



Nottinghamshire
Safeguarding
Adults Board
Stop abuse and neglect



Comms Pack for Online Harm Week 9th to 13th February 2026

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1. Introduction

From 9th to 13th February 2026, to coincide with Safer Internet Day on 10th February, Nottingham and Nottinghamshire's Prevent Team, Nottingham and Nottinghamshire Safeguarding Adults Boards and Safeguarding Children Partnerships will be holding a series of events to raise awareness of a range of online harms.

We have developed this comms pack for participating organisations to share webinar details with staff and to provide resources for you to use. This pack should guide you on what to share within your organisation in the lead up to the week, as well as what you can do throughout the week to promote messages designed to prevent online harm.

The success of this week depends on it being promoted widely across agencies and by those agencies releasing front line staff to attend. Please support this week by disseminating the information, speaking to key individual service/team managers, raising this event as Any Other Business (AOB) in internal and external meetings, and by preparing in advance to allow safeguarding leads and front-line staff to attend.

We hope you find this pack useful and that it helps your staff to access the resources available to support their work. If you would like any further information on the partnerships and organisations involved in this week, please visit the below websites:

Website: <https://nsab.nottinghamshire.gov.uk/>

Website: www.nottinghamcitysab.org

Website: [Nottinghamshire Safeguarding Children Partnership](#)

Website: [About Nottingham City Safeguarding Children Partnership - Nottingham City Council](#)

Website: [Prevent Duty - Nottingham City Council](#)

Website: [Home - Remedi Victimcare](#)

Website: [Equation | Domestic Violence Nottinghamshire](#)

Website: [Home | Nottinghamshire Police](#)

Website: [Deflect and protect](#)

Website: [East Midlands Cyber Secure | police](#)

Website: [Nottingham More In Common](#)

[Further resources:](#)

Website: [Safeguarding children - Multi-Agency Safeguarding Hub \(MASH\) | Nottinghamshire County Council](#)

Website: [Radicalisation on the internet | ACT Early](#)

Website: [Are you worried about an adult? - Nottingham City Council](#)

Website: [Are You Worried About a Child's Well-being? - Nottingham City Council](#)

Website: [Home -Communities Inc.](#)

Website: [Educate Against Hate - Prevent Radicalisation & Extremism](#)

Website: [Information on Hate Crime - Nottingham City Council](#)

Website: [Community Cohesion - Nottingham City Council](#)

Website: [Counter Terrorism Policing | Home](#)

Website: [Cyber crime | Nottinghamshire Police](#)

Website: <https://www.ncsc.gov.uk/section/information-for/individuals-families>

Website: <http://www.ncsc.gov.uk/>

Website: [UK's Home for Reporting Cyber Crime & Fraud - Report Fraud](#)

2. Webinars

We have organised a series of webinars on a range of topics relating to online harm. These sessions are free to attend and are open to public authorities and the voluntary sector in Nottingham and Nottinghamshire. It may be particularly relevant to Health and Social Care staff, Police, Fire & Rescue, Probation, Prison staff, residential and nursing home staff, housing services (both NCC and Housing Associations), Community safety, education professionals, and formal/informal carers in Nottingham City and Nottinghamshire County.

There are a series of webinars that vary in length, with some additional time for questions at the end, and can be accessed via Microsoft teams. The links for these are below.

Please promote these webinars via email, intranet, internal newsletter etc.

Please note

Monday 9th February 2026

[10.00am to 11.30am](#)

Cyber Security-Nottinghamshire Police

Join Nottinghamshire Police as they host a free webinar for parents, carers, and professionals in local authorities, the voluntary sector and education to support anyone living or working with children to support the learning of how to protect yourself and your child's online security, privacy, and parental controls.

Cyber Security is the protection of devices, online account data and software to protect them from unauthorised access and cyber-attacks.

Target Audience:

This session is designed for all parents, carers, and professionals in local authorities, the voluntary sector and education to support children that are using devices.

Aims:

The aim of this private session will be to educate parents/carers and anyone working with children when it comes to basic cyber security - this includes strong passwords, 2-step verification, parental controls, top tips for managing children's devices and keeping online accounts secure and private.

Objectives:

To give parents, carers, professionals and school staff some context around current threats that parents, carers, and schools are experiencing in today's cyber landscape and increase protection against cyber incidents.

Speakers (2):

Nottinghamshire Police - Cyber Protect and Prevent Officers - Kirsty Jackson and Mark Lonsdale

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 364 086 119 034 2

Passcode: qi6nx7eN

[13.00pm to 14.00pm](#)

Cyber Choices- Nottinghamshire Police

Join Nottinghamshire Police as they host a webinar for parents, carers, and school staff to support anyone living or working with children to support children/teens with an interest in computers and technology, that are at risk of exploitation or are on the cusp of causing criminality. This webinar will discuss the referral process as well as offer advice appropriate to anyone working or interacting, with people considered to have a high technical computing ability.

Aims:

To support those with a real interest or talent in the digital world, who could go on to have a bright future. It's important to have a discussion about how to use and develop their skills legally and to consider the consequences of becoming involved in cybercrime. Early intervention may encourage them to follow the correct and legal pathway. This webinar will equip you with the tools and knowledge needed to provide essential support and resources to someone with those abilities and interests and help manage the risk they pose.

Objectives:

To give parents, carers, and school staff some context around current threats that they should be aware of to protect our children's future. Unfortunately, the digital world can also be tempting for young people for the wrong reasons. Many are getting involved in cybercrime, sometimes even without realising that they are breaking the law. This can have serious consequences for someone's broader future and not just their career. Cyber Choices is a programme created to help people make informed choices and to use their cyber skills in a legal way and this webinar will focus on what this is and how this could help should you identify someone ideal for the 'Cyber Choices' programme.

Speaker:

Nottinghamshire Police - Cyber Protect and Prevent Officer – Kynam Moore

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[Join the meeting now](#)

Meeting ID: 347 552 204 585 62

Passcode: oy9om3g7

Tuesday 10th February 2025

[10:00am to 12:00pm](#)

Deflect and Protect: Ali Barfield

Young People and the Internet: Autism, Generation Alpha and Modern Extremism

In this session we equip people that work with young people, with the information needed to understand how young people consume content online and interact with the internet.

We will look at Autistic and SEND young people, how the unique vulnerabilities present can make them ideal targets for radicalisation online, including but not limited to, the extreme right wing, mixed unstable unclear extremism, incels and young people engaging with extreme violence.

We will cover:

- Autistic disenfranchisement
- How young people interact with content online
- How to discuss content with young people
- Modern 'Salad Bar' extremism
- Notable platforms/apps;
- Recommendations for parents
- Best practises for referring

Ali is an autistic/ADHD man who is passionate about neurodiversity and radicalism. He has graduated from Bishop Grosseteste University, with a degree in education studies.

He has extensive experience working in SEND school settings both in an educational and pastoral capacity, working closely within disadvantaged communities with high proportions of neurodivergent students.

His training draws on his lived experiences of both radicalism and autism/ADHD. He has worked for over 5 years with Britain's neurodivergent community both in the school setting and as part of the third sector. He is particularly interested in the overlap between neurodivergence and radicalism and is an experienced public speaker.

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 396 649 255 681 72

Passcode: RG942pq6

[14.00pm to 15.00pm](#)

Home Office Research Information and Communications Unit- Ben Lee

Online Communities of Harm: The Com Network

The Com network is an online network which includes groups and actors that engage in a wide range of harms including sextortion, encouraging self-harm and suicide, animal abuse, cybercrime, and in some cases physical violence. The network includes groups such as 764. This presentation will provide a brief overview of the Com network from the perspective of Prevent.

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 327 801 654 252 46

Passcode: q3yP9ac2

Wednesday 11th February 2026

10.00am to 11:00am

Rebecca Zerk

Hidden Threats at Home: Technology Facilitated Domestic Abuse

Join Dewis Choice for an insightful talk on 'Hidden Threats at Home: Technology-Facilitated Domestic Abuse'. This webinar uncovers how common digital tools — such as smartphones, smart home devices, and social media — can be misused to monitor, control, or intimidate partners and family members. The webinar will explore real stories, research findings, and the growing impact of technology on older people's experiences of domestic abuse.

About Dewis Choice

Dewis Choice is a ground-breaking, research-led initiative based in Wales that offers a unique, co-produced service for older people experiencing domestic abuse, particularly adult family abuse. It integrates academic research with frontline practice, placing the voice and rights of older victim-survivors at the centre. Dewis Choice challenges assumptions about ageing, abuse, and justice, and advocates for inclusive, empowering approaches to support and safeguarding.

The session will be delivered by **Rebecca Zerk and Joshua Roberts**.

Practitioner guidance on *Supporting Older Victims of Technology-Facilitated Domestic Abuse*:

https://dewischoice.org.uk/wp-content/uploads/2025/12/DewisChoice_PractitionerGuide_English_Dec2025-compressed-1.pdf

Welsh language version available here: https://dewischoice.org.uk/wp-content/uploads/2025/12/DewisChoice_CanllawYmarferwyr_Cymraeg_Rhagfyr2025_compressed-1_compressed-compressed.pdf

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 352 993 415 143 38

Passcode: PV2Ax7kY

13.00pm to 14.00pm

Notts Victim Care

How Young People Actually Use Social Media

Join Nottinghamshire Victim Care as they host a free webinar for parents, carers, school staff and professionals to gain an insight into how young people use social media.

They will be exploring how different types of social media, such as YouTube, TikTok and Snapchat, are used by young people and the impact that these platforms have on them. They will also be explaining in further detail the type of support the service offers for young people and how to access it.

Target Audience:

This session is designed for all parents, carers, school staff and for anyone else either caring or working with children and young people that are using social media.

Aims:

The aim of this session will be to educate parents/carers and anyone working with children about the day-to-day use of social media by young people so that they can gain a deeper understanding of what potential harms they may be experiencing.

Objectives:

To provide some context for parents/carers and school staff around social media use and impacts of this, in an ever-changing online world.

Speakers:

Ro Robinson and Nicole Cann – Got Your Back Practitioners for Nottinghamshire Victim Care

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 366 590 951 461 80

Passcode: 99xL6ZC2

Thursday 12th February 2026

[10:00am to 11:00am](#)

Equation

How Perpetrators of Domestic Abuse Use Technology

We live our lives online, and although tech provides information and support, it also gives abusers more tools. From social media, online banking, and even takeaway food apps to smart devices such as Alexa and video doorbells - all of these and many more, can be misused by an abuser, to track and control someone.

Learn how perpetrators use every-day tech in their abuse and the impact on the survivor during different parts of a relationship: before leaving, during escape, and in life apart. Discover some of the tools to help protect survivors from tech abuse and

recognise the signs.

The session takes a dive into how tech-facilitated abuse has advanced, including the increased use of Smart Home devices to perpetrate the abuse.

After this training you'll be able to

- Identify the digital platforms a perpetrator might have access to
- Recognise where and how potential tech abuse can take place
- Understand how tech is used by a perpetrator during the different parts of a relationship
- Have the confidence to incorporate tech in risk assessment and safety planning with survivors

Please sign up for this session, using this link:

<https://www.eventbrite.co.uk/e/domestic-abuse-and-technology-webinar-tickets-1977385293643?aff=oddtcreator>

Please be aware: due to the conditions of our funding, this training is free to people working in Nottingham City and County – chargeable outside of these areas.

14.00pm to 15.00pm

Equation

Preventing online abuse of children and young people

Preventing Online Abuse is a practical training session for professionals working with children and young people, exploring how online harm occurs and how to respond effectively.

The session provides an up-to-date overview of online safety, including the prevalence of online abuse, current digital trends, and how young people use online platforms. It covers key risks such as cyberbullying, grooming, sexual exploitation, youth-produced sexual imagery, and emerging concerns around AI and deepfakes.

Participants develop confidence in recognising signs of online abuse, responding to disclosures, risk-assessing online platforms, and building digital resilience in children and young people.

The training emphasises a whole-school or whole-service approach, balancing the benefits of the online world with safeguarding responsibilities, and supports professionals to have informed, open conversations with young people and their families.

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 364 694 670 669 42

Passcode: ZG2mu2py

Friday 13th February 2026

10.00am to 11:00am

Cyber Fraud

Nottinghamshire Police.

This webinar will cover money mules and parcel mules, how people can be recruited to become mules, what happens once they are recruited and warning signs to look out for. The webinar will also focus on how to safeguard people from becoming a money/parcel mule. Lastly, the webinar will discuss bank and police impersonation fraud.

This webinar will be delivered by **Dale Richardson from Nottinghamshire Police.**

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 335 701 480 820 91

Passcode: Tc3RK7HQ

13.00pm to 14.00pm

Q+A and discussion panel with Nottinghamshire Police

Join us for an engaging Q&A and discussion panel with **Nottinghamshire Police** and the **Prevent Team**, focusing on **online safety and the risks of online radicalisation**. The session will explore how harmful content and extremist narratives can spread online, the warning signs to look out for, and practical steps individuals, families, and professionals can take to stay safe in digital spaces. Attendees will have the opportunity to ask questions, hear from local experts, and gain clear, accessible advice on protecting themselves and others online.

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 386 625 879 556 34

Passcode: Rv2ZN2SG

3. Resources

Here are some tips on how they can be used!

- Include reading this briefing in your personal development time and check whether you are familiar with the policies and procedures detailed within
- Discuss in your supervision/ 1:1 sessions – are the themes familiar with what you see in your day-to-day work?
- Share with your comms team to put on your own agency intranet
- Add it to your agency internal newsletter
- Use it in your weekly team meeting to start a conversation – are there themes in this case that your team may struggle with? Would they know where to seek support if they were faced with the situation within the briefing? Is there a training need to ensure staff are well informed and confident in dealing with the themes and raising a safeguarding concern?
- Do you know where to find the safeguarding resources in your agency? If not, raise this with your manager

Additional Resources and Information

Prevent

Please click on the links below for further information.

Leaflets available in other languages:

[working-together-farsi.pdf](#)

[working-together-arabic.pdf](#)

[working-together-indian-punjabi.pdf](#)

[working-together-kurdish.pdf](#)

[working-together-polish.pdf](#)

[working-together-urdu.pdf](#)

Prevent duty training

Prevent duty guidance

Channel and Prevent Multi-Agency Panel (PMAP) guidance

Nottinghamshire Police Prevent Referral Form

EastMidsPrevent X

EastMidsPrevent Instagram

Useful links:

7 Minute Briefing on - PREVENT

Safeguarding Adults Board

Summary and contact details

- Prevent is designed to stop people from becoming or supporting terrorism.
- Use Notice, Check, Share if you have a concern.
- For confidential advice: email prevent@nottinghamshire.gov.uk, police.uk or call 101 ext. 800 2963/2965 or ask to speak to the Prevent Team.

Contact details

Prevent Coordinator-Mark Pollock Tel: 07977 752444
mark.pollock@nottinghamcity.gov.uk

Prevent Education Officer- Louise Cox Tel: 07890897344
louise.cox@nottinghamcity.gov.uk

Prevent Delivery Officer-Claire Mapletoft
claire.mapletoft@nottinghamcity.gov.uk

Further information and link to referral form: [Prevent Duty](#) (nottinghamcity.gov.uk)

What is Prevent?

Prevent forms part of the UK government's counter-terrorism strategy, CONTEST.

There are four branches; Protect, Prepare, Prevent, and Pursue.

The main aim of Prevent is to stop people becoming terrorists or supporting terrorism.

Prevent has strong links to other areas, such as Hate Crime and Community Cohesion. Prevent is part of the umbrella of safeguarding duties, providing those who are at risk of supporting or committing acts of terrorism with interventions and support.

Prevent also aims to counteract harmful ideologies that may lead to terrorism by providing meaningful dialogue and challenge to extremist viewpoints. Importantly, Prevent is not a criminal investigation but rather a safeguarding duty and is consensual.

Definitions

Ideology: A set of social, political or religious ideas, beliefs and attitudes that shape a person's worldview.
Extremism: The promotion or advancement of an ideology, based on hatred, violence or intolerance that aims to, negate or destroy the fundamental rights and freedoms of others; undermine, overturn or replace the UK system of liberal parliamentary democracy and democratic rights; or intentionally create a permissive environment where the above can occur.

Radicalisation: The process of a person subscribing to extremist ideology, including the support for and use of terrorist violence.

Terrorism: The use or threat of violence to influence the government or intimidate the public for the purpose of advancing a political, religious or ideological cause.

Proscribed organisation: one that is illegal to show support for or join as it has been designated as a terrorist organisation.

What is the Prevent process?

Once a referral has been made, an intelligence assessment of the case is completed. A Police Gateway Assessment is conducted, where information is evaluated against specific criteria and guidelines.

A section 36 decision is then made, and if the case meets the criteria, it is passed to a multi-agency meeting called a Channel panel. The panel will offer a support plan to reduce the vulnerability of being drawn into terrorism.

A Channel panel considers live cases, cases for review and those under consideration. To be adopted into Channel, consent must be sought. Interventions will then be completed. If consent is not given, alternative support may be provided.

Cases are reviewed at the six month and 12-month mark. If there are no concerns, the case will be closed. If concerns are picked up again, their case could be reopened to Prevent or signposted to support services.

What is your role?

If you identify someone who you suspect of being susceptible to radicalisation, you should adopt the 'Notice, Check, Share' approach.

- **Notice** - This involves recognizing changes in behaviour, appearance, or online activity that cause concern. Examples might include shifts in social circles, increased aggression, or expressions of extremist views although it's crucial to note that these changes don't automatically indicate radicalization, and other factors may be at play.
- **Check** - Before taking further action, it's important to check your concerns by discussing them with a trusted colleague, manager, or designated safeguarding lead within your organization. This step helps to gather more information, assess the context, and determine if there's a genuine cause for concern. In some cases, a Prevent point of contact may be able to offer guidance.
- **Share** - If after checking, you still have serious concerns about potential radicalization, you or your manager should share your concerns with the appropriate authorities by means of a Prevent referral.

What are Prevent's objectives?

Prevent has 3 main objectives:

- Tackle the ideological causes of terrorism.
- Intervene early to support people susceptible to radicalisation.
- Disengage and rehabilitate those who have been involved in terrorist activity.

What are the current priorities?

Within Nottinghamshire, there are four main local priorities. In no particular order, these are:

- S-Its (Self-Initiated Terrorists), lone individuals who carry out terrorist attacks without being affiliated with a terrorist organisation.
- Al Qaeda/ISIS-inspired terrorism.
- Extreme right-wing terrorism.
- Online extremism.

There has been a significant increase in under-18s investigated for terrorism offences in the last three years. The highest amount of referrals are for those aged 12-16 years old, with the highest proportion of referrals coming from the education and police sectors.

57% of referrals have cited online platforms as a factor in their radicalisation.

The current threat level from terrorism in the UK stands at Substantial, meaning an attack is likely.

This briefing can be downloaded [here](#).

Prevent

Working together
to stop radicalisation



What is Prevent?

Prevent has three main objectives. To:

- tackle the ideological causes of terrorism,
- intervene early to support people susceptible to radicalisation,
- disengage and rehabilitate those who have been involved in terrorist activity.

Prevent is a safety net against radicalisation.

It aims to intervene early, to stop people from becoming terrorists or supporting terrorism.

Prevent deals with all terrorist ideologies, from Al-Qaeda and ISIS-inspired terrorism to Extreme Right Wing.

Prevent is delivered at a local level by experts who understand the risks in their communities. Partners include local authorities, police, education, healthcare and charities.

For people who are susceptible to radicalisation, Prevent can provide personalised interventions to help them move away from dangerous ideologies.

What is radicalisation?

Radicalisation can happen when a person develops extreme views or beliefs that support terrorist groups or activities.

There are many ways that a person could become radicalised, and people can become exposed to radicalising influences either through personal contacts in the real world or, increasingly, through interactions online.

A person's susceptibility to radicalisation may be linked to their vulnerability. A person can be vulnerable if they need special care, support or protection because of age, disability, risk of abuse, or neglect.

Common signs of radicalisation may include:

- ⚠ Accessing extremist content online or downloading propaganda material
- ⚠ Justifying the use of violence to solve societal issues
- ⚠ Altering their style of dress or appearance to accord with an extremist group
- ⚠ Being unwilling to engage with people who they see as different
- ⚠ Using certain symbols associated with terrorist organisations

If you identify someone who you suspect of being susceptible to radicalisation, you should adopt the **Notice, Check and Share** approach.

Notice: recognise changes in behaviour, appearance or online activity that cause concern. These changes may not automatically indicate radicalisation, and other factors may be at play. You should consider the wider context.

Check: if you work for a public authority or charity, discuss your concerns with a trusted colleague, manager or safeguarding lead within your organisation. If you are not a member of one of these organisations, please seek advice by emailing the Prevent team at Prevent@nottinghamcity.gov.uk.

Share: if you or, where appropriate, your manager still have concerns, raise them with the appropriate authorities by means of a Prevent referral.

What happens when someone is referred to Prevent?

- 👮 Police check for an immediate security threat and a genuine risk of radicalisation.
- 👤 If the person isn't at risk of radicalisation, they may be offered other kinds of support outside of Prevent
- 👥 If there is a risk of radicalisation, a panel of local experts will assess the referral.
- 📄 If the panel determines the person is suitable, they'll be invited to join Channel, a voluntary support programme.
- 💬 Channel will provide support such as mentoring, counselling, education or career support, or online safety training.

Referring someone to Prevent will not get them into trouble if they have not committed a crime. Prevent does not try to punish people and they will not receive a criminal record by engaging in the programme. Prevent connects people to the support they need to protect themselves and others from the dangers of radicalisation.

If you are worried someone you know is being radicalised, email Prevent@nottinghamcity.gov.uk for advice. Anything you share will always be in confidence.

Anyone who is being radicalised can be referred to Prevent and anyone can make a referral. Referring someone ensures they get the help they need to keep them and others safe.

To find out more about radicalisation, visit gov.uk/prevent

For advice, or to refer, email Prevent@nottinghamcity.gov.uk

This leaflet can be accessed [here](#) and for paper copies of this leaflet, please email: Prevent@nottinghamcity.gov.uk.

Nottinghamshire Police Prevent referral form found [here](#)

East Midlands
Prevent Referral Form

Information will be kept secure and confidential and will only be disclosed to those parties who have a legal and legitimate need to know.

Please complete the below details and email this form to:
prevent@nottinghamshire.pnn.police.uk

This will be dealt with by
Individual Police Force
Prevent Teams.

Please complete to the best of your knowledge. Leave blank if unknown.

Your details:

| | | | |
|-----------------------------------|--|----------------------------|--|
| Surname | | D.O.B | |
| Forenames | | Relationship to individual | |
| Contact no. | | | |
| email | | | |
| Professional role (if applicable) | | | |
| Address | | | |

Individuals details and summary of concerns:

Please include as much detail as possible.

| | | | |
|-----------------------|--|----------------|--|
| Surname | | D.O.B | |
| Forenames | | Gender | |
| Contact no. | | | |
| email | | | |
| Social Media Username | | | |
| Ethnicity | | Nationality | |
| | | Place of Birth | |

| | | | |
|---|------------------------------|-----------------------------|--|
| Address | | | |
| Languages spoken | | English spoken? | |
| School or Educational Establishment | | | |
| Occupation | | | |
| Occupation Address | | | |
| Has anyone been consulted about this referral (safeguarding agency etc.)? | Yes <input type="checkbox"/> | No <input type="checkbox"/> | |
| If yes please give details | | | |
| Additional info | | | |

Summary of Concerns

Framed around Engagement, Intent and Capability

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Support for victims of terrorism - Support for Victims of Terrorism

FACTSHEET: Prevent and Channel – 2021 – Home Office in the media

To register for a workshop on online radicalisation and resilience run by Groundswell and Nottinghamshire County Council, please see the poster below:

SAFEGUARDING NEURODIVERSE YOUNG PEOPLE



RECOGNISING RADICALISATION RISKS AND BUILDING RESILIENCE



This workshop will help families keep young people safe from risks such as online extremism, grooming, radicalisation, and wider harms.

THESE SESSIONS WILL:

- Explore how to recognise when a young person might be at risk of radicalisation
- Support you to manage challenging conversations around online safety and wellbeing
- Help distinguish between red flags and everyday neurodiverse behaviours
- Support you to connect with local safeguarding provision

*For more information please email:
kanika@groundswell.world*

ONLINE SESSIONS HELD ON:

- Mon 2nd Feb, 1pm-3pm
- Wed 4th Feb, 10am-12pm
- Sat 14th Feb, 10am-12pm
- Tue 10th Mar, 10am-12pm
- Wed 11th Mar, 7pm-9pm
- Thu 12th Mar, 1pm-3pm

Scan the QR code or click [HERE](#) to register now.



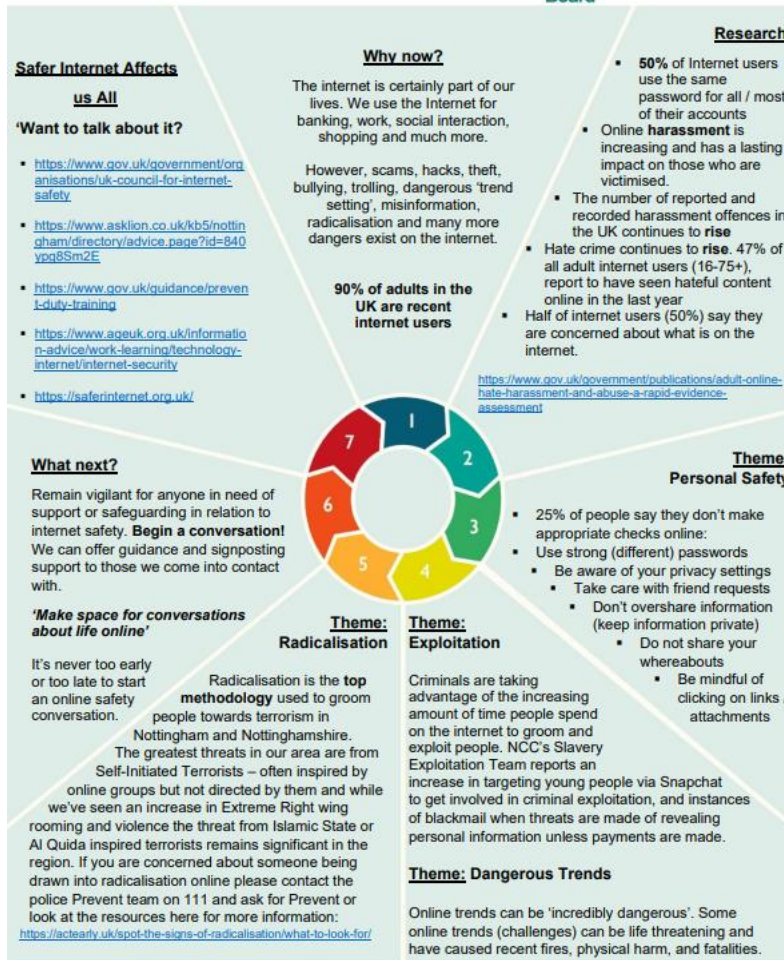
**GROUNDSWELL
PROJECT**
GROUNDSWELLPROJECT.ORG



Nottingham City Safeguarding Adults Board

Safer Internet 7-minute briefing:

7-Minute Briefing: Safer Internet



This briefing can be downloaded [here](#)

Find other useful resources for professionals [here](#)

Find resources for the public [here](#)

Transform Toolkit for People with Learning Difficulties Experiencing Abuse is available [here](#)

[Nottinghamshire Safeguarding Children Partnership](#)

Working with Children Online information available [here](#)

Safeguarding resources and information is available on the [NSCP website](#)

Specific resources for children and young people are available [here](#)



Healthy Online Boundaries for Young People

What Are Healthy Online Boundaries?

Healthy online boundaries are the personal rules and limits that help young people stay safe, comfortable, and in control of their online experiences.

They help protect wellbeing, privacy, and relationships while using digital spaces.

Why Online Boundaries Matter

They reduce the risk of online harm, such as bullying, peer pressure, unsafe contact, or exposure to inappropriate content.

They support positive mental health by limiting overwhelming screen time and social comparison.

They encourage confident and informed online decision-making.

Key Healthy Boundaries for Young People

Limiting screen time and taking breaks to protect wellbeing.

Not sharing personal information such as addresses, phone numbers, or school details.

Keeping accounts private and only accepting people they know offline.

Saying “no” to requests that feel uncomfortable or pressured.

Avoiding posting photos or videos that feel too personal or that they might regret later.

Not responding to strangers who message unexpectedly.

Knowing how to block, mute, or report others when needed.

Healthy Boundaries in Communication

Only chatting with people they trust and know in real life.

Not feeling obligated to reply instantly to messages.

Avoiding conversations that feel uncomfortable, pressured, or inappropriate.

Leaving group chats or unfollowing accounts that make them feel worried, excluded, or stressed.

Healthy Boundaries in Social Media Use

Thinking before posting: “Would I be happy for a teacher or carer to see this?”

Not comparing themselves to edited or unrealistic images online.

Curating feeds that uplift rather than create anxiety.

Understanding that it’s okay to log off when something affects their mood.

How Adults Can Support Young People

Model healthy digital habits such as taking breaks and discussing online wellbeing.

Create an open environment where young people feel comfortable talking about online experiences.

Help them set boundaries that feel appropriate for their age and needs.

Show them how to report or block users and how to adjust privacy settings.

What To Do If a Boundary Is Crossed

Encourage them to pause, log off, and talk to a trusted adult.

Save evidence if something concerning happens.

Block or report the person or content involved.

Seek additional support if the young person feels unsafe or upset.



Online Safety Risk Assessment Template

1. Basic Information

- Name of individual/child/adult at risk:
- Date of assessment:
- Assessor name and role:
- Agency/organisation:

2. Summary of Concern

- Brief description of the online safety concern:
- How was the concern identified?
- Any immediate risks identified:

3. Online Behaviour & Activity

- Platforms or apps involved (e.g., social media, gaming, messaging):
- Nature of contact or content of concern:
- Frequency and duration of online activity:
- Has the individual shared personal information online?

4. Risk Indicators

- Possible grooming indicators:
- Signs of coercion, control, or exploitation:
- Exposure to harmful content (e.g., self-harm, extremism, adult content):
- Any financial risk or scams involved:

5. Protective Factors

- Supportive relationships:
- Digital literacy level:
- Parental/carer supervision (if applicable):
- Existing safety controls (privacy settings, filtering, monitoring):

6. Risk Rating

- Overall risk rating (Low / Medium / High):
- Rationale for risk rating:

7. Actions Taken / Required

- Immediate safety actions taken:
- Referrals made or required (e.g., police, social care, CEOP):
- Safety planning steps recommended:
- Follow-up actions and timescales:

8. Review

- Review date:
- Reviewer name and role:
- Changes in risk since last assessment:



Questions Professionals Can Ask About Online Use

General Online Activity

- Which websites, apps, or games do you use most often?
- How much time do you spend online each day?
- What do you enjoy most about being online?
- Do you go online alone or with others (friends, siblings, parents)?

Communication & Contacts

- Who do you talk to when you are online?
- Have you ever been contacted by someone you don't know offline?
- How do you decide who to accept or add as a friend/contact?
- Has anyone ever asked you to keep an online conversation secret?

Content & Information Sharing

- What kind of things do you share online (photos, messages, personal info)?
- Do you know how to adjust your privacy settings?
- Has anyone ever asked you for personal information online?
- Have you seen anything online that made you feel uncomfortable or worried?

Safety Awareness

- Do you know what to do if someone makes you feel uncomfortable online?
- Who would you talk to if something online worried you?
- Do you know how to block or report someone on the apps you use?
- Have you ever talked about online safety with a trusted adult?

Risk Indicators

- Has anyone ever offered you gifts, game credits, or money online?
- Has anyone asked you to move a conversation to another platform?

- Has anyone asked you to send photos or videos?
- Has anyone become angry or upset if you didn't reply quickly?



Quick Scripts for Starting Conversations About Online Use

General Conversation Starters

- What have you been enjoying online lately?
- Tell me about the apps or games you're into right now.
- If you had to pick a favourite thing you do online, what would it be?

Exploring Online Activities

- When you go online, what do you usually do first?
- Do you prefer chatting, gaming, or watching things?
- Do you usually go online alone or with someone?

Communication & Contacts

- Who do you normally talk to when you're online?
- Has anyone you don't know ever tried to chat with you online?
- How do you decide who to add as a friend or contact?

Sharing & Content

- What kinds of things do you like to share online?
- How do you decide what feels safe to post?
- Have you ever come across anything online that made you feel uncomfortable?

Safety Conversations

- If someone made you uncomfortable online, what do you think you'd do?
- Who would you talk to if something online worried you?
- Do you know how to block or report someone on the apps you use?

Exploring Risks Gently

- Has anyone ever offered you gifts or game credits online?
- Has anyone asked you to carry a chat over to another app?
- What would you do if someone asked you for photos or videos?

Conversation Starters for Parents/Carers

- What do you enjoy watching your child do online?
- How confident do you feel supporting them with online safety?
- Are there any apps you'd like help understanding?



Safe Use of AI Tools and Filters

1. Introduction

This guidance document provides practical advice for professionals, parents, carers, and young people on the safe and responsible use of AI tools, including chatbots, generative AI, and filters. The aim is to support digital resilience and ensure safeguarding principles remain central when engaging with AI technologies.

2. Understanding AI Tools and Filters

AI tools refer to systems that generate text, images, videos, or other outputs based on user input. Filters include beauty filters, augmented reality effects, and other visual enhancements on social media platforms. Both can influence perception, behaviour, and decision-making, particularly among children and young people.

3. Key Risks to Be Aware Of

- **Misinformation**: AI tools may generate incorrect or misleading information presented as fact.
- **Deepfakes and altered imagery**: Filters and AI-generated content may distort reality, affecting self-esteem or enabling manipulation.
- **Privacy risks**: Some tools store or analyse user data, including images and conversations.
- **Unreliable age safety controls**: Children may access inappropriate content if filters or safety mechanisms fail.
- **Over-reliance on technology**: Users may trust AI responses without critical thinking.

4. Safe Use Guidance

- Encourage critical thinking about AI-generated content.
- Avoid sharing personal or sensitive information with AI tools.
- Use platforms and apps with clear privacy policies and child safety controls.
- Discuss with children how filters can distort appearance and create unrealistic standards.
- Remind users that AI can sometimes produce harmful or biased outputs.
- Report any concerning content or behaviour encountered through AI-driven platforms.

5. Supporting Children and Young People

- Promote open conversations about online activity and how AI works.
- Help young people understand the difference between real and manipulated content.
- Encourage balanced screen time and reduce pressure from appearance-altering filters.
- Reinforce that seeking help from a trusted adult is always encouraged.

6. Further Resources

- UK Safer Internet Centre: <https://saferinternet.org.uk>
- CEOP Safety Centre: <https://www.ceop.police.uk>
- Childline: <https://www.childline.org.uk>



Spotting Online Grooming: Guidance Document

1. Introduction

This document provides key information to help professionals, parents, and carers identify signs of online grooming and take appropriate safeguarding action.

2. What is Online Grooming?

Online grooming is a process where an individual builds a relationship with a child or vulnerable person through digital platforms with the intention of exploiting or harming them. Groomers may use social media, gaming platforms, messaging apps, or other online spaces to establish trust.

3. Common Signs of Online Grooming

- Receiving unexplained gifts, money, or online credits.
- Secretive or excessive use of devices or certain apps.
- Sudden changes in behaviour, mood, or online habits.
- Talking about new online “friends” who are older or unknown.

- Being asked to keep conversations or online activities secret.
- Exposure to inappropriate or sexualised content.
- Requests for personal information, photos, or videos.
- Pressure to move conversations to more private platforms.

4. Grooming Behaviours to Watch For

- Flattery, attention, or gifts used to build trust.
- Gradual introduction of sexualised language or content.
- Manipulation, guilt-tripping, or threats to control the victim.
- Attempts to isolate the individual from friends or family.

5. How to Respond to Concerns

- Stay calm and provide reassurance.
- Avoid confronting the suspected groomer directly.
- Preserve evidence, such as screenshots or message logs.
- Report concerns to safeguarding leads, the police, or CEOP.
- Discuss online safety with the individual in an age-appropriate way.

6. Useful Resources

- CEOP Safety Centre: <https://www.ceop.police.uk>
- Childline: <https://www.childline.org.uk>
- UK Safer Internet Centre: <https://saferinternet.org.uk>

Deflect and Protect (Ali Barfield)

Autism and Hate: Media Literacy and Neurodivergence webinar is available [here](#)

The Recovery Toolkit Podcast on Navigating the Online World and Neurodiversity is available [here](#)

Nottinghamshire Victim Care

Information on reporting cyber-crime and support if you are the victim of a crime can be found [here](#)

For support related to fraud, visit the dedicated webpage [here](#)



Equation

For resources specifically designed for children and young people on domestic abuse and healthy relationships, visit the webpage [here](#)

Equation's best practice library for professionals who have contact with survivors of domestic abuse can be accessed [here](#)

Nottinghamshire Police

Cyber Fraud

QR code for Fraud Protect Booklet.



For further resources and to book free regular webinars, visit [East Midlands Cyber Secure | police](#)

Cyber security advice from the National Cyber Security Centre can be found [here](#)

Cyber security advice for the East Midlands from East Midlands Cyber Secure provides information on staying safe and avoiding crime online [here](#)

To report fraud, access the Report Fraud form [here](#)

Cyber Choices by the National Crime Agency contains resources and informational videos on staying safe online [here](#)

Communities Inc:

[Talking Shop Podcast](#), listen [here](#) and [here](#).

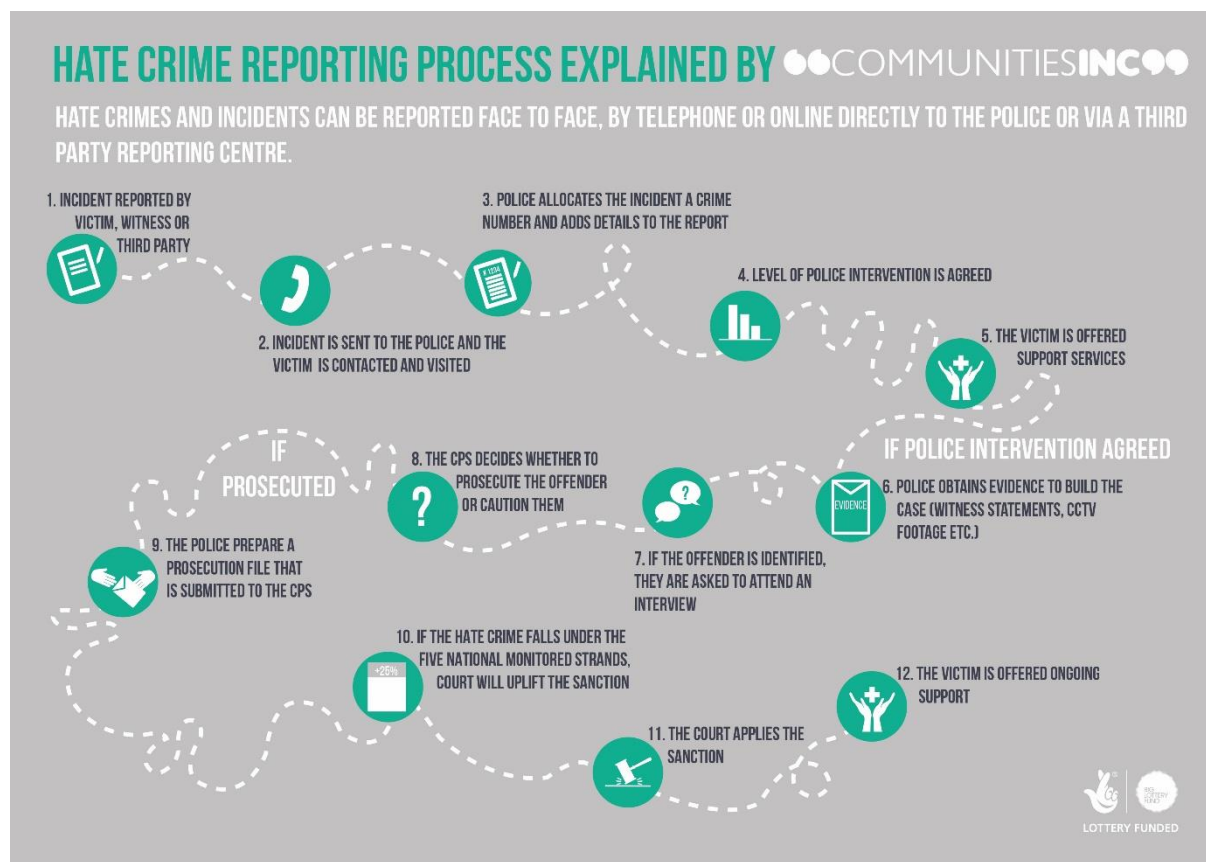
Free International Bystander Awareness Day resources can be downloaded [here](#)

Free MythBusters leaflets can be downloaded [here](#)

Bystander Intervention resources can be downloaded [here](#)

Quick Guide to Reporting Hate Crime can be downloaded [here](#)

Faith Groups and Hate Crime resources can be downloaded [here](#)



Hate Crime and Community Cohesion:



Download Hate Crime Myth Buster leaflets here: [Information on Hate Crime - Nottingham City Council](#)

Report a hate crime here: <https://www.nottinghamshire.police.uk/hatecrime>

Download further resources on community cohesion here: [Community Cohesion - Nottingham City Council](#)

A yellow and black leaflet titled 'You don't have to put up with hate.' and '6 Facts about reporting hate crime'. The leaflet provides information on how to report hate crimes, including emergency and non-emergency numbers, and online reporting options. It also includes QR codes for Nottinghamshire Police and Nottingham City Council. The leaflet features an illustration of a diverse group of people, including a person in a wheelchair, and logos for Victim CARE, Nottinghamshire Police, Nottingham City Council, and the Pegasus scheme.

Nottinghamshire Police and the Local Authorities take hate crime and hate incidents seriously.

Report it:
Emergencies - call 999
Non - emergencies - call 101
Online - www.nottinghamshire.police.uk/hatecrime or www.nottinghamcity.gov.uk/hatecrime

Nottinghamshire Police QR code

Nottingham City Council QR code

Available Support:
Nottinghamshire Victim CARE offers free, independent, and confidential support tailored to individual needs for all residents of Nottingham and Nottinghamshire, including transient communities.
Helpline: 0800 304 7575 or www.nottsvictimcare.org.uk

Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation can register for the Pegasus scheme see www.nottinghamshire.police.uk/pegasus

PEGASUS
July 2025

You don't have to put up with hate.

6 Facts about reporting hate crime

Victim CARE, Nottinghamshire POLICE PROUD TO SERVE, Nottingham City Council, Pegasus

3. You can always access victim support

Accessing victim support is your right, and you do not have to report a crime to the Police to access this support. Victim CARE will provide FREE support even if you have not reported to the police. You can contact them directly. If you change your mind about reporting to the Police, they may also be able to help you make the report, but the choice is yours.

Call Nottinghamshire Victim CARE on Freephone 0800 304 7575 or go to their website:
www.nottsvictimcare.org.uk

4. It's not just violent or serious crimes that can be reported

A hate crime is any criminal offence which is perceived by the victim or any other person to be motivated by a hostility or prejudice based on:

- Race (including nationality, immigration status, ethnicity)
- Disability (physical/mental)
- Religion
- Sexual orientation
- Transgender identity
- Misogyny
- Alternative subculture

The Police response will be victim-led. They will speak to you before taking action, such as speaking to the perpetrator.

You can also report hate incidents, where a crime has not been committed.

5. You can report hate crime/incidents even if you don't belong to the targeted group

You do not have to identify with a particular group to experience hate crime/incidents of that type. For example, Sikh men may be targeted by Islamophobic abuse. Heterosexual people can be the target of homophobic hate crime. You can experience hate crime of more than one type at the same time. For example, a woman in a hijab could experience Islamophobia and misogyny. If that happens, police will record all crimes and incidents.

Nottinghamshire Police will investigate all kinds of hate crimes. We will also not assume your identity, e.g., your sexuality or religion.

You do not have to experience a hate crime yourself to report it. You can report as a third party or a witness. Call 999 in an emergency or 101 in a non-emergency. You can also report through the online chat. You can report anonymously via fearless.org or Crimestoppers. If you do so, you won't get updates on the case. However, the Police will still log it as it's useful information to focus their resources where they have identified hotspots. We encourage bystanders to report any hate incidents they might witness.

To view a British Sign Language Video, "What is Hate Crime? Please visit:
www.stoshateubs.org/british-sign-language-video-on-what-is-hate-crime/



1. All hate crime and hate incident reports matter

Nottinghamshire Police and Local Authorities take hate crime including hate incidents seriously. We always take action when you make a report. Whatever the incident, we will log it, carry out a hate crime risk assessment and offer victim support.

It is important to report hate even if you don't know who the perpetrator is or you don't have evidence. By reporting hate crime, you can:

- Send a message that you don't tolerate hate crime
- Help Police build an understanding, even if they can't take any further action about that incident
- Help the Police and Council direct resources where there is most need
- Help stop it from happening to other people

2. You don't have to speak English to report hate

You also do not need to be a British citizen to report. Nottinghamshire Police can provide interpreter services while you are on the phone.

You just need to say which language you speak - Arabic, Romanian etc. You can do the same when reporting in person at a Police station. Getting an interpreter on the phone may take a few minutes. Please don't be discouraged by the silence. Sometimes we might not get an interpreter at that time. If so, we will try to contact you once one is available.

If you are deaf, hard of hearing or speech impaired, you can register for the emergency SMS service. Text 'register' to 999 and follow the instructions.