Get Digital

Digital Hive

Your guide to being independent and safe online

East Sussex
County Council

Digital resilience

As you get older you will become more independent on all aspects of your life, including your digital life.

In this document we will explore how you can **learn to be safer online**.

How can the internet be positive?

How can you learn from your mistakes?

How you can you be confident to believe what you see?

Where are you going for help online?

We will share tools and exercises from trusted websites like ThinkUKnow, Internet Matters, UK Safer Internet Centre, ChildLine, The Mix, Young Minds and the BBC.
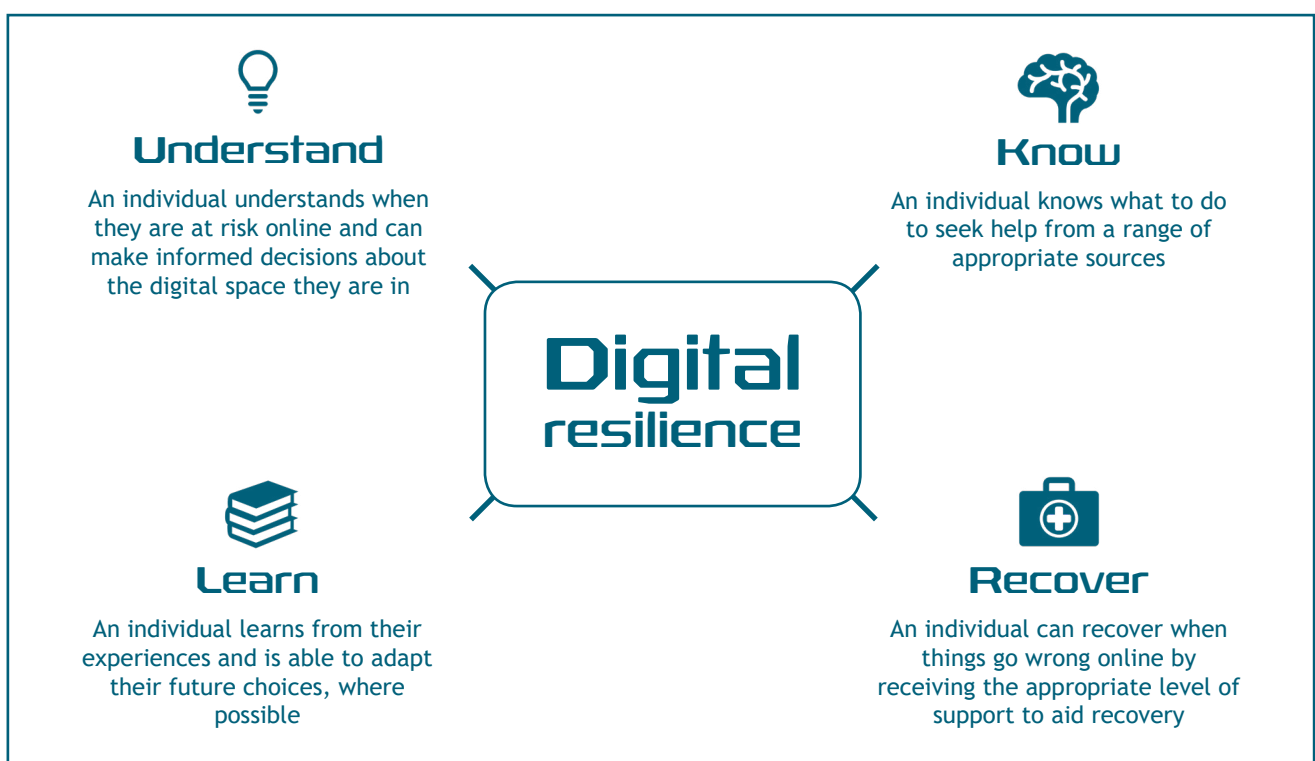
The Get Digital programme is about supporting all young people to be **digitally resilient**:

Digital resilience is a dynamic personality skill that grows through engaging with appropriate opportunities and challenges online, rather than through avoidance and safety behaviours.

What it really means is that you learn through your online experiences; you will learn critical thinking skills and be able to recognise risks and know where to go for help if you need it.

The most important things to remember are:

- everyone makes mistakes - we should use them as opportunities to learn
- always ask a trusted adult for help if you need it

Understand

An individual understands when they are at risk online and can make informed decisions about the digital space they are in

Know

An individual knows what to do to seek help from a range of appropriate sources

Digital resilience

Learn

An individual learns from their experiences and is able to adapt their future choices, where possible

Recover

An individual can recover when things go wrong online by receiving the appropriate level of support to aid recovery

To allow a child to have an unrestricted phone for an unlimited time is not a good idea, but what are the stages to being **digitally resilient** as you get older?

How do you know when you have the tools to keep safer online?

There are four factors to being digitally resilient as you can see on the graphic above.

Understand

Can you recognise risk online?

Can you differentiate between varying types of risk?

How?

Know

Do you know appropriate online services where you can get help?

Do you know how to report/block/delete if you need to?

Learn

Have you learnt from mistakes?

Are there some things that you would not do again?

Have you been encouraged and supported to change/adapt behaviours to reduce future harms?

You can learn from this. Sometimes we do things without really thinking them through but the important thing is to learn from it and change the way you act in the future

Recover

Have you ever reported anyone?

Do you have a network of support of people you can speak to if you need help/support?

Do you know support organisations you can access?

Tools and exercise to help you build your digital resilience

Understand how to be safe online

Online quizzes

- UK Safer Internet quiz for 11-14 year olds
- UK Safer Internet quiz for age 14-18 year olds
- Internet Matters interactive quiz on tackling online hate

Learn how to deal with issues

Addiction

'It's time to log off' has information and resources supporting digital detox. There are quizzes you can try including 'Do I need a digital detox?'.

Bullying

BBC Bitesize top tips on practical steps you can take if you or someone you know is being bullied online.

Help! I might have done some bullying

1. Realise that you have been involved in cyber bullying. We all make mistakes and it doesn't make you a bad person.
2. Tell someone you can trust
3. Delete anything mean that you have written (or liked)
4. Talk to others involved and encourage them to stop the bullying.
5. Apologise to the person who was bullied and offer them support. This can mean a lot.

You can learn from this. Sometimes we do things without really thinking them through but the important thing is to learn from it and change the way you act in the future.

Criminal exploitation and County Lines

Fearless has advice and information and the opportunity to share information anonymously. There is also signposting to support.

Fake news

Find the fake quiz by Internet Matters.

Gaming

Gaming safety advice for children and young people by Internet Matters.

Mental health

- Sussex CAMHS - get help in crisis and access resources around mental health issues
- Young Minds crisis text messenger service - text YM or SHOUT to 85258 and they will text you back
- YMCA e-wellbeing - a digital wellbing service for young people. By taking a short quiz they can direct you to the right information and services.

Meeting up with someone you met online

ThinkUKnow information for 11-18 year olds about how to make is safer to meet up with someone you met online including what do to if something doesn't feel right.

Nudes

ThinkUKnow information for 11-18 year olds about sending nudes including how to say no and what to do if you've already sent a nude.

Scams

CyberFirst online security resources for 11-14 year olds by the National Cyber Security Centre.

Social media

ChildLine resource 'Feeling good on social media'.

Know where to get support

Recommended and trusted websites

- ChildLine have a 1-2-1 counsellor chat service and advice on a range of online issues. You can also use the Report Remove tool.
- The Mix offers support for young people aged 11-25. Talk to them about mental health, relationships, work life, schools life, depression and other issues all year round. Call, email or chat 1-2-1 online 4pm-11pm Monday to Friday. You can sign up for free counselling online or text the 214/7 crisis line. In addition to support there is a wealth of information, tools and advice.
- ThinkUKnow is run by CEOP which works to protect children and young people from grooming and sexual abuse. You report issues like these here.
- Young Minds is a UK charity supporting children and young people's mental health. In addition to the crisis support available there is a wealth of information and resources including activities you can get involved in.

Recover if things go wrong

Counselling and group chat services

- The Mix - Group chat. A safe space online for anyone aged 13-25 to look for support and help others. Share what's on your mind with a group or join a general chat to hang and have fun. Chats cover a range of different issues.

- e-motion counselling - a free online counselling project for young people aged 12-18 in East Sussex.

- Young Minds crisis text messenger service - text YM or SHOUT to 85258 and they will text you back.

- ChildLine have a 1-2-1 counsellor chat service and advice on a range of online issues.

- Coram Voice, advocacy for care experienced young people.

Thanks to our Digital Ambassadors!

Our Digital Ambassadors are the most important part of the Get Digital programme. They help us develop training and resources like this. And most importantly they help keep us current.

Our Digital Ambassadors are young people like you. We meet with our ambassadors regularly to create content and run Inspire events where you can try out new tech like VR and 3D scanning.

Interested? We love welcoming new ambassadors!

If you are interested in becoming a Digital Ambassador please email Rachel - rachel.nahum@eastsussex.gov.uk or call 07732 406127.

See the top tips from the UK Safer Internet Centre on the next page

Top Tips

These top tips have been written to help you to have a great time online, by always remembering to talk about…

Talk about your life online

Even if you enjoy using technology on your own, it is important to talk about your online experiences. You can talk to parents and carers, teachers and other professionals, friends, and family members. Share experiences, share ideas, and even share your own top tips to help make your time online as great as it can be.

Talk about consent before taking, posting, sharing or sending

Make sure that everyone featured in a post, photo or video is happy with it and agreed before you post it. Don't assume that because someone let you post something before that they are okay with you posting or sharing again. Ask every time and show respect for their decision.

Talk about what to do if you see online hate, harassment or bullying

Show your support for victims online. This could be by using block and report functions, and checking in to see if they are okay. Standing up against hate, bullying and harassment can be difficult, but it is important to help make the internet a great space for everyone.

Talk about healthy online relationships

The internet is a great tool for connecting with the people who matter to you. It's important to always treat others with kindness and respect and ask for consent whenever it is necessary. Remember, pressure is never a part of a healthy relationship and if someone makes you feel uncomfortable online or offline there are places you can go for support, such as Childline or the Mix.

Talk about what you learn online

The internet is a great place to learn and explore and it can be really interesting to talk to your friends about the things you find out. However, it is important to remember that not everything we see online is trustworthy and if something seems too good to be true, it probably isn't true! Make sure to ask adults for help to check information, and to work out if it is from a reliable source.

Talk about how and where to get help

The internet is amazing, but sometimes things can go wrong. There are so many ways to get help and talking is the first step. Talk to a parent or carer, a teacher, other professional, or another trusted adult who can help you. You could even talk to a friend first, and then talk to an adult together.