

## SAFEGUARDING ADULTS WEEK 2021

### Digital Safeguarding

*This information is provided primarily by [The Ann Craft Trust](#)*

#### What is digital safeguarding?

Digital safeguarding simply means taking steps to stay safe online.

#### Why is digital safeguarding important?

In 2020 and early 2021, as a result of the Covid-19 pandemic, many people may have spent more time online than ever before. From working from home to school lessons and meeting family and friends, many things that we used to do offline we did online.

Although lockdown restrictions were lifted in July, many people are still spending a lot of time online.

According to the Office of National Statistics, in 2019:

- 99% of UK adults aged 16 to 44 were recent internet users, compared to 47% of adults aged 75 or over.
- Only 7.5% of UK adults didn't use the internet at all.
- 78% of adults with disabilities were recent internet users. For the first time ever, the annual figure exceeded 10 million.
- If so many of us are spending so much time online, we need to know how to keep ourselves safe online.

When it comes to safeguarding, prevention is always better than a cure. It is always better to prevent harm or abuse from happening in the first place than it is to respond to an incident of harm or abuse. Digital safeguarding is no different. We should know how to use the internet safely and sensibly, and we should all be aware of the risks we face online.

#### Digital safeguarding resources:

[What is Cyber Bullying?](#) When people use digital services to abuse or harass others, it is called cyber bullying. Know how to spot the signs of cyber bullying, while also offering tips on how to protect yourself from online bullies.

[How to Stay Safe Online.](#) A collection of general tips, including advice on online conduct and behaviour, and essential cyber security tips such as setting a good password.

[Safeguarding and Online Youth Work.](#) This helpful guide includes information on using technology to deliver youth work provision and responding to safeguarding risks when working with young people online.

[Guidance for Adults and Young People with Learning Disabilities.](#) A selection of easy-read guides to staying safe online, with helpful images and clear and simple language.

[Supporting People Who Have Been Abused Online.](#) It's vital that we take steps to prevent abuse from happening in the first place. But it's just as important that we know how to respond to instances of abuse. This is a collection of resources to help parents, guardians, and others in positions of care support young people who have been abused online.

[Creating Safer Online Spaces.](#) A guide to setting and maintaining safeguarding standards when delivering certain services online, such as teaching or exercise classes.

[Beware of Online Scams.](#) Though this resource refers explicitly to the scams that appeared in the early days of lockdown, it's still a good introduction to the sort of techniques online criminals use to exploit others. This will give you an idea of the sort of red flags you should look out for to determine whether something is authentic, or a scam. You can also explore Age UK's guidance about how to protect yourself from online scams.

[Photography Guidance.](#) Is it illegal to take a picture of a child or young person under 18? Not necessarily. But there are still precautions you should take when taking and sharing photos of yourself and others.

Compare the Market: [Guide to screen addictions and responsible digital use](#) Step-by-step advice on how to take control of your screen use by identifying triggers, scheduling screen time, and setting restrictions on your phone.

## **Training:**

**RBSAB: Hopwood Hall College** are kindly allowing us to access one of their online courses, for which they normally charge £20 plus VAT, free to people who book through our [website's multi-agency training page](#). For the next 12 months we will be offering their E-safety Course. This course describes the various forms of abuse and danger caused by the use of technology and the internet, both for adults and children, and gives detailed information on how to counter its effects. Understanding both the benefits and risks of the internet, will allow learners to develop better e-safety practices.

**Open University:** [Introduction to cyber security: stay safe online](#) (free course)