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Self Harm and Online Safety Webinar

Use alongside 4 videos:

- 1: Definitions and Theories about Self Harm and Online Safety
- 2: Improving Communication about our Digital Lives
- 3: Parental Controls
- 4: Thriving Online

Five themes of Online Safety

Contact – Who do you interact with

Content – What you view, share (upload) and download

Conduct – How you behave online (including cyberbullying)

Commercial – Commercial – selling/advertising, scams and more

Overuse – Are we all using technology too much?

Digital Resilience Framework:



Using the categories of understand, learn, know and recover will ensure that you are both keeping young people safer and building digital resilience.

https://assets.publishing.service.gov.uk/media/5d7a00a0e5274a20381543e6/UKCIS_Digital_Resilience_Framework.pdf

Self Harm:

Mind:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

Young Minds – Information about self

harm: <https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>

Samaritans: https://media.samaritans.org/documents/Samaritans_How_social_media_users_experience_self-harm_and_suicide_content_WEB_v3.pdf

Videos

Self Harm And Cutting <https://www.youtube.com/watch?v=YK1Gch1Cwl4>

TIPP - Distraction Skills <https://www.youtube.com/watch?v=cqPcOCpJOXw&t=6s>

Parental Controls

Use guides on Internet Matters: <https://www.internetmatters.org/parental-controls/>

We recommend five steps to keep their children safer online.

1. Understand how to set limits from your internet service provider (SKY, TALKTALK, Virgin, BT)
2. Put restrictions on devices. (iPad, mobiles, Xbox etc.)
3. Set safe search on google and YouTube.
4. Have a plan for when things go wrong.
5. Most importantly - keep involved in your child's online life