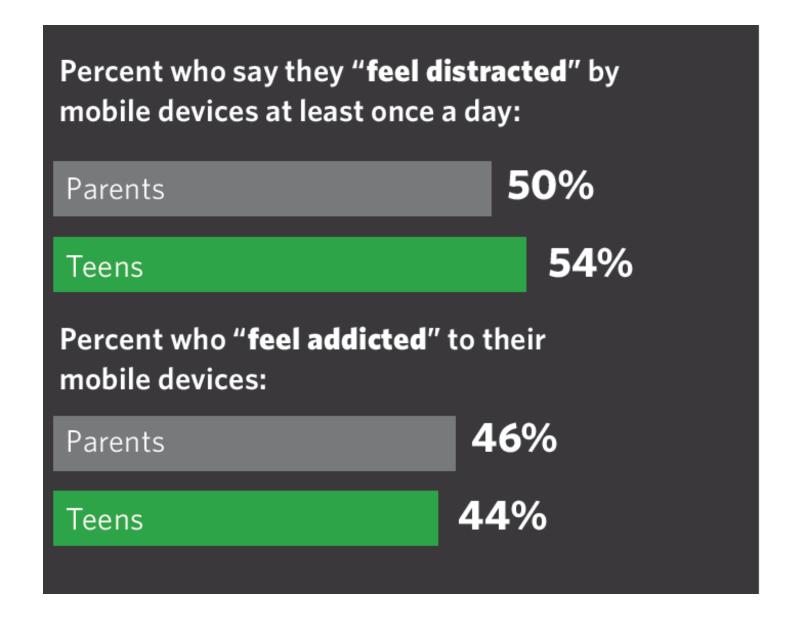


Children, young people and the internet in 2019

Not just children and young people...



Selfies 'are worse for children than bullying' because photos make teenagers question their body and appearance

Mental health

- · Study highlights peer pressure on teenagers from photographs of their friends
- It makes youngsters 'question their bodies and their appearance'
- Researchers at the University of Birmingham analysed 1,300 responses from teenagers aged 13 to 18 as part of the research

By VICTORIA ALLEN SCIENCE CORRESPONDENT FOR THE DAILY MAIL PUBLISHED: 01:46, 25 January 2018 | UPDATED: 07:55, 25 January 2018











Selfies are causing more misery among schoolchildren than bullying, as they face

News > UK > Home News









Fri 4 Jan 2019 00.01 GMT





month old

pressure to be thin from social media.







This article is over 1

Depression in girls linked to higher use of social media

Research suggests link between social media use and depressive symptoms was stronger for girls compared with boys



Pressure to be 'perfect' online damaging more than a third of young girls, study finds

'Comparing yourself to others is a very easy trap for girls and young women to fall into'

Will Worley | @willrworley | Tuesday 22 August 2017 23:52 BST |



Fake online influencers a danger to children, say campaigners

Virtual personalities created by companies 'have potential to manipulate young people'



▲ Lil Miquela, a virtual 'singer' and 'model' created by a US company, who has 1.6 million followers on Photograph: PR

"A child needs role models but these role models are being created by marketeers. They aren't real and create nothing but attention-seeking. They are grabbing attention and for what? They are not there to educate and empower; they are there to engage and they do that by making us feel afraid, angry and insecure. The biggest thing we can do for our kids is get them to think critically, to ask, am I being influenced by an individual or a group? And why?"

Health

Social media effect 'tiny' in teenagers, large study finds

○ 7 May 2019 | ₱ 518







Family & Education

Young Reporter

Politics

Business

Global Education

Science

Tech

Social media has 'little effect on girls' wellbeing'

(1) 10 October 2019







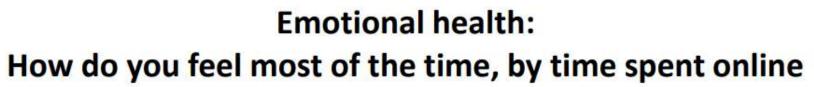
Health

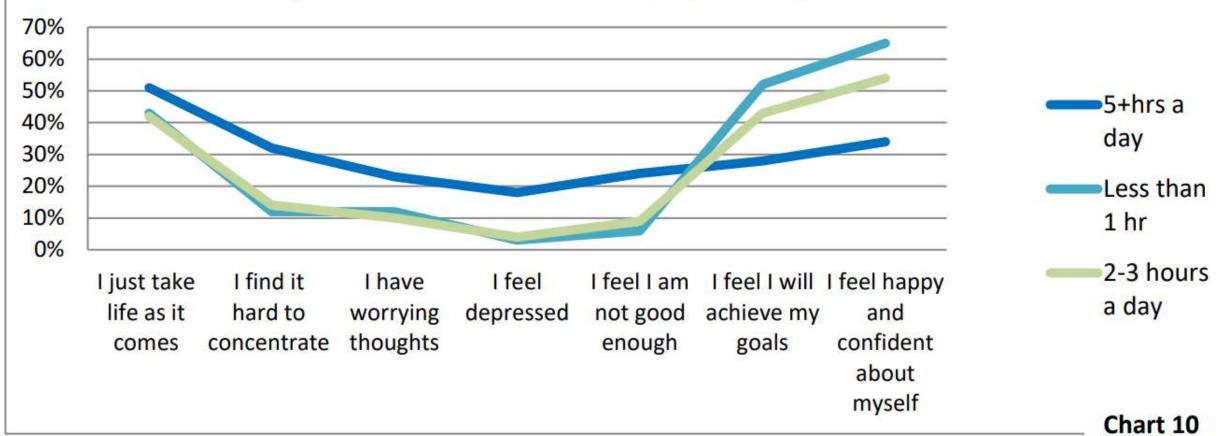


Family & Education



The effects of social media use on teenage life satisfaction are limited probably "tiny", a study of 12,000 UK adolescents suggests.







Scots kids who spend the most time online are most unhappy



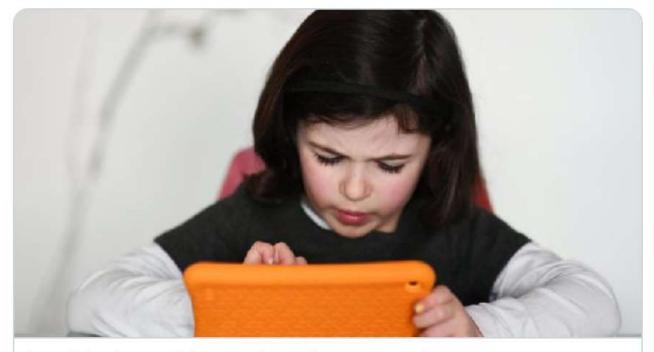
A third of Scots 12-year-olds spend up to three hours every day on social media.



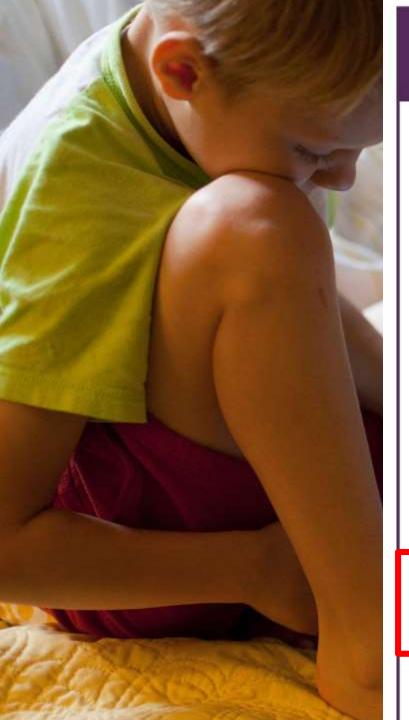
Let me help with this headline. How about:

"Scots kids who are most unhappy spend the most time online"

(I find this more helpful in figuring out what to do - focus on why they are unhappy, perhaps?)



Scots kids who spend the most time online are most unhappy



3-4s

1% have their own smartphone, 19% have their own tablet.



96% watch TV on a TV set, for 14h a week.

30% watch TV on other devices, mostly on a tablet.

36% play games, for nearly 6¼h a week.

52% go online, for nearly 9h a week.

69% of these mostly use a tablet to go online.

32% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

45% use YouTube, **80**% of these say they use it to watch cartoons while **40**% say funny videos or pranks.

1% have a social media profile



















CTA Digital 2-in-1 iPotty with Activity Seat for iPad

from CTA Digital

39 customer reviews | 4 answered questions

Price: £29.99

Only 14 left in stock (more on the way).

Want it delivered by tomorrow, 30 Sep.? Order within 5 hrs 35 mins and choose Express Delivery at checkout. Details

Dispatched from and sold by Amazon. Gift-wrap available.

4 new from £29.99 1 open box from £28.21

- Comfortable and child-friendly potty with activity stand for iPad (2nd, 3rd, and 4th generation)
- Adjustable stand securely holds and helps protect iPad while kids play
- Easy to clean with removable inner potty bowl, potty seat and splashguard
- · Clear touchscreen protector guards against smudges and messy hands
- 360° Rotating stand easily switches between horizontal and vertical views
- See more product details

Share



Other Sellers on Amazon



5-7s

5% have their own smartphone, 42% have their own tablet.



97% watch TV on a TV set, for around 13¼h a week.

44% watch TV on other devices, mostly on a tablet.

63% play games, for around 7½h a week.

82% go online, for around 9½h a week.

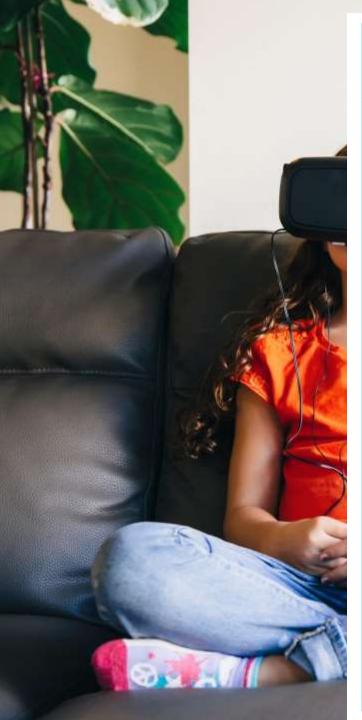
67% of these mostly use a tablet to go online.

44% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

70% use YouTube, 65% of these say they use it to watch cartoons while 61% say funny videos or pranks.

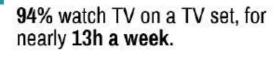
4% have a social media profile.





8-11s

35% have their own smartphone, 47% have their own tablet.



43% watch TV on other devices, mostly on a tablet.

74% play games, for around 10h a week.

93% go online, for around 13½h a week.

45% of these mostly use a tablet to go online, with **24%** mostly using a mobile.

43% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

77% use YouTube, 75% of these say they use it to watch funny videos or pranks while 58% say music videos.

18% have a social media profile.

40% who own a mobile are allowed to take it to bed with them, it's 28% among tablet owners.





12-15s

83% have their own smartphone, 50% have their own tablet.



90% watch TV on a TV set, for around 13¼h a week.

62% watch TV on other devices, mostly on a tablet or mobile.

76% play games, for around 13%h a week.

99% go online, for 201/2h a week.

53% of these mostly use a mobile to go online, with **23%** mostly using a tablet.

58% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

89% use YouTube, 74% of these say they use it to watch funny videos or pranks with same proportion saying music videos.

69% have a social media profile.

71% who own a mobile are allowed to take it to bed with them, it's 61% among tablet owners.



71%

of children aged 12-15 who own a mobile phone are allowed to take it to bed



That equates to 62% of all children aged 12-15



of children aged 12-15 who own a tablet are allowed to take it to bed

That equates to 31% of all children aged 12-15

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.

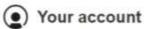


Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.









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Technology

Social media apps are 'deliberately' addictive to users

By Hilary Andersson **BBC** Panorama

O 6 hours ago











Top Stories

England into World Cup quarterfinals

They reach the last eight for the first time since 2006 after beating Colombia in a penalty shootout.

O 7 hours ago

Vote Leave campaign 'broke electoral law'

3 7 hours ago

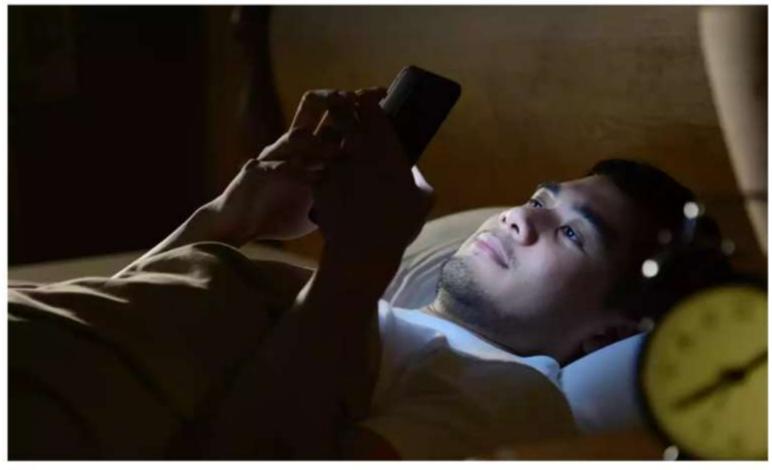
Six-year-old's death treated as murder

O 7 hours ago



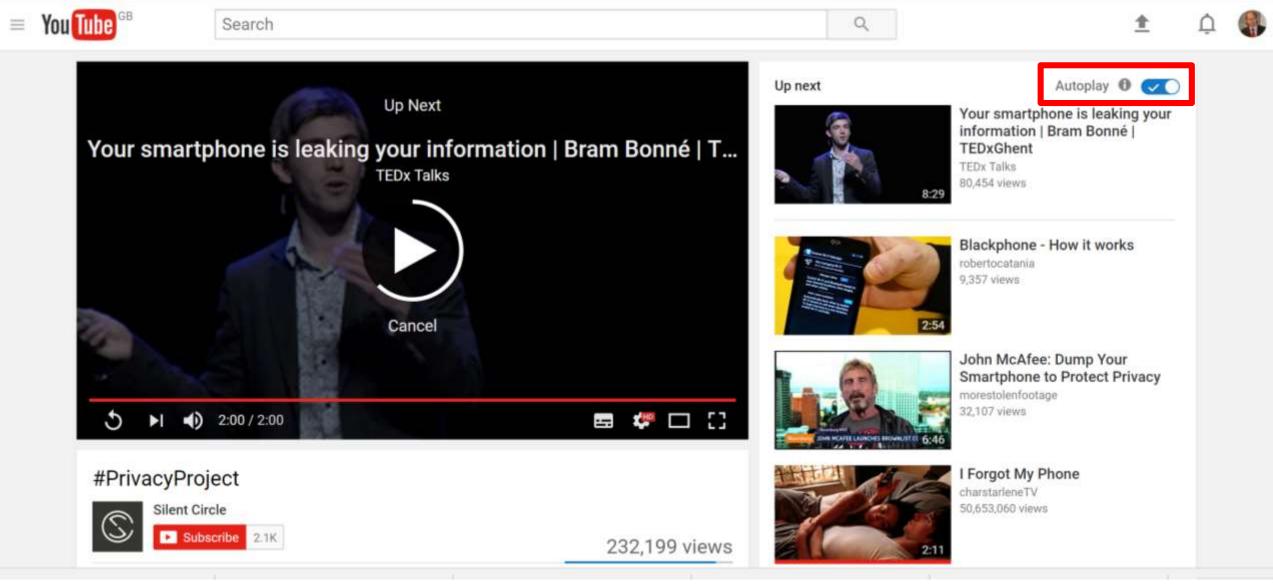
Social media copies gambling methods 'to create psychological cravings'

Methods activate 'same brain mechanisms as cocaine' and leads to users experiencing 'phantom' notification buzzing, experts warn



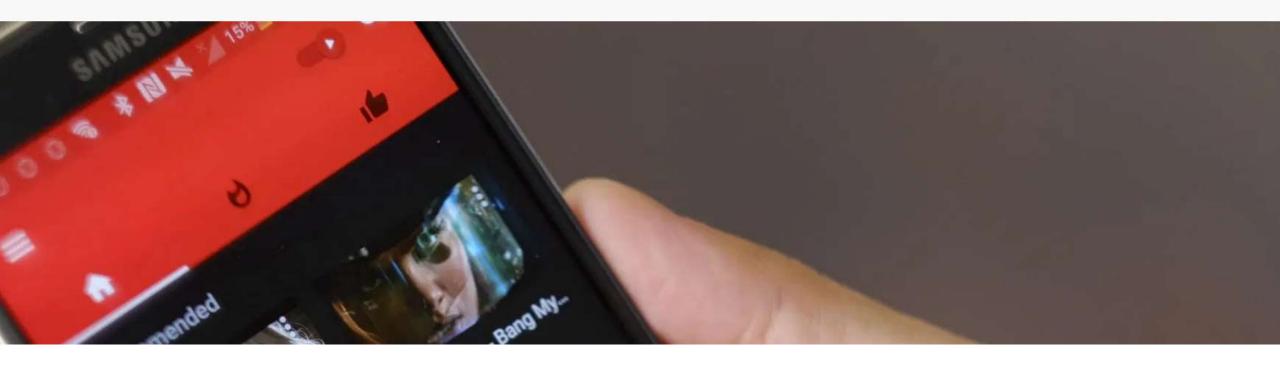
▲ 'They are trying to grab users' attentions,' said Dr Mark Griffiths of the International Gaming Research Unit, 'to

Autoplay – on by default...



YouTube's recommendations drive 70% of what we watch

By Ashley Rodriguez • January 13, 2018





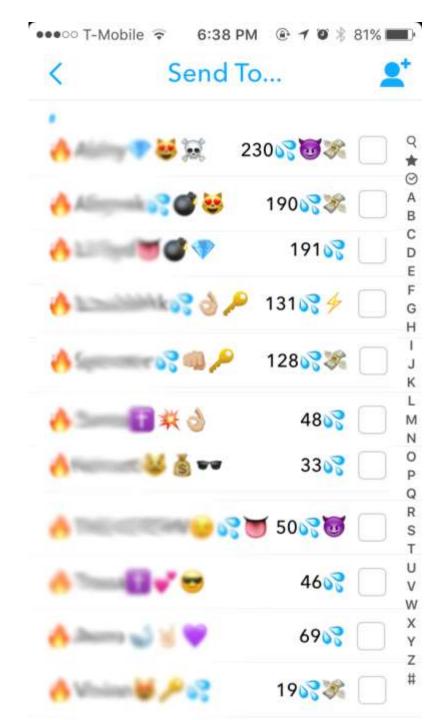
Snapchat Streaks: Fun or upsetting?

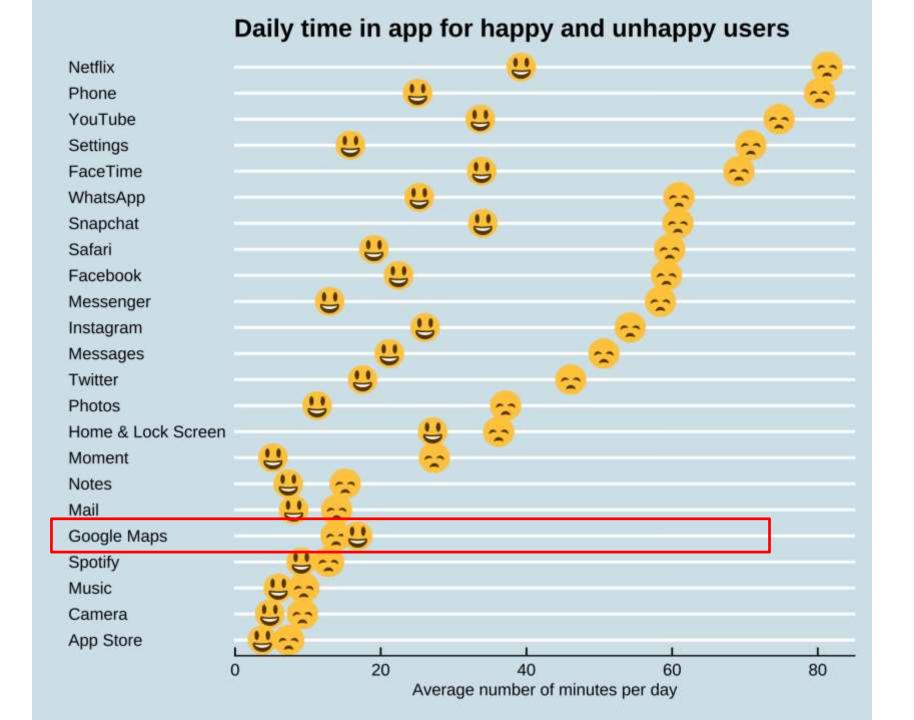
20 March 2017 Last updated at 07:17 GMT

Snapchat is a massively popular social media platform millions of people use to share pictures or videos.

It's a way lots of people choose to stay in touch with each other.

But is one of its new features causing more harm than good?





Technology is hijacking our minds.

Advertising-fueled technology companies are trapped in a race to get our attention.

We as individuals can try to use our devices more responsibly, but it's our willpower against hundreds of engineers who are paid to keep us glued to the screen:

- YouTube autoplays more videos to keep us from leaving.
- . Instagram shows new likes one at a time, to keep us checking for more.
- · Facebook wants to show whatever keeps us scrolling.
- · Snapchat turns conversations into streaks we don't want to lose.
- · Our media turns events into breaking news to keep us watching.

These are not neutral tools.

They are part of a system **designed** to keep us hooked.



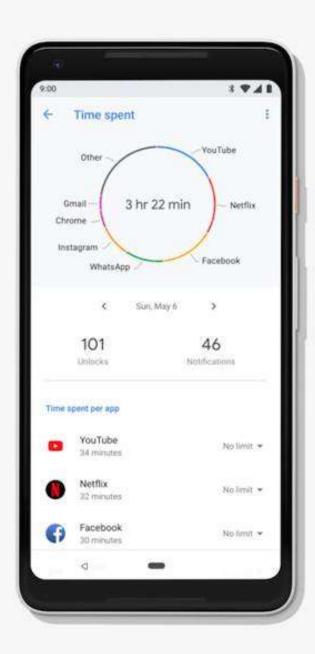
The report concludes that:

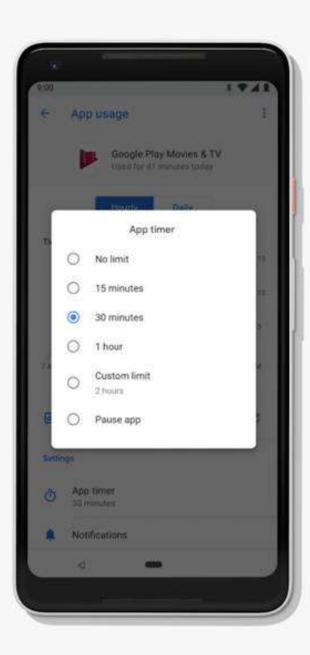
- As long as the digital environment deploys persuasive strategies for primarily commercial purposes, it will fail to live up to its promise of progress, creativity and knowledge.
- It is unreasonable to design services to be compulsive, and then reprimand children for being preoccupied with their devices.
- Children are overwhelmed³ and require more intentional use of digital technologies,⁴ and more time out.
- Services must be designed to anticipate the rights and needs of children.
- The development of a global governance system for the digital technology sector must be a priority for governments and international institutions.

Dashboard

App Timer

Wind Down







Selfies 'are worse for children than bullying' because photos make teenagers question their body and appearance

Mental health

- Study highlights peer pressure on teenagers from photographs of their friends
- It makes youngsters 'question their bodies and their appearance'
- Researchers at the University of Birmingham analysed 1,300 responses from teenagers aged 13 to 18 as part of the research

By VICTORIA ALLEN SCIENCE CORRESPONDENT FOR THE DAILY MAIL PUBLISHED: 01:46, 25 January 2018 | UPDATED: 07:55, 25 January 2018



















Fri 4 Jan 2019 00.01 GMT





This article is over 1 month old

pressure to be thin from social media.

Depression in girls linked to higher use of social media

Research suggests link between social media use and depressive symptoms was stronger for girls compared with boys



News > UK > Home News

Selfies are causing more misery among schoolchildren than bullying, as they face

Pressure to be 'perfect' online damaging more than a third of young girls, study finds

'Comparing yourself to others is a very easy trap for girls and young women to fall into'

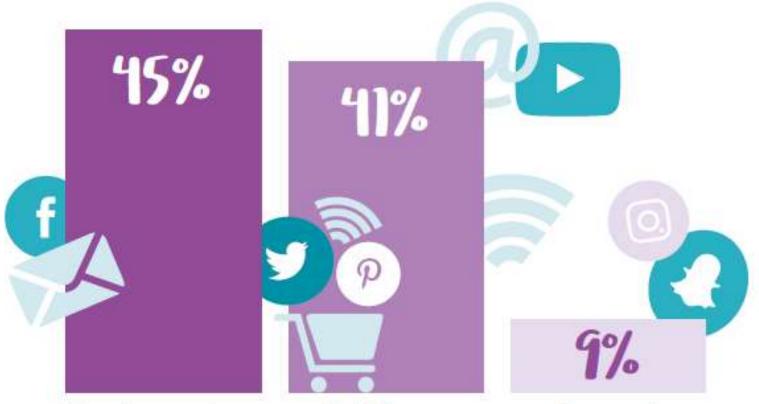
Will Worley | @willrworley | Tuesday 22 August 2017 23:52 BST |



The Independent Online

Girls' behaviour online

11-21 yrs



Check my phone first thing in the morning and last thing at night I'd like to spend less time on social media

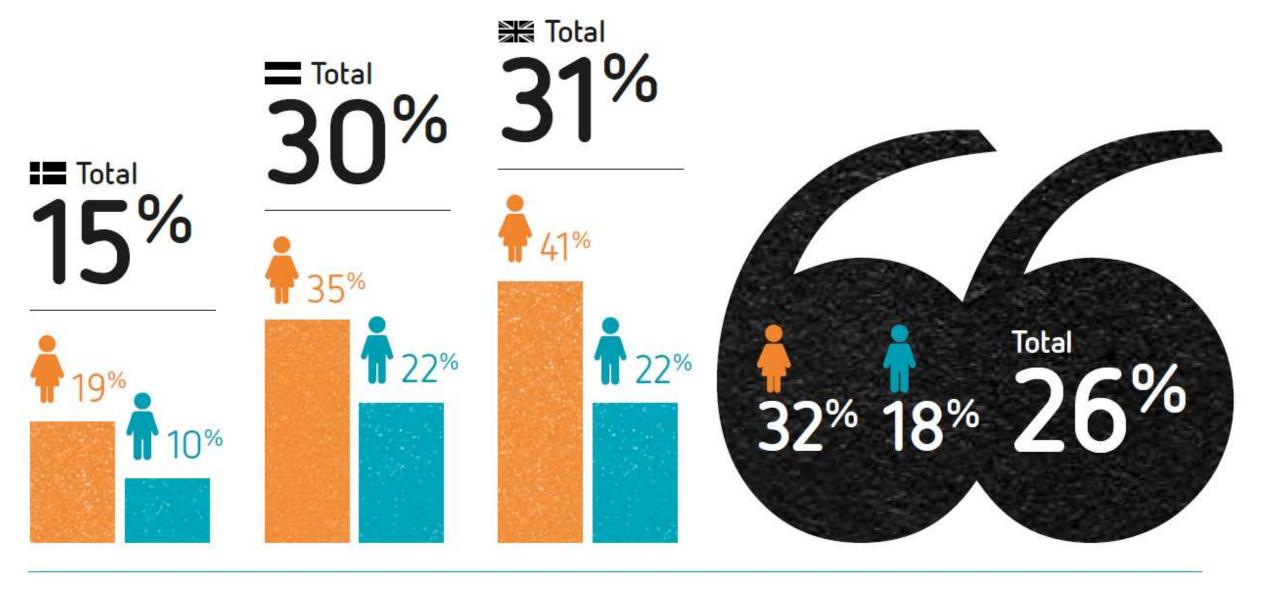
Pretend I'm older on social media



11-16 yrs 17-21 yrs







Percentage of 13-17s who sometimes don't post images because they are worried about body shaming



Social media firms 'failing' to tackle cyberbullying



Almost half of 1,089 11 to 25-year-olds questioned for the Safety Net report had experienced threatening or nasty social media messages, emails or texts.

Two-thirds said they would not tell their parents if they experienced something upsetting online.

However 83% want social media companies to do more to tackle the problem.

An inquiry into cyber-bullying has found that social networks have failed to protect children and young people

Social networks' failure to tackle cyber-bullying is risking the mental health of young people, a Children's Society survey has found.



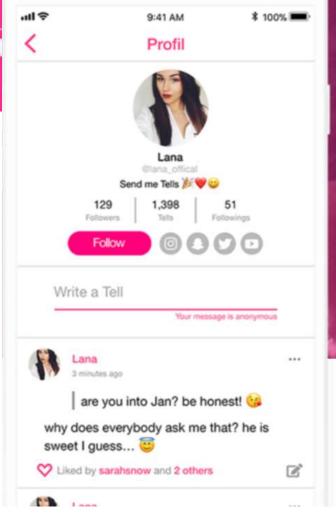


TELLONYM

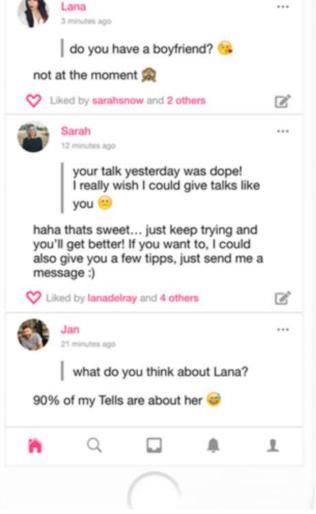
Get hundrets of honest messages from your friends and find out what they think.

Login

Be yourself. M







Technology

Yolo: Viral Snapchat app raises abuse concerns

By Leo Kelion Technology desk editor

③ 9 May 2019 | **■**

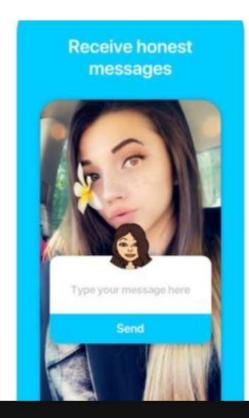


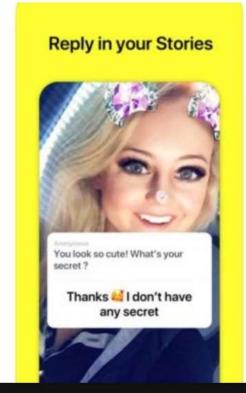












POPSHOW

https://reportharmfulcontent.com





Advice

We can help you report:



Threats



Impersonation



Harassment





Online Abuse



Violent Content







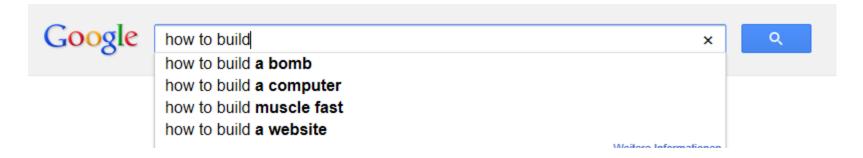
Technology as a facilitator

		Content:	Contact:	Conduct:
		Child as recipient	Child as participant	child as actor
RISKS	Commercial	Advertising, spam, sponsorship	Tracking/ harvesting personal info	Gambling, illegal downloads, hacking
	Aggressive	Violent/ gruesome/ hateful content	Being bullied, harassed or stalked	Bullying or harassing another
	Sexual	Pornographic/harmful sexual content	Meeting strangers, being groomed	Creating/ uploading pornographic material
	Values	Racist, biased info/ advice (e.g. drugs)	Self-harm, unwelcome persuasion	Providing advice e.g. suicide/ pro-anorexia





×



The threat posed by violent extremist and terrorist material on the internet goes beyond radicalisation....Online bomb making manuals and instructions are prolific, potentially enabling extremists to prepare terrorist operations without the need for offline training camps or contact with trained specialists.



- 51% of 11 to 13-year-olds reported that they had seen pornography at some point.
- 66% of 14 to 15-year-olds reported that they had seen pornography at some point.



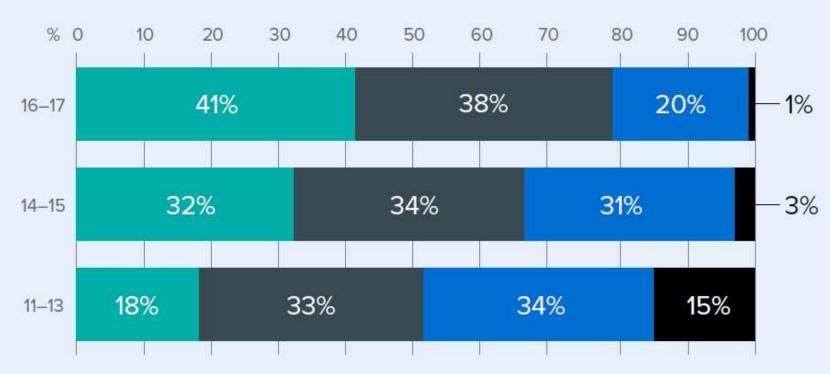
Seen
pornography
in the last
2 weeks

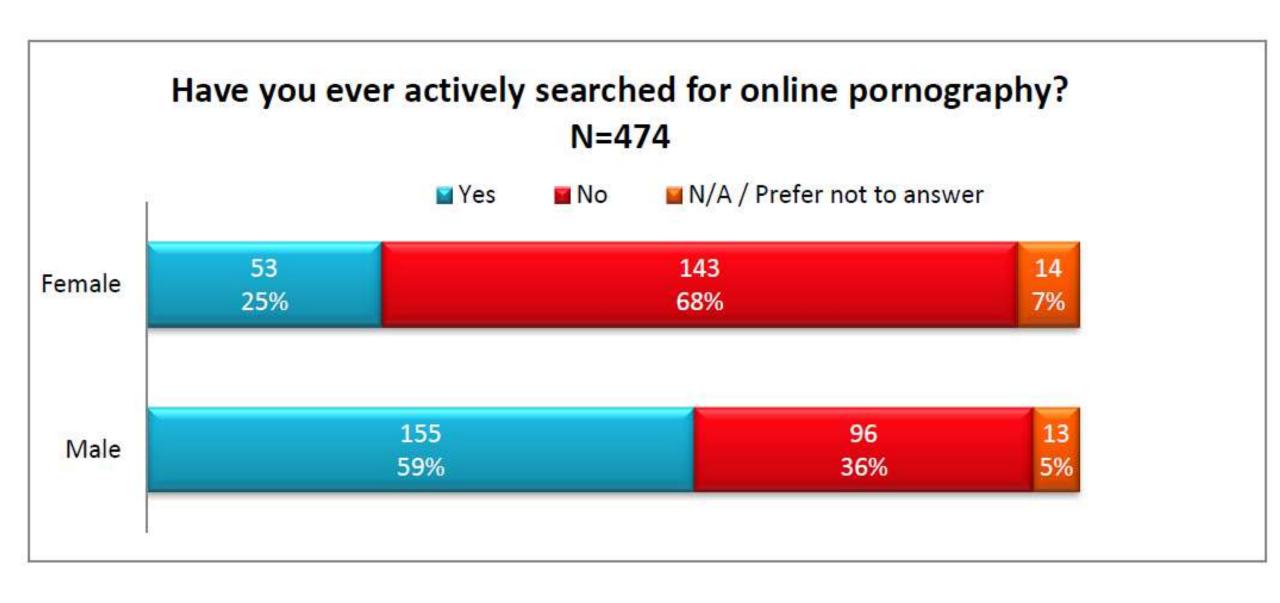
Seen pornography ever (but not in past 2 weeks) Heard of pornography but never seen it

Never heard of pornography

This includes the entire sample of 1142. It is based on a combination of questions (Q23, 25, 35)

- Have you heard of pornography (porn) before?
- In the last couple of weeks, have you seen any pictures or videos that would count as pornography?
- Have you ever seen any pictures or videos that would count as pornography?



















Relevance



Empathogens	1242
Cannabis	3759
Stimulants	1619
Psychedelics	751
no.	

Q Search

396

1466

28

54

219

1013

84

14

5371 317

405

91

287

26

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Select category ▼

Fresh USA CVV * Your Satisfaction Is 100% Guaranteed *.

9.5 USD (0.00345 8)

Gaia88 17,



DistrictTEN 100

20 USD

160 USD

70 USD

Search



Saleff 1x 1000AKG - Skittley pen 92% The FULL GRAM 会会会会会 18 USD (0.00653 B)

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HumboldtGrowers (

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Bay Area Needlepoint @ 110ug





Trees/VTreats 100

35 USD 500v

320 USD - 200s

4mg THC Organic Sour Gummy Rear -

Overnight Available

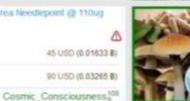
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160 USD (0.05805 B)



is) SUFERE Stealth! (caps)



17.4 USD 33.25 USD 143 63 USD 112 USD 57p 214 USD 396 USD 227g 681 USD

1135 USD

PerfectShrooms 200



On So Plute ""Special"" Sez GBI 99.99% Pune

300 USD (0.10884 B)

MidNiteXTC₂



Heavenly Pharms 2 Contraband Collection / Alamy Stock Photo ut Alghan Neroin FREE UK

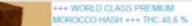


derall 30mg IR High Quality Pressed

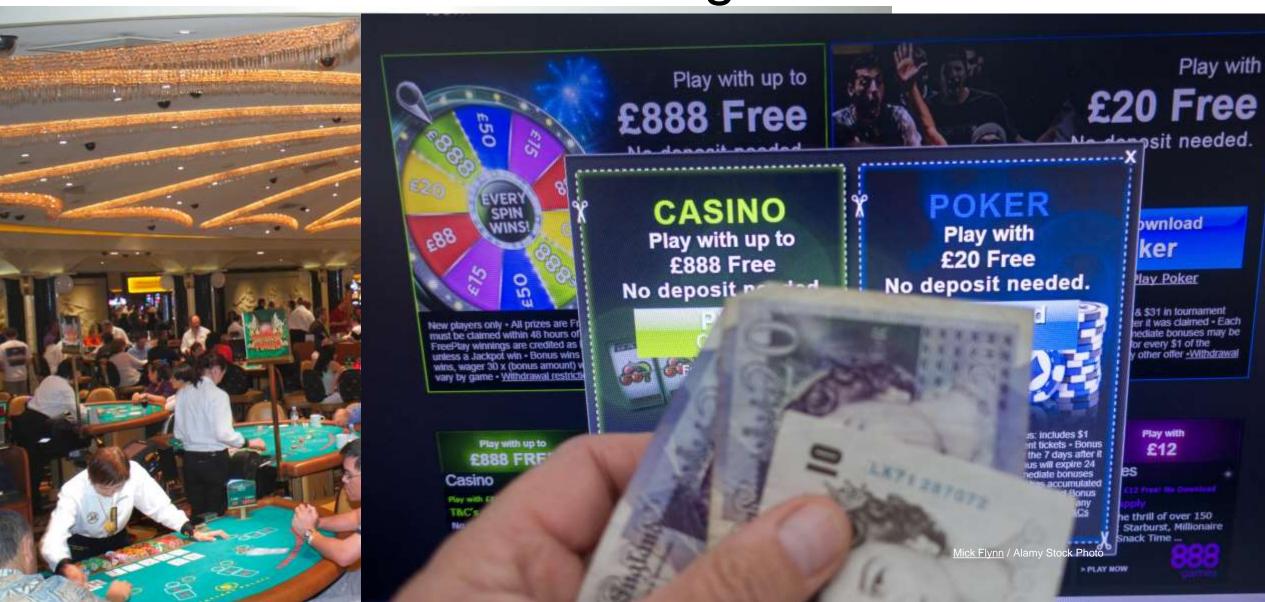
00 x Orange TESLA (Model 3) XTC

60 USD 10 100 USD 180 USD 50 350 USD 600 USD adderallz 100

its with 240mg MOMA SEROTONIN 240 USD (0.08707 B)



Gambling...



Young gamblers In the past week

370,000

children 11-16 have gambled

25,000

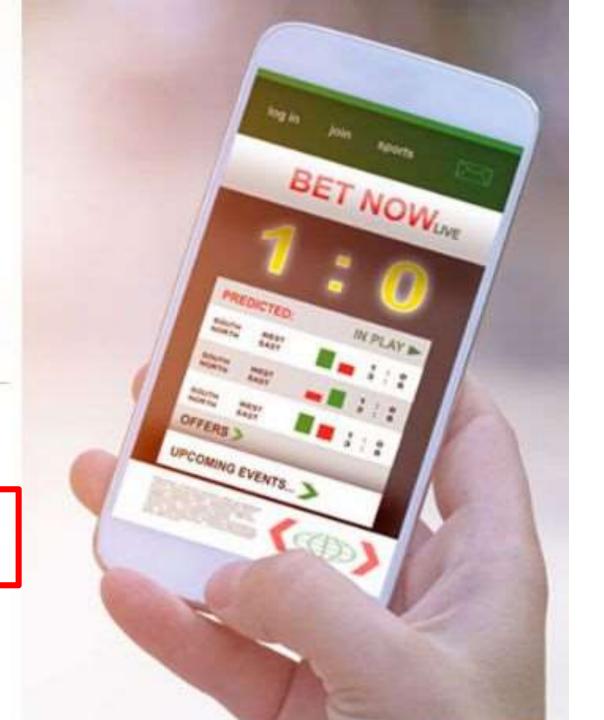
are considered 'problem gamblers'

80% have seen gambling adverts on TV

70% have seen gambling adverts on social media

12 years old - average age when children start gambling

Source: Gambling Commission



Biddable youth report



Fig 17: W Betspawn Tweet



Fig 18: Y UK Casinos Tweet



Fig 19: Y X-BET Tweet

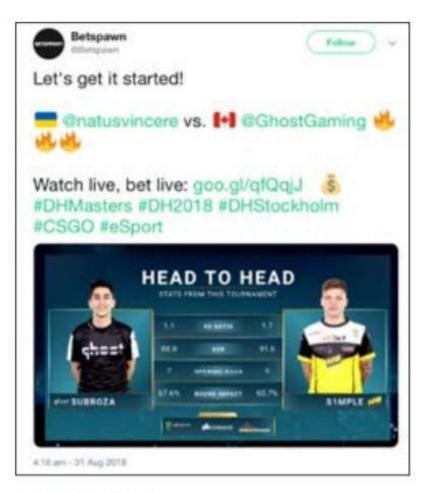


Fig 20: W Betspawn Tweet



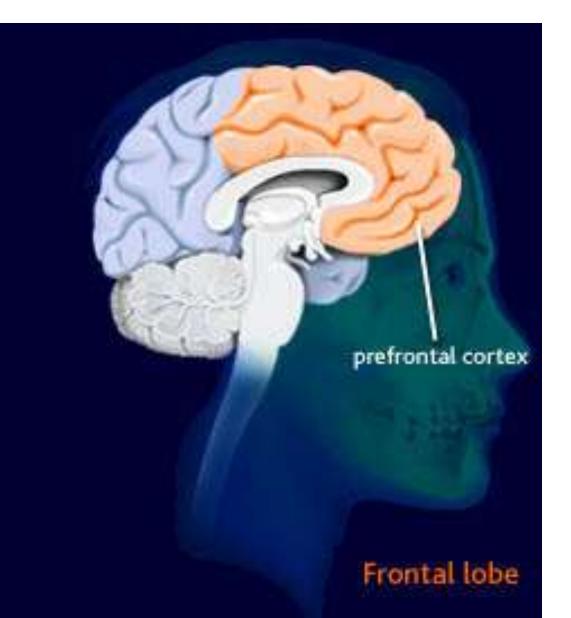
Fig 21: Y Nitrogen Esports Tweet



Fig 22: Y Sport4Alf's Tweet

In the traditional accounts we found a Sports4All's invitation to sign-up on Netbets featuring a cartoon of a primary school age child and a Freebigbets introductory offer, despite including an age restriction 18+ notice, showing an image of a young girl who looks to be in her teens.

The teenage brain



Inability to manage, appreciate and understand risk....

No thought of consequence.....







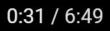
ONLINE PAIN CHALLENGES

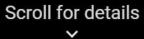
SUBSCRIBE







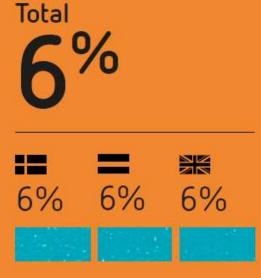




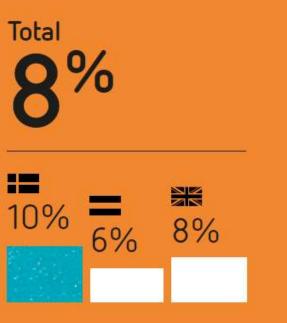




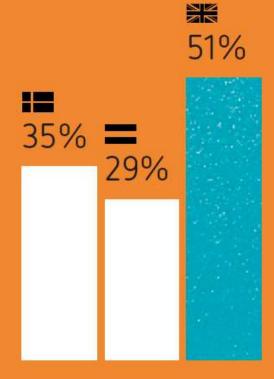




Victim "My nude/nearly nude image was shared with other people without my permission"

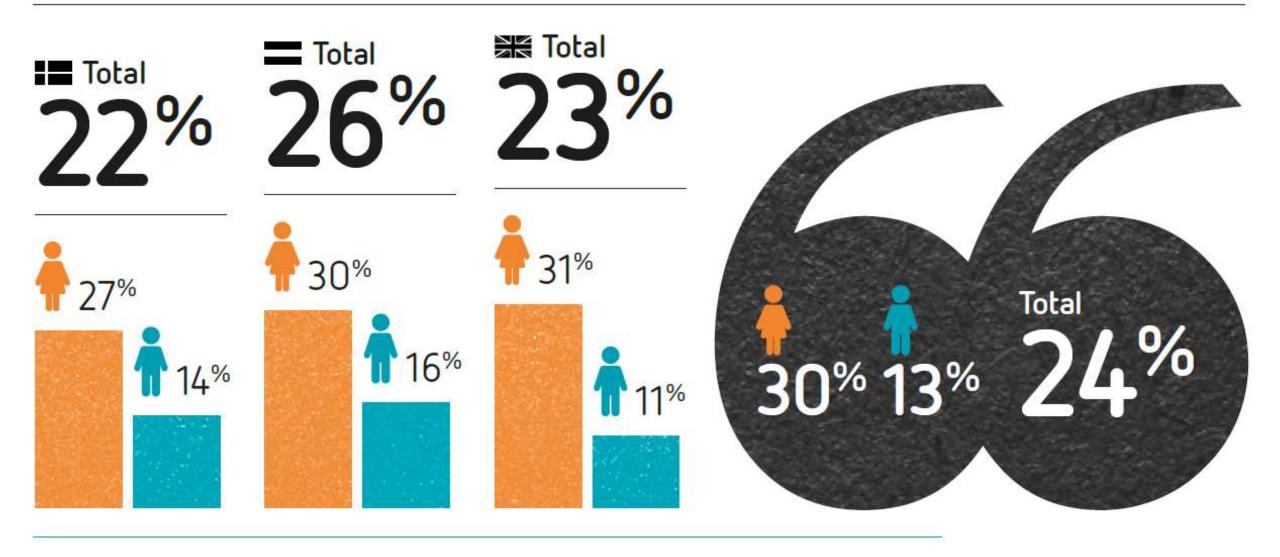


Perpetrator "I have shared a nude/ nearly nude image of someone else without their permission"



Bystander "I have seen people sharing nude/nearly nude images of someone I know"

Prevalence of young people in Denmark, Hungary and the UK being involved in non-consensual sharing of intimate images in the last year as a victim, bystander or perpetrator

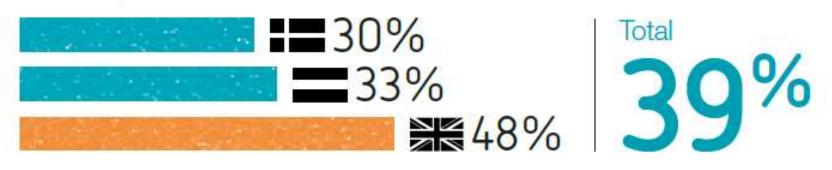


Percentage of 13-17s who have received unwanted sexual messages and images in the last year

"I wouldn't want to be called a snitch"



"I'd worry that I was to blame"

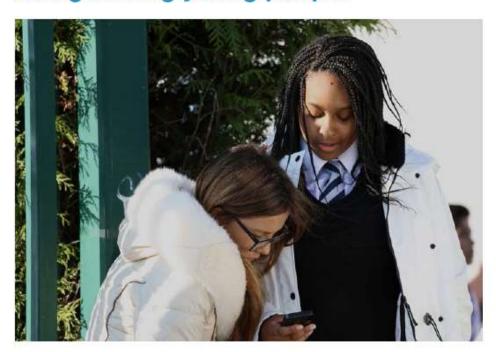


"My parents/carer would stop me using the internet"



Sexting in schools and colleges:

Responding to incidents and safeguarding young people







Sexual violence and sexual harassment between children in schools and colleges

Advice for governing bodies, proprietors, headteachers, principals, senior leadership teams and designated safeguarding leads

News

UK | World | Politics | Science | Entertainment | Pictures | Investigations | Brexit



Sexual abuse of girls in schools is accepted as part of 'lad culture', government report warns









What schools and colleges should be aware of

- 5. Schools and colleges should be aware of the importance of:
 - making clear that sexual violence and sexual harassment is not acceptable, will never be tolerated and is not an inevitable part of growing up;
 - not tolerating or dismissing sexual violence or sexual harassment as "banter", "part of growing up", "just having a laugh" or "boys being boys";
 - challenging behaviour (potentially criminal in nature), such as grabbing bottoms, breasts and genitalia and flicking bras and lifting up skirts. Dismissing or tolerating such behaviours risks normalising them; and
 - understanding that all of the above can be driven by wider societal factors beyond
 the school and college, such as everyday sexist stereotypes and everyday sexist
 language. This is why a whole school/college approach (especially preventative
 education) as described in Part 3 of this advice is important.

Project deSHAME survey of 1,559 13-17 year olds in the UK found:

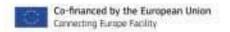
23%

of UK teens have witnessed young people secretly taking sexual images of someone and sharing them online

8% admitted they had done this in the last year.



www.deshame.eu



"[We need to learn what] 'sexual harassment' really is - in regards to being online. Everyone gets comments about being 'hot' and what would be classed as sexual comments, but

no one really knows where the limit is; no one is aware of what classes as harassment when everything - comments, photos - revolves around sexualising bodies. Then once we can identify it, we can then be taught how to deal with it." - Girl, 17 years, UK

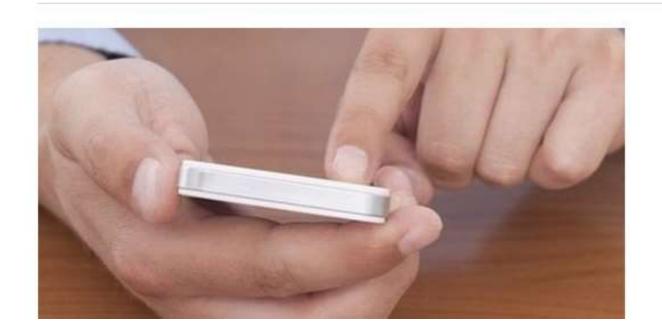
2 in 5 pupils have never told anyone about the worst thing that has happened to them online

- worried they'll get in trouble at school/home
- embarrassed
- lack the words or means to explain
- not sure what would happen if they told an adult
- worried about being called a 'snitch'
- can't see how an adult could help





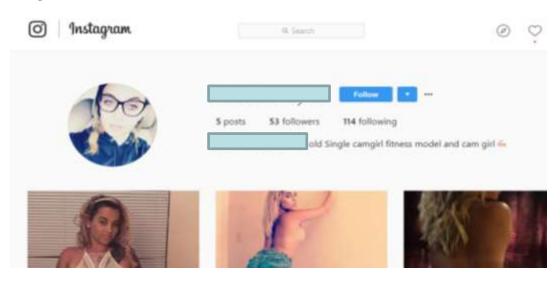
By Ciaran Tracey
BBC Spotlight



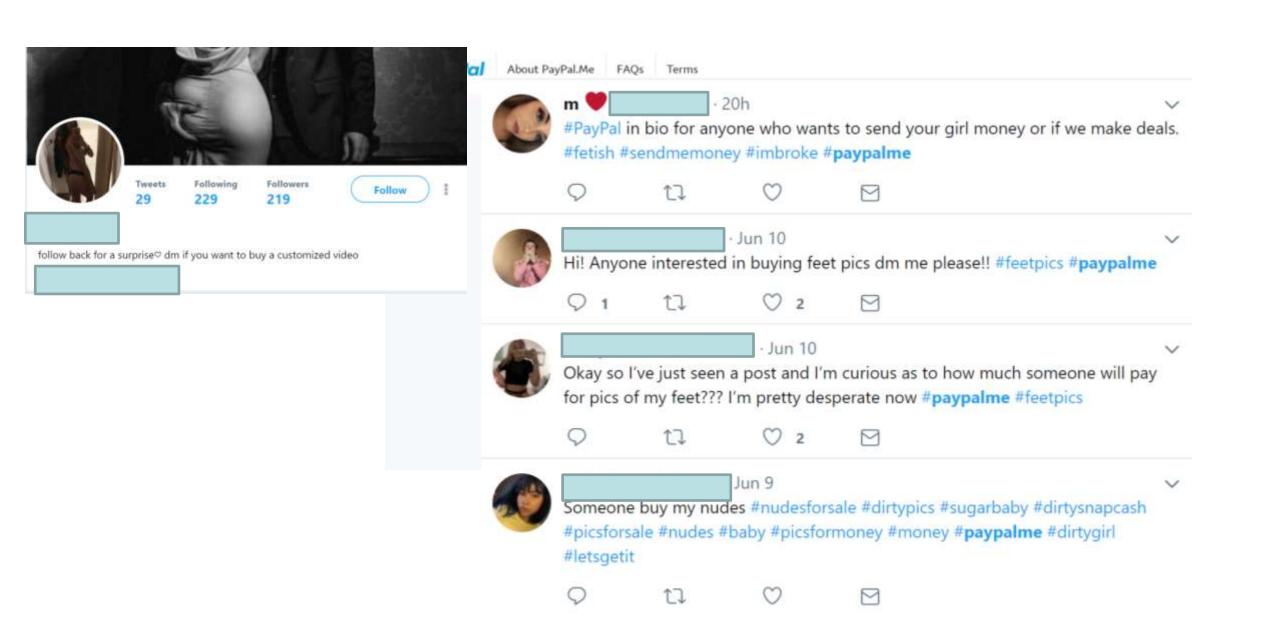
- A BBC Spotlight investigation has uncovered 731 photographs of Northern Irish schoolgirls on a pornographic website used by paedophiles.
- The schoolgirls included pupils from 19 post-primary schools in Northern Ireland, including some of the best known grammar and high schools.
- The schools covered a wide geographical area and all communities.
- The photographs were those that girls had taken of themselves and their friends.
- They were in normal situations, having fun both inside and outside school pictures taken in innocence.
- In some of the pictures underwear was exposed as well as some bare skin.
- Neither the pupils, nor the schools, have done anything wrong.
- The pictures appear to have been taken from legitimate social network profiles without their knowledge or consent.

#PayPalMe

 paypal.me service offered by PayPal allowing users to create a link and share it to receive money into their PayPal account







'I use Snapchat to sell sexual videos'

By James Waterhouse and Kirsty Grant BBC Victoria Derbyshire programme

3 hours ago

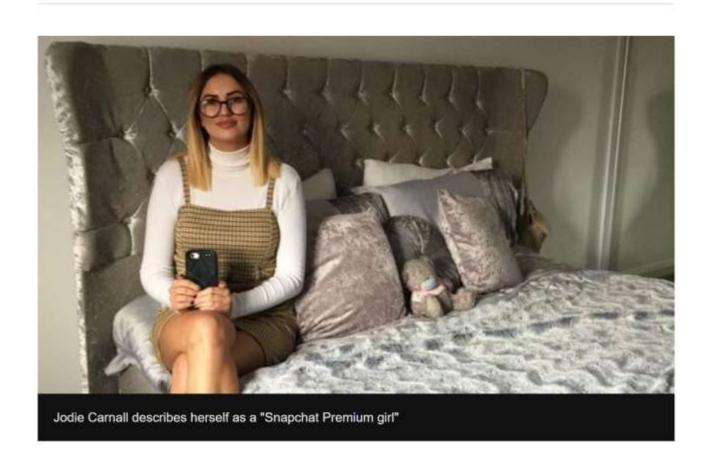










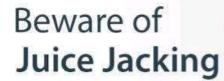


Snapchat is being used to sell explicit images and videos online, the BBC's Victoria Derbyshire programme has found. Jodie Carnall says she makes £4,000 a month on the app, but it's not without a cost to her personal life, and she has been subject to online abuse.



Mobile live-streaming apps accounted for 4% (90) of the images and videos. In some cases, it was evident that children were being coerced into sexual activity in order to gain "likes" or comments from viewers. One child, who gave her age as 12 years old, referred to having 50 viewers to her current broadcast stream. After repeatedly exposing herself to the webcam, she stated that she would stop the broadcast if people didn't start commenting or "liking" the stream as there would be "no point" in her continuing.

Do you often charge your mobile device from public ports while travelling? Did you know this can lead to "Juice Jacking"?



Attackers use USB charging ports available at public places to install malware, steal data or even take complete control of your device.



Tips to stay safe



Disable data transfer feature on your mobile phone while charging



Get a charge only cable instead of cable supporting charging and data transfer capabilities



Try to carry a power bank



If possible, switch off the device while charging from public ports



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

Understanding Relationships, Sex and Health Education at your child's secondary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all secondary age children will be taught Relationships, Sex and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships and Sex Education

Relationships and Sex Education will build on the teaching at primary. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

Your child's school will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

You can find further details by searching 'relationships, sex and health education' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- · physical health and fitness
- · healthy eating
- · drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further details by searching 'relationships, sex and health education' on GOV UK





Teaching online safety in school

Guidance supporting schools to teach their pupils how to stay safe online, within new and existing school subjects

Education for a Connected World

A framework to equip children and young people for digital life

























Self-image and identity

This strand explores the differences between online and offline identity beginning with self-awareness, shaping online identities and how media impacts on gender and stereotypes. It identifies effective routes for reporting and support and explores the impact of online technologies on self-image and behaviour.



Online relationships

This strand explores how technology shapes communication styles and identifies strategies for positive relationships in online communities. It offers opportunities to discuss relationships and behaviours that may lead to harm and how positive online interaction can empower and amplify voice.



Online reputation

This strand explores the concept of reputation and how others may use online information to make judgements. It offers opportunities to develop strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles.



Online bullying

This strand explores bullying and other online aggression and how technology impacts those issues. It offers strategies for effective reporting and intervention and considers how bullying and other aggressive behaviour relates to legislation.



Managing online information

This strand explores how online information is found, viewed and interpreted. It offers strategies for effective searching, critical evaluation and ethical publishing.



Health, well-being and lifestyle

This strand explores the impact that technology has on health, well-being and lifestyle. It also includes understanding negative behaviours and issues amplified and sustained by online technologies and the strategies for dealing with them.



Privacy and security

This strand explores how personal online information can be used, stored, processed and shared. It offers both behavioural and technical strategies to limit impact on privacy and protect data and systems against compromise.



Copyright and ownership

This strand explores the concept of ownership of online content. It explores strategies for protecting personal content and crediting the rights of others as well as addressing potential consequences of illegal access, download and distribution.



SAVE the DATE

Safer Internet Day

2020

Tuesday 11 February

Together for a better internet

www.saferinternetday.org





Thanks for listening!

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