

A Digital Guide for Young People

Online Safety, Online Apps and Helpful Links

When you're staying indoors to abide by the government's restrictions, you may be going online to take part in public webinars and/or stay in contact with your friends and family. Here is an overview guide for online use with online safety, different web platforms you might use and helpful links for you to explore.

Online Safety – protect your identity!

Here are some **Top Tips for Online Safety** whilst your using social media networks or involved in online public webinars.

- **Don't share your personal details** – To keep your identity safe, don't share your address, phone number, date of birth, full name or the school/college you go to with anyone. Your personal data could be used against you.
- **Consider the consequences before posting something** – on a social media site, think about what would happen if your parents, future employers or grandparents saw your post. Once it's on the internet, it's difficult to delete it forever.
- **Be wary of strangers** – just like our parents telling us of stranger danger, do not share your personal details when interacting with people online that you do not know. If someone wants to private chat with you that you don't know, ask yourself why they would need to chat with only you. A public chat is a safer environment.
- **Look out for scams** – some people might try to ask for your password or ask you to click on a link to win something. Do not click on a link in an email or message unless you're sure it's genuine.
- **Cover your webcam** – some viruses can use your webcam without you knowing. Cover this up when you're not using it.

If you're looking for other advice on how to use online platforms safely...

Childline (www.childline.org.uk) – offers information for staying safe online. This also explains other topics including online grooming and sexting and how you can protect yourself.

Thinkuknow (www.thinkunknow.co.uk) – an organisation that focuses on protecting young people offline and online. They have a range of different resources for different age groups and roles. The age 14+ category has [information on Video calling](#) and how to protect yourself.

UK Safer Internet Centre – (<https://www.saferinternet.org.uk/>) - a partnership of three leading organisations: Childnet International, Internet Watch Foundation and SWGfL who promote the safety of online use for young people. Here you [can find resources in the 11-19 year old category](#) with safety checklists for different social media sites to keep your profiles safe.

If you're looking to report something that has happened online...

Talk to an adult – talk to an adult that you trust about the situation to support you in reporting it.

Bullying UK (www.bullying.co.uk) – focusing on eradicating bullying and increasing kindness, this site has some good tips on [cyberbullying and how to report this across different social media networks](#) and includes this [great pdf infographic](#).

Child Exploitation and Online Protection command (CEOP) – (<https://www.ceop.police.uk/safety-centre>) – if you're concerned about how someone is communicating with you online, get in contact with CEOP. This site shows you the steps they would take if you completed a report.


Online Apps – Video Meetings/Webinars/Calling




You might have seen organisations giving access to opportunities on webinars or live video discussions whilst schools and youth clubs are shut. If you have accessibility to a computer or smartphone, you could take part in these activities.

To help you understand the different online apps that can be used for video meeting/webinars/calling, below are a selection of video call apps you might come across with details on what their strengths and weaknesses are, what platforms they can be used on and how you can access them.

Some are better than others in terms of privacy, data bandwidth and features so have a look through and see how they could work for you in the future if you wanted to join an online video webinar, discussion or chat.

PUBLIC USE - Webinar or Seminar Calls – people you might not know...




Name	Supported Platforms	Pros	Cons	Summary Use	Download Link
 Zoom	<ul style="list-style-type: none"> - Web app; Windows, macOS, iOS - Mobile; Android, iOS - Tablet, iPad, Android, Windows. 	<ul style="list-style-type: none"> - Video and audio calls - up to 1000 video participations and 49 videos on screen (cost package). - Sharing files and screens. - Very secure privacy settings. - Can be recorded. - Linked to online calendars - Instant messaging - Breakout room feature for group discussions. - Waiting Room – host can operate who enters the meeting room - Password – can use password for participants to enter the meeting. - Restricts privacy messaging – stops people from sending private messages to each other. 	<ul style="list-style-type: none"> - Sometimes the video quality can be blurry and pixelated – dependent on your WiFi - No web feature so you would need to download. - Limit of 40-minute meetings on free plans (dependent on host's plan). 	<ul style="list-style-type: none"> - This is commonly used for webinars and online meetings - Safer than other platforms with good privacy features. - If you think your WiFi isn't great, you can always join by phone audio call instead. 	<ul style="list-style-type: none"> - You'll be able to download Zoom when you click on your first meeting or you can manually download it for free here.

<p>Microsoft Teams</p> 	<ul style="list-style-type: none"> - Web app; Windows, MacOS, Linux - Mobile; iOS, Android 	<ul style="list-style-type: none"> - Video and audio calls - up to 10,000 video participations. - Sharing files and screens. - Whiteboard option. - Edit files whilst on the call. - Very secure privacy settings. - Can be recorded. - Linked to online calendars - Instant messaging - Can open in a web browser. 	<ul style="list-style-type: none"> - Sometimes the video quality can be blurry and pixelated – dependent on your WiFi 	<ul style="list-style-type: none"> - This is commonly used for webinars and online meetings - Safer than other platforms with good privacy features. - If you think your WiFi isn't great, you can always join by phone audio call instead. 	<ul style="list-style-type: none"> - You'll be able to use Teams in a web browser if you're sent a meeting link to click on or free to Download Microsoft Teams here.
<p>Skype</p> 	<ul style="list-style-type: none"> - Web app; Windows, macOS, Linux. - Mobile; Android, iOS. - Tablet; iPad, Android, Windows and Kindle Fire HD - Xbox One - Amazon Alexa 	<ul style="list-style-type: none"> - Up to 50 people - Instant Messaging - Sharing files and screens 	<ul style="list-style-type: none"> - Messaging data might be used by third parties. - Reduced security in the free Skype version. 	<ul style="list-style-type: none"> - Use Skype if you want something free to use to involve a high number of individuals in the same conversation for a school or community project. - With reduced security options, its not the best platform to use. - Though it used to be a popular platform, it has gone down in popularity. 	<ul style="list-style-type: none"> - Click on Download and follow the instructions to install.
<p>Google Hangouts</p> 	<ul style="list-style-type: none"> - Web app; Google Chrome - Mobile; Android, iOS 	<ul style="list-style-type: none"> - Video conferencing for up to 100 participants. - Screen sharing - Recording meetings - Livestreaming - Chatrooms for instant messaging 	<ul style="list-style-type: none"> - Need a google account to be able to use this. - Requires a high bandwidth – need to test on your WiFi – blurry screens are common. - No recording feature. - Privacy is not as good as other platforms. - Not the best file sharing - Not the best for large groups. 	<ul style="list-style-type: none"> - This could be used as a free platform to chat to small groups on. - You will need a Google account. - Do a test with your friends if you can to see what your bandwidth is like. - You might not like to create a Google account as Google will then have your data. 	<ul style="list-style-type: none"> - Create a Google Account here.


You might be wanting to keep in contact with people you know online.

There are different platforms you can do this on and this guide outlines some below.

This also looks at some of the social networking apps which have video calling as its focus so you can explore how these are used and how to keep safe if you use them.

PERSONAL USE – keeping connected with people you know...					
Name	Supported Platforms	Pros	Cons	Summary Use	How to set up...
Whatsapp 	<ul style="list-style-type: none"> - Web app; Windows, macOS - Mobile; Android, iPhone. 	<ul style="list-style-type: none"> - Instant messaging - 256 people per group chat (if you really wanted that many) - Voice messages – send recorded messages. - Audio calls on WiFi with up to 36 people. - Video calls on WiFi with up to 16 people. - End to end encryption on messages – increases privacy. - Share photos, videos and files. 	<ul style="list-style-type: none"> - This platform is a source of fake news as the encryption coding means messages are not dealt with. - Depends on your WiFi signal – it could be costly on data so better to use WiFi. 	<ul style="list-style-type: none"> - Easy to use across platforms and download. - Contains a lot of features - Good level of privacy with encrypted messages. - You can only contact people who are in your phone contact list. 	<ul style="list-style-type: none"> - Download for phone or computer.
Facebook Messenger 	<ul style="list-style-type: none"> - Mobile; Android, iOS 	Instant Messaging Up to 50 people.	<ul style="list-style-type: none"> - Poor reputation for data security 	<ul style="list-style-type: none"> - Use Facebook Messenger for talking to friends and family who are on Facebook. - Not the best platform with poor data security. 	<ul style="list-style-type: none"> - Download on the AppStore or Google Play.
Facetime 	<ul style="list-style-type: none"> - Mobile; iOS - Tablet; iOS 	<ul style="list-style-type: none"> - Video and Audio calls - Can be used on WiFi - Enables you to photos 	<ul style="list-style-type: none"> - Doesn't have many additional features. - Only for those who have Apple software – iPhone, iPad. 	<ul style="list-style-type: none"> - Use Facetime when you want to video call your friends for free on WiFi. - However, this will only be able to reach certain people who have Apple software. 	<ul style="list-style-type: none"> - Open the Facetime app on your iPhone or iPad

Although TikTok is not a video calling app, it does involve recording videos and follows the same risks as other social media platforms

<p>TikTok</p> 	<ul style="list-style-type: none"> - Mobile; iOS, Android 	<ul style="list-style-type: none"> - Fun to make lipsyncing or dance videos approx. 15 seconds long with friends or on your own. Check out the 'Renegade Challenge' and the 'Say So' dance. - You could take part in 'challenges' such as #matildachallenge (pretend to do telekinesis), #unmakeupchallenge (take off makeup). - #selfcare is a popular hashtag on TikTok creating a safe community to talk about mental wellbeing and self-care. 	<ul style="list-style-type: none"> - Be careful and sensible – don't share your personal information – even on your profile. - All profiles start with public settings. There are privacy settings, but it is still not as private as other platforms. - There have been reports of trigger content on this app e.g. self-harm and violence. 	<ul style="list-style-type: none"> - Good to try out dance videos! - Follow the online safety guidelines. - TikTok has a series of videos for Online Safety that you can watch to set up your account. You have to be 13 years old with parental permission to use TikTok. - Go into privacy settings to select Private Account, you can then - <ul style="list-style-type: none"> o approve or deny follower requests o only users you've approved as followers can see your content. 	<ul style="list-style-type: none"> - Download from the App Store, Google Play or Amazon Appstore.
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Online Help – Counselling and Emotional Wellbeing

If you have any online experiences that you would like to discuss with someone, here are some good sites that you could look at...

Childline (www.childline.org.uk) - You can talk to a Childline counsellor if there's something you've witnessed online that you want to talk about.

Kooth (<https://www.kooth.com/>) - Accessible through mobile, tablet and desktop this is a free platform where you can chat to online counsellors about any issue you might have.

The Mix (<https://www.themix.org.uk/>) – With loads of different resources as well as 1-2-1 chats and Crisis Messenger, the Mix team will be able to talk through anything with you.

How to keep young people and youth workers safe online

As someone who wants to continue to support young people in social isolation, online communication can be a great form of engagement and participation.

Here are a few pointers that should be explored when thinking about digital communication with young people:

- **Gain parental consent if young person is under 18** – in the same way that you would gain parental consent for a face to face event, make sure you have consent from parents of young people aged 17 or under for them to access online webinars, meetings or discussions.
- **Keep professional boundaries** – To keep your identity safe, use a work profile and do not share any personal details with the young people. Treat the young people like you would in the work-based setting.
- **Make sure of the privacy setting and that messages are encrypted** – to protect young people's data, choose an online app with encryption messaging.
- **Use an online app with private messaging disabled** – To make sure that all chats are happening in the public space, make sure private chats are disabled so you know what the young people are saying to each other.
- **Use an online app where messages can be saved** – for safeguarding purposes it would be good to get an app that saves the messages if you need to review them for safeguarding purposes. You need to tell young people at the start of the session that the messages will be saved at the start of the session. If your meeting is more on video, you might want to consider recording the session.
- **If you're sharing resources or files with young people make sure they're correct** – Make sure your resources are the right ones and that you don't share any confidential information.
- **Check that the right people are on the call or chat** – by checking the virtual IDs against the sign ups you've had, make sure that you have the right people on the call/chat. Some apps offer passwords that participants would have to enter before joining the call or you could create your own password that participants would have to use when joining the chat/call.
- **Safeguarding disclosure** – if anything happens on a group chat or an individual chat with a young person, follow your organisation's safeguarding policy in the same way you would offline.
- **Code of Conduct** – ensure you've written guidelines for young people to read before coming on a call. This might include if there could be other members of their household in the background to advise blurring their background or not engaging with video (especially in case of younger siblings). It could also have guidelines on language and ways on communicating just like you would in face to face youth work.

For more guides on digital youth work...

Digital Youth Work EU (<https://www.digitalyouthwork.eu/>): There are some [handy hints and tips on this website for digital youth work](#) by Verke, the digital youth work expertise in Finland. This also has [training materials](#) from other countries in Europe.

Thinkuknow (www.thinkunknow.co.uk) – an organisation that focuses on protecting young people offline and online. They have a range of different resources for different age groups and roles. There is a space for [Professionals](#) who work with young people.

Tools that might help include...

Online apps – Online Webinar/Meetings/Video Calls – have a look at our other resource for the best platform to use for your online communications if you want to conduct video or group meetings.

Mentimeter – (<https://www.mentimeter.com/features/word-cloud>): for creating word clouds/wordles.

Slido (<https://www.sli.do/remote-meetings>) – for digital meetings get feedback from all participants in polls and questions.

Typeform – (www.typeform.com) – if you need people to sign up digitally, this is a great tool for getting parental consent and young people's emergency details. This can also be used for creating evaluation forms.

Padlet – (<https://padlet.com/>) – you can create individual Padlets for different groups or activities. You can write notes, draw sketches, paste links, vote for people's posts and more. Great for a fun discussion board.

To look at a [collection of digital tools](#), check out tools shared by **Digi Youth Work** and how these can be used.

Where should I go for help, support and something to do?

This page should let you know where you can go and get support if you need it from your local area. This document will be updated once we have more information or updates on what's available.

Free School Meals – those on free school meals can now access supermarket vouchers worth £15 per week from their school. Please get in contact with your school to arrange how to get the voucher. [Read more here](#).

Local youth provision offering digital sessions

See if you can find your local youth organisation or other national provision who are offering online activities, support or opportunities...

Sovereignty	Region	Place	Youth Group	What they're up to
England	North West		Youth Focus North West	With a weekly schedule of activities check out their Twitter and Instagram for how to get involved.
		Oldham	Mahdlo Youth Zone	They've taken their programme on to Facebook Live where you can join and watch livestreams. They also post daily challenges.
		Trafford	Gorse Hill Stuidos	They have daily online activities available for you to join – see here for timetable and who to contact to join . Follow their social networks – Instagram , Twitter and Facebook .
		Rochdale	Rochdale Youth Service	Have a weekly schedule of activities available. Links to join in will be shared on Facebook and Twitter and Instagram before sessions start.
		Blackburn	Blackburn Youth Zone	With the Daily Doodle Challenge, the Internet Café and online sessions for a variety of ages – see what Blackburn Youth Zone has to offer on its social network pages; Instagram , Twitter or Facebook . Private message or email them if you would like to join a session.
	Liverpool	FireFit Hub, Toras Foundation	Posting activities for you to at home on their social media channels – Twitter , Facebook and Instagram .	
	West	Gloucestershire	Young Gloucestershire	Offering 'Link Chat' for those aged 16-25 who can register with a youth worker to regularly call young people.
		Evesham	Ourside Youth Centre	Follow Ourside's Instagram to check out the activities they're offering to young people.
	South West	Cornwall	Young People Cornwall	Offering Facebook Live and Instagram Live sessions each day, join in the fun by reviewing the timings and checking out their social media pages.

		Cornwall	Your Way	This is a partnership between five youth and mental health services. There is a live chat that runs from 9:00-21:00 until 14 th April (this will be extended if restrictions are extended). You can request to Skype, text or have a phone call with someone through live chat.
		Somerset	Young Somerset	Young Somerset has launched 'Fancy a Chat?' giving people aged 10-18 the chance to talk to a youth worker of wellbeing practitioner on the phone. Availability and times are on their website.
	East Midlands	Northampton	FreeToTalk Cic	An online youth club on the app Discord for 8-11 year olds. Get in contact with youth worker Serena for more information. More information on their Facebook page.
	Yorkshire	Sheffield	Sheffield Futures	Working on getting their Door 43 Wellbeing Wednesday Service Online soon. Their career advice service for 16-19 year olds is by phone. Follow their updates for tips and activities.
	North East	Newcastle	Streetwise Newcastle	With activities, top tips and daily live Instagram chats, you could join in with a variety of activities. They've even starting a book club! Check out their Instagram and Facebook to get involved. They have Wellbeing Support calls if you want to talk to someone on the phone.
		South Shields	Bright Young Women's Project	Have a look on their Facebook or Twitter for their latest videos. Private message the team to see if you can join in their future Zoom calls.
	South East	Kent	Medway South Service	Offering online digital sessions via Zoom exploring topics of arts and crafts, career planning, music, nature and more! Check them all out here. Follow them here on Instagram , Twitter and Facebook .

	London	Tower Hamlets	Newark Youth London	Check out Newark Youth London's social media accounts on Instagram , Twitter and Facebook . If you're interested sign up for their Zoom session every weekday at 16:00.
	East	Suffolk	Outreach youth LGBT*Q	Emailing or texting the youth workers you could organise a online call or telephone call with them. More updates will be put on social media, but they have women online sessions scheduled in. Check out Twitter for more details and get in contact to join the sessions.
Scotland	Find all the different local youth groups on this map supplied by LGBT Youth Scotland . LGBT Youth Scotland have online live chats on Facebook on Mondays, Wednesdays and Thursdays from 18:00-20:00 if you want to chat to someone. Sign up to your local youth group by finding your local group and filling in the contact box.			
Wales	A collection of youth workers are coming together to allow young people to contact them at periods of time.		Have a look at Rachel and Charlotte's profiles and posts to find out who and when you can contact them – Rachel Benson , Charlotte Cymru ,	
	Project Hope is about tackling loneliness and isolation by providing online digital sessions.		Take a look at their sessions that they have coming up to sign up and check out their Instagram and Twitter account to see what they've been up to.	

If your Youth Club is offering digital youth work and would like to be added to the list, get in contact with us – nya@nya.org.uk and tell us what you're up to!

There's no local youth provision doing something online near to me 😞

If there isn't a local youth provision close to you, there are a lot of resources available on the internet that you could explore.

On the next page are some resources that you might be interested in.

If you've found something that you think other young people might like – get in contact with us and we'll add it into this document! – nya@nya.org.uk

Art, Performances, Museums	Free Kids Art Class – for younger ages or beginners
	Graffiti Style Drawing – learn how to draw Graffiti style
	Lunchtime Doodle! – draw a lunchtime doodle
	Bolshoi Theatre - Watch Live Ballet – Live Swan Lake and more.
	National Theatre Performances – Check out their performances
	Online Museum Exhibitions – Take a tour of Manchester Museums
	The Show Must Go On - - One musical per week
Music, Dance, Sport, Cooking	Music Class with Myleene Klass – sing along with Myleene
	Ms Mitchell's Dances - Learn Dances (All ages) – follow the dance routines
	Dance with Oti Mabuse – dance with Oti
	Drama Classes - Light Up Drama – activities online
	Yoga with Adriene – try some yoga videos
	PE with Joe Wicks – 9am every weekday with Joe
	Pilates with Blogilates – try some pilates
	Football Coaching - Futsal Elite – have you got the football skills?
	Learn Circus Skills - juggling – learn to juggle
Cooking - Jamie Oliver - Keep Cooking and Carry On -cooking show	
Nature, Environment, Wildlife	Earth Live Lessons - Lizzie Daly and Friends – some really great lessons
	Let's Go Live with Maddie & Greg – livestream on science (garden week last week)
	Linneaus at Home - Nature Based Activities for Children – try some of the activities
	Kabir Kaul's - Nature Reserves of London Map – check out the London parks near you
	London #NationalParkCity Gathering Recording – catch up on past events
	Youth4Nature Channel – webinars and past talks on their channel
	Nature Watch – past Nature Watch episodes to watch
	Xander Johnston - Ant Boy - Learn about insects and more! – past episodes to watch
	RSPB - Kids Activities = try some of the activities
	Woodland Trust - Kids Activities - try some of the activities
	The Wildlife Trust - Kids Activities - try some of the activities
	National Geographic - Kids - try some of the activities
	NASA Climate Kids - try some of the activities
	Beach Rangers - Facebook Live – livestream videos on their Facebook page
	Fridays4Future - Talks4Future – new talks soon
Earth Hour Events with WWF – past events from WWF	
The Self-Isolating Bird Club - Livestreams – Chirs Packham and Megan McCubbin livestream	
River Birds – birdsong identification – identify the birds around you on walks or in the garden	

Online Learning Courses (older young people)	Future Learn - variety of free online courses – for older age range
	edx - variety of free online courses – for older age range
	Coursera - free business, IT and analytics courses
	Open Culture - Cultural and Educational
	ScreenSkills - Online Lessons for the Screen Industry
Online Education and Learning (all ages, but some aimed at younger ages)	TED Ed - Free school resources
	Khan Academy - Free school resources
	Fun Brain (for 3-14 year olds)
	Scholastic - Reading and Learning
	GCSE Physics Online – if you really want to...
	Stemmettes - Online Webinars
	Maths Challenges (3-14 year olds)
Learn how to Code	Code Academy - Learn to Code (Older age group)
	Code - Code Activities (younger age groups)
	Make Code – Webinars on coding
Podcasts	University of Oxford Podcasts – a variety of topics to listen to
	BBC The Forum Podcasts – a variety of topics to listen to
	National Geographic Podcasts – a variety of topics to listen to
Learn a Language	Memrise - Learn another language!
	British Sign Language Lessons – learn how to sign
	Duo Lingo - Learn another language
Helpful sites for online safety, counselling	The Mix – online resources and chat, covers topics on young people’s issues (16-25 yr olds)
	Childline – online resources and you can ring their helpline
	Thinkuknow – online safety and what to do pages for all ages
	UK Safer Internet Centre – online safety – different resources available for all ages
	Bullying UK – what to do if you see cyber bullying taking place
	Child Exploitation and Online Protection command (CEOP) – reporting online abuse
COVID-19 Guidance	Konnue Hug - Explains Coronavirus for Kids – useful to understand the basics
	Kurzgesagt – In a Nutshell The Coronavirus Explained & What You Should do -great animations
	Doctor Mike - Coronavirus is a PANDEMIC... technically – answers people’s questions
	Walsall for All - Translated COVID-19 Guidance – helpful for different languages
Write your Story – COVID-19	Youth Work Support – we want to hear how life has changed for young people during this time
	The Guardian – wants to hear stories from those under the age of 25

COVID-19 Guidance

What is it? What are the UK Government's Guidelines?

What is it?

'Coronavirus' and 'COVID-19' are both used in the media, but what do these words really mean?

- **Coronavirus** – is a group of viruses that cause respiratory issues – these viruses can cause mild to more severe symptoms. Other coronaviruses includes SARS and MERS.
- **SARS-CoV-2** is the full name of the new virus which was not known about previously, but has since spread across the World. It is one of seven viruses in the coronavirus group.
This coronavirus that infects animals evolved and was passed on to a human.
- **COVID-19** – this is the name of the disease that the SARS-CoV-2 virus causes. 'CO' stands for 'corona', 'VI' for 'virus', and 'D' for disease. '19' refers to the fact that it was first identified by China in 2019.

The virus is now spreading easily from person to person. As the number of cases are now high, some people are not sure how or where they have become infected.

Watch these videos that will help explain what Covid-19 is, how it has spread across the Global population, what we can do to stop it spreading and Doctor Mike answering social media questions:

- [A kid friendly guide to Coronavirus](#) by Konnie Huq
- [The Coronavirus Explained & What You Should do](#) by Kurzgesagt – In a Nutshell
- [Coronavirus is a PANDEMIC... technically](#) by Doctor Mike

What are the UK Government's guidelines?

The basic government guidelines are:

- **Stay at home**
- Only go outside for **food, health reasons or work** (but only if you cannot work from home)
- **Social Distancing** - If you go out, stay 2 metres (6ft) away from other people at all times
- **Hygiene** - Wash your hands as soon as you get home or use hand sanitizer if you're on an essential journey.
- **Do not meet others, even friends or family** - You can spread the virus even if you don't have symptoms. You can socialise with those who live with you, but not those that live in a different household.

Check out NYA, The Mix and UK Youth's [Coronavirus support for young people](#) for more information on how to Keep Calm, Stay Connected and Be Safe.

Coronavirus support



Keep calm



Stay connected



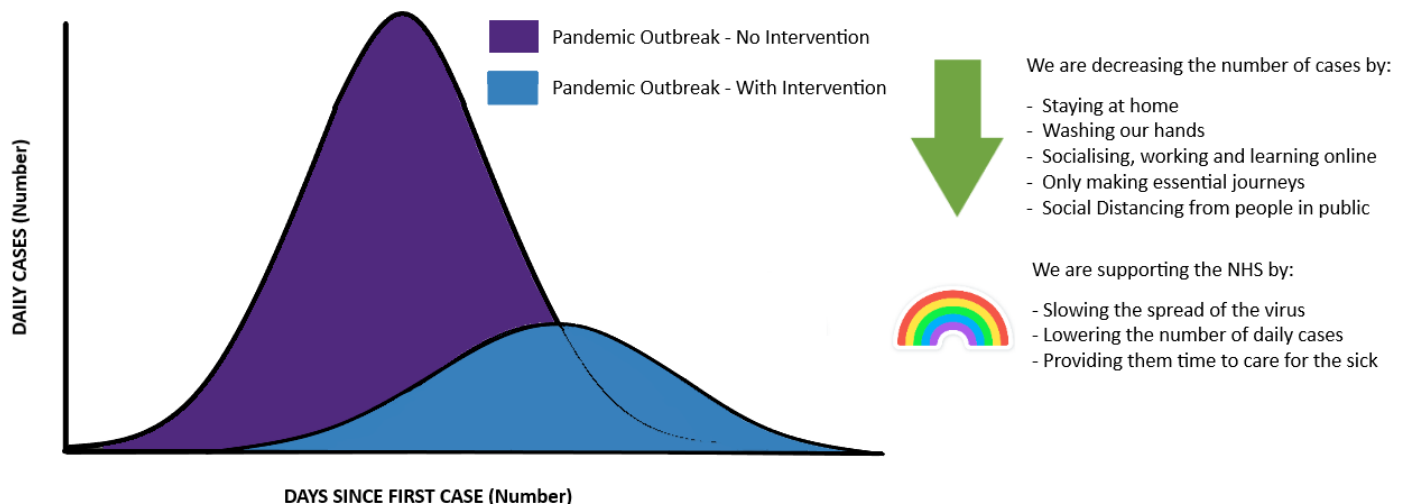
Be safe

Why have these guidelines been put in place?

A lot of people have talked about 'flattening the curve' – you might have heard this in the news or in the media. This refers to the 'Community Mitigation' strategies put in place to reduce the number of those with COVID-19.

The NHS has a number of beds, ventilators and hospital treatments that can only handle a certain number of people at one time. As COVID-19 can make some people very ill who will need to stay in hospital for a while to get better, we cannot have a high influx of people needing hospital treatment.

By reducing the number of people needing hospital treatment at one time the NHS can save more lives.



We still do not know a lot about this disease including why it effects some people more than others. You could have the virus, but have no symptoms. However, you could pass on the virus to another person who could have severe symptoms caused by the disease.

This is why Government are asking us to stay at home, to slow the spread of the virus, protecting the NHS and saving lives.

What is law and what are recommendations?

With the Prime Minister's public announcement on 23/03/2020 implementing lockdown measures, the new **Coronavirus Act 2020** passed through Parliament on March 25/03/2020 and **The Health Protection (Coronavirus, Restrictions) (England) Regulations 2020** coming into effect on 26/03/2020 our daily lives have changed in the UK.

Police services are still learning how they are to enforce guidelines and there has been differences between regions for carrying this out. There is confusion between what the Prime Minister has said in his address to the public at the start of lockdown and what has been written down in law. This has meant that some police forces have come under scrutiny for overstepping what is stated in the new law and effecting human rights.

A constable, public health officer and immigration officer will be following guidance from this Act, from the Secretary of State and on any advice that a public health officer has given on particular cases.

On the next page is a table showing the points in the Boris Johnson's speech, the points in the new Act and regulation and an analysis of what this means for you as a young person.

Coronavirus Bill 2020 and The Health Protection (Coronavirus, Restrictions) (England) Regulations 2020

What does this mean for me?

Regulation 6 - Restrictions on Movement

No person may leave the place where they are living without reasonable excuse.

(The place where you are living includes back and front garden, passage stair, garage, outhouse, yard).

A reasonable excuse includes:

- **to obtain basic necessities**, including food and medical supplies for those in the same household or for vulnerable persons
- **to take exercise** either alone or with other members of their household
- **to seek medical assistance**
- **to provide care or assistance to a vulnerable person**, or to provide emergency assistance
- **to donate blood**
- **to travel for the purposes of work or to provide voluntary or charitable services**, where it is not reasonably possible for that person to work, or to provide those services, from the place where they are living
- **to attend a funeral of**— (i) a member of the person's household, (ii) a close family member, or (iii) if no-one within sub-paragraphs (i) or (ii) are attending, a friend;
- to fulfil a legal obligation, including attending court or satisfying bail conditions, or to participate in legal proceedings
- **to access critical public services**, including; childcare or educational facilities (where these are still available to a child in relation to whom that person is the parent, or has parental responsibility for, or care of the child), social services, services provided by the Department of Work and Pensions, services provided to victims (such as victims of crime)
- in relation to children who do not live in the same household as their parents, or one of their parents, **to continue existing arrangements for access** to, and contact between, parents and children, and for the purposes of this paragraph
- in the case of a minister of religion or worship leader, to go to their place of worship
- to move house where reasonably necessary
- to avoid injury or illness or to escape a risk of harm.

These restrictions of movement are to protect you, your family and vulnerable members of the public. These restrictions are put in place to encourage people to stay at home and flatten the curve for daily cases of COVID-19. Follow these restrictions as best you can.

However, there are differences in the restrictions of movement written in regulation, the Prime Minister's speech and police interpretation.

- For taking exercise – it states in the regulation that you can *take exercise either alone or with other members of their household*.
- There is nothing written in the Act or Regulation stating that this can only be for one hour a day or one form of exercise a day as stated in the Prime Ministers' speech and other press releases or news articles.
- There is no reason that you cannot sit in a park unless you're with a group of people or you're not practising social distancing.

There have also been questions on the police's actions on walkers in the Peak District. The reasons behind this was the fact they had to travel by car to get there, but there are no restrictions on this in law or regulation.

If you're out of the house for a 'reasonable excuse' and a police officer comes over for a chat, do not be afraid in having a chat with them.

The police are trying to ensure the public are safe. Chat to them about the new regulations and how they're finding it. Comply with their own questions and try to be as considerate as possible.

If you're unsure of how regulations are being carried out in your region, ask a police officer what they think and what actions they have taken recently in their area.

<p>Restrictions on Gatherings and Events</p> <p>No person may participate in a social gathering or event of more than two people except—</p> <ul style="list-style-type: none"> - where all the persons in the gathering are members of the same household - where the gathering is essential for work purposes - to attend a funeral - where reasonably necessary: to facilitate a house move, to provide care or assistance to a vulnerable person, to provide emergency assistance, or to participate in legal proceedings or fulfil a legal obligation. <p>A person can commit an offence if they're;</p> <ul style="list-style-type: none"> - The owner of the premises for the event/gathering - The organiser of the event/gathering - Any other person involved in holding the event/gathering - Without a reasonable excuse, a person will be fined. 	<p>To restrict the spreading of the virus from person to person, gatherings and events have been restricted.</p> <p>This means that you cannot hang out with people in public places and can only socialise offline with those who live in the same household as you.</p> <p>Even though police officers are not giving out fines to young people, it is unclear when a fine would be passed on to a parent or guardian if you commit one of these offences and you're aged 17 or under. If you're a repetitive offender, a fine is more likely to be issued to your parents. It is up to the police officer on a case by case basis on whether they give out a fine or not.</p> <p>If you have digital access, you could meet your friends online or over social media networks. Why not write a letter to a friend and put it in the post if you know they're feeling down.</p> <p>Check out our digital guidance pages to see what's available and what digital interaction you could organise with your friends.</p>
<p>Children – aged 17 or under</p> <p>As with the majority of laws, it is the parent/guardian/responsible adult's responsibility to look after a child and make sure that they adhere to the guidelines that have been passed.</p>	<p>If you are 17 or under and anything happens to you e.g. you're stopped by police, your parents/guardian have the responsibility for the consequences of your actions. The adult that is responsible for you will be contacted before the 'power' is done (if the adult is present) or after the 'power' is done.</p> <p>This may mean that the police officer will talk to your parents/responsible adult, once they've taken you back to your home.</p>

Police Actions

A public health officer, constable or immigration officer can;

- Inform you to take action
- Remove a person or keep a person in a particular place

Where constable, police community support officer, a person designated by the local authority considers that three or more people are gathered together they may

- direct the gathering to disperse
- direct any person in the gathering to return to the place where they are living
- remove any person in the gathering to the place where they are living.

A constable or immigration officer can use force to;

- enter a place for removing or keeping a person.

They must;

- **Inform you of the reason for their instruction**
- **Tell you that it is an offence if you fail to do it.**

This means that constables can enter your home or a building you're in if they think there is a risk to public health. e.g. a house party, small gathering, BBQ. (Remember, if you're from the same household that is ok).

A constable can also take someone back to their place of quarantine (e.g. would walk you back home) if you have symptoms that mean you should be in quarantine or if you're included in a social gathering of three or more people.

If you obstructed this, a constable may take you into custody to return you to your place of quarantine (your home).

The above actions apply only where the officer considers it necessary and proportionate in the interests of the potentially infectious person, for the protection of others or for the protection of public health.

As this is subjective in meaning, it could depend on the police officer or the instructions police officers have been given in your region.

Committing an Offence – Regulation 9

A person can commit an offence if they;

- Fail without a reasonable excuse to comply any direction, reasonable instruction, requirement or restriction given to or imposed on them
- Fail without reasonable excuse to comply with a duty e.g. responsibility of a child.
- Escape while being removed or kept in place
- Provide false evidence or misleading information
- Obstruct a person in exercising a power

Any of these offences can result in a fine (**for those over the age of 18**):

- issue a fixed penalty notice of £60, which will be lowered to £30 if paid within 14 days
- issue a fixed penalty notice of £120 for second time offenders, doubling on each further repeat offence

If fines are paid within 28 days, the person may not be convicted of the offence (paying within 14 days lowers the amount of the fine).

Individuals who do not pay a fixed penalty notice under the regulations could be taken to court, with magistrates able to impose unlimited fines.

If an individual continues to refuse to comply, they will be acting unlawfully, and the police may arrest them where deemed proportionate and necessary.

If you do not follow the restrictions, the police can say that you have acted illegally and committed an offence.

If you're over the age of 18, any of the offences (see left) could result in a fine. Even though police officers are not giving out fines to young people, it is unclear when a fine would be passed on to a parent or guardian if you commit one of these offences and you're aged 17 or under. If you're a repetitive offender, a fine is more likely to be issued to your parents. It is up to the police officer on a case by case basis on whether they give out a fine or not.

An offence would only be issued by an officer if they consider it necessary for the person, for the protection of others or for the protection of public health.

As an arrest must be necessary to be lawful. This has been extended to include the offences in Regulation 9.

An arrest would be lawful if an officer considered it to be necessary for the person, the protection of others or for the protection of public health.

Reviewing restrictions and the end of the emergency period

The Secretary of State must review the need for restrictions and requirements imposed by these Regulations at least once every 21 days, with the first review being carried out by 16th April 2020.

When the transmission control period comes to an end, any requirement or restriction imposed under the 'power' ceases at the end of the period.

These regulations will be reviewed by 16th April 2020 and further restrictions will be put in place or certain restrictions might be taken away. It all depends on how the virus spreads amongst the population and how many cases with severe symptoms of COVID-19 are admitted to hospital.

When the UK finishes its lockdown period, the powers within this bill that the police, health officials and immigration officers have will end.

What about my human rights?

Some have argued that the new restrictions go against some of the human rights and individual liberties that the UK upholds for all its citizens in our democratic society. The rights that are most at risk are shown in the right column.

The police are still learning these new regulations and in most circumstances will first give an explanation and warning of the regulations before going further. Talk to the police about the rights that we uphold in our democratic country, ask them how their regional police force are upholding these and ask them what they think of the new regulations.

The police will not arrest you for talking, but do comply with their questions.

Within the European Convention on Human Rights, the articles which are most at risk during this time period include:

- Article 5 – the right to liberty
- Article 8 – the right to private and family life
- Article 10 – the right to freedom and expression
- Article 11 – the rights of assembly and association

UNCRC (UN Convention on the Rights of the Child):

- Article 28 – right to education

Places that are still open and functioning during this time include:

- Food retailers, including food markets, supermarkets, convenience stores and corner shops.
- Off licenses and licensed shops selling alcohol (including breweries).
- Pharmacies (including non-dispensing pharmacies) and chemists.
- Newsagents.
- Homeware, building supplies and hardware stores.
- Petrol stations.
- Car repair and MOT services
- Bicycle shops.
- Taxi or vehicle hire businesses.
- Banks, building societies, credit unions, short term loan providers and cash points.
- Post offices.
- Funeral directors.
- Laundrettes and dry cleaners.
- Dental services, opticians, audiology services, chiropody, chiropractors, osteopaths and other medical or health services, including services relating to mental health.
- Veterinary surgeons and pet shops.
- Agricultural supplies shop.
- Storage and distribution facilities, including delivery drop off or collection points, where the facilities are in the premises of a business included in this Part.
- Car parks.
- Public toilets.

Stop and Search

Stop and search rules still apply during this period. Being search does not mean you're being arrested. Have a look below on your rights. The information below has been taken from the [government website](#).

Before you're searched	Stop and question: police powers
<p>Before you're searched the police officer must tell you:</p> <ul style="list-style-type: none"> - their name and police station - what they expect to find, for example drugs - the reason they want to search you, for example if it looks like you're hiding something - why they are legally allowed to search you - that you can have a record of the search and if this isn't possible at the time, how you can get a copy 	<p>A police officer might stop you and ask:</p> <ul style="list-style-type: none"> - what your name is - what you're doing in the area - where you're going <p>You don't have to stop or answer any questions. If you don't and there's no other reason to suspect you, then this alone can't be used as a reason to search or arrest you.</p>
Stop and search: police powers	Removing clothing: police powers
<p>A police officer has powers to stop and search you if they have 'reasonable grounds' to suspect you're carrying:</p> <ul style="list-style-type: none"> - illegal drugs - a weapon - stolen property - something which could be used to commit a crime, such as a crowbar <p>You can only be stopped and searched without reasonable grounds if it has been approved by a senior police officer.</p> <p>This can happen if it is suspected that:</p> <ul style="list-style-type: none"> - serious violence could take place - you're carrying a weapon or have used one - you're in a specific location or area 	<p>A police officer can ask you to take off your coat, jacket or gloves.</p> <p>The police might ask you to take off other clothes and anything you're wearing for religious reasons - for example a veil or turban. If they do, they must take you somewhere out of public view.</p> <p>If the officer wants to remove more than a jacket and gloves they must be the same sex as you.</p>

Information Sourcing - Misinformation on social media

There is a lot of misinformation circulating about coronavirus - up to 70 incidents per week!

To check the information you receive and before sharing with others, follow these government's SHARE guidelines...

- **Source** - make sure information comes from a trusted source – if data or statistics are being used, is there a reference showing where it's come from?
- **Headline** - always read beyond the headline – sometimes headlines can be exaggerated to get people to click on them, reading more helps understand the context
- **Analyse** - check the facts
- **Retouched** - does the image or video look as though it has been doctored?
- **Error** - look out for bad grammar and spelling

Sometimes a quick internet search will let you know if it's true or false information

The information above was taken from the references below, please explore them if you'd like more information.

What is Coronavirus?

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Coronavirus Act 2020 (c.7). London [Online], 26/03/2020, Available from: <http://www.legislation.gov.uk/ukpga/2020/7/contents> [Accessed on:01/04/2020].

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Wagner A., (2020), In a new age of emergency laws, human rights are more important than ever, *NewStatesman*. [Online] 31 March 2020. Available from: <https://www.newstatesman.com/politics/uk/2020/03/emergency-laws-human-rights-pandemic-coronavirus> [Accessed on: 02/04/2020].

Unicef (n.d.), A Summary of the UN Convention of the Rights of the Child, [Online], Available from: https://www.unicef.org.uk/wp-content/uploads/2010/05/UNCRC_summary-1.pdf [Accessed on: 02/04/2020].