

**YOUNG
VOICES**

Online Safety Summit Findings

IN ASSOCIATION WITH

Reading
COMMUNITY
SAFETY PARTNERSHIP

**STAY TRUE
TO YOU**

Online Safety Summit

- Young Voices ran its first summit on Online Safety on 20th November 2024. The event was attended by children and young people, schools, professionals and charities who are invested in keeping children safe online.
- The event was a positive expression of children's day to day experience online – for whom digital life is life.
- The day generated a wide range of feedback that benefits from having had children and young people's input and is presented here.
- The event focus on two summit questions:
 - What do adults need to ask?
 - What do adults need to know?

Examples created
included:

What do
Adults need
to ask?

be inquisitive
what do you do online be
if their kids are happy
to ask the right question
children need help
anything you to talk about
how are things

are we okay

What do Adults need to know?

supportive safety

trust dont combust
what is happening online
how to be relatable non-judgemental
where to go for help young people
best way to help metaverse
listen be curious
not all is harmful online
how to understand young p
stay calm during talks best way to engage
to be better listeners
how to talk about issues

The event summary is also best represented in a mural created on the day

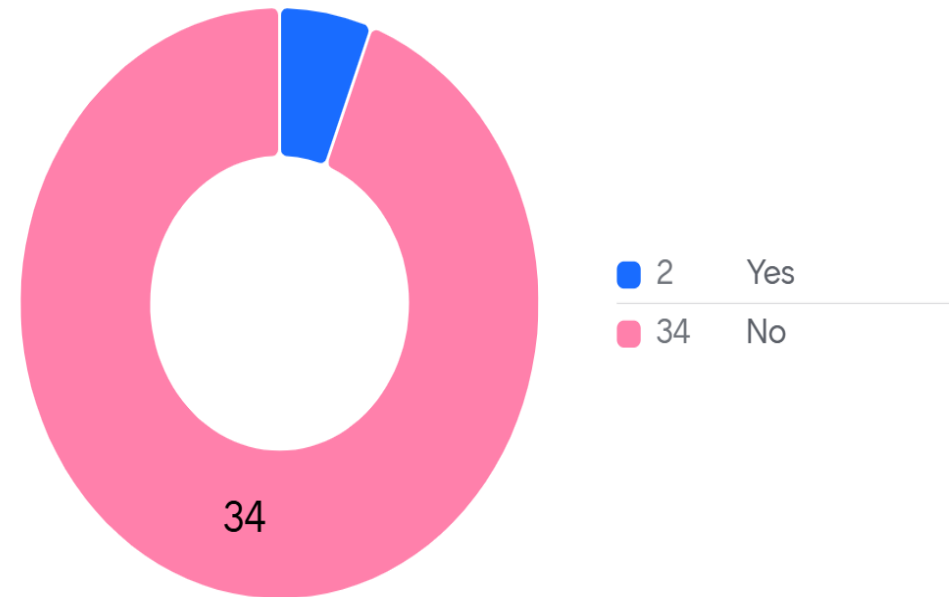


Hopes and Expectations for the Event were:



Young
Voices
invited
participants
to ask:

Should adults be banned from phones during the daytime/at work?



Other topics we invited young people to highlight for the future



YOUNG
VOICES

Digital Goodie Bag

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Online Resources

There are a range of online resources that children, parents and professionals can use, to ensure that children are protected from risk and can safely navigate online.

We recommend that schools and agencies add these links to their internal communications, publicly facing web pages and forward on in newsletters or social media. You can also print off to display for information.





ONLINE SAFETY SUMMIT

THIS SUMMIT IS FOR YOUNG PEOPLE TO SPEAK ABOUT ONLINE SAFETY & BE HEARD

ONLINE SAFETY EDUCATION IN SCHOOLS IS VITAL.

PEER PRESSURE IS REAL

YOU CAN ALWAYS CHANGE YOUR MINDSET

NOT ALL SUPPORT FEELS SAFE

SPEAK TO SOMEONE YOU CAN TRUST

BE CURIOUS & EMPATHETIC

ADULTS & YOUNG PEOPLE AREN'T THAT DIFFERENT

AS ADULTS WE ALL HAVE A ROLE TO PLAY

EVERYONE NEEDS EDUCATING

WE ARE ALL PART OF THE SOLUTION

ADVICE FOR ADULTS



YOUNG PEOPLE REACH OUT TO FRIENDS FIRST

IT'S OKAY TO ASK FOR HELP

INSIGHTS FOR YOUNG PEOPLE:

WE NEED GUIDANCE

DON'T SHARE ANYTHING WITH PEOPLE YOU DON'T KNOW

BRECK FOUNDATION

"ONLINE, NO ONE - OLLY'S WORK MONITORS"

MOLLY ROSE FOUNDATION

WE ALL NEED TO TAKE RESPONSIBILITY FOR OUR ACTIONS ONLINE

83% OF PEOPLE HAVE SEEN HARMFUL CONTENT ONLINE WITHOUT SEARCHING

DON'T BE AFRAID TO TALK

KNIFE CRIME • SOCIAL MEDIA CAN MAKE THINGS WORSE → CONFLICTS ONLINE ESCALATE QUICKLY INTO REAL-LIFE PROBLEMS

HEALTH & WELLBEING → THERE ARE POSITIVES OF BEING ONLINE (E.G. RECIPES)

VIOLENCE AGAINST WOMEN & GIRLS → YOUNG PEOPLE HAVE OPINIONS & SHOULD BE LISTENED TO

FAKE NEWS ? → ALWAYS QUESTION EVERYTHING ?

WHAT DO ADULTS NEED TO KNOW?

WHAT DO ADULTS NEED TO ASK?



76% OF YOUNG PEOPLE HAVE HAD UPSETTING EXPERIENCES ONLINE

1 IN 5 (IN 30 COUNTRIES) SKIP SCHOOL BECAUSE OF CYBERBULLYING

REAL OR FAKE YOUTHWORKS

EVERYTHING STARTS WITH WHAT YOUNG PEOPLE TELL US

DON'T ENGAGE WITH ANYTHING YOU DON'T LIKE

WORKSHOPS:



SOME ARE BUILDING RESILIENCE

FOR YOUNG PEOPLE ONLINE LIFE IS LIFE

LEARN & GROW INTO CHANGEMAKERS

6 TO 8 THE HOURS PER WEEK YOUNG PEOPLE SPEND ONLINE

TRUST NOT COMBUST

Get involved in Young Voices

As an open group, we are always looking for young people to join Young Voices and get involved in projects that influence local strategy and decision making, whilst developing skills and confidence. Young Voices now have their own website which can be found:

[Young Voices - No5 - Free Counselling Services - Reading | No5 - Free Counselling Services - Reading](#)

The logo for Young Voices features the word "YOUNG" in a red, sans-serif font above the word "Voices". The "V" in "Voices" is black and contains a white speech bubble icon. The remaining letters "oices" are in a black, rounded, sans-serif font. The logo is set against a background of light green and blue curved lines.

YOUNG
Voices

If you are interested to find out more, or work with Young Voices, please contact Carly Newman – Operations and Relationships Manager, No5 Young People and Young Voices Lead – carly.newman@no5.org.uk

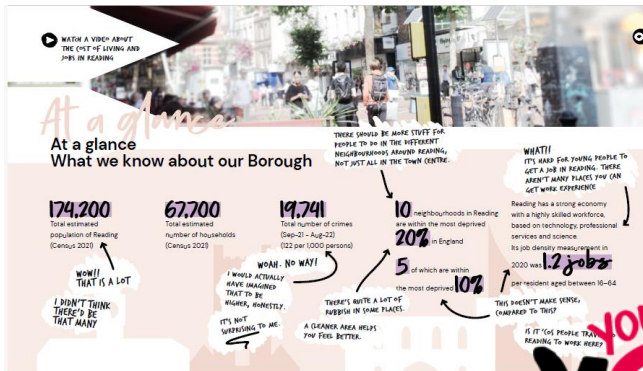


Reading Community Safety and Serious Violence Strategy

Our Young Voices Project has produced a child and young people friendly version of the Reading Community Safety and Serious Violence Strategy.

You can access this at the Reading Amnesty Art website at:

<https://readingamnesty.art/>





If you want to talk to someone:

ChildLine [0800 1111](tel:08001111)

Youth Access <https://www.youthaccess.org.uk/> who can point you to the right support

The Mix <https://www.themix.org.uk/>

In the UK, the youth suicide charity [Papyrus](https://www.papyrus-uk.org/) can be contacted on 0800 068 4141 or email pat@papyrus-uk.org, and in the UK and Ireland [Samaritans](https://www.samaritans.org/) can be contacted on freephone 116 123, or email jo@samaritans.org or jo@samaritans.ie.

Youthworks

To Find Out More about the CyberSurvey and to take part, please visit

www.thecybersurvey.co.uk

www.youthworkscnsulting.co.uk

For training:

www.enable-pathway.com

To [sign up](#) for the Cybersurvey Youth Works would love to hear from your school or service.



Reading Amnesty Art

<https://readingamnesty.art/>

The 'Armoured Heart' sculpture was created by artist Stuart Melrose with the help of young people from Reading. It is located at the 'Oracle' riverside, opposite the cinema.

The sculpture was installed in May 2023 as a symbol of hope and peace that would act as a catalyst for outreach and education on the risks and consequences of knife crime.

Explore the links for information, resources and services to help you stay safe, well, and to achieve.

Resources for Children



Stay True to You has been developed with young people by the Thames Valley Violence Prevention Partnership.

Stay True To You offers children and young people helpful advice on how to stay safe, as well as links to local and national charities in their area that can help them:

<https://staytruetoyou.co.uk/young-people/>



Tellmi App

The Tellmi App is an online resource available to Children and Young People that is designed to give them the tools to manage their own mental health and wellbeing.

<https://www.tellmi.help/>



No 5

Since 1971, No5 has been offering free, confidential counselling and mental health support for young people aged 11-25 who live, work or study in the RG postcode area.

<https://no5.org.uk/about/>

No 5 also provide a range of useful links for young people:

<https://no5.org.uk/useful-links/>



No 5

Number 5 also provide a 'Looking for Direction' signposting site at:

<https://signposting.no5.org.uk/>

This has been co-designed and co-built by young people last year and details many local (Berkshire-wide) services for 11-25, year-olds based on the answers they give to the questions on the landing page – working to better match young people with the services they need and are looking for.



Starting Point

Starting Point helps young people reach their full potential. They do this by mentoring, creating opportunities, and amplifying young voices. By partnering with local volunteers, schools, and organisations, they empower young people to make lasting positive change in their lives and community.

Starting Point Studio Creative Sessions:

New Skills sessions starting January 2025

3- or 4-week courses in specific digital media skills for over 18s.

Learn logo and brand design, graphics, Photoshop, film etc.

For more go to: <https://startingpoint.org.uk/>



STARTING **POINT**

Unlocking. Enabling. Releasing.

Free Resources for Parents and Professionals

O2 has produced a range of online resources to help parents safely navigate online with their children:

<https://www.o2.co.uk/inspiration/the-drop/find-the-right-words-internet-safety-for-children?>

EE provides a range of online materials designed to help families safely access online content with their children.

<https://ee.co.uk/our-company/corporate-responsibility/being-responsible/keeping-children-safe-online>





**STAY TRUE
TO YOU**

“**Stay True to You**” has been developed by the Violence Prevention Partnership and takes a deliberately positive approach to empowering young people and helping those who work to support them. It offers:

Leading knife crime charity The Ben Kinsella Trust is offering a series of free **online parent/carer information sessions** ([see website](#)).

Materials and training sessions are being offered to all those who have a role working with young people – from youth workers to teachers, sports coaches to community volunteers – see the practitioners section of the [website](#).

Workshops will be given in schools and youth groups to help young people to acknowledge the things they can do for themselves to stay safe and to consider who they can ask for help if needed. Contact info@staytruetoyou.co.uk to discuss how your organization could use Stay True to You.

Free Resources for Schools and Groups

360 degree safe is intended to help schools review their online safety policy and practice.

The review takes the school through each aspect of online safety, helping the school to collaborate, report, and progress.

<https://360safe.org.uk/>



360 Groups offer a range of online self-audit tools to help schools and groups review their Online Safety, improve their online safety strategy with expert advice and provide certification.



<https://360groups.org.uk/>

Free Resources for Charities

Digisafe provides a step-by-step digital safeguarding guide.

This is helpful for charities designing new services or taking existing ones online

<https://digisafe.thecatalyst.org.uk/>



DigiSafe

Understanding online safety is tricky for all ages.

The NSPCC have advice to help parents and children learn about staying safe online as a family.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

NSPCC



Agency

Campaigns and Advocacy

The National Youth Agency is the Professional, Statutory and Regulatory Body (PSRB) for youth work in England.

The NYA is active in lobbying government and decision makers to ensure young people's voices inform action take to protect them from online harm.

<https://nya.org.uk/?s=online+safety>





The **Ben Kinsella** Trust



The Ben Kinsella Trust is a charity that tackles knife crime through education and campaigning.



They offer a range of award-winning training resources for parents and practitioners that can be accessed online or delivered in person.



Details about their offer can be found at:



<https://benkinsella.org.uk/>

Following the tragic loss of Molly in 2017, the Russell family and their friend's set-up a charitable foundation in Molly's memory.

The aim of the Molly Rose Foundation is suicide prevention, targeted towards young people under the age of 25.

MRF wants to help reach those at risk of suicide and connect them to the help, support, and practical advice they need.

<https://mollyrosefoundation.org/>



**MOLLY ROSE
FOUNDATION**

The Breck Foundation was founded in 2014 in response to the tragic loss of Breck Bednar, a 14-year-old boy who was groomed and murdered by someone he met online.

Their work aims to prevent this from ever happening again.

Their work saves lives.

<https://www.breckfoundation.org/>



Under the Online Safety Act, Ofcom's job is to make online services safer for the people who use them.

Ofcom make sure companies have effective systems in place to protect users from harm.

<https://www.ofcom.org.uk/online-safety>

