



SEATON VALLEY FEDERATION OF SCHOOLS

Updated Safeguarding Information for Parents - 24th June 2024

Summer Screen Time

It's summer and the school holidays are nearly here! While we can't guarantee sun time, we can predict high levels of screen time for our children and young people during the school holiday season.

It might seem that the easiest option for managing screen time is to not allow it at all, but screen time activities like gaming and social media are a source of fun for children and young people. It is often how they communicate with their friends while they're not seeing them every day at school, so banning all screen time would most likely be counterproductive or even harmful, as it can cut off children and young people from their outside world.

A more productive approach would be to establish boundaries and develop healthy habits, which will balance their screen time while also ensuring their needs are recognised.

The link below provides more information for parents on managing screen time

[Summertime Screen Time - Ineqe Safeguarding Group](#)



What You Should Know About... Sextortion

What is it? Sextortion is a 'cyber-enabled crime' in which victims are lured into sharing intimate photos/videos or behaving in a sexual way in front of a camera. Unbeknownst to the victims, their actions have been recorded or saved by criminals who blackmail the victim by threatening to release the image or footage.

How to Protect

There are steps you can take to avoid becoming a victim of sextortion:

- ❌ **DON'T** share intimate photos or videos or
- ❌ **DON'T** agree to requests for nude photos or intimate acts over a video call.
- ❌ **DON'T** accept friend requests/messages
- ❌ **DON'T** include sensitive and/or personal
- ✅ **DO** remember that anyone who truly can do something uncomfortable.
- ✅ **DO** be mindful of who you accept as friends
- ✅ **DO** strengthen your social media privacy
- ✅ **DO** question who it is you are really speaking to

How does it happen?

Victims are usually targeted in online spaces - such as social media platforms or dating apps.

The offender often uses a fake identity to seem more appealing to potential victims. Once a victim has been targeted, offenders quickly befriend them before the blackmail begins.

During the 'friendship', the offender will introduce the topic of sex and begin encouraging the victim to remove items of clothing while on camera or to send them a nude image.

After the victim has done so, the offender reveals they have recorded the entire interaction and threatens to publicly expose the victim if they do not either send a sum of money or more photos/videos.

Help and Advice

If you or someone you know has been a victim of sextortion, you are not alone. Stay calm and take the following steps:

- 🚫 **IGNORE** their demands and do not pay
- 🛑 **END** all communication with the offender
- 📸 **CAPTURE** evidence of blackmail
- 🗣️ **TALK** to a trusted friend or family member
- 👮 **CONTACT** the police immediately
- 🚫 **BLOCK** the offender on all social media
- 📢 **REPORT** the individual to the relevant platform
- 🤔 **CONSIDER** if you or the offender are under 18

FACT It is illegal to create, possess or distribute indecent images of children. In situations where a child has taken and shared a nude image of themselves, the law does not unfairly punish that child and will handle their case sensitively.

The Impact of Sextortion

Once the victim realises what has happened, panic sets in and they are left feeling violated, afraid, embarrassed, ashamed, alone, or even suicidal.

Support

If you are feeling overwhelmed, there are people who can help. **There is always hope and help available.**

INEOE An Online Safety Shareable by INEOE Safeguarding Group

Our [What You Should Know About Sextortion](#) shareable is a valuable resource dedicated to help improve your knowledge and understanding on how you can help protect those in your care.

