://reportharmfulcontent.com/advice/unwanted-sexual-advances/

CEOP advice
CEOP have published several articles providing further information:
What is sexual abuse?
https://www.thinkuknow.co.uk/parents/articles/What-is-sexual-abuse
Finding out your child has been sexually abused:
https://www.thinkuknow.co.uk/parents/articles/Finding-out-your-child-has-been-sexually-abused-or-exploited/

CEOP: Updated 11-18 website

CEOP Education have updated and created one area for all 11 – 18 year olds to access. This website replaces the previously separated areas for 11-13s and 14+. You can find out more here:

https://www.thinkuknow.co.uk/professionals/our-views/2022/our-new-website-for-young-people-aged-11-18/

Screentime advice

We're asked how long children should spend on their devices each day. Childnet has created a blog discussing why it is difficult to specify a limit and what you should consider. You can read it here:

https://www.childnet.com/blog/screen-time-guidance-for-parents-and-carers/

Your mental health on social media

Social media can sometimes make us feel anxious, sad or upset and affect our mental health. If you or your child need further advice or support, then one place to start could be Childline. Childline have an area on their website with advice including ways to feel good on social media, coping mechanisms, how to get support when you are being bullied online and how to access further help. https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/feeling-good-on-social-media/

'Together towards our Lord through learning, love and faith'