Safe and Empowered: Responding to a Digital Generation

Bitesize Video Set Workbook – March 2021

SWGfL
Safe, Secure, Online

Contents

Introduction

Digital is revolutionising childhood. From smartphones to smart speakers, technology is rapidly claiming a role in all aspects of life. Traditional online safety messaging needs to adapt too. How can educators support young people as empowered, engaged, critical and responsible digital citizens?

The #SafeAndEmpowered training programme was endorsed and funded by Education Scotland.   In the programme we covered the range of online harms faced by young people within the context of tech trends and the digital skills agenda. The programme has now completed but the resources are still available FREE to educators across Scotland.

This workbook accompanies the #SafeAndEmpowered Bitesize Video Set. Originally run as a month-long programme, each week participants would receive a new video to watch and be invited to an online drop-in session with the trainer. The programme has now finished, but this workbook provides links to all the videos and accompanying resources.

There are 5 videos to watch. Each section of this workbook provides a link for you to watch the video, links to other useful resources, and spaces for you to take notes. There is also homework!

For further information, please see swgfl.org.uk/scotland or contact Jess McBeath at jess.mcbeath@swgfl.org.uk.
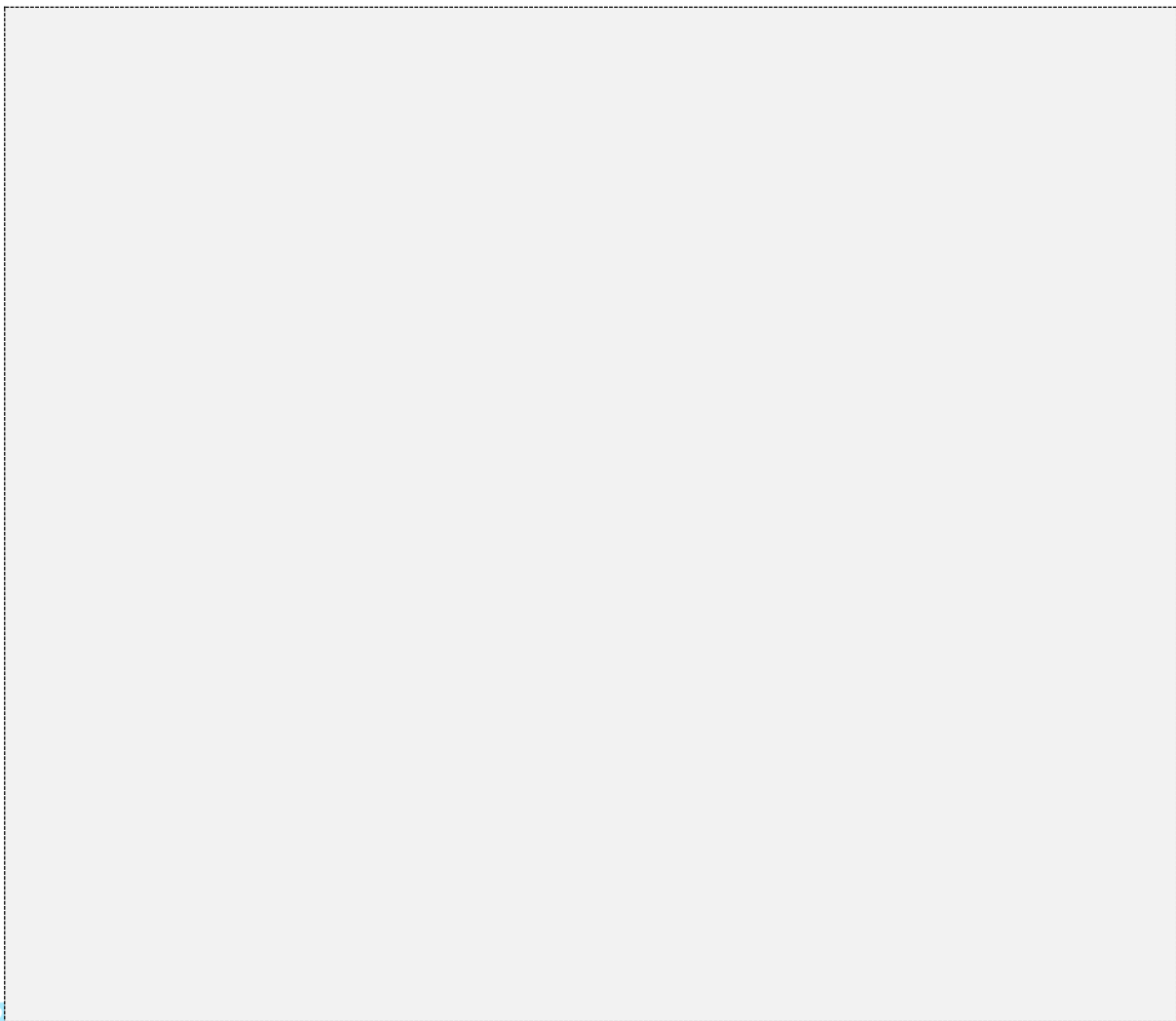
1. Digital Childhood and Digital Citizenship

In this video we look at growing up online, how young people use technology, and the impact of lockdown on young people. We also check: are we asking the right questions? Is technology bad for kids? And where does education fit into all that?

Watch Video

Jot down notes whilst watching. The following prompts may be helpful:

- Should children spend less time on screens?
- Can you name any esafety rules?
- What is digital citizenship?
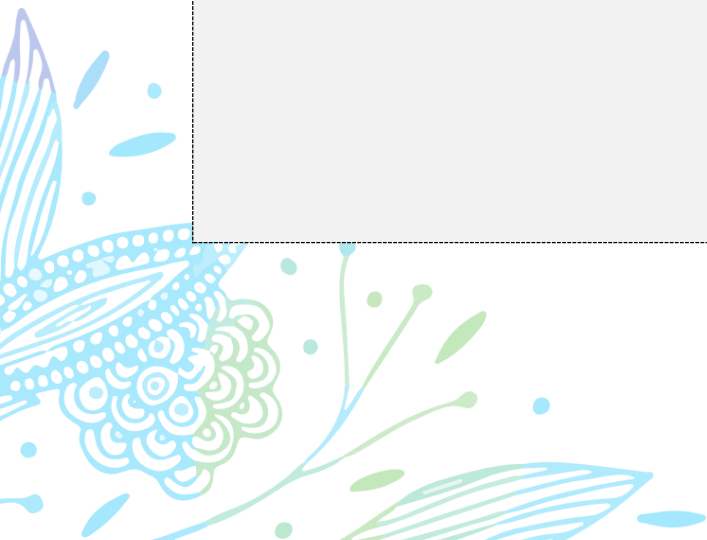
Video 1 complementary resources

Read	Watch or Listen
Education for a Connected World framework Safe remote learning hub Online safety checklists	Podcast episode 2: Young people speak about their online rights; Jess talked to two young people who are involved in ENYA, the European Network of Young Advisors. What do young people want and need in the digital environment? Podcast episode 4: Duty of care to prevent online harms: Hear about Carnegie UK Trust's work, digital inclusion and digital citizenship. What are the implications for education arising from the 'duty of care' approach to regulating online harms? Podcast episode 7: What is digital youth work?. YouthLink Scotland joins us for our first podcast of 2021. We delve into digital youth work, the digital divide, and challenges for young people and youth workers engaging online.

Video 1 homework

Have a conversation. Talk to young people you work with about online safety – what works for them, and what doesn't. What online safety rules have they found helpful or unhelpful? What advice would they give to others? What do they think their school, college or setting should do to help them be safe and empowered online? Chat with other educators – what do they want and need to support young people online? And if you have interactions with parents or carers coming up, ask the same of them. Listen to how the people around you talk about technology and take a moment to think about how your own use of tech has evolved over time. Are you walking the talk?
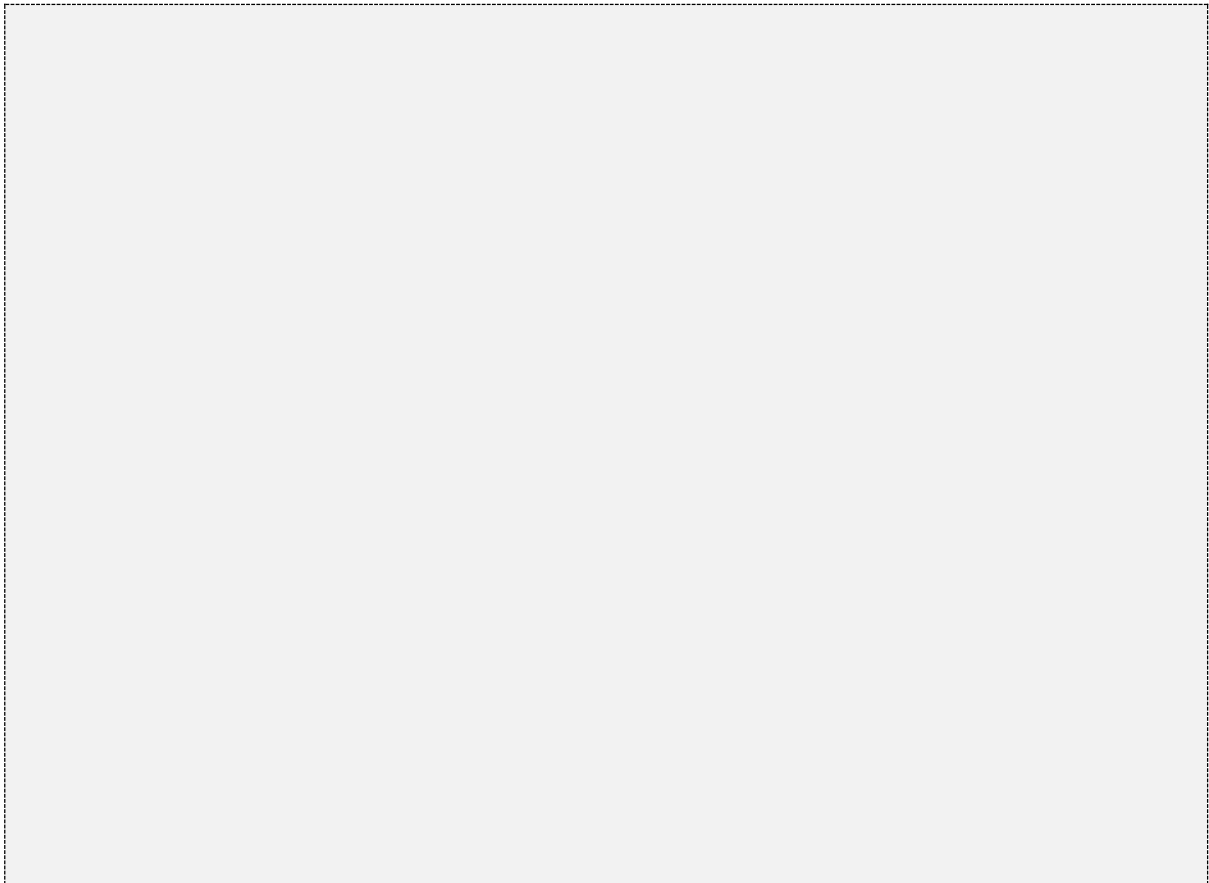
2. Down the Rabbit Hole of Misinformation

In video 2 we look at the rise of misinformation – what it is, why it matters and what's being done about it. We look at the art of persuasion, how technology plays a role in shaping our view of the world, and what educators can do to deliver effective media literacy education.

Watch Video

Jot down notes whilst watching. The following prompts may be helpful:

- Are smart people less likely to fall for fake news?
- What is misinformation, disinformation and malinformation?
- Why do people fall for misinformation?
- What is prebunking?

Video 2 complementary resources

Read or Use	Watch or Listen
Safer Internet Day 2021 education resources First Draft News 'Protection from Deception' Project Evolve National Literacy Trust Spot The Troll	Podcast episode 5: Young people and misinformation. The theme for Safer Internet Day 2021 was 'An internet we trust: exploring reliability in the online world'. Childnet International gave a sneaky preview of the latest research on this issue with children and young people. The chat covers influencers, advertising and the impact of misinformation on young people. Webinar: Misinformation and social media: a fireside chat with TikTok and UKSIC: event took place during Cyber Scotland Week 2021.

Video 2 homework

Identify one resource about misinformation that you can use with your students. This might be from one of the sources mentioned in the video, or elsewhere. Think about what the impact of misinformation on educators is. Have you been tricked into sharing online content? What are students telling you about their own experiences? Have you come across someone who has fallen down the rabbit hole of a conspiracy?
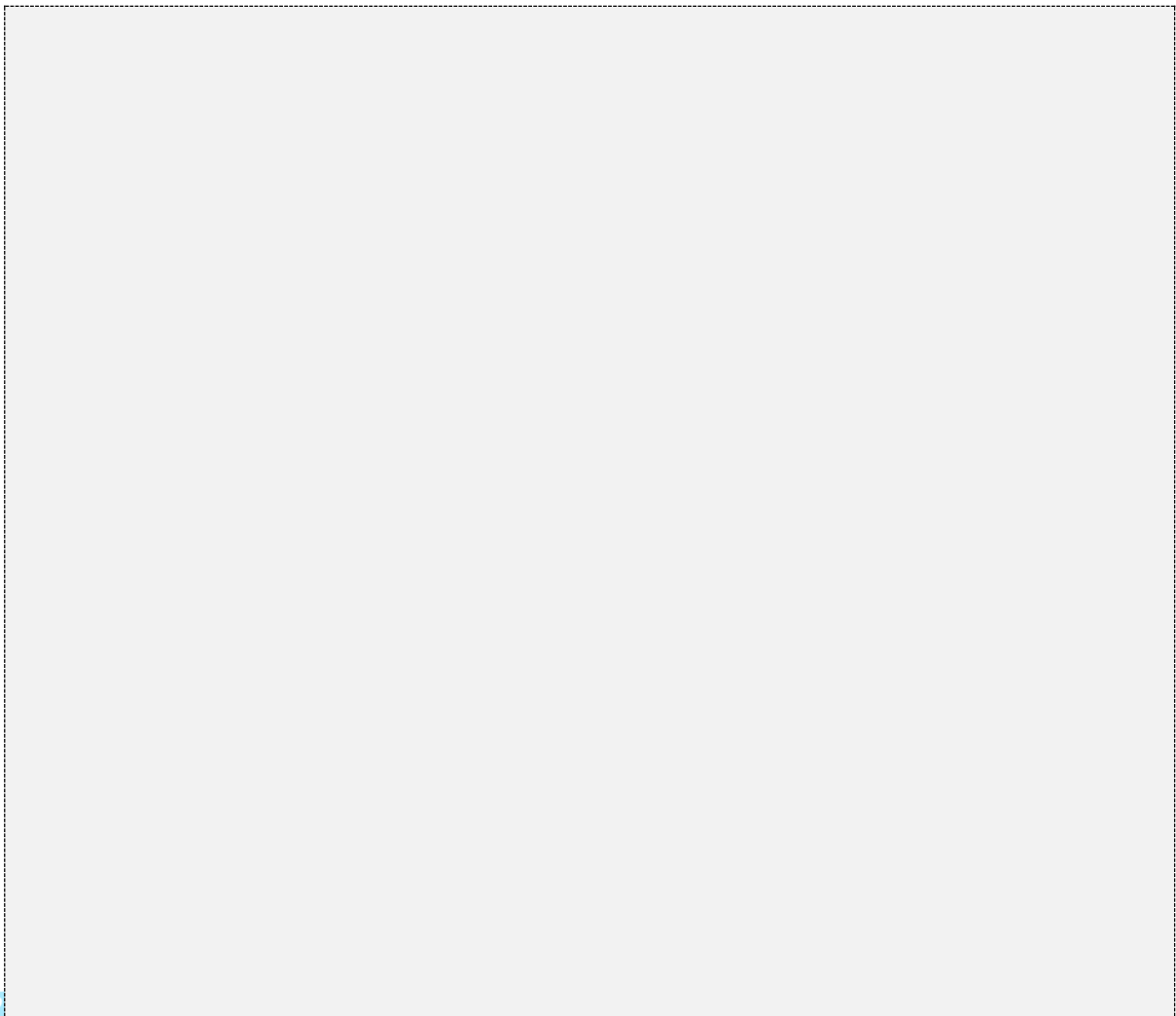
3. Bullying and Hate Online

We look at online bullying and harassment, hate and extreme content. Why do we act in certain ways online? Who is responsible for bad behaviour and how does technology design digital civility? How helpful are the messages we give to young people about responding to bullying? And can we prevent bad behaviour online?

Watch Video

Jot down notes whilst watching. The following prompts may be helpful:

- Why is the term 'cyber bullying' falling out of favour?
- What messages should we give to young people about online bullying?
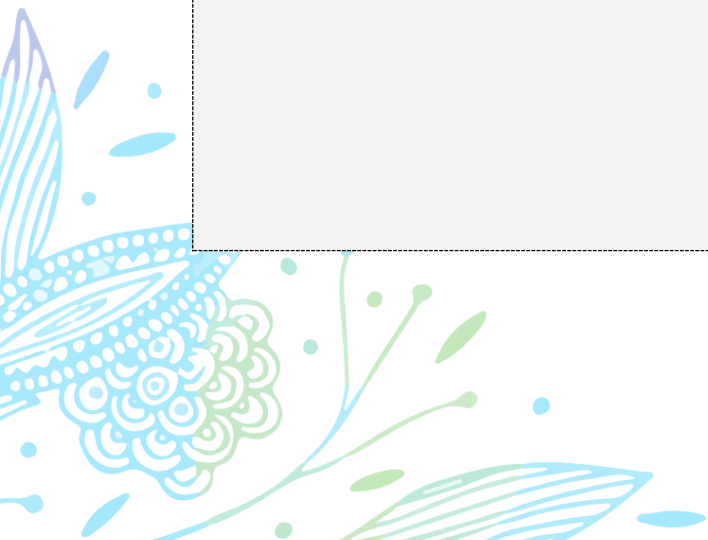
Video 3 complementary resources

Read or Use	Watch or Listen
Respect Me	Podcast episode 9: Ethical Hacking. What does the internet know about you? Jess chats with an ethical hacker from BRIM about securing your online presence. And what are the traits young people need for a career as an ethical hacker?
RSHP resources	
SELMA toolkit	Podcast episode 10: Online bullying. Block and report isn't enough. The Think B4 You Type campaign toolkit helps schools support young people to lead anti-bullying work. The NSPCC chat about their work with RespectMe to create this resource.
	Webinar: Being Me Online: How can educators manage their social media presence? How do you separate personal and professional life online? What can you do when that old tweet comes back to haunt you?

Video 3 homework

Consider how to protect yourself and your pupils online. Where you have social media profiles, check the privacy settings. Who can see what information about you? Who can contact you? Who can tag you in a photo? Prune your friends list. Check your password security. If someone (a mischievous pupil for example) decided to hack one of your accounts, how easy would it be for them to do that? What are your organisation's policies around social media use, and particularly engaging with pupils or parents online? Does your school's anti-bullying policy adequately reference online bullying? And Is it clear what you should do if someone was targeting you online?
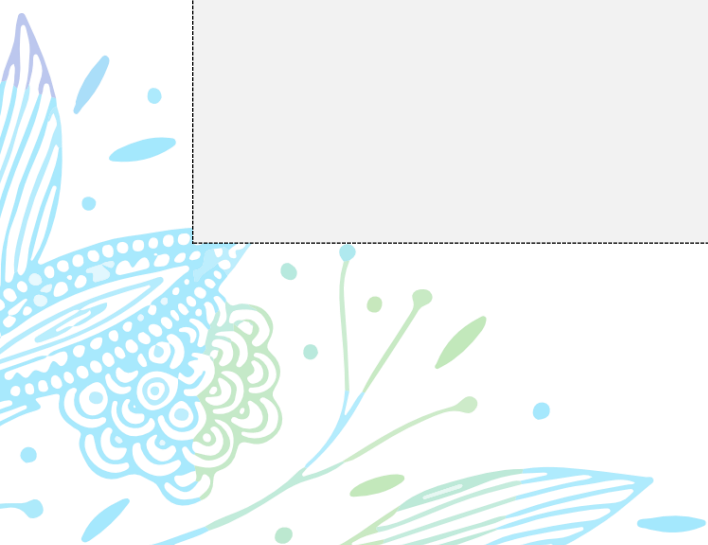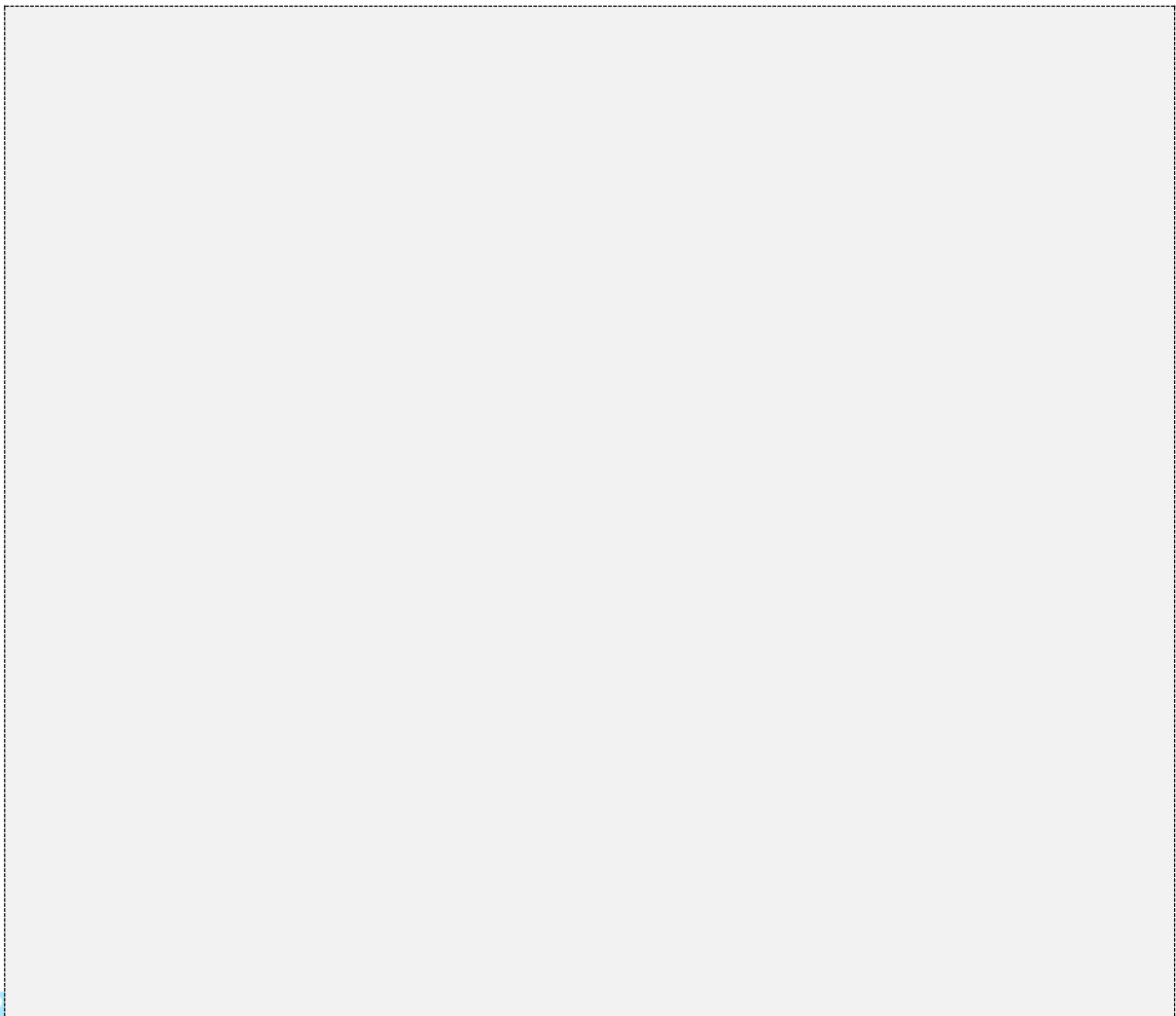
4. Online Safety Education

In this video, we ask the '*so what?*' question. How do we know that our efforts, particularly in terms of education, are making a difference? And as an organisation, how can we best work together to support young people to be safe and empowered online? We also explore the difference between risk and harm online.

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Watch Video

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Jot down notes whilst watching. The following prompts may be helpful:

- How does offline vulnerability affect online risk?
- What are the criticisms of using videos of real-life harm as educational tools?
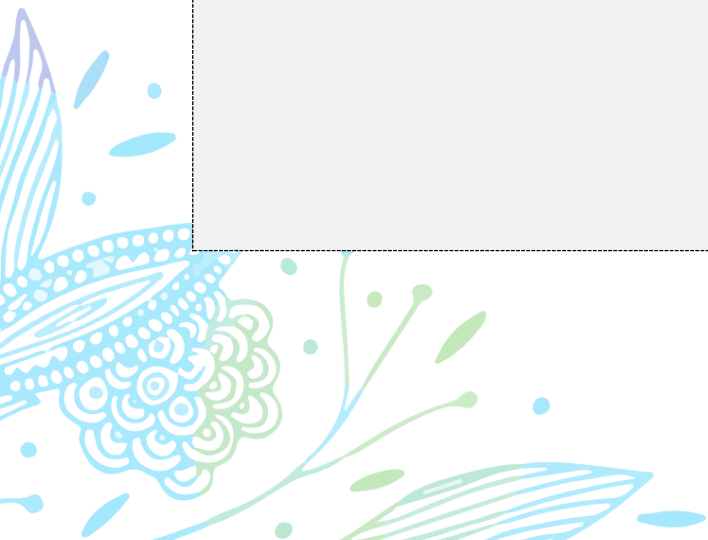
Video 4 complementary resources

Read or Use	Watch or Listen

Online Resilience Tool

360safe Scotland

Digital Parenting presentation: View a video of a webinar introducing the digital empowerment concept to parents. If you're an educator and would like to deliver this presentation yourself, contact Jess McBeath for the PowerPoint (jess.mcbeath@swgfl.org.uk).

Podcast episode 3: Preventing child sexual abuse. Stop It Now! Scotland talk about preventative approaches to child sexual abuse including the Upstream project, educating young people, and working directly with young people displaying harmful sexual behaviour. Useful information for educators, and we hear about the ROSA project based in a high school in Glasgow.

Podcast episode 6: Smashing online safety in the Highlands:. Jess chews the fat with Highland Council's ICT and Learning Officer about the Highland approach to online safety, including their Chromebook rollout, using 360 Degree Safe Scotland and the comprehensive Highland Online Safety Centre. Plus Robert gives his top tips for schools and educators.

Webinar: Sexting: What does the latest research tell us about young people sexting? Are current educational messages appropriate? What resources are available?

Webinar: Educational Resources: Checklist to evaluate if your online safety resources are good quality. Whistle-stop tour of three resources: Project Evolve, SELMA, Safer Internet Day 2020.

Video 4 homework

Choose one of the three following activities:

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i.   Integrate digital citizenship

Choose a planned subject, topic, school value or award and identify how you could integrate digital citizenship into it. For example:

Subject	Numeracy	Managing credit and debt and leading a responsible lifestyle *(what gambling techniques are used in online games?)*
Topic	World War 1	What propaganda was used *(and would its impact have been different if the internet had been invented)*?
School Value	Community	*How are inclusive communities created and sustained online?*
Award	Children's Rights	*Do children have different rights online?*

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ii.   Curriculum overview

Review your current online safety curriculum and educational materials – do they reflect an empowering approach? If not, what could be changed or added? Any gaps?   For example:

Topic	Current focus	Extend to empowering digital citizenship:
Reputation Management	Don't post something online that will prevent you getting a job later on	What are your career aspirations, and how can your online identity support (and protect) them?
Relationships	Talk to a trusted grownup if something makes you feel worried.	What might stop you talking to a grownup about an online issue? (e.g. *'they wouldn't understand'*). What can families, pupils and the school do differently to help?
Cyber security	How to set a strong password and keep it a secret	We know the rules, so why don't we follow them? E.g. *a streaksitter is a friend you give your Snapchat password to, so they manage your snapstreaks while you're on holiday.*

iii.   Strategic analysis

Undertake a high-level analysis or your whole organisation's approach – by answering the questions below. What are the gaps and what actions could you take? For a more detailed evaluation and links to resources, see 360safescotland.org.uk.

Who leads online safety in your setting?
Who is involved? Is it a sustainable approach?

What evidence do we have of impact? Do we evaluate impact in order to improve?

How can staff & young people report issues?

Are online safety & acceptable use policies clear, understood & respected by all?

Is data secure? Is access filtered and monitored?

How are young people empowered to build knowledge, skills and capability?

Do all staff receive appropriate, relevant & regularly up-to-date training?

Ownership

Evaluation

Reporting

Action

Technology

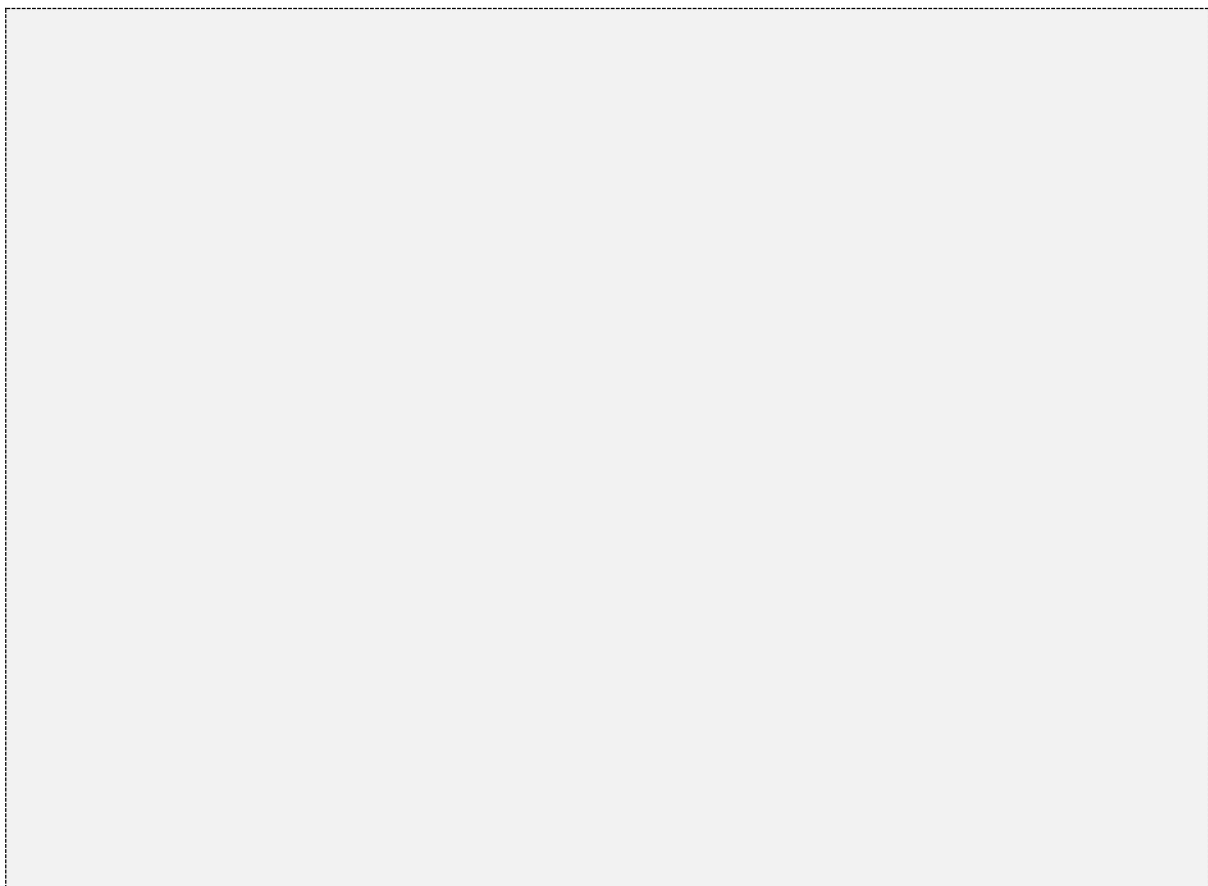Policy

Education

Staff
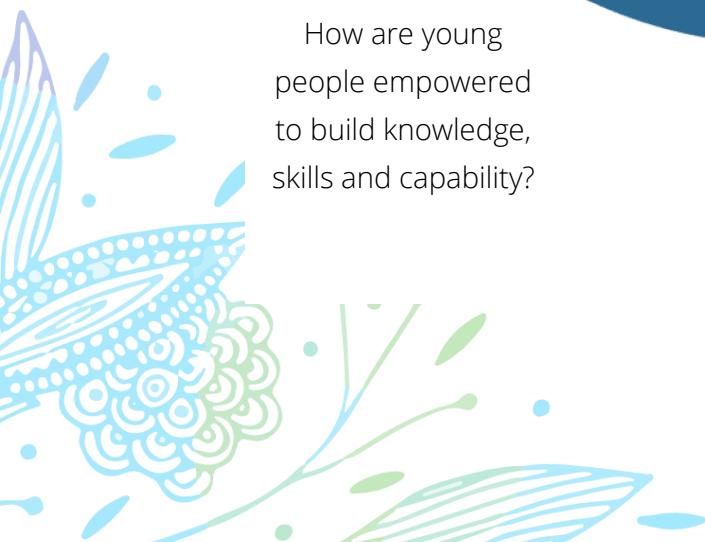
Homework notes

5. Mental Health Impact

In this video, recorded in 2021 (six months after the original Bitesize Video Set), we decided it would be useful to talk about the impact of the online world on our mental health.   We talk about screentime and addiction, and the impact of harmful online content. We think about how we, as professionals and parents, talk about technology with young people, and finally we look at the empowerment aspect – how can young people use technology to aid positive mental health and wellbeing?

<div align="center">

Watch Video

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Jot down notes whilst watching. The following prompts may be helpful:

- Does social media make you depressed?
- How should we advise parents about screentime?
- Are you addicted to your phone?
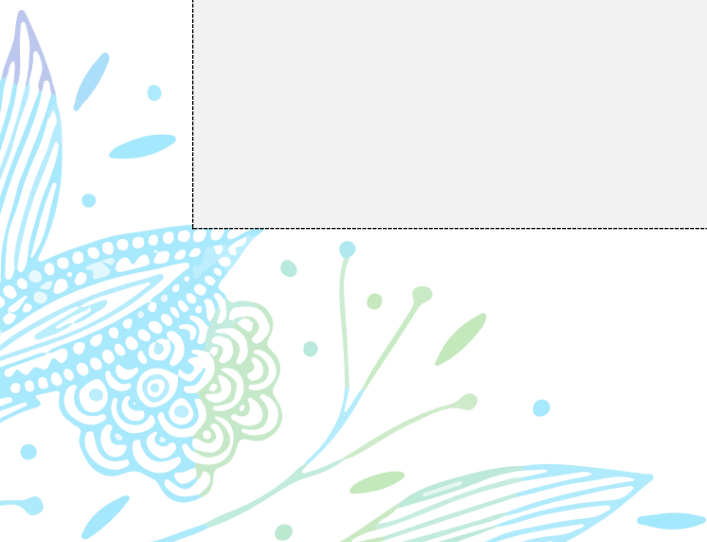
Video 5 complementary resources

| Read or Use	Watch or Listen
Chief Medical Officers screentime advice	Check out the SWGfL online safety podcast which includes episodes on persuasive design, digital engagement and more.
Internet Matters	Webinar: Gaming: What is gaming? What are the benefits? Is gaming addictive? What's the advice for parents? What does the future of gaming look like?
MindYerTime	

Video 5 homework

Now you have watched all of the videos in the Bitesize Video Set, complete your personal action plan on the next page.

6. Personal Action Plan

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Name:		Date:	

Key points I want to remember from the training:

-
-
-

Actions I'm going to take, and by when:

1.

2.

3.

What difference will my actions make? How will I know?
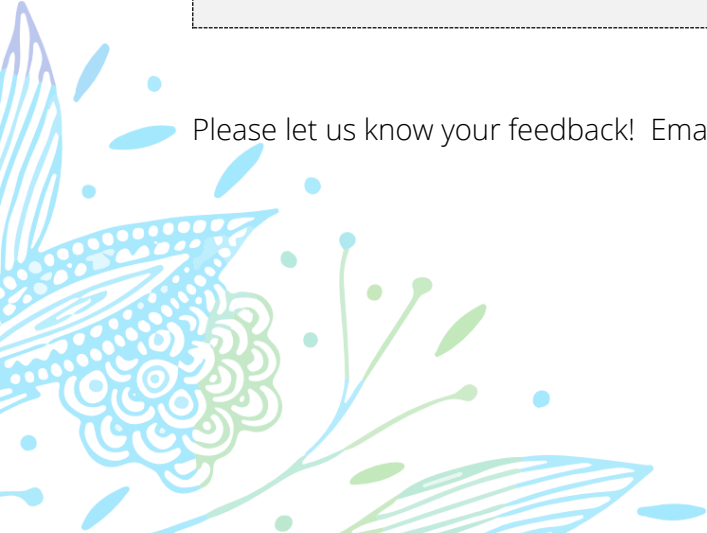
Quick Links

projectevolve.co.uk

reportharmfulcontent.com

saferinternet.org.uk

swgfl.org.uk/helpline

swgfl.org.uk/resources/online-safety-podcast

You can also sign up for our newsletter at swgfl.org.uk/about/subscribe