



SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

JANUARY - FEBRUARY 2025 - DIGITAL SAFEGUARDING



WELCOME

In today's fast-paced digital world, staying safe online is more important than ever. Whether you're a child exploring the internet, a teenager on social media, an adult managing work and personal data, or an older person navigating online banking, digital safeguarding is essential.

This newsletter provides key tips to help you stay safe and informed.

WHAT IS DIGITAL SAFEGUARDING?

A good definition of **safeguarding** is taking proactive steps to prevent harm and abuse from occurring. At the same time, good safeguarding practice means you'll know what to do if harm or abuse ever takes place: who to contact, what to tell them, and how to help the person who's experienced abuse.

So what's digital safeguarding? It's the same idea, but in a digital space. **Digital safeguarding** simply means taking steps to stay safe online.



Read the digital literacy guide



The guide goes into lots of areas such as "Know your Device", "Interacting Online", "Seeking Help" and more.



ONLINE PRIVACY & SECURITY

- Use **strong passwords** with a mix of uppercase, lowercase, numbers, and symbols. Consider using a **password manager** to store them securely.
- Enable **multi-factor authentication (MFA)** to add an extra layer of security to your accounts.
- Be cautious of **phishing scams** – never click on suspicious links or provide personal details unless you are sure of the sender’s legitimacy. Look out for grammatical errors and urgent requests.
- Adjust **privacy settings** on social media platforms to restrict who can view your personal information. Avoid sharing sensitive data, such as addresses and phone numbers.
- Regularly update software, applications, and devices to protect against the latest security threats and vulnerabilities.

CYBERBULLYING & HARASSMENT

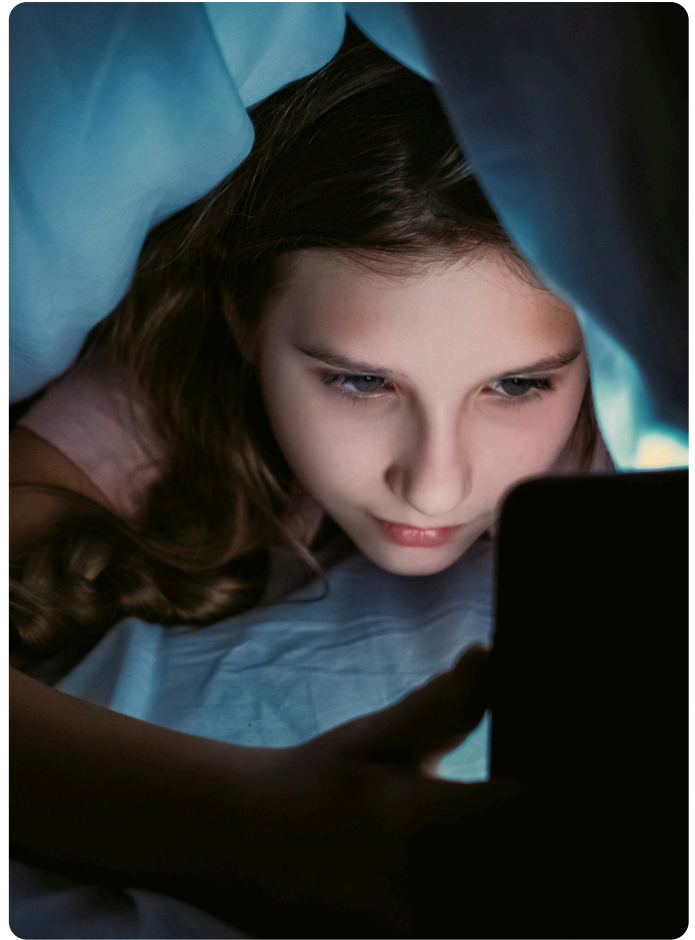


- Cyberbullying affects people of all ages, including adults in professional settings. If you experience online abuse, **block, report, and seek support** from trusted individuals or organisations.
- Recognise different forms of cyberbullying, including trolling, doxing (publishing private information), and impersonation.
- Encourage **kindness and responsible online behaviour** – think before posting or commenting. Negative online actions can have real-life consequences.
- If you’re a parent, maintain open discussions about online safety with children. Teach them how to **identify and handle** bullying or inappropriate content.



SCREEN TIME AND DIGITAL WELL-BEING

- Maintain a **healthy balance** between screen time and offline activities. Prolonged screen use can contribute to stress, anxiety, and disrupted sleep.
- Be mindful of how excessive social media use can **impact mental health**. Monitor signs of addiction, such as compulsive scrolling or neglecting responsibilities.
- Establish **tech-free zones and times**, such as during meals or before bedtime, to encourage in-person interactions and rest.
- Consider using **screen time management tools** available on smartphones and apps to set daily limits.



MISINFORMATION & FAKE NEWS



- Always **verify sources** before sharing news or information. Look for reliable sites with editorial accountability.
- **Be wary of sensational headlines** and manipulated images. Fact-check content before believing or spreading it.
- Use **fact-checking websites** like Full Fact, Snopes, or BBC Reality Check to confirm the accuracy of online claims.
- **Encourage critical thinking** when consuming news, particularly on social media where misinformation spreads rapidly.



SAFE ONLINE GAMING & SOCIAL MEDIA

- Set **age-appropriate parental controls** for children's gaming and social media use. Adjust settings to restrict inappropriate content and manage screen time.
- Never share personal details with strangers in games, online forums, or chat rooms.
- Be cautious of **in-game purchases and scams** targeting players. Set up spending controls on accounts to prevent unauthorised purchases.
- Discuss the risks of **online challenges and viral trends** that may encourage dangerous behaviour.



PROTECTING OLDER ADULTS & VULNERABLE PEOPLE



- Help older family members recognise common scams, such as fraudulent emails claiming to be from banks, government agencies, or tech support.
- Educate them on **safe online banking practices**, including checking website security (<https://>), using official banking apps, and avoiding suspicious phone calls.
- Encourage the use of **trusted websites** when shopping online and verify sellers before making purchases.
- Teach older adults about **social media privacy settings** to prevent oversharing and protect their personal information.

FURTHER SUPPORT & INFORMATION

If you encounter harmful content, cyber threats, or scams, report them to the relevant platforms immediately.

Scams

UK residents can report online scams to Action Fraud (www.actionfraud.police.uk) or call 0300 123 2040.

Online abuse

For cyberbullying or online abuse, visit www.childline.org.uk, www.reportharmfulcontent.com, or contact a relevant support service in your country.

Grooming & Exploitation

If you suspect someone is being exploited or groomed online, report it to CEOP (www.ceop.police.uk) or a local law enforcement agency.

9 PROTECTED CHARACTERISTICS

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

PREVENT DUTY

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

Report possible terrorist activity online. If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

BRITISH VALUES

British Values are defined as:

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 01775 5130501 or email safe-guarding@steadfasttraining.co.uk

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 01775 513050.

[Report a Safeguarding Issue](#)



For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on chloe.robinson@steadfasttraining.co.uk.