

DIARY DATE – August 12th



INTERNATIONAL YOUTH DAY

The United Nations' (UN) International Youth Day is annually held on August 12th to celebrate the achievements of the world's youth and to encourage their participation in enhancing society.

www.timeanddate.com/holidays/un/international-youth-day

CHILDREN AND YOUNG PEOPLE TODAY

Did you know.....

- There are 3.5 million children living in poverty in the UK today. That's 27 per cent of children, or more than one in four
- There are just over 142,950 children and young people aged between 0 and 19 living in Lincolnshire, of which 22,730 (15.9%) live in poverty
- Children in Lincolnshire have worse than average levels of obesity than the rest of England, 10.2% of children aged 4-5, and 20% of children aged 10-11 years are classified as obese
- 3.6% of children in Lincolnshire aged over 16 are not in Employment Education or Training (NEET).
- Childline reports that concerns about online bullying rose by 87% in 2012/13 from the previous year
- More than 35,900 young people contacted Childline in 2012/13 about depression and unhappiness.
- Prince's Trust recently said as many as 750,000 young people in the UK may feel they have nothing to live for, citing high unemployment rates among young people as a significant factor.

The following are the Top Ten Reasons for Contacting Childline

1. *Depression & unhappiness*
2. *Family relationships*
3. *Bullying/online bullying*
4. *Self-harm*
5. *Suicidal issues*
6. *Problems with friends*
7. *Sexual abuse & online sexual abuse*
8. *Physical abuse*
9. *Puberty & sexual health*
10. *Mental health issues*



There is no doubt that we are all surrounded by technology which opens up a whole new and exciting world and offers many opportunities that previously were not dreamed of. However it is important to understand how to stay safe in this digital world. Below are some tips to help you stay safe:

- Use anti-virus software and make sure that you keep it updated
- Check a website is secure before entering private information such as passwords or payment details - a padlock symbol or https should appear in front of the web address
- If you receive an email from a stranger, think before clicking on a link or an attachment - it could contain a virus
- Unplug your webcam, cover the lens or point it at a blank wall when not in use
- Use privacy settings to control who sees your information
- Don't meet up with people you've met online - not everyone is who they say they are
- Don't post anything cruel, nasty or offensive, even if you're angry. You never know how it'll affect someone and you can't take it back

ON-LINE GROOMING

What is online grooming?

Grooming is a process used to prepare a person for sexual abuse. An offender's aim when grooming will be to gain access and build a relationship with that person. Grooming can take many different forms, from one off contact which may include sexual advances, to a series of events over time. It may start with an adult scanning websites to identify a vulnerable person or befriending a child, perhaps by pretending to have common hobbies or interests or using flattery to trick a person into trusting them.

Online it is easier for an offender to lie and gain one to one contact for example through a social networking or gaming site. They can share images or videos relating to their claimed common interests and build a 'relationship'.

Online grooming can be quite difficult to recognise and you may not be being groomed. **However**, it is better to be over cautious.

The following are some 'clues' to look out for that someone *might* be trying to groom you online. If someone

- asks for identifying personal information about you or someone else, especially early on in the relationship
- is interested in exactly where you are, and who is with you or near you
- wants you to keep your 'relationship' a secret from others
- tells you things which make you feel uncomfortable
- asks about your sexual experience, or how you feel about doing certain sexual things
- is interested in what you are wearing
- wants to know if you have a boy or girlfriend
- is interested in your timetable or schedule, e.g. when you will be alone
- wants to communicate with you (phone, text, chatroom etc.) at weird hours, e.g. when everyone else is in bed or out
- is interested if you are unhappy or lonely, and whether you get 'enough attention' or get along with your parents/family
- wants to meet with you alone or in secret
- wants to send you a mobile phone so they can talk with you
- wants you to send them pictures of you or of other people, and/ or wants to send you pics of themselves
- wants you to go to websites that contain pornography
- is much older than you and wants to be friends
- gets angry at you and tries to get you to 'make up with them'
- wants to send you gifts that you think are excessive (over-the-top in value or, are of a very personal nature)
- asks you to move your webcam so they can see certain things.

The above list is a list of *potential* clues that the person you are communicating with is trying to groom you. Even if only one 'clue' applies to you, it should still be taken seriously.

IF YOU OR SOMEONE YOU KNOW IS BEING ABUSED ONLINE INCLUDING GROOMING, BULLYING, THREATS, ETC SPEAK TO A RESPONSIBLE PERSON WITHOUT DELAY AND/OR ACCESS HELP BY VISITING A SUPPORT WEBSITE:

www.ceop.gov.uk

www.thinkyouknow.co.uk

www.safertinternet.org

www.cybermentors.org.uk

www.childline.org.uk

www.stopitnoe.org.uk