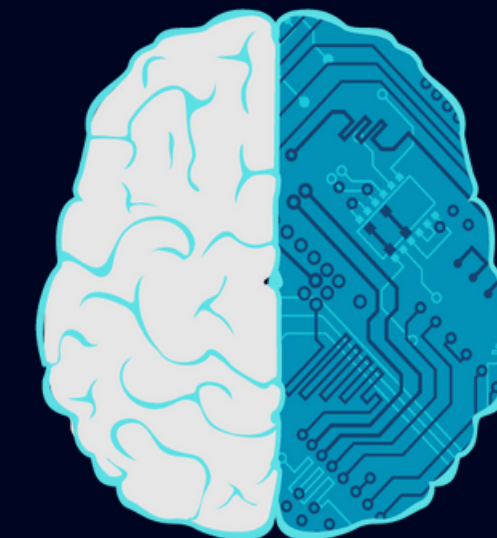


# DIGITAL HARMS

CATHERINE KNIBBS ONLINE HARMS CONSULTANT, SPEAKER  
AND AUTHOR



# COMPASSION, EMPATHY AND CURIOSITY IN PRACTICE



# TECHNOLOGY IS DEVELOPING VERY FAST



**How can you keep a sense of curiosity about something you may not understand?**

Technology moves so fast, language about technology moves as fast and policies, procedures and practice is often left way behind.

How can one cultivate what is needed for a space that seems overwhelming, neverending and increasing?



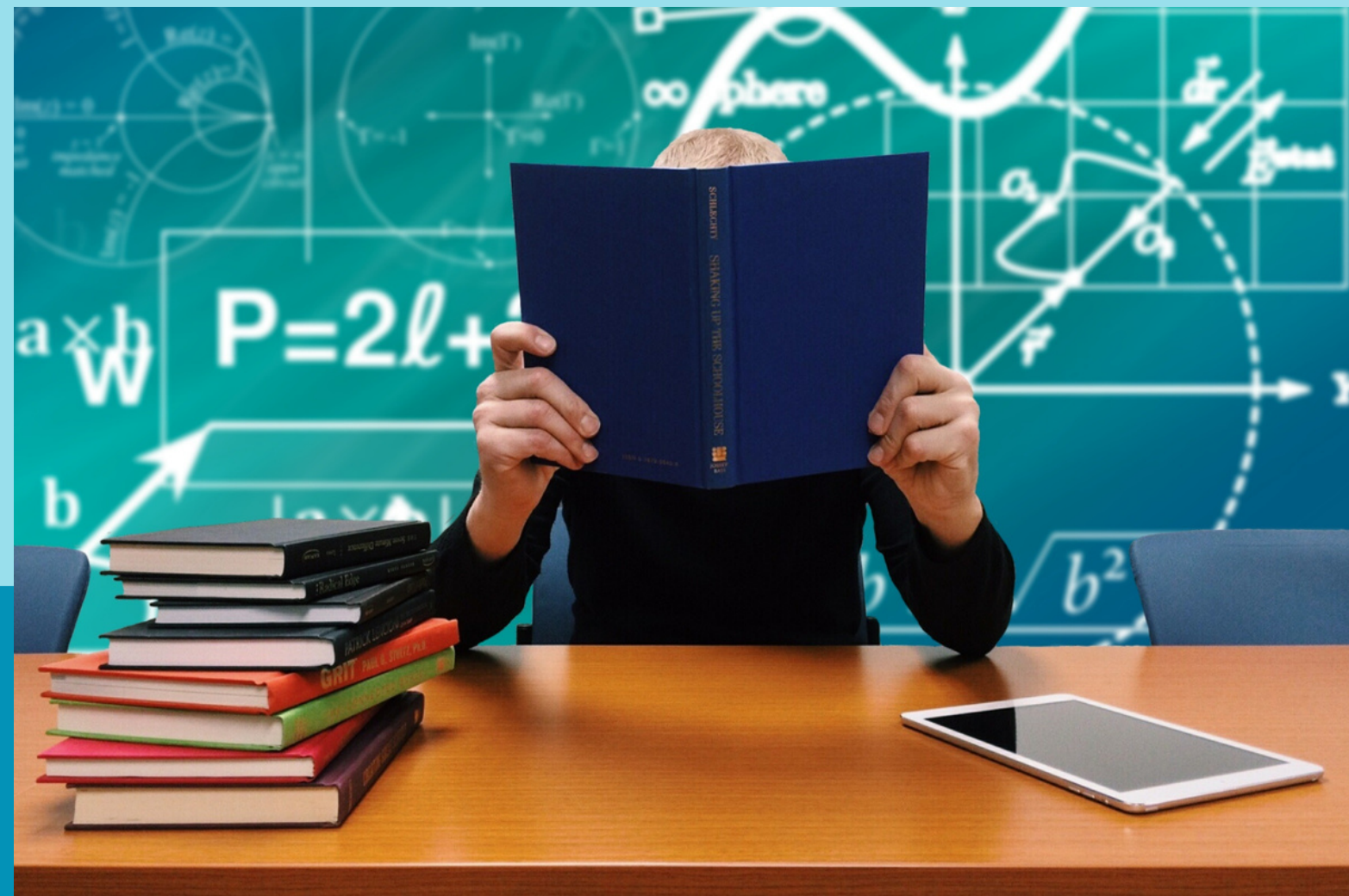
# BEGIN AT THE BEGINNING

## The practitioner

Curiosity arises from a place of wellbeing, trauma resolution, inquisitiveness and willingness to learn and to be wrong

## The elements

it requires self awareness, self compassion and self direction



# COMPASSION FOR YOU



## Self Compassion

Self Compassion is a learned skill.  
it requires a degree of knowing that  
you matter, you are not being selfish,  
that you need to create a self that can  
be with others and explore thier world

## Self Care

Self care is not selfish  
Self care = other care

## Self reflection

Reflexive practice and self reflection enable us to address the spaces in  
which we found ourselves not doing the above



# EMPATHY TO CURIOSITY

## BUT HOW... WHEN I DONT KNOW?



### Types of empathy

Cognitive  
Emotional  
Compassionate

### Emotional Fluency

Like language this skill allows for  
leaning in to apply the curiosity

### Curiosity is not WHY alone

Modus Operandi, Attachment, Needs, Outcome and aims



# The Technology. The Target. The Aftermath

What can I do, what can I say, How do I approach it, What are the issues?





# WHERE ARE WE NOW?

An overview of how to safeguard a child in your role and how to apply curiosity in practice to these issues.



## 'Digital' Safeguarding

How does this differ from IRL?



## Policies?

What and Where and How



## Online Safety Bill

Panacea, Legislation and for whom?



## Online Harm

Your role, process and how to





# BEYOND CONTEXTUAL

## SO...WHERE IS THIS?

Outside of the home, or In the home?

When you look to legislation and contextual issues this often reflects the space, location or people

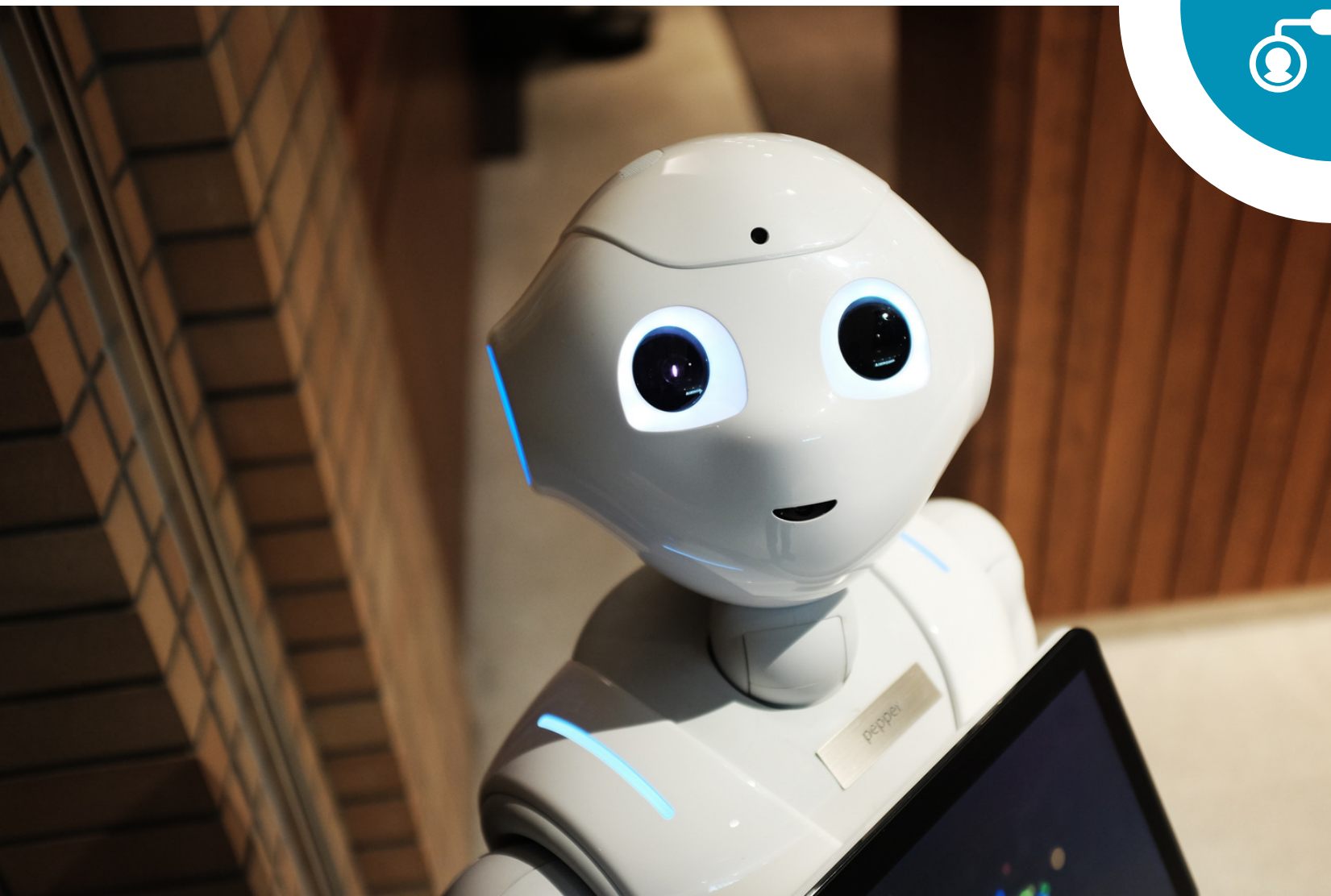


# ONLINE HARM AND THE ONLINE SAFETY BILL



## For the practitioner


What do you need to know about this space and how this applies to safeguarding, policies and the case studies we will now look at.





# HARMS

**This list is not exhaustive, nor will you see all of these in your careers (hopefully)**



- Terrorism
- Radicalisation
- Exploitation
- CSAEM
- Adult Material
- Image Based Abuse
- Cyberflashing/Upskirting/Downblousing/Sexting/Coerced imagery
- Hate Speech
- Self Harm
- Suicidal Content
- Eating Disorders
- Mis/Disinformation
- Cyberbullying/Harassment



CATH KNIBBS AND SARAH HENRY  
SAFEGUARDING 'SHS' PRESENT

# ONLINE HARM?

**Decoding and  
Understanding:  
A day of collaborative  
conversations**



**As we wait for the online  
safety bill to make its  
passage through the  
House of Lords we must  
not and we will not wait to  
protect children online**

What is the Metaverse? What is a TikTok challenge? How are children and young people influenced by online harms?

What are the current online harm threats?

And most importantly! What is needed to keep children safer and mitigate this harm

**TARGET AUDIENCE:**

- ❑ Multi Agency Professionals working with children and young people
- ❑ Schools
- ❑ VCS
- ❑ Police, Youth Justice, Probation
- ❑ Health & Social Care & Early Help Services



**BOOK NOW**

**THURSDAY  
4th MAY  
2023  
9AM – 4PM**

At Nostell  
Priory,  
Wakefield,  
WF4 1AB  
**Tickets: £199.00**

# The day will bring multi-agency professionals together with a view to collaborating on good practice and solutions.

## Round table discussions on the following themes:

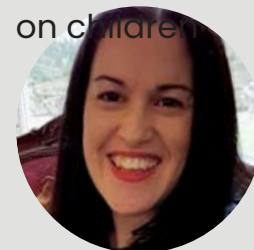
Online Challenges, TikTok, the metaverse, risks to children and the potentially harmful influence of Social Media on children

Child Criminal and Sexual Exploitation including violence against women and girls

Gambling and the impact on children

Radicalisation including the INCEL movement

Internet Influencers and the effect on children



Sarah Henry CEO of SHS LTD. Sarah is a qualified Youth and Community Worker and now delivers safeguarding and mental health training courses at her training suite at Nostell Priory in Wakefield. Sarah is an adult survivor of CSA and is committed to preventing harm to children and young people.



Catherine Knibbs Child Trauma Psychotherapist (Cybertrauma) Cath is a Clinical Doctoral Researcher Consultant, Public Speaker, Author, Child Trauma Psychotherapist and member of the VUWG. She writes about and works with cybertrauma which is any trauma that occurs through an internet ready device.

Pro Self-Harm/Eating Disorders & Suicide pro sites and the impact on children

The risks and threat to children of accessing or being sent pornography/ and or child sexual abuse and exploitation imagery

Cybersecurity

Bullying & Cyber Bullying

Gaming



BOOK NOW



The background of the slide features a complex, abstract molecular structure in shades of blue. It consists of interconnected hexagonal and pentagonal rings, some of which are highlighted with bright blue glowing points at their vertices. The structure is set against a dark blue gradient background.

**CASE STUDIES**

**VIGNETTES**

**UNTIL Q&A  
SECTION**





**THANK YOU!!**

[WWW.CHILDRENANDTECH.CO.UK](http://WWW.CHILDRENANDTECH.CO.UK)