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**Praesidio**  
safeguarding

# Our Digital Safeguarding Courses



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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](http://www.praesidiosafeguarding.co.uk)





# Our Training Courses

We offer a range of safeguarding courses which can be provided online or face to face. Our courses are suitable for individuals or teams wanting to understand more about the risks to children in the digital environment.

Our courses are suitable for anyone having contact with children, working with children or for those managing or designing online or offline services for children. Our courses benefit from our wide-ranging cross sector consultancy and ongoing insight work with children to ensure that they stay useful and relevant in the context of constantly evolving online risks.

Our key course offer is our Digital Safeguarding Course which offers an overview of the risks children face in the digital environment and the ways to approach, think about, and help children manage these risks.

# Our Trainers





# Courses Available



- Digital Safeguarding Core course
- Healthy Relationships
- Gaming Workshop
- Teenagers, Social Media and Managing online pressures
- *We can also offer bespoke training to meet your needs*



# Digital Safeguarding

This core course provides an overview of children's online lives and introduces some of the risks and pressures that children face online. It blends up to date research and case studies to offer insights into the risks children are facing online and helps participants understand these as well as exploring strategies that they can use to help children and young people stay safe and navigate the online world effectively.

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 as well as strategies for response
- Explore contact risks, including cyberbullying and grooming and exploitation as well as strategies for response
- Explore conduct risks, including sexting/sending nudes and digital footprints as well as strategies for response
- Explore contract risks, including T&Cs, persuasive design, data, harmful design norms and endless scrolling as well as strategies for response.
- Practical advice, approaches and recommendations will be shared throughout
- Suggestions of additional resources and useful websites

*This course will be conducted in around 3-4 hours*



# Healthy Relationships

Young people's attitudes and understanding towards relationships have featured significantly in the media in recent years. 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*

*This course is for professionals, but we have a similar course that is delivered directly to children in schools.*



# Gaming workshop



With a huge rise in the use of online games especially during the pandemic lockdown, there has been increased focus on the kinds of games children are playing and the effect it is having on children. Research shows that gaming can have positive benefits for creativity and engagement but also that being too active on gaming has been linked to anxiety and poor mental health as well as poor sleep. The world of gaming and the different games children play and tools that they use to play can be hard to navigate and interpret for parents, carers and professionals alike

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

This session will:

- Give an introduction to different kinds of popular games and gaming and the different ways children play them, looking at the different consoles and apps and versions of popular games that young people are using
- Explain the PEGI system and other rating systems and how to assess and understand risks within gaming which are often multi-platform.
- Explore the positives and benefits of online gaming for children and young people
- Explore the pressures and risks created by gaming; and how young people are vulnerable to these
- Discover some of the important principles and strategies around how to encourage young people in care to stay safe online
- Provide additional resources and websites to visit

*This course will be conducted in around 2-3 hours*





# Teenagers, social media and managing online pressures

This course was originally designed for foster carers managing children with problematic internet use has been developed for a broader range of professionals including social workers and teachers.

It helps professionals better understand the impact of persuasive design as well as exploring strategies to work with children to help them resist problematic internet use.

Some children and young people particularly struggle to manage the affordances of social media and the pressure to keep up with friends and current trends/news across several social media platforms as well as the pressure to post and share. 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.

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 an introduction to social media, the digital world and the impacts of persuasive design.
- Share current research on the links between social media and the mental health of young people
- Present and explore strategies to help the children in your care to manage their lives online and look after their mental health.
- Share evidence on work which helps children to understand how media use affects their emotions and can help them to start to manage persuasive technologies in a more effective way.
- Share strategies to help children consider the impact of their own media use on others.
- Provide additional resources and websites to visit

*This course will be conducted in around 2-3 hours*





# Contact Us



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