

# PENTATHLON GB<sup>+</sup>

## Guidance: Online safety

At Pentathlon GB we know the digital world moves quickly and trying to stay ahead of online trends and social media can be difficult. Safeguarding has a role in the online world too.

Using websites and social media platforms to promote your club and hub has many benefits. Celebrating success is part of sport and we want to encourage you to do that safely.

Navigating social media is hard and we have listed some safeguarding risks to think about.

- **Viewing inappropriate content:** This includes pornography, violent content, and material promoting the use of harmful substances like illegal drugs, alcohol, cigarettes or vapes, self-harm or eating disorders
- **Online predators:** Children may be targeted by individuals seeking to exploit them. This could include being encouraged to create or share inappropriate or harmful material of themselves or others, including sexting (sexual messages, images or videos). It could also include inappropriate relationships between adults in positions of trust or influence
- **Cyberbullying:** The anonymity of the internet can lead to bullying, harassment, and intimidation, trolling or berating by peers and people considered as 'friends'
- **Privacy risks:** Sharing personal information online, such as on social media, can lead to identity theft or unwanted contact
- **Radicalisation:** Exposure to extremist content can influence young minds
- **Financial Risks:** Children might be enticed into gambling or making in-app purchases that can lead to significant expenses

To help keep you safer online have a look at these ideas:

1. **Social media:** use a welcoming tone and keep this consistent. For hub/ club pages inform all members of what is ok to post and what is not acceptable. Remember your audience spans all ages. For more information look at [Guidance on Photographs and Imagery](#)
2. **Code of Conduct:** this should include acceptable behaviour online.
3. **Communication via social media:** There should be no one-to-one communication between an adult and a junior on social media (including WhatsApp and any other messaging platforms). Contact between adults/juniors should take place within groups or via parents and/or carers. See [Guidance Coaching Best Practice and Rule of Two](#)

### Remember

- Messages should never be sent privately to under 18s.
- Set clear rules, boundaries and guidelines regarding what is acceptable to be shared
- At least two club representatives on each group to monitor messages. Best practice suggests the Club Welfare Officer should be on the club/hub groups.

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- Private messages can be used to bully or intimidate young people, expose them to inappropriate content, reveal personal data or groom them for abuse
- Cyber bullying is a form of bullying online.

If you need advice or have any concerns about online use please get in touch with your Club Welfare Officer or Pentathlon GB [Safeguarding and Welfare lead](#)

## Signposting to resources

### Internet Matters

[www.Internetmatters.org](http://www.Internetmatters.org)

Help and support on how to set up mobile devices safely, tackling online issues, appropriate apps for age groups and tips on how to talk about online safety.

### Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Minds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. They provide young people with the tools to look after their mental health. They empower adults to be the best support they can be to the young people in their lives. And they give young people the space and confidence to get their voices heard and change the world we live in.

### CEOP – Child Exploitation & Online Protection

[www.police.ceop.uk](http://www.police.ceop.uk)

CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat, or being asked to do something that makes you feel uncomfortable); you can report it here.

### The Child Protection in Sport Unit (CPSU)

[WhatsApp Guide from the CPSU](#)

**In this guide we cover the following information:**

- what is WhatsApp?
- how WhatsApp is used within sport clubs, community groups and physical activities
- the positives and downsides
- possible safeguarding concerns and risks to consider
- printable safer WhatsApp checklist

## **IF YOU OR ANYONE IS AT IMMEDIATE RISK OF HARM OR IN NEED OF MEDICAL ATTENTION CALL 999**

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