

## Safeguarding Updates

Information	Link
<p><b>Smartphone use and teenagers</b>  <b>Source:</b> King's College London  <b>Date published:</b> 01 August 2024</p> <p>King's College London has published two studies looking at links between problematic smartphone use (PSU) and mental health issues in teenagers in the UK. The research included one study with 16- to 18-year-olds and another with 13- to 16-year-olds. Findings show: 18.7% of 16- to 18-year-olds and 14.5% of 13- to 16-year-olds self-reported PSU; 55.6% of 13- to 16-year-olds with PSU reported symptoms of depression; and in the latter study, increases in PSU scores over a four-week period correlated with increases in self-reported anxiety, depression and insomnia.</p>	<p><b>Read the news story:</b> <a href="#">Teens with problematic smartphone use are twice as likely to have anxiety – and many are eager to cut down</a></p>
<p><b>Self-harm</b>  <b>Source:</b> ACAMH  <b>Date published:</b> 30 July 2024</p> <p>The Association for Child and Adolescent Mental Health (ACAMH) has published a new podcast episode on self-harm in children and young people and technology. The podcast discusses: the prevalence of self-harm and risk factors; the support accessed by children and young people who self-harm; and different digital interventions.</p>	<p><b>Listen to the podcast:</b> <a href="#">Digital interventions and self-harm prevention</a></p> <p><b>See also on NSPCC Learning</b>            &gt; <a href="#">Child mental health</a></p>
<p><b>Missing children</b>  <b>Source:</b> Listen Up and Missing People  <b>Date published:</b> 25 July 2024</p> <p>Listen Up and Missing People have published a report exploring Black children and their families' lived experiences of going missing. The research included interviews and focus groups with 34 young people, parents and professionals. Findings include: a lack of a sense of belonging or identity was seen to increase vulnerability to going missing; Black young people consistently reported feeling undervalued compared to their White peers; and racial biases against Black children and their families impact risk assessments and safeguarding responses. The report calls for safe spaces for young people and better representation in the media around Black missing children.</p>	<p><b>Read the report:</b> <a href="#">The experiences of Black missing children and their parents</a></p> <p><b>See also on NSPCC Learning</b>            &gt; <a href="#">Safeguarding children who come from Black, Asian and minoritised ethnic communities</a></p>
<p><b>Violence against women and girls</b>  <b>Source:</b> NPCC and College of Policing  <b>Date published:</b> 23 July 2024</p> <p>The National Police Chiefs' Council (NPCC) and the College of Policing have published a national policing statement setting out the scale of violence against women and girls (VAWG) in England and Wales. The report also assesses the police response to VAWG. Findings from police data show: cases of child sexual abuse and exploitation (CSAE) increased by more than 400% between 2013 and 2022 from just over 20,000 to nearly 107,000.</p>	<p><b>Read the news story:</b> <a href="#">Call to action as VAWG epidemic deepens</a></p>
<p><b>Online safety</b>  <b>Source:</b> Children's Commissioner for Wales  <b>Date published:</b> 26 July 2024</p>	<p><b>Read the news story:</b> <a href="#">Results of new snapshot survey on online safety</a></p>

<p>The Children’s Commissioner for Wales has published the results from a survey on online safety answered by 1284 7- to 18-year-olds across Wales. Findings show that 29% of children who listed apps that made them feel unsafe or unhappy, mentioned Roblox, followed by YouTube (17%) and Snapchat (12%); some children as young as 8-years-old shared concerns about ‘toxic and rude’ users and ‘aggressive behaviour’ on Roblox; and when children reported concerns directly with an online platform, only 32% felt concerns had been taken seriously.</p>	<p><b>See also on NSPCC Learning</b>  &gt; <a href="#">Online safety resources</a></p>
<p><b>AI-generated content</b>  <b>Source:</b> SWGfL  <b>Date published:</b> 26 July 2024</p> <p>South West Grid for Learning (SWGfL) has created a new advice hub on synthetic media, often called ‘deepfakes’, which provides information about this form of AI-generated content. The hub includes information on the impact of synthetic media, the technology behind it, and the support available for anyone affected by harmful or sexual synthetic content.</p>	<p><b>Read the news story:</b> <a href="#">New synthetic media hub launched</a>  <b>Visit the hub:</b> <a href="#">Synthetic media (deepfakes)</a></p> <p><b>See also on NSPCC Learning</b>  &gt; <a href="#">Online harms: protecting children and young people</a></p>
<p><b>Early intervention and learning conference</b></p> <p>This conference, organised by Small Steps Big Changes, takes place on 24 and 25 September in Nottingham</p>	<p><b>Find out more:</b> <a href="#">Small Steps Big Changes</a></p>