



# Care Workers and NHS Staff

## Online Safety and Anti-Bullying Workshops

## Why choose EyePAT CIC

### We cover all 7 main dangers of online safety

- Viewing of inappropriate websites on mobiles and PC's and the impact this has on a child's behaviour and development (adult, anorexic, suicide, drugs, violent, terrorist etc.)
- Cyberbullying
- Trolling
- Gaming and how violent gaming can affect teenagers behaviour.
- Identity theft
- Sexting and uploading of sexual photographs
- Online grooming

### We provide 4 workshops for Care & NHS Staff

- Happy People Don't Bully (anti bullying workshop)
- Online Child Protection [+ BASW Cymru Home Safety Audit for Care Plans]
- How to use Social Media (and email) Safely

### Why choose EyePAT CIC?

- We have a proven track record having worked, extremely successfully, with over 150 organisations including schools, children's services departments, private fostering agencies and health services.
- We are partnered with BASW Cymru
- We are the only organisation to provide an up-to-date and detailed (189 page) step-by-step online safety guide for our delegates. This is one of the key reasons our training is so effective.
- EyePAT CIC (Community Interest Company) is a Not for Profit training provider managed by a team of Head Teachers , Health Professionals and Police Officers.
- We are independent of any specific government department or charity so can draw on resources and information from worldwide organisations.
- We use professional trainers to run our workshops, who understand the psychology of learning and how to teach effectively.
- We are the only organisation who comprehensively cover all 7 crucial areas of internet safety for children and vulnerable adults and teach how to recognise, prevent, report and deal with them

## EyePAT Online Safety Information Guide



Eye PAT have written their own Online Safety Information Guide with help on every aspect of online safety, drawn from numerous sources.

This training guide is available in the pack for every adult who attends and we consider it an essential resource.

It contains 189 pages and it covers:

Why do we need to learn online safety?.

How can the internet affect your children?.

How does a child's brain work.

What to do at what age?.

Is Your Child Addicted to the Internet?

How to Tell and What Parents Can Do.

Child/Parent Contracts on Internet Use.

Example Contracts.

Different ways to chat online.

Internet & DVD Gaming.

Gaming classifications.

Mobiles.

Viewing Inappropriate Images on Mobiles.

Sexting.

Advice for Schools and Professionals who care for young people.

Bullying.

Cyber Bullying.

Trolling.

I am an adult and I am bullying what can I do?.

I am a child and I am bullying what can I do?.

Google Alerts.

Grooming and online child abuse?.

Why do Child sex abusers like to use the internet to contact children?.

What are children at risk of?.

Children at specific risk.

Tips to keep your children safe on the internet

Internet Explorer History.

Deleting the History.

In Private Browsing.

Games/Social Networking for Young Kids.

Messaging.

Gaming.

Available Games.

Social Networking Sites.

Anonymous social networking.

Parental Controls and Privacy Settings.

Mobile Phone Operators Parental Controls.

Parental Control Software.

ISP Parental Controls.

Internet Explorer - Parental Controls.

Disabling In-App Purchases on iOS and Android Devices.

Disabling In-App Purchases on Android Devices.

Xbox 360 Netflix 'Just For Kids' User Interface.

iPAD Applying Safety Controls.

iPhone Controls.

Wii Parental Controls.

XBox 360 - Parental Controls.

You Tube Safety Mode.

Use YouTube's privacy settings.

Google Chrome Family Safety.

Firefox family safety.

Yahoo Safe Search.

Bing Safe Search.

Router Security & Parental Controls.

Netgear

BT.

DrayTek.

Social Networking - Privacy and Parental Settings.

Is someone logging onto your Facebook account without you knowing?.

Skype.

Tracking & Monitoring Software.

Kid Safe Search Engines.

Microsoft and CEOP create child-friendly version of IE9.

Ranger Browser—for a Child's iPhone, iPad or Android.

Windows Live Family Safety.

Change your child's home page to the Kids' Sites

Homework Sites.

Internet Cookies – What They Are and How to Block Them..

Text and MSN abbreviations.

Dictionary of terms used in chat rooms.

A Dictionary of Sexting terms.

List of popular social networking websites.

internet Chat and Drug Lingo

Emoticons

## Anti-Bullying Workshop Happy People Don't Bully



There is a lot more behind this, but overall the Happy Kids and Happy People Don't Bully concept is simple ....

Find out what is troubling the bully and help them deal with it [no bully = no victims]!

### Happy People Don't Bully - Staff Workshops

**Duration – 5 hours**

- Why does someone bully
- Defining bullying
- Cyberbullying
- Working together to help the bully stop
- Evidence Gathering
- Risks & Triggers

### Understanding People – Managers Workshop

**Duration – 1 Day**

- Rapport Building
- Body Language
- Mirroring
- Physiology
- Filters Values & Beliefs
- Communication

### Advanced Interviewing Techniques – Managers Workshop

**Duration – 1 Day**

- Preparation
- Narrative
- Mind Mapping
- Questioning
- Structured Statement Writing



**Online Child Protection  
Social Workers & NHS Staff  
Duration: 5 hours**

### **Cyberbullying & Trolling**

- Happy Kids Don't Bully – an alternative way to look at bullying
- Understanding how bullying has transferred to the internet and mobile phones
- Use of mobiles as cameras and for onward transmission of messages
- Discussing the specific issues children in care experience with bullying
- Guidelines to understanding, recognising and preventing cyber bullying

### **Viewing of Inappropriate Web Sites and Images**

- Raise awareness of Anorexia, suicide, pornography, extreme horror, snuff, extremism, terrorism etc.
- Exploring available options to prevent children seeing these images
- The effects some sites and images have on a child's development, their ability to form relationships and their understanding of right and wrong.

### **Risks of Online Gaming**

- The impact on a child's development by gaming
- Discussing how children's life experiences can affect their behaviour as a result of gaming
- How paedophiles use online games and games consoles to reach children from as young as 6

### **Use of mobiles for internet access and Sexting**

- Children using mobiles to access the internet
- Sexting – what is it
- What impact is this having on all children and how may it specifically affect children in care
- Understanding text and Sexting speak?
- Looking at the repercussions of holding or sending Sexted images in terms of current child abuse laws

### **Social Networking**

- Looking at how social networking can be used to contact birth families/children
- Who is a friend and who is a contact
- Publishing personal information
- Contact between social care staff, foster parents and children in care.

### **Grooming**

- Advice from CEOP on child safety
- Understanding how a paedophile ring works together
- Teenchat – danger words to look out for eg. LMIRL, KPC, 9

### **Identity theft**

- How children can be coerced into releasing personal information
- Protecting passwords and Phishing

**How to Keep Yourself and Service Users Safe Online**  
**Social Workers**  
**Duration: 6 hours**



All the topics covered in the 5 hour workshops are covered:

- Cyberbullying & Trolling
- Viewing of Inappropriate Web Sites and Images
- Risks of Online Gaming
- Use of mobiles for internet access and Sexting
- Social Networking
- Grooming
- Identity theft



Plus:

- How to carry out a Home Online Safety Audit to support and inform the care plan
- BASW's Code of Ethics and Social Media Policy

This workshop is PRTL Certified and counts towards 6 hours of training.

Bookings for these workshops are to be made via the BASW Website

<http://www.basw.co.uk/wales/>

Further information on dates etc. can be found on

<http://www.eyepat.org/socialworkers/BASWworkshops>



## Online Child Protection Care Workers & Foster Carers Duration: 5 hours

### Cyberbullying & Trolling

- Happy Kids Don't Bully – an alternative way to look at bullying
- Understanding how bullying has transferred to the internet and mobile phones
- Use of mobiles as cameras and for onward transmission of messages
- Discussing the specific issues children in care experience with bullying
- Guidelines to understanding, recognising and preventing cyber bullying

### Viewing of Inappropriate Web Sites and Images

- Raise awareness of Anorexia, suicide, pornography, extreme horror, snuff, extremism, terrorism etc.
- Exploring available options to prevent children seeing these images
- The effects some sites and images have on a child's development, their ability to form relationships and their understanding of right and wrong.

### Online Gaming

- What games do young people play
- The impact on a child's development by gaming
- Discussing how children's life experiences can affect their behaviour as a result of gaming
- How paedophiles use online games and games consoles to reach children from as young as 6

### Use of mobiles for internet access and Sexting

- Children using mobiles to access the internet – what are they doing?
- Sexting – what is it
- What impact is this having on all children and how may it specifically affect children in care
- Understanding text and Sexting speak?
- Looking at the repercussions of holding or sending Sexted images in terms of current child abuse laws

### Social Networking

- Looking at how social networking can be used to contact birth families/children
- Who is a friend and who is a contact
- Publishing personal information
- Contact between social care staff, foster parents and children in care.
- Use of mobiles for social networking

### Grooming

- Advice from CEOP on child safety
- Understanding how a paedophile ring works together
- Teenchat – danger words to look out for eg. LMIRL, KPC, 9

### Identity theft

- How children can be coerced into releasing personal information
- Protecting passwords and Phishing



## How to use Social Media Safely Parts 1 & 2

Duration: 5 hours each

**These sessions are designed to work alongside the Online Safety Workshops, to provide hands on training for foster carers and other staff who need help improving their online skills.**

### How to use Social Media Safely for Beginners - Part 1

Session: 5 hours

A hands-on online safety workshop designed to help child care professionals, who have little or no knowledge of computers, on how to set up email and safe social networking sites.

Learning Outcomes - after the event attendees will be able to:

- Create a Google Home Page with Password
- Use GMail to send an email with attachments, to insert photos and send links
- Create contacts (address book)
- Set up Google Alerts
- Set up a Facebook account and apply privacy settings
- Use Facebook and Google to trace birth family members (so they know how easy it is for children/families to do this)
- Use Internet Explorer to access History and In Private Browsing



### How to use Social Media Safely for Beginners - Part 2

Session: 5 hours

A hands-on online safety workshop designed to help child care professionals, who have a basic knowledge of computers, on how to keep young people safe online.

Learning Outcomes - after the event attendees will be able to:

- Apply software and hardware controls to prevent children being damaged online
- Set up Windows Live Family Safety
- Use online messaging
- Use online video messaging
- Access unsuitable sites such as Little Gossip, Chatroulette etc. (for the purposes of preventing these sites)
- Apply IPAD, i-phone, You Tube Safety Controls



## Testimonials

**We have trained well over 2000 adults and children. The response to our sessions by foster parents, social workers, health, care and youth workers has been outstanding**

Comments we have received from them include:

“Very useful information. Will be checking up on my foster child’s usage on the internet.”

“Excellent knowledge and Information”

“Very good thought provoking session. Gives good understanding of the key issues”

“Very informative and should now be mandatory with social worker training/practice, given the growing issues of internet safety”

“All very helpful and an eye opener. The session was very informative and has provided me with a valuable increased knowledge on internet safety and cyberbullying issues”

“I work with vulnerable young people in care and post care up to age 21. To be able to sit down with a young person to help them see the potential risks from using the internet using the suggested visual aids will be very powerful with young people”

“I can now raise awareness with young people, professionals, foster carers etc. on how to protect themselves when using the internet”

“All the information was very helpful. I am now more aware of computer usage and know how to check what children are doing and looking at”.

“All very interesting. I wasn’t aware of lots of it”. “Made me think about how little I actually know which is relevant both at home and at work”.

“I supervise foster carers and will draw on this training to offer advice to them”.

“It highlighted how strongly gaming can impact on behaviour and how easily unwanted sites can be accessed and how important it is to limit/supervise internet use. Being aware will enable me to use as and when needed”.

“Very good”

“It will help me as I am now aware of the risks to young people and will be able to act”.

“Excellent session, well instructed and delivered-fantastic-thank you”

“Thoroughly enjoyed, very moving, learnt lots - Definitely will take back to Youth Centre and see if I can invite you to a session”

“Brilliant”

## Research and Development

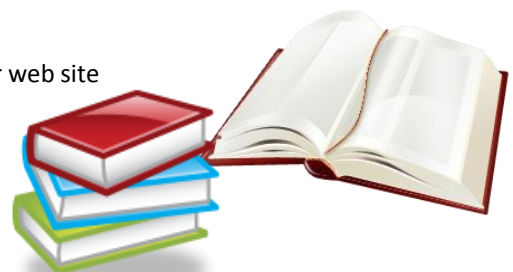
EyePAT CIC is a Not for Profit Company. We are a team of highly skilled and qualified teaching, training, health, legal and IT professionals. EyePAT has been established for over 4 years and in this time has taught c. 4000 people at over 150 schools, children's services departments, fostering agencies, charities and councils.

We spend many months researching all the available materials, advice and teachings on anti-bullying and online safety, including:

- Do we have safer children in a digital world - Dr Tanya Bryon
- Bullying - effective action in secondary schools (PDF format)[1]
- EU Kids Online Report Oct 2010
- Becta AUP Establishing Safe and responsible online behaviours
- Guidance for Safer Working Practice for Adults who Work with Children and Young People
- The Byron Review
- Ofsted The safe use of new technologies Feb 2010
- The ESRC Report – “UK Children Go Online”
- BECTA's Safeguarding Children in a Digital World
- The Lord Laming Report
- HM Government, Sept 2003. Every Child Matters
- Information from CEOP and UKCCIS
- NHS Next Stage Review Final Report, June 2008
- Office for National Statistics, Internet Access Households and Individuals, 28<sup>th</sup> August 2009
- Sinclair, Ian and Corden, John. A Management Solution to Keeping Children Safe, 2005
- NHS Employers Website, 26<sup>th</sup> May 2009
- The Lord Darzi Pathway – Children and Family, 2009
- The Protection of Children in England: A Progress Report, March 2009
- Mobile Phones the New BikeSheds, Dr. Emma Bond
- Managing Mobile Relationships. Dr. Emma Bond
- UNICEFF – Child Safety Online – Global Challenges and strategies
- The Bullying and Hate Crime Handbook by Neville Evans
- Addiction to the Internet and Online Gaming BRIAN D. NG, M.S. and PETER WIEMER-HASTINGS, Ph.D.
- Brain development in childhood: A literature review and synthesis for the Byron Review on the impact of new technologies on children
- Threat Assessment of Child Sexual Exploitation and Abuse CEOP 2012
- Bailey Review of the commercialisation and sexualisation of childhood

This research is ongoing and continuous. Online issues change constantly and we respond by updating all our sessions and materials.

An updated list and link to these reports can be found on our web site  
<http://www.eyepat.org/Research>



## Our Fees

**Our event fee is a flat fee for the event irrespective of the numbers attending, however with the interactive nature of the events we recommend a maximum of c. 45 people.**

### Online Child Protection Using Social Media Safely (max 12 people) \*

Event Price : £425 for 1 workshop  
+ £6 per delegate for Delegate pack including all course handouts and Training Guide CD.

### Happy Kids Don't Bully

Event Price £550 per day  
+ £6 per delegate for Delegate pack

### BASW Cymru - How to Keep Yourself and Service Users Safe Online

Delegate Fee £60 [members]  
£80 [non members]

All rates are subject to VAT at the current rate  
Discounts are available for multiple bookings  
There is a £50 surcharge for event fees for venues inside the M25  
Other travel costs may be charged (by agreement) depending on venue location

### Delegate Packs

Packs are available for each delegate for £6.00 + VAT each.  
Training Guide CD's are available at £4.50 + VAT each

Note: Packs contain A4 stud clasp plastic wallet, Pad, Pen, Information Sheets, Course Handouts and CD containing Eye PAT Online Safety Information Guide

These prices are based on the training taking place at the clients premises.  
\* Clients are asked to provide the PC's or laptops with unrestricted internet access



## Contact Us

For more information, up to date prices or booking please contact us at:

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