#DITTO

STAY SAFE ● HAVE FUN ● REPEAT

EDITION 11 : JANUARY 2018

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Foreword from Alan Mackenzie

Welcome to Edition 11 of #DITTO

Hi there, I'm Alan Mackenzie.

I'm an independent consultant specialising in online safety, specifically within education to children, young people, schools and other organizations, and parents.

I'm a strong believer that technology, for the most part, is neutral; behaviour is the most important aspect.

To understand behaviour, we have to be a part of children's lives in order to understand what they're doing with technology and why.

We have to be curious and guide them to realise the wonderful opportunities that the online world gives to all of us, and be there to support them when they need it.

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A very happy new year to you and I hope you had a wonderful and relaxing break.

If you're anything like me, there's now total regret of the typical over-indulgences and complete confusion how my clothes have shrunk!

Anyway, 2017 was an exceptionally busy year in the online safety world and the indications are that this trend will continue in 2018. Hopefully this is a good thing; there is still so much we don't know about behaviours in the online world, but as long as the trends are in the right direction regarding good evidenced-based research that filters into education so that we can better help children, young people, schools and parents that 's great.

Of course there's much more to it than that, 2017 was the year where we saw the general public really starting to question whether our online world could be as open and largely unregulated as it currently is, where a small number of companies dominate everything we do and simply pay lip service to the safety and welfare of our children.

I think we're going to see changes in 2018. Let's hope so, and let's hope it's for the better.





Do you deliver training?

Every time I send out a new magazine I get a few emails asking if I deliver on-site training. The answer to that is yes; myself and the other contributors (Cath and Wayne) are specialists in our own particular areas and are able to offer training over a range of subject areas across all age ranges, for example a talk to a group of Year 6's would be completely different to a group of Year 8's or Year 11's, different to parents and school/college staff.

If you are considering on-site training from any specialist you need to consider how that person can enhance what you are already doing, that's the primary purpose of a specialist (or consultant), to go deeper into a particular area, to assist with areas that you are not comfortable with or don't have experience with and provide you with support.

Feel free to contact any of us if you feel we can help in any way.

Alan Mackenzie

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Opinion



Reflections on 2017

Human behaviour is as diverse as it is extraordinary; we are all unique individuals in so many ways. The world is full of generous, care-giving people who go out of their way to help others, and yet at the other end of the spectrum there is an untold number of people that will do the most evil things we could never imagine.

We all have a moral compass, we have values and ethics and most of us live our lives within the boundaries of the law and the values that our parents taught us. Some of those laws and values we may not like or agree with, but we know they are in place for good reasons.

So why is online different? How have we got to this place in time where we have just over half the population of the planet virtually connected who can pretty much do or say what they want?

There are a great many reasons and it's a debate that could go on forever, but for today I just want to concentrate on the moral compass and values of the few companies that dominate our online space and interactions, those spaces where our children are most likely to go.

To be clear, I'm not one of those people that blames technology or those entrepreneurs that build apps, we all have to make a living; I'm a strong believer that individual responsibility and the choices we make are key to all of this, but within that context there is also the social responsibility of those companies who are giving us this tech.

For example, YouTube. Such an amazing online resource which I use on a daily basis. And yet you will either have seen or heard of some of the vile content that is available on YouTube. Some of your children may well have seen this content and certainly a minority of the children and young people I speak to are understandably

disturbed or traumatised by this content. Then you've got the 'comments' section where people can leave their feedback. A lot of the comments are constructive; on the other end of the spectrum are the faceless keyboard warriors looking to get a reaction.

Disturbing content such as this is nothing new, it has been around since the web was invented, more specifically since Web 2.0, when interaction became the norm just prior to 2005. So here we are, 28 years after the world wide web was invented, almost 13 years since we really started to see 'social' take off, and yet we're still in the same place, arguably worse that it has ever been.

2017 was when we started to see the public and governments start to take more notice, far more than in any previous year. Where people are starting to realise this free and easy online world simply isn't working; where elections can be swung, the democratic process can be altered, celebrities are trolled and sexually harassed and so much more. And here's the thing that really frustrates me - why does it take the voice of a government or a celebrity for things to start changing, for companies to accept that they have a social responsibility? The answer is simple, money! When big voices start to question things, to complain and challenge, to threaten with taxation or new laws, ad revenue will go down, shares might drop. Money talks!

As a society, we have to take the blame for this, the older generations, not the children. We have allowed these small number of dominant companies to do as they please, to push boundaries beyond all recognition and we have believed them when they say "We'll try harder."

So I come back round to human behaviour, social values and the moral compass. I cannot for one moment believe that these companies weren't aware their platforms were going to be abused by a minority, after all they supposedly employ some of the brightest people in the world. But all too often they rely on algorithms, public reporting and a small number of moderators. In other words:

- Algorithms - relying on technology to contextualise human behaviour.
- Public reporting - most people won't report, they just click away.
- Moderators - the number of moderators individual services provide is an unknown. But as an example YouTube have reported that, in response to public concern, they will increase their moderators to 10,000 sometime soon. Sounds like a lot, but when hundreds of hours of content is uploaded every hour, it doesn't scratch the surface.

These companies will tell us that their products are free, and therefore there must be a balance. There is an argument there but I largely disagree; we're not the customer, we're the product. Our personal information, our viewing habits, our clicks and likes are worth a lot of money in bulk which in turn is used to feed us personalised advertising.

I accept that there is a balance, but that balance should be within the confines of our social norms and driven by a moral compass that puts safety, wellbeing and human moderation that is scaleable at the top of the agenda. Technology can help with that, but only to a certain degree, it cannot be relied upon, and neither can the "We'll do better" attitude we see all too often.

Until that happens, if it ever does, the problem lies with you and me; the educators, the parents and many others to help our children navigate what is largely a very positive online world, but with some very serious issues in clear view of everybody.

Alan Mackenzie



DOING IT TOGETHER

Advice for parents

Over the last year or so it has been interesting to see the range of questions I get at parents training events shifting slightly away from "How do I keep my child safe on "device or app" to more health and wellbeing type questions, such as "How do I keep them off devices", "Stop them playing for so long on games", or "Continually talking to their friends until all hours?"

To be honest these are more parenting questions than they are safety questions, but nonetheless they are very important. But as simple as the questions are the answer isn't easy, neither is there a one-size-fits-all answer.

For example what age are your children? Are they on their devices endlessly playing games or watching YouTube? Or are they using their devices for useful tasks such as learning, creating and communicating? Is it causing issues such as arguments at home?

Children, regardless of age, live within important boundaries whether at school or at home. They may not like all those boundaries but they know they are in place for good reason. Sometimes they will break those boundaries and they need to be brought back on track with sanctions, or even be rewarded for continually adhering to those boundaries.

At school, children are allowed to use technology, but their use is strictly enforced within an 'Acceptable Use Policy' and you can usually find this on the school website; you may have been asked to sign it at some point, usually when your child joins the school and sometimes annually.

If there are different rules at school and different rules at home (or no rules at all) this can be counter-productive; children need stability.

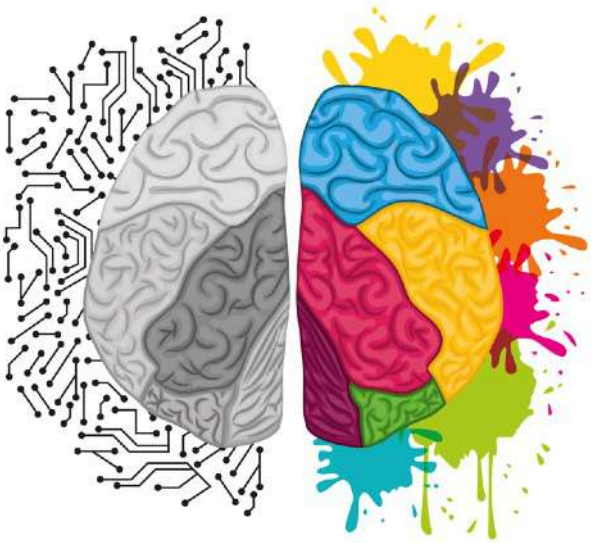
The Acceptable Use Policy that your school uses may not fit exactly within your home environment, but it's a perfect conversation starter to have with your children regardless of their age. Have an open conversation with them, let them know why there are certain rules and discuss these so that you can come to a mutual agreement; let them be part of the process so they feel empowered and write them down if you need to.

Don't just put rules with sanctions in place, but discuss rewards for good behaviour too.

Alan Mackenzie

Cyber Trauma

Cyber Bullying



Catherine Knibbs (BSc, MBACP (Accred), UKCP Adult Psychotherapeutic Counselling) is a child/adult trauma therapist and author. She is the leading researcher on cyber trauma in the UK, specialising in online abuse in all forms and provides consultancy, education and training on this topic.

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Cyberbullying is a word you're probably all familiar with. But how would you define it or explain it to another human being?

This was the underlying question I had when I was conducting a piece of research with counsellors in 2015. I wanted to know what they thought cyberbullying was based on the clients explanations that happened in the therapy room. I wanted to know how we can help as psychotherapists and how we can then explain this term to the parents and teachers so they could help the child.

In short my research showed the explanations were as wide as they are long. Also cyberbullying was broken down into two distinct parts. One talked about bullying as a concept and the other mentions the electronic form such as online and not in real life. Added to this were the overwhelming definitions provided by research spanning the last decade or so.

Terms like e-harassment, Internet bullying, online bullying have been used and these can be confusing for the adults involved as the bullying may occur over many devices and platforms.

For example how would you explain someone shouting obscenities over the headset to another player, would this be cyberbullying? What about sending an offensive, homophobic or racist video? Or perhaps liking a doctored/ photoshopped photograph of a child or someone in their family?

In my research the definition explains that cyberbullying is a phenomenon, not a definitive event. Cyberbullying can take many forms and can include some of the types of medium discussed above. However, these forms are limited to the electronic systems of the online

limited to the electronic systems of the online world.

What about the child in your classroom, youth club or wherever you are that has an overlap of the real world and the electronic? How would you define this issue and how would you help?

What I can say from both my clinical practice, the research and talking with parents and teachers is do not tell the child to turn their device off or confiscate it from them. that does not help and as I often say in my presentations its the equivalent of me asking you to give up your appendages, such as your arms or legs.



To be frankly honest I would rather lose my bag than my phone because all of my world is contained in it. I make no distinction between on/off as thats no longer a distinction that we need to make. Its the same, well no in fact it's more important for slightly older children and young people to have this world with them. It's a complicated fact as the children and young people will also need their phone/PC for homework so it kind of feels like a double bind for them. They don't want to be on the device where the cyberbullying occurs, but they also do want to or need to in the case of homework.

Imagine that dilemma for a moment.

What I can tell you seems to work for children and young people is the ability to be able to report the cyberbullying, to be able to speak to another person (often another child) and to be able to know how to collect evidence (most children are adept at this but some do need to know how).

What I do know that helps is a non-judging adult who can help them talk about their feelings in relation to this act and be empathic with them. Not to give advice unless it's sought as the child often needs to feel in control of their response, and cyberbullying per se takes this feeling away from the victim, much like bullying that occurs in the real world.

To make a distinction between what current media/literature covers I would also like to add that cyberbullying can be a one-off occurrence and still have the same devastating impact as repeated cyberbullying as that is how trauma works, it only needs to happen once.

Please do not be dismissive of a child who talks about the 'one time'. It's important to them and negating this can have negative consequences.

Cath

Listen to Cath's podcasts on YouTube

http://bit.ly/cybersynapse



What is LIVE STREAMING

Live streaming is something which has been around for a long time but it was towards the middle of 2017 we saw it become more popular than ever before with children.

Some of the more popular apps such as Instagram and YouTube have embedded live streaming into the functionality of the main app, whilst we've seen many others become popular quite quickly. In his article, Wayne mentions that live streaming is now a function within Yubo (formerly Yellow). From my perspective the popular ones I'm seeing discussed by children and young people are the likes of Instagram, Musical.ly, Live.ly, YouNow and a few others.

Some say that the popularity has seen a significant increase due to reality TV, others say it is a natural step from static images or pre-recorded videos.

Regardless of the reasons, it's important that we are aware of what live streaming is so that we can guide our children appropriately.

So what is live streaming?

Simply put, it's the broadcasting of real-time, uncensored live video to a captive audience. In the context of children and young people, the likely means of streaming is via a phone or tablet using one of the many apps that are out there, but anything that can stream (such as a webcam) can be used. Quite often the

audience is able to interact with the presenter via chat and sometimes even private chat.

What do children and young people get out of it?



There will be many reasons; ego, gratification, confidence boost, channel growth and many others. Don't forget, for young adolescents in particular their social lives are incredibly important, from social status to friendships and relationships, this is a significant period in their development stage. For younger children they will copy the behaviour from others and see it as a way of having fun with their friends from school, or they may be copying their favourite vlogger or YouTuber. For the most part, it's about having fun.

What are the risks?



In late December the NSPCC reported a significant increase of sexual abuse cases being referred to the police and social services, some 90 per week, which is a 37% increase from previous years. As ever it's difficult to determine whether this indicates an actual increase in sexual abuse or the fact that more people are reporting, but the fact remains that one person being abused is one too many.

In turn the police have indicated that live streaming is a growing concern and understandably say that whilst they have hundreds and hundreds of dedicated police officers working on these cases, thousands wouldn't be enough to keep up with the scale of activity, so we've got to be really pro-active in school, but even more so at home in order to reduce any potential risks.

As ever with the advice I give, try not to concentrate too much on the technology or the app as that is largely irrelevant. It's important to be aware of what they are using but awareness of risks and behaviour are the most important aspects.

The popular apps currently are those such as:

- YouNow
- Musical.ly
- Livel.ly
- Live.me
- Instagram

There are others, we're seeing popular apps (such as Instagram) embedding live streaming within their apps.

Apart from the significant risk I have already mentioned, the risks are numerous but largely fall within the context of:

- Content - what the children are seeing.
- Contact - who they are speaking to .
- Conduct - what they are doing.

There isn't a one-stop-fix-all solution to any of these issues. Children can be challenged, tricked, coaxed, threatened or bullied into doing things, so it's important we have that ongoing conversation about contact with others, healthy relationships and assurance that we are always there to help them regardless of the problem.

For older children (particularly teens) it's important to stress that they should talk to somebody; older children won't necessarily talk to parents but they will talk to friends.

Alan Mackenzie

Resource Link:
CEOP - responding to live streaming risks

http://bit.ly/dittomag6

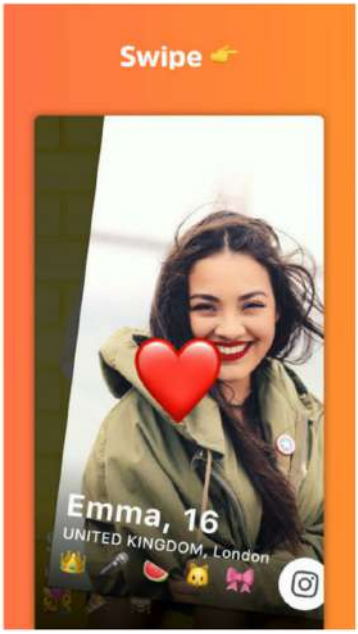
APPS

Wayne Denner inspires and motivates thousands of young people, parents, educators and professionals, delivering talks and up to the minute resources on online reputation, protection and well being, benefits and risks of social media, employability and entrepreneurial topics in Ireland, UK, US and UAE.
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Say hello to Yubo - formerly Yellow

Yubo, has gone through a name change. The first time we noticed this was when the icon was updated. There's been very little fanfare in terms of the name change – so parents and guardians may not been familiar with the new name.

Live Streaming is now a feature of Yubo

In par with other apps Yubo allows it's users the ability to live stream when using the app. Live streaming is not just limited to your friends on the app but can also been seen by others. The live stream creator has the option of adding viewers as new friends.

Live streaming does present a risk to children and young people, especially given the recent NCA #IamSam campaign to educate parents and carers about the risks and dangers of live streaming platforms. Also the increase in the use of live streaming platforms by online sex offenders.

Group Video Chat and Instant Message

Yubo allows users the ability to set up group video chats with other users on the app as well as to invite them to a group chat you've set up on Yubo. Users can also Instant Message (IM) each other one to one or in group chats. Users also have the option to 'Go Live' during the chat and start a live video stream.

Find People from around the world

One of the features within Yubo is the ability to find other users from around the world. It works by changing the preferences in the settings. Yubo users receive the following onscreen message:

I want to swipe people from…
- My country first
- All around the world
- My country only

Once this has been changed and the user taps on

'**Discover**' they can view Yubo profiles from other users within the chosen option. For example if they select 'All around the world' they'll view profiles from different locations. Users then simply swipe left if you'd rather not be friends with them or swipe right to add them as a new friend. This principal feature seems the same as it was when the app originally came out. Once connected, users then privately chat and access one another's Snapchat and Instagram profiles.

Add your Instagram to your Yubo profile

Another feature within Yubo is the ability to connect to your Instagram profile or tag it to your profile on Yubo. Once you're connected to your Instagram account those who stop by your profile have the option of viewing your 6 most recent Instagram pictures as well as seeing your Instagram username.

New Safety Features



On the surface it seems that the app has made attempts to step up safety features within the app. This can be seen on the Yubo.live website where they offer a safety centre resource with a safety guide for teens and a guide for parents and educators on how Yubo works.

The creation of an account on Yubo is a straightforward process. Users must verify their phone number and then fill out the following profile information:

- Name
- Date of Birth
- Gender

Users will then be asked if they would like to connect their Snapchat account to Yubo. This can be skipped. Finally users can upload a profile picture 'Take a selfie' to use on their profile.

It is worth noting that whilst Yubo are requesting that users be truthful when creating profiles, e.g. being honest about their age, they only allow real photos of your face. If a user tries to use an alternative image which is not a profile picture they receive a notification from the moderation team in the form of a 'Moderation Alert' followed up by an Instant Message.

So has much changed

Yes and No…

In fairness to the creators of Yubo, they've put in effort to improve awareness and education on using the app safely – along with guidelines on best practises for users as well as information for parents and educators.

Although Yubo does offer reporting options, they seem to be limited. Within user settings the app is lacking features such as privacy tools as well as seeing and managing blocked users, turning on or off location elements and login verification.

Yubo does suggest when a user creates an account they must use a real picture of themselves. However it is possible to upload a picture or create a profile of someone who is not who they say they are. As long as you input your age as under 18 you can create an account with Yubo and begin swiping left or right.

After speaking to some users of Yubo they did say that it's not always possible to identify the authenticity of a user by their profile picture. On viewing some of the profile pics, some have images of themselves behind a camera, some show just half of their face or are standing behind someone else so you can only see half of their face.

Age verification doesn't really exist when you create an account. As long as you are under 18 and over 13 then your account will be created.
Fake profiles on social media platforms remain a huge problem. As platforms grow in numbers and features, moderation struggles to keep up with platforms – placing more reliance on algorithms to do the work in trying to pin point issues around trust and safety. As we continue the work to help young people develop functioning digital skills to help navigate the online world more safely, moderation is crucially important.

The Yubo app is rated as 12+ and has over 15 million users worldwide and is directly marketed to children; its purpose is to connect for relationships or friendship.
It's aim to help users create live video rooms with up to 4 friends and an unlimited number of watchers spells danger and potential for exploitation, agree many online safety experts.

Parents need to have an awareness of what apps their child is using, get involved, be aware of the risks and have regular conversations with them about making good choices and being safe online.

Links + Resources

The impact of technology use on our behaviour and relationships.

Sensationalist headlines create a very negative view of social media and technology as a whole. Often articles are unbalanced opinion rather than factual, so it's always great to read something which does have a balance and informs of the facts, or rather, the fact that we don't know the facts.

http://bit.ly/dittomag1

Research Report : Project deSHAME

From Childnet International, this report looks at young people's experiences of online sexual harassment.

http://bit.ly/dittomag2

Safer Internet Day 2018 - 6th Feb 2018



Every day is safer internet day, but annually we celebrate this in February. If you're a school or organisation that is going to celebrate, click the link to see the SID2018 educational resources packs from UKSIC.

http://bit.ly/dittomag3

Purchasing from Amazon or TripAdvisor?

It's widely known that many reviews/reviewers are fake, but how do you know? There's a website that wants to help you with this. I have no idea how accurate it is, but it's well worth a look:

http://bit.ly/dittomag4

Life in Likes

Children's Commissioner report into social media use among 8-12 year olds.

http://bit.ly/dittomag5

I'm delighted to bring you #DITTO Junior. These articles are written by children and young people, for adults.

It is vitally important that that all children have a voice, particularly in the complex world of online safety, as they are growing up in a very different way to which many of us adults experienced.

The main point of these articles is for them to talk about their issues, their advice and their opinion, in their own words. Some of the articles may be controversial, for example younger children writing about Snapchat and Instagram amongst others, but just because they 'shouldn't' be on there, we know they are, so let's hear their thoughts.

The articles are not edited and the children/schools have a free reign to talk about what they want. This could be anything from what they are learning about in school (in regards to online safety), it could be something they have experienced, an opinion piece or even advice and guidance for parents and schools as to how we can engage better; the (online) world is their oyster.

Get your school involved, if you would like to contribute send me an email (alan@esafety-adviser.com).

#DITTO Junior

Written by children and young people, for adults.



Article themes for the next edition (late Feb)

I'm hugely grateful to all the schools, and of course the students for writing their articles, and judging from all the positive feedback so are many others.

Although schools/parents/students have free reign to write whatever they would like (slanting towards online safety, wellbeing etc.) I thought it might be useful to suggest a few themes otherwise the articles may start to become repetitive.

Here are a few suggestions, if you would like to contribute to the next edition could I please ask you have the articles to me by Friday 16th Feb (alan@esafety-adviser.com):

1. What we did on Safer Internet Day.
2. How we are tackling a particular issue in the curriculum.
3. Here are the biggest/latest issues we are seeing in school.
4. Something happened to me online, and here's the support I got.
5. Something happened to me online, I couldn't find how to get support.
6. What can we (adults) do to help, support and guide you within online safety? What improvement suggestions would you make? (This could either be tailored for school advice, or tailored to home/parental advice).

Parents/schools, please do feel free to submit your own articles, based on your experiences, frustrations, or even positive stories with advice that may help others.



We are committed to providing the very best education and care for all our pupils and are dedicated to ensuring that this takes place by collaborating with our local and wider communities.

Through these collaborations, we aim to empower our children to become enthusiastic, confident and independent learners who will use their time at Mosborough as a foundation for future success and happiness.

Through establishing a learning environment that nurtures, supports and inspires we aim to create resourceful problem-solvers who relish a challenge and have high expectations of themselves and others.

At Mosborough, we believe that children must always come first and, as such,they are at the heart of every decision we make. We firmly believe that through inspired learning we achieve our dreams.

Charlotte, Evie, Charlotte, Tariq, Sonny, Halle, Saranne – Year 6

We are the Online Safety Ambassadors at Mosborough Primary School. Our group was set up to raise awareness about Online Safety issues in school and to provide support for others about how to keep safe online.

We carried out research into the main concerns of the children at Mosborough Primary School and then thought about our own advice for each one. Here were the top 3:

1. Cyberbullying

Cyberbullying can be carried out by strangers or by people that you know. It can include name calling, threatening and sharing images and videos of someone without their permission. It can happen on social media, by text, by email or by instant messenger.

Our Top Tips

- Always tell a trusted adult what is going on
- Block the person from your account/ignore the person in future
- Think before you post – will your actions hurt the feelings of someone else?

2. Hacking

Hacking is when someone breaks into your device. They may most private videos and photos which you don't want to post. You could get hacked on all forms of social media such as Snapchat, Instagram, Musically or Facebook.

Our Top Tips

- Use complicated passwords which include punctuation and capital letters.
- Never give your password out to anyone else, even if they are a friend.
- Make sure you remember your passwords without writing them down.
- If someone does hack your account, shut it down and report this to the social media site.

3. Unsuitable Images and Videos

If you click on something you don't mean to, you may come across something that is unsuitable for your age group.

Our Top Tips

- Always check with an adult before visiting a certain web page
- Tell a teacher or an adult if you do see something you feel uncomfortable about
- Use websites which you are familiar with and know are safe



We want students to have the best possible education to help them achieve their personal goals and to develop a lifelong enthusiasm for learning.

We strive to equip our students with the ability to take a world view and meet the demands of the 21st Century through a diverse curriculum, personalised to an individual student's needs.

We teach students to be confident, resourceful, resilient, and responsible; able to articulate ideas, to ask questions and listen to others; to constantly re-focus beliefs and values; and to know how to transfer these abilities into real life situations.

Pixie - Year 8

Can you have too much social media?

Can you or your child have too much social media? That is the question on most people's minds, and yes, some people can have too much social media. However, could it not just be peer pressure from friends causing teens and children to go on social media such as Facebook, Instagram, Twitter, Snapchat and others? They see famous people or just a friend from down the road and they find themselves trying to be like them. There is nothing wrong with having a role model, but there is when you find yourself spending all your time on social media finding out information about their lives.

Don't get me wrong, social media is a great place to hang out with friends and express yourself, just don't get carried away. You are amazing just the way you are, and just a reminder that there is always a log out button.

If you are worried about your child or yourself, there are lots of people to talk to in school and in the work place. There are people who can help.

Just a reminder: there is more to life than social media.



As a community that extends far beyond the school walls, we strive to create a partnership that offers a positive , secure and happy environment. We celebrate the diverse talents of all our students and seek to ensure that every individual receives the encouragement and support they need to fulfil their own unique ambitions.

Bishop Rawstorne Church Of England Academy

As a Christian school, we seek to promote the core values of love, tolerance, respect, understanding and faith in His word. In an environment of equity and excellence every student is equipped and confident enough to embrace the many challenges they may face.

At the heart of our Christian school is the learning experience: through our rigorous, diverse and an academically focussed curriculum, we empower all students to become passionate and motivated individuals who are driven to succeed.

YouTube Hate Comments

By Oliver and Adam Year 10

YouTube is a very large based website where you may post and watch videos. You can also give feedback on these videos by subscribing, liking, disliking and commenting. This means feedback facilities are used by internet trolls who use this site to just comment on videos to get people down. With these trolls and almost 5 billion videos are watched on YouTube every single day, 300 hours of videos are uploaded every minute and over 30 million visitors per day much hate will be caused.

One key problem with YouTube is how anybody can comment as long as they have an account, which is easy to get. The comment section is used to write positive and constructive feedback (such as “Nice video, love the intro”) to help support the YouTuber to develop their channel. However, there are people called trolls who go to videos purposely to spread hate. They can say some really nasty and horrible things to people just because they are hidden behind a computer screen. Many people use social media, and so it is much easier to say things to people you wouldn’t really say to their face.

Hate comments are very common on YouTube. If you scroll down on popular videos, you will always find hate. This is because people think it is funny, when it really is not. Hate can build on YouTubers and this destroys large YouTube communities.

Younger YouTubers such as teenagers in high school receive hate because they have smaller communities, which makes them more vulnerable. Once hate comments start popping up, these may emotionally hurt these people. So, if you ever do think about starting a YouTube channel always expect to have hate comments as people just do it as they have nothing better to do and want you to feel sad.

Internet Trolls hate on videos and people because they are looking for a reaction out of them. Although, we should ignore these people as they are purposely doing this as they are selfish and careless of others. The reason why is because they are hiding behind a computer so they think anything is acceptable as they will forget about it.

Finally, if you are a YouTuber and you are receiving hate comments, just ignore these comments because it is just someone being stupid. If they are starting to upset you seek help. Remember you can report them to YouTube as well. If someone you know at school is doing this tell a teacher and ask for help.

Overwatch

By Josh and Alex Year 7

Overwatch is first person multiplayer game that got game of the year award 2016



Staying safe online

To stay safe on overwatch…

- Don't give out personal information
- Don't talk to people you don't know
- Don't play unless you're old enough 12+
- HAVE FUN

GAMEPLAY

Every aspect of the game is polished from graphic to sensitivity and character concepts. There are 32 characters in a range from offense to tanks to defence and support. Of course in these types of games there is a prize box also known as loot boxes

There are different types of prizes legendries, epics, commons etc

CHARACTERS

There are 32 characters overall such as Tracer, Reaper from the offence category and junkrat and mei from the defence category and roadhog and dv.a , to zenyatta to Lucio from support. And many many more.

COMPETITION

Blizzard [the creators] do an annual competition called Blizzcon, countries from all around the world go there.

THAT'S ALL FOLKS

Mental Health and Social Media

Matthew and Harry Year 9



Social media is a relatively new phenomenon. The first ever platform appearing in 1997, and has been increasingly gaining popularity ever since. Social media platforms such as messaging boards, blog chats, video sites etc, have replaced traditional means of communication. They have also opened up quicker ways of sharing images and videos, with some sites, such as "Snapchat" for example, are completely dedicated to the sharing of videos and images.

People who use social media, daily, or just randomly with no real pattern, can be affected by things they either see or watch on social media sites like Instagram, Twitter, Facebook etc. They also run a larger risk of attaining mental illnesses such as

depression, anxiety and there has been increasing evidence that social media can influence suicide related and homicidal behaviour. This can be caused through being sent threatening messages, being asked for inappropriate images, being manipulated or groomed, or any other range of cyber bullying.

It's very common for mental health doctors who cater to children and teenagers to strongly speak out against social media, but the same risks, if not more, are there for adults of all generations.

Adults are also at risk to cyber bullying, seeing harmful or damaging images, being sent threatening messages and, in extreme cases, being tracked. Adults are very susceptible to develop mental health issues from social media especially if they have a stressful job and feel passionately about a subject being disregarded on their social media.

Things such as these can cause a downward spiral such as someone becoming depressed, their work standard dropping and spiralling into unemployment.

Being threatened can also cause people to become paranoid and seclude themselves from family and friends. This can also cause them to struggle to form attachments and make friends and connections, therefore stopping them from having a good quality of life. Being threatened can cause mental health issues like anxiety and depression. Which can have major effects on everyday life.

Social media is a powerful tool and can be used in so many positive ways. To help you lead a life where social media can be a positive part of you life, always seek advice and support if you believe it is having a negative impact on your mental health.

INTERNET TROLLS

By Alicia Year 8



The online world is a wonderful place. However, despite the amazing, seemingly endless possibilities of this wonderful virtual universe, there's always people out to ruin it for others.

What IS an Internet Troll?

An Internet Troll is a member of an online social community who deliberately tries to disrupt, attack, offend, disrupt or cause trouble within the community by posting nasty comments, photos or videos. Trolls can be found ANYWHERE on the internet. On message boards, forums, YouTube, social media or blogs, trolls will lurk anywhere.

Ok, so I know what a troll is, but how do I combat them?

The internet is a great place, but trolls are always out to ruin it. However, there is a way to combat trolls. You can tackle trolls by blocking them. As well as this, you can report the troll, to possibly get them banned from the site. If you find a troll in your YouTube or blog comments, you could even close down the comments for that video or post.

So, now you know how to handle trolls. And, remember, for every troll out there, there are plenty of nice kind people.

ALP Leicester aims to create flexible, individualised programmes of learning support for children and young people who, for a variety of reasons, are unable to access mainstream education.

From the point of referral, we focus on the special educational needs and disabilities (SEND) of the learner and on family support, in order to provide the most effective and appropriate educational intervention.

At ALP Leicester we believe that education can help every individual achieve their full potential no matter what their ability. It's what we stand for at ALP and its why we are here.

e-Safety

E safety is the most vital thing that most kids and adults need to learn. If they do not know about E Safety they may post inappropriate pictures or even send inappropriate messages. Now most people say it's not as bad if an adult does this but really it's bad if anyone does it.

What my social life is like.

In my social life i like to play with my friends on my playstation i also like to go on instagram and facebook i don't like it when i lose at some games but i always try again. If you are sent an inappropriate picture or message that make you feel disturbed or even upset tell someone about it and they'll give you advice about what to do.

Online safety

I have many hobbies online but...

Online safety is a big issue now in the uk !!!!

Online safety I like to post on instagram a lot and I don't like a lot of things on the internet like fake things so worms with teeth for example. But one big thing that people go missing a lot. most of it is because of what happens online when we talk to strangers , and this is why online safety is here.

<u>Here are a few tips</u>

- Never use your real name for a game
- Never accept people you don't know
- Never meet people you don't know
- Don't over share info
- Tell someone if a stranger asks to meet

- Tell someone if your danger online
- Always stay protected online
- Keep alert online
- Stay secure online
- Keep private online
- Never share private info
- Never send photos of body parts that you shouldn’t

Always have fun !!!

Online Safety

My life online

My life online is quite a simple one, I watch youtube for up to 10 hours a day, I watch Dan and Phil, Daz Games, Shane Dawnson, KSI and many more. I follow youtubers online here and there but things I wouldn't like to do online is look at forums, online chats with random strangers and dating apps.

Hobbies online

My hobbies online are watching youtubers, I also play games like animal crossing, battle cats and clash of clans. Another thing I do is watch TV series like The Walking Dead, SUITS, Stranger Things, Game Of Thrones and I am in the process of needing to watch many more. I also chat to my family online too.

PERSONAL EXPERIENCES ONLINE

Here's a online safety tip, I myself have had my own troubles with online safety online. One included an explicit photo of mine being shared online *(note from Alan: the school was aware of this and took the appropriate child protection measures)*. No matter how much you think you can trust a person with such personal information or details of yourself it is always best you don't share them online. Once you've posted something online it remains there forever even if you delete it and you never know whose hands it could end up in. I would advise parents keep an eye on their child's activities online and for the young people online to be educated on these risks at school.

Assessing your own risks

When being online it can be be hard to think before you take action. This is why it's important to think before you post anything online. For example it's never safe to share your passwords or to trust anyone saying they can give you things in return for you doing so. They could hack your account, and if your bank is attached to it they can take all your money and give you viruses.

No matter how much you know the person, again it's important you never share any details that our personal to you.

www.esafety-adviser.com

