



Training |

www.praesidiosafeguarding.co.uk

info@praesidiosafeguarding.co.uk

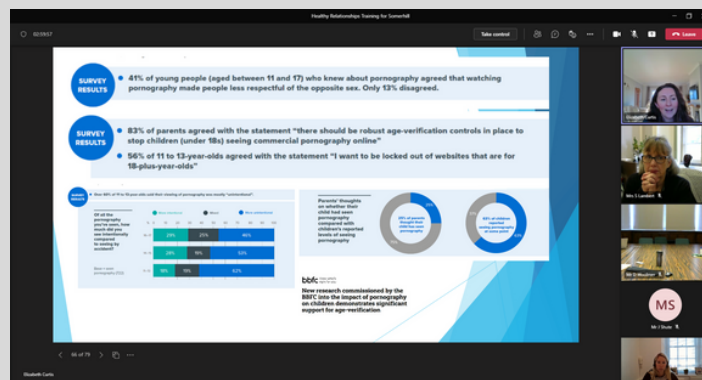


Training for your staff and
clients in safeguarding

organised by:
Praesidio Safeguarding Limited



About Praesidio



Praesidio is an independent safeguarding agency which delivers strategic advice, research, training and investigations. We have a particular expertise in digital safeguarding and we work with a wide range of organisations including Government departments, regulators, global tech companies, public sector bodies and national and international NGOs both large and small. We work at the cutting edge of policy development and innovation and we offer insight, knowledge and services to support organisations improve their systems and approaches. We have developed an outstanding reputation for our digital safeguarding work.

You can find out more about us at www.praesidiosafeguarding.co.uk

Training Courses





Dr Zoe Hilton



Dr Zoe Hilton, BA Oxon, MPhil Cambridge, Founder and Director of Praesidio Safeguarding. Zoe has been a founder Director of Praesidio since 2018. Praesidio is an independent safeguarding agency which delivers strategic advice, research, training, and investigations. We have a particular expertise in digital safeguarding, and we work with a wide range of organisations including Government departments, global tech companies and international NGOs on these issues. We are at the cutting edge of policy development and innovation, and we offer a range of services to help organisations improve their systems and approaches.

Prior to setting up Praesidio, Zoe was the Head of Safeguarding and Child Protection at the National Crime Agency, formerly CEOP between 2009 and 2017. In this role she led the child protection teams, leading on complex abuse enquiries as well as overseeing the response to several hundred referrals from children, parents and professionals every month. During this time, Zoe also led on a number of pieces of research and CSE threat assessments for CEOP and led CEOP's national research panel. She also chaired the National Crime Agency's protect board which is responsible for cutting edge collaborations across industry, policing, education, and the voluntary sector to reduce the threat posed to children from child exploitation and abuse. Before joining CEOP/NCA Zoe was the lead policy adviser for the NSPCC for child sexual abuse and exploitation and led for the NSPCC on online safety. Zoe has a PhD in Criminology and social policy and has authored a range of policy and research articles.

Training Courses



Helen King



Helen King Founder and Director of Praesidio Safeguarding 2018-present. Prior to setting up Praesidio, Helen was the founding Head of Education and then the Head of Communications at the National Crime Agency's Child Exploitation and Online Protection (CEOP) command. In this role, she developed a national strategy for child internet safety and created an international education programme (www.thinkuknow.co.uk). She also led on the Government's harm reduction response to child sexual abuse online, producing materials and training courses nationwide for professionals and the public, including parents and carers of those at risk. Helen was one of the founding members of the UK Council for Child Internet Safety and a lead on the Home Office working group for internet safety. Praesidio continues to work at the heart of Government, industry and within social care and charities on policy, strategies and education programmes to safeguard the most vulnerable.



Dorian Davies



Dorian Davies has been involved in safeguarding for over thirty years as a qualified teacher and social worker, NHS manager, independent consultant and trainer, local authority designated lead officer for safeguarding in education and as safeguarding manager for a national faith-based charity. Dorian has participated in Welsh Government and Department of Health work to develop statutory guidance and codes of practice for safeguarding children and adults, local and regional safeguarding board practice and training sub-groups and Child Practice Reviews, multi-agency risk assessment conferences for high-risk cases of domestic abuse and sexual violence, multi-agency public protection arrangements for the management of violent and sexual offenders and Welsh Government operational and training groups for modern slavery and human trafficking. Dorian has contributed as a speaker at national and international conferences, as an occasional university lecturer and as a trainer of social workers, health professionals, police officers and headteachers.



Liz Curtis



Liz joined Praesidio after a career in the education sector. Working both as a classroom teacher and senior manager within challenging inner-city schools, Liz took a leading role for literacy, ICT, and assessment. During her time as a deputy headteacher, Liz was the deputy DSL for the school, where she took charge of the day-to-day safeguarding practices within the setting, working closely with the various agencies involved in protecting vulnerable children. Since joining Praesidio, Liz has been developing new and relevant content for educational practitioners, parents, and students on various aspects of safeguarding, as well as conducting insight work with young people.





Courses Available |

- Digital Safeguarding
- Healthy Relationships
- County Lines and Gangs
- Gaming Workshop
- Teenagers, Social Media and Mental Health
- Young People, Drugs and Alcohol
- Cyberbullying
- Young People' Access to Harmful Online Content and Contact
- *We can also offer bespoke training to meet your needs*



Digital Safeguarding |

Young people today are growing up with ubiquitous access to digital technology, which has added a new dimension to childhood. For this generation, many aspects of their lives have involved some form of technology from an early age – from access to a tablet as a toddler, to a first social media or gaming profile within primary school and even as their main form of education during the pandemic. Easy access to personal devices such as smart phones can result in children and young people having constant access to connection with global communities wherever they are. With this also comes a burden of being completely contactable all of the time. Whilst there are countless positives to digital lives, it can also be dangerous without the proper safety measures in place. Many of the sites and services that children and young people are using are designed for adults and without safeguarding in mind. It is important that children know how to stay safe online, know what is appropriate and who they can turn to if there is a problem.

This course will:

- Introduce the complexity of being a digital citizen for young people
- Explore content risks, including idealised lives and bodies, self-harm, sexual and violent content and disinformation
- Explore contact risks, including cyberbullying and grooming and exploitation
- Explore conduct risks, including sexting/sending nudes and digital footprints
- Explore contract risks, including T&Cs, data, harmful design norms and endless scrolling
- Practical tips and recommendations will be shared throughout
- Suggestions of additional resources and useful websites

This course will be conducted in around 3 hours



Healthy Relationships |

Young people's attitudes and understanding towards relationships have featured significantly in the media over the last 12 months. Media reports into young people sending nude images, online pornography additions and website testimonials on sexual harassment among young people prompted Ofsted and Estyn reviews into sexual harassment and violence within schools in England and Wales. The findings revealed a lack of healthy relationship understanding in young people, both in-person and online, and a lack of awareness of the distorted messages conveyed in online pornography. This course has been created to help fill in the gaps in understanding for parents and carers, to help discuss healthy relationships and the impact on online sexual content with young people.

This course will:

- Provide a foundation in understanding healthy relationships and online sexual content
- Explore current research around online relationships in young people
- Explore the signs and symptoms of healthy and unhealthy relationships
- Develop understanding of sexual consent and the law around sexual offenses
- Provide an understanding of gender, identity and stereotypes for young people
- Explore digital relationships, including sexting and sending nudes and online grooming
- Develop understanding on the laws surrounding online sexual content and the distorted attitudes and expectations it can lead to in young people

This course will be conducted in around 3 hours



County Lines and Gangs |

County Lines is the name given to a drug dealing methodology which involves criminal networks from urban centres expanding their activities into smaller towns and rural areas. Those groups exploit the vulnerable, including children and those with mental health or addiction problems, at all points of their drug supply routes. Dealers will usually use a single phone line to facilitate the supply of class A drugs – primarily heroin and crack cocaine - to customers. The line becomes a valuable brand and is therefore protected with violence and intimidation. County Lines has for some time generated significant media and stakeholder interest, particularly since 2015 when the National Crime Agency published the first national threat assessment on the issue.

A number of the children used are vulnerable, not simply because of their age. Many have also been identified as having broader mental health issues, coming from broken homes, experienced chaotic/traumatic lives, or have been reported as missing. They may also be drug users. Almost half of Police Forces say that individuals involved with county lines have come from care homes/ foster care and 15% of those had evidence relating to care homes being actively targeted by county lines nominals for the recruitment of vulnerable individuals.

This course will provide a foundation for foster carers and social workers to understand the nature of county lines and explore the vulnerabilities and risks to young people in their care. The training will be participative, using practical examples and exercises to help everyone relate the learning to themselves. During the day, participants will separate fact from myth, understand the county lines process, how gang culture is feeding in to this, explore children's needs and identify practical tasks for foster carers.

This course will be conducted in around 3 hours



Gaming workshop |

We know that children and young people in general are going online much earlier, which is changing how they view the world and each other. This can make it hard for them to differentiate between fantasy and reality and it can change how they engage with the adults who care for them. With a huge rise in the use of online games especially during the pandemic lockdown, there are concerns about the kinds of games and players who are online and the effect it is having on children. Research shows that being too active on gaming has been linked to anxiety and poor mental health as well as poor sleep. Mobile phone, console and gaming addiction can have a significant impact on a young person's wellbeing, such as changes in behaviour, performance at school, insomnia, anxiety and depression.

This masterclass will introduce attendees to the variety of gaming platforms, how young people are engaging with them and what impact it can have on their mental health and wellbeing.

This session will:

- Give an introduction to gaming, what it is and the different consoles and apps young people are using
- Explore the positives and benefits of online gaming for children and young people in foster care
- Explore the pressures and risks created by gaming; and how young people in care are vulnerable to these
- Discover some of the important principles and strategies around how to encourage young people in care to stay safe online
- Help foster carers understand the risks and what they need to be aware of
- Provide top tips for foster carers and help them develop tools for the children in their care
- Provide additional resources and websites to visit

This course will be conducted in around 2 hours



Teenagers, social media and mental health |



Children are going online much earlier, which is changing how they view the world and each other. This can make it hard for young children to differentiate between fantasy and reality and it can change their engagement with the adults who care for them. This is a time in which a huge proportion of their lives are spent online and where social acceptance is important to them. There is constant pressure to keep up with family, friends and current trends/news across several social media platforms, including Instagram, Twitter, Facebook, WhatsApp, TikTok and Snapchat. Being too active on social media and worrying about regularly posting pictures and status updates has been linked to anxiety, poor body image and diminished mental health. The constant seeking of approval from others, and searching for external validation, means that young people don't develop a secure sense of self that isn't dependant on arbitrary conditions of worth. Mobile phone/Social Media addiction can lead to significant changes in behaviour, deterioration in performance at school, insomnia anxiety and depression.

This session will:

- Provides a short introduction to social media and the digital world
- Share current research on the links between social media and the mental health of young people
- Provide hints and tips to help the children in your care to manage their lives online and look after their mental health.
- Provide additional resources and websites to visit

This course will be conducted in around 2 hours



Young people, drugs and alcohol |

It is vital that parents and carers are aware of the risks involved in experimental drug and alcohol use. It is also important to understand and explore some of the contributing factors as to why young people start experimenting with them in the first place. Drug and alcohol abuse in young people can lead to a range of problems - both physical and mental - and can have a significant impact on wellbeing. Being educated on the facts, laws and risks involved in drug and alcohol abuse, will help support parents and carers of young people at risk of this experimental behaviour. This course will also provide practical tips and advice as well as signpost where to find external help and support if needed.

This course will:

- Provide facts and statistics around alcohol consumption and drug use
- Explore the law surrounding alcohol and drug use
- Develop understanding in why young people use drugs and alcohol
- Explain the associated physical and psychological risks of illegal drug and alcohol use
- Explore the physical and psychological risks of addiction
- Provide practical tips and advice and signpost support

This course will be conducted in around 2 hours



Cyberbullying |

Online bullying, also referred to as cyberbullying, is a form of bullying where the perpetrator uses digital technology to seek harm, intimidate, harass, coerce or upset another person. This form of bullying can occur in many different ways – from hurtful or hateful direct messages to the sharing of humiliating content on social media platforms. The growth of technology and online platforms like social media have simply given bullies the tools and easier means to continue or initiate their tactics of harassment and intimidation. Some methods can even be more calculated, where perpetrators set up fake profiles and masquerade as their victims, using this platform as a means to inflict hurt. Most children are not directly involved in bullying but are a witness or bystander to bullying behaviours. Sometimes they get roped into reinforcing the bullying, such as commenting or sharing hurtful content, which can make the situation more traumatic for the victim.

This course will:

- Introduce cyberbullying and online harassment and the different forms it can take
- Look at current research and statistics on cyberbullying
- Explore some of the reasons why young people experience bullying online
- Discuss ways to talk to and support a child in your care if they are experience cyberbullying
- Share practical tips and suggestions of additional resources

This course will be conducted in around 2 hours



Young people online |

Young people are growing up in a space where digital technology is omnipresent. This is a time in which a huge proportion of their lives are spent online and where social acceptance is important to them. In recent Ofcom research, “nine in ten 12- to 15-year-olds who used social media, or chat and messaging apps, said they felt pressure to be popular on these sorts of apps or sites.” Some young people often make risky decisions in order to meet with the expectations of others and to conform to social pressure. This digital generation find it difficult to disengage from their digital identities, with their online presence often more prevalent than their offline selves. This puts them at significant risk sharing potentially harmful content and making harmful contact online.

This course will:

- Introduce the terms harmful content and contact
- Share current research and statistics on harmful content and contact
- Introduce harmful sexual content, including pornography and the impact this can have on young people
- Explore grooming and online exploitation by sex offenders as a form of harmful contact
- Develop understanding of how content and contact risk contribute to cyberbullying cases
- Discuss ways to talk to and support a child in your care if they face these issues
- Share practical tips and suggestions of additional resources

This course will be conducted in around 2 hours



Bespoke Training |

We understand that your exact needs may not be met by these courses.

You may find the topics you require are not covered in one of the standard training courses on offer here and that you require a combination.

We can adjust any of our courses to include different content or adjust the level of depth dependant on your audience.

Price on request



Contact Us



PraesidioSafe



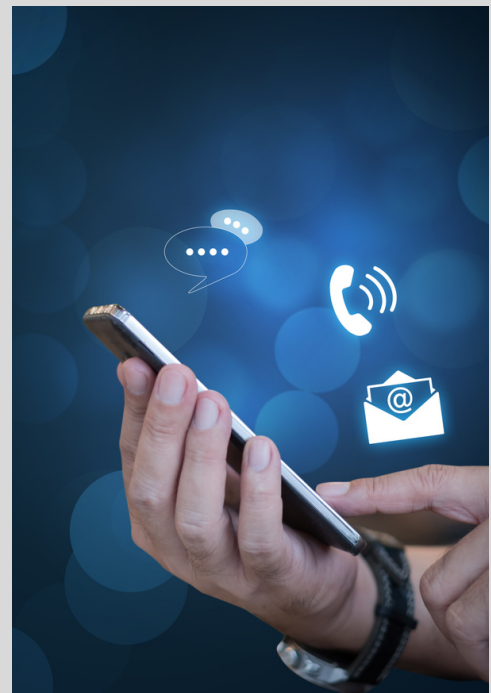
praesidiosafeguarding



@PraesidioSafe



praesidio-safeguarding



info@praesidiosafeguarding.co.uk

4a, Westgate
Cowbridge
Vale of Glamorgan
CF71 7AR

Registered in UK: 11227855
VAT number: 329832870

Training Courses