

Digital World – Key Links & Resources

1. Children and Young People

- <https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-11-19s>
- <https://www.youngminds.org.uk/young-person/coping-with-life/social-media-and-mental-health/>
- <https://mentallyhealthyschools.org.uk/resources/reset-and-rewind-rap-therapy-videos/>

2. Professionals

- [Children's Media Lives 2022 summary report \(ofcom.org.uk\)](https://www.ofcom.gov.uk/consult/condocs/childrens-media-lives-2022/childrens-media-lives-2022-summary-report/)
- [Digital Wellbeing Resources - Who Cares? Scotland \(whocarescotland.org\)](https://www.whocarescotland.org/)
- [Social media addiction - how it changes your brain | Luke Burgis | Big Think](https://www.bigthink.com/articles/social-media-addiction-how-it-changes-your-brain/)
- [After A Few Minutes Of Social Media, This Happens - Neuroscientist Andrew Huberman](https://www.youtube.com/watch?v=hZIYSCE-ZjY)
- [Safeguarding children and young people online - Childrens \(ccinform.co.uk\)](https://www.ccinform.co.uk/)
- [Sharing nudes and semi-nudes: how to respond to an incident \(overview\) \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/115447/sharing-nudes-and-semi-nudes-how-to-respond-to-an-incident-overview.pdf)
- <https://www.youtube.com/watch?v=hZIYSCE-ZjY>

Ofcom Consultation: Protecting people from illegal harm online. Ofcom, the regulator of the new Online Safety Act, is working to establish new regulations over the next 18 months.

Advising internet services, that enable the sharing of user-generated content (user-to-user services), such as social media, photo and video-sharing services, chat and instant messaging platforms, online and mobile gaming, as well as search services and pornography sites, on how they should approach their duties with regard to illegal content.

There is a particular focus, in this consultation, on 'priority offences' as set out in the legislation, such as child abuse, grooming and encouraging suicide; but it will include any illegal content as set out in the Act:

<https://www.legislation.gov.uk/ukpga/2023/50/contents/enacted>

The Online Safety Act received Royal Assent on the 26th October 2023, making Ofcom the online safety regulator with a responsibility to help make online services safer for the people who use them.

3. Parents/Carers

- <https://esafetytraining.org/> On the parents' resource page - they have information about different features on Instagram and TikTok
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>
- [https://www.thinkuknow.co.uk/parents/ask-the-awkward/asktheawkward-subtitled-parents' resource](https://www.thinkuknow.co.uk/parents/ask-the-awkward/asktheawkward-subtitled-parents-resource)
- [Keep It Real Online - Grooming](https://www.keepitrealonline.org/)



- <https://www.internetmatters.org/resources/social-media-advice-hub/social-media-benefits/>
- <https://www.internetmatters.org/resources/>
- <https://www.childrenssociety.org.uk/what-we-do/blogs/how-tiktok-affects-childrens-mental-health>