




**Parent and carers**

A CEOP Education Ambassador training session

1

# Introduction

Child Exploitation and Online Protection Command

Part of the National Crime Agency (NCA)

Law enforcement agency specializing in protecting children and young people from sexual abuse, grooming and exploitation online and offline.




2

2

## Truro School CEOP Ambassadors



**Mrs Amy Holman**

Head of PSHEE

Previously spent 10 years working in advertising and digital marketing.

Experience working with social media companies and a range of charities and organisations.



**Mrs Felicity Thurlow**

Currently: Head of Lower School

Previous role in research in child development

Teacher of Psychology since 2013

Head of Year for over six years

Experiences of working with a range of charities and organisations

3

3

## CEOP Education

The programme aims to:

- increase professionals knowledge of online child sexual abuse and how to respond to it – through education and safeguarding.
- increase children's knowledge, skills and resilience, making them safer online and ensuring they know how to seek help when they need it.
- give parents and carers the knowledge and skills to help their children be safer online and know how to seek help when they need it.



## About us

CEOP Education is part of the National Crime Agency's response to online child sexual abuse

4

4

## CEOP Education Values

The CEOP Education programme is founded on six values to ensure safe, effective and child-centred delivery of online safety education.

1. Safeguarding first
2. Approach from the perspective of the child
3. Promote dialogue and understanding
4. Empower and enable children and young people
5. Never frighten or scare-monger
6. Challenge victim blaming attitudes



5

5

## Online child sexual abuse

Child sexual abuse is when another person, an adult or another child, forces or manipulates a child or young person to take part in sexual activities.

*Sexual abuse can take place online and technology can be used to facilitate offline abuse.*



6

6

## What we will cover



Session 1

**Introduction**



Session 2

**What helps,  
what hinders?**



Session 3

**What children  
and young  
people want  
and need from  
parents and  
carers**



Session 4

**Top tips for  
parents and  
carers**



Session 5

**Summary**



7

7

## What helps, what hinders



8

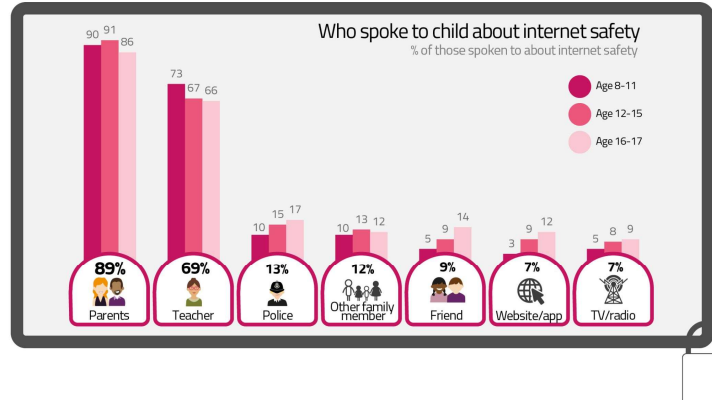
8

## WHAT DOES RESEARCH TELL US?

### Most children are being spoken to by a parent or carer.

- Children were most likely to have been spoken to by a parent (89%) followed by a teacher at school (69%)
- 86% of parents have spoken to their child at least once about safety online. 50% said they talk to their child at least every few weeks.

### 1 in 6 parents and carers aren't talking to their children about online safety.



Sources: Children and parents: media use and attitudes report (Ofcom, 2022)

9

9

## Strategies used by parents and carers

- asking their child what they had been doing online (60%)
- checking their browser or device history (34%)
- talking to them and setting rules about device use (59%)
- using parental controls built into the device (31%)
- using content filters provided by the broadband supplier (27%)



Sources: Children and parents: media use and attitudes report (Ofcom, 2022) ,



10

10

What do you already do as a parent or carer that works well when it comes to supporting your children with being safer online?

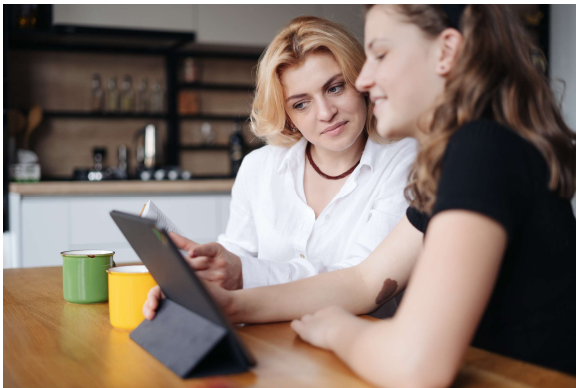
**Activity**



11

11

## The challenges of online safety



- Feeling overwhelmed by online risks and pace of changes in technology and social media.
- Fear of the topic area or belief it won't happen to their child.
- Believing their child is too young to learn about it.
- Their own experiences of child sexual abuse or harm online.
- Believing that their child knows enough or more than them already.



15

15



## Why parents and carers don't talk to their child



- three quarters of parents of 3-17 year olds (76%) feel they know enough to keep their children safe online
- nearly a third (30%) believed their kids were too young to discuss it
- 21% think their child knows all there is to stay safe online
- 20% said they have had some conversations about it in the past and don't see the need to have more.

**Sources:** Children and parents: media use and attitudes report (Ofcom, 2022) ,

16

16

## We want to help you to...

- have everyday conversations with your child to support them to be safer
- know where to go to find further information about wider online safety
- know what to do if you're concerned about your child or the way someone is interacting with them online.



17

17

## PSHEE topics

### Year 7

- Safe Online relationships
- Evaluating Online Consent
- Healthy habits: Healthy and unhealthy Gaming

### Year 8

- The media and idealised or artificial body shapes
- Deep fakes and Grooming
- The ways in which industries and advertising can influence health and harmful behaviours
- Sharing sexual images

### Year 9

- How to distinguish fact from fiction online and Risks of online relationships
- Employability and online presence
- Media reliability



### Year 10

- Deep Fakes
- Cyber Crime
- Addressing extremism and radicalisation
- Pornography

### Year 11

- Domestic Abuse
- How data may be used with the aim of influencing decisions, including targeted advertising and other forms of personalisation online; strategies to manage this

All years are taught about consent

18

18

What children and young people want and need from parents and carers



19

19



## The Big Ask 2021 – children want to feel safe

*'Children want to feel safe online. They want to be able to have the same protections in a virtual world...children were also asking for more support in this space'.*



*The Big Ask, Children's Commissioner, 2021*



20

20

## Online safety should start from a young age



*'I don't feel I was informed of my online safety from a young age and that it was considered a priority.'*

*Technology and social media are constantly developing, so why aren't our laws and protections for children on these platforms updating with it?'*

**Girl, 14**



*The Big Ask, Children's Commissioner, 2021*

21

21

## Supportive parents create good home life and wellbeing

*'Children acknowledged the benefits of parents enforcing rules for keeping them safe, such as online controls, but they also felt that parents should trust their children and not be overly restrictive or punish too harshly, as this can affect a child's willingness to engage and be open with them'.*



*Children's views on well-being and what makes a happy life, UK, Office for National Statistics, 2020*

22

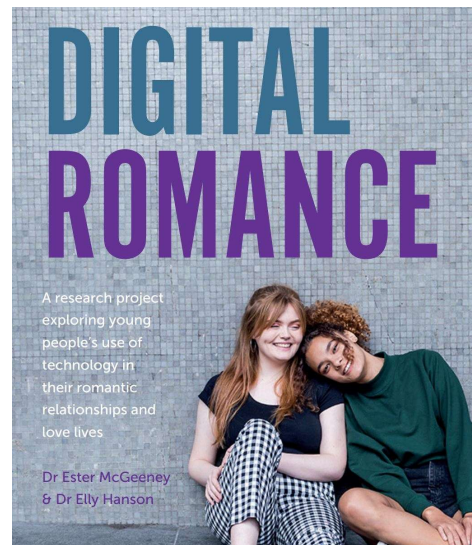
22

## Digital Romance

- develop close bonds with their children to create open and trusting relationships
- less threats and punishments
- have everyday conversations about [online] relationships



Stop being awkward and uncomfortable about it! Be honest. Talk about your own experiences



*Digital Romance, CEOP Education and Brook'2017*

23

23

## What children need from parents and carers

- Children need to get online safety messages from a young age
- A building block approach supports children to build on their knowledge and skills
- Messages should be age appropriate to support their development



24

24

## Secondary-age



### 10 to 13 years

- Very aware of social pressure and expectations.
- Still trusting of the information they are presented with
- Aware of what is 'cool' or not
- Increased awareness of self image, and using online to explore identity
- Don't consider long term consequences
- Look for immediate rewards



Majority of children under 13 have at least one social media profile



Over 50% use Tik Tok to view and create videos



Over 80% use messaging sites and apps

25

25

## Secondary-age



### 14 to 18 years

- Significant psychological changes and critical stage of mental and physical development
- Often think the risk of harm doesn't apply to them.
- They may be choosing to access adult content
- Highly dependent on peers for a sense of wellbeing and need to feel part of a group
- Will be exploring their sexuality and testing out relationships



16% of 8 to 17 year olds  
chatted to people they  
didn't know whilst playing  
games



More than 97% use  
messaging sites and apps



More than 91% have a  
social media profile

26

26

## Age appropriate apps

All of these are officially age 13:



Tik Tok



Gaming apps and games are  
more diverse:

- Roblox – 7
- Fortnite – 12
- Minecraft – 7
- Fifa – 13
- Call of Duty 17

27

27

Choose one of the help sheets from CEOP Education's #AskTheAwkward ([www.thinkuknow.co.uk/parents/ask-the-awkward/](http://www.thinkuknow.co.uk/parents/ask-the-awkward/))

- Read through the information on the sheet
- Use the conversation starters to practice having a conversation about the topic child.



# Activity

28

28

## Top tips for parents and carers



29

29



## Social Web Framework



**Viewing**



**Sharing**



**Chatting**



**Friending**



30

30



## Social web: Viewing

### Benefits

Opportunity for children and young people to:

- Be entertained
- Learn
- Get information and support

### Potential harms

- Anyone can post and share content
- Inappropriate, sexual or violent content online
- Content shared with the intention of harm/grooming

31


31



## You may find the following information useful

- **What to do if your child has seen something inappropriate online:**  
<https://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/>
- **Teens and sexual content online:**  
[www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media](http://www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media)
- **Viewing pornography online:**  
[https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/)



**PARENTS AND CARERS** 

Keep talking regularly with your child about what they like to do online  
 Use the social web framework to talk about the benefits and dangers in each of the four areas, so they can build their critical thinking skills  
 Support your child to be safer on the apps, games or sites they use  
 Ask the awkward so those difficult topics become a part of everyday conversations.

**What to do if your child has seen something inappropriate online**  
[www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/](https://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/)

**Teens and sexual content online**  
[www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media](http://www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media)

**Viewing pornography online**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/)

**Safe settings: what parents and carers need to know**  
[www.thinkuknow.co.uk/parents/articles/safe-settings-a-parents-guide](https://www.thinkuknow.co.uk/parents/articles/safe-settings-a-parents-guide)

**Critical thinking online**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/assessing-online/critical-thinking-online](https://www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/critical-thinking-online)


**Privacy settings**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/online-safety/privacy-settings](https://www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings)

**Online content and staying safe**  
[www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe](https://www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe)

**Group chats**  
[https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/group-chats](https://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/group-chats)

**Safe online dating**  
[www.thinkuknow.co.uk/parents/articles/safe-online-dating-how-to-support-your-child](https://www.thinkuknow.co.uk/parents/articles/safe-online-dating-how-to-support-your-child)

**Healthy friendships**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/relationships/healthy-friendships](https://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships)

**Help for your child**  
 **childline**  
 Report concerns about online sexual abuse to the CEOP Safety Centre  
<https://www.ceop.gov.uk/safety-centre> Report, see the PINNOL, 800701000, 0800 11 11 11  
 Call or message Childline if they are worried and want someone to talk to.

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

32



## Social web: Sharing

### Benefits

Sharing pictures and videos can be:

- Fun
- Creative
- Way to express themselves

### Potential harms

- It's easy to share online
- They can feel pressurised, uncomfortable or blackmailed
- Unintended impact on others from sharing content


33

33

## You may find the following information useful

- **Nude selfies: what parents and carers need to know:**  
[www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide](http://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide)
- **Critical thinking online:**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/critical-thinking-online/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/critical-thinking-online/)
- **Privacy settings:**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/online-safety/privacy-settings/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings/)



**PARENTS AND CARERS** 

Keep talking regularly with your child about what they like to do online  
 Use the social web framework to talk about the benefits and dangers in each of the four areas, so they can build their critical thinking skills  
 Support your child to be safer on the apps, games or sites they use  
 Ask the awkward so those difficult topics become a part of everyday conversations.

**What to do if your child has seen something inappropriate online**  
[www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/](http://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/)

**Viewing pornography online**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/sex-and-social-content/viewing-pornography-online/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-social-content/viewing-pornography-online/)

**Critical thinking online**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/critical-thinking-online/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/critical-thinking-online/)

**Online content and staying safe**  
[www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe/](http://www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe/)

**Safe online dating**  
[www.thinkuknow.co.uk/parents/articles/safe-online-dating-how-to-support-your-child/](http://www.thinkuknow.co.uk/parents/articles/safe-online-dating-how-to-support-your-child/)


**Sex and social content online**  
[www.thinkuknow.co.uk/parents/articles/sex-and-the-social-content-on-social-media/](http://www.thinkuknow.co.uk/parents/articles/sex-and-the-social-content-on-social-media/)

**Nude selfies: what parents and carers need to know**  
[www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/](http://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/)

**Privacy settings**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/online-safety/privacy-settings/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings/)

**Group chats**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/group-chats/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/group-chats/)

**Healthy friendships**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/relationships/healthy-friendships/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships/)

**Help for your child**  
 Report concerns about online sexual abuse to the CEOP Safety Centre <https://www.ceop.gov.uk/safety-centre> or the **NSPCC** <https://www.nspcc.org.uk>  
 Call or message Childline if they are worried and want someone to talk to. <https://www.childline.gov.uk>

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

34



## Social web: Chatting

### Benefits

- developing social skills
- fun of talking to new people
- being part of a community that is supportive

### Potential harms

- Sharing too much personal information
- Inappropriate, sexual or violent conversations
- Pressure to do or say something they don't want to

35

35

## You may find the following information useful

- **Online contact and staying safe:**  
[www.thinkuknow.co.uk/parents/articles/online-contact-and-staying-safe](http://www.thinkuknow.co.uk/parents/articles/online-contact-and-staying-safe)
- **Group chats:**  
[https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/group-chats](https://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/group-chats)
- **Flirting online:**  
[https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/relationships/flirting-online](https://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/flirting-online)



**PARENTS AND CARERS**  Education from the National Crime Agency

Keep talking regularly with your child about what they like to do online  
Use the social web framework to talk about the benefits and dangers in each of the four areas, so they can build their critical thinking skills  
Support your child to be safer on the apps, games or sites they use  
Ask the awkward so those difficult topics become a part of everyday conversations.

**What to do if your child has seen something inappropriate online**  
[www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online](http://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online)

**Teens and sexual content online**  
[www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media](http://www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media)

**Viewing pornography online**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/sex-and-social-content/viewing-pornography-online/](http://www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-social-content/viewing-pornography-online/)

**Safe selfies: what parents and carers need to know**  
[www.thinkuknow.co.uk/parents/articles/safe-selfies-a-parents-guide](http://www.thinkuknow.co.uk/parents/articles/safe-selfies-a-parents-guide)

**Critical thinking online**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/critical-thinking-online](http://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/critical-thinking-online)

**Privacy settings**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/online-safety/privacy-settings](http://www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings)

**Online contact and staying safe**  
[www.thinkuknow.co.uk/parents/articles/online-contact-and-staying-safe](http://www.thinkuknow.co.uk/parents/articles/online-contact-and-staying-safe)

**Group chats**  
[https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/group-chats](https://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/group-chats)

**Safe online dating**  
[www.thinkuknow.co.uk/parents/articles/safe-online-dating-how-to-support-your-child](http://www.thinkuknow.co.uk/parents/articles/safe-online-dating-how-to-support-your-child)

**Healthy friendships**  
[www.thinkuknow.co.uk/11\\_18/lets-talk-about/relationships/healthy-friendships](http://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships)

**Help for your child**  
 Report concerns about online sexual abuse to the CEOP Safety Centre  
<https://www.ceop.gov.uk/safety-centre>  Call or message Childline if they are worried and want someone to talk to.  
<https://www.childline.gov.uk>

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

36



## Social web: Friending

### Benefits

- Maintaining existing friendships
- Making new friends who have similar interests
- Sharing experiences

### Potential harms

- The person may not be who they say they are
- Unhealthy friendships
- Pressure to do or say something they don't want to


37

37











## You may find the following information useful

- **Safer online dating:**  
[www.thinkuknow.co.uk/parents/articles/safer-online-dating-how-to-support-your-child](http://www.thinkuknow.co.uk/parents/articles/safer-online-dating-how-to-support-your-child)
- **Healthy friendships:**  
[https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/relationships/healthy-friendships](https://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships)
- **Online friendships:**  
[https://www.thinkuknow.co.uk/11\\_18/lets-talk-about/relationships/online-friendships](https://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/online-friendships)




**PARENTS AND CARERS**  Education from the National Crime Agency

- Keep talking regularly with your child about what they like to do online
- Use the social web framework to talk about the benefits and dangers in each of the four areas, so they can build their critical thinking skills
- Support your child to be safer on the apps, games or sites they use
- Ask the awkward so those difficult topics become a part of everyday conversations.

 <b>What to do if your child has seen something inappropriate online</b> <a href="http://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online">www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online</a>	 <b>Teens and sexual content online</b> <a href="http://www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media">www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media</a>
 <b>Viewing pornography online</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/">www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/</a>	 <b>Safe settings: what parents and carers need to know</b> <a href="http://www.thinkuknow.co.uk/parents/articles/what-to-know-about-safe-settings">www.thinkuknow.co.uk/parents/articles/what-to-know-about-safe-settings</a>
 <b>Critical thinking online</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/critical-thinking-online">www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/critical-thinking-online</a>	 <b>Privacy settings</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings">www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings</a>
 <b>Online content and staying safe</b> <a href="http://www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe">www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe</a>	 <b>Group chats</b> <a href="https://www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/group-chats">https://www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/group-chats</a>
 <b>Safer online dating</b> <a href="http://www.thinkuknow.co.uk/parents/articles/lets-talk-about/assessing-online/safer-online-dating-how-to-support-your-child">www.thinkuknow.co.uk/parents/articles/lets-talk-about/assessing-online/safer-online-dating-how-to-support-your-child</a>	 <b>Healthy friendships</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships">www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships</a>

**Help for your child**


Report concerns about online sexual abuse to the CEOP Safety Centre  
<https://www.ceop.gov.uk/safety-centre> (contact, see the PINKEY, BUSTING, and CHATLINE pages)

Call or message Childline if they are worried and want someone to talk to.  
 **childline**  
<https://www.childline.gov.uk>








[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

38

## What you can do


**PARENTS AND CARERS**  Education from the National Crime Agency

- Keep talking regularly with your child about what they like to do online
- Use the social web framework to talk about the benefits and dangers in each of the four areas, so they can build their critical thinking skills
- Support your child to be safer on the apps, games or sites they use
- Ask the awkward so those difficult topics become a part of everyday conversations.

 <b>What to do if your child has seen something inappropriate online</b> <a href="http://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online">www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online</a>	 <b>Teens and sexual content online</b> <a href="http://www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media">www.thinkuknow.co.uk/parents/articles/teens-and-the-sexual-content-on-social-media</a>
 <b>Viewing pornography online</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/">www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-sexual-content/viewing-pornography-online/</a>	 <b>Safe settings: what parents and carers need to know</b> <a href="http://www.thinkuknow.co.uk/parents/articles/what-to-know-about-safe-settings">www.thinkuknow.co.uk/parents/articles/what-to-know-about-safe-settings</a>
 <b>Critical thinking online</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/critical-thinking-online">www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/critical-thinking-online</a>	 <b>Privacy settings</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings">www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/privacy-settings</a>
 <b>Online content and staying safe</b> <a href="http://www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe">www.thinkuknow.co.uk/parents/articles/online-content-and-staying-safe</a>	 <b>Group chats</b> <a href="https://www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/group-chats">https://www.thinkuknow.co.uk/11_18/lets-talk-about/assessing-online/group-chats</a>
 <b>Safer online dating</b> <a href="http://www.thinkuknow.co.uk/parents/articles/lets-talk-about/assessing-online/safer-online-dating-how-to-support-your-child">www.thinkuknow.co.uk/parents/articles/lets-talk-about/assessing-online/safer-online-dating-how-to-support-your-child</a>	 <b>Healthy friendships</b> <a href="http://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships">www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/healthy-friendships</a>

**Help for your child**

Report concerns about online sexual abuse to the CEOP Safety Centre  
<https://www.ceop.gov.uk/safety-centre> (contact, see the PINKEY, BUSTING, and CHATLINE pages)

Call or message Childline if they are worried and want someone to talk to.  
 **childline**  
<https://www.childline.gov.uk>


[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)




- Talk regularly with your child about what they like to do online
- Find out what apps, games and sites they use or would like to use
- Use the social web framework to consider the benefits and dangers in each of the four areas
- Support your child to be safer on the apps, games or sites you decide are suitable for them to use

39

39



Education from the National Crime Agency



Education from the National Crime Agency


## Resources for parents and carers

### Secondary


40

40

## Other sources of advice and help




learn about it / talk about it / deal with it




**INCLUSIVE**  
Digital Safety

Visit the Inclusive Digital Safety hub to get tailored online safety advice to **empower ALL children** to stay safe online

Visit [www.internetmatters.org/IDS](http://www.internetmatters.org/IDS) to learn more



**UK Safer Internet Centre**  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)



Education from the National Crime Agency

41

41



## Help and support for children

### Trusted adults.

Trained professionals such as teachers, youth workers, social workers

**Police.** Emergency and non-emergency numbers, non-emergency online form



### National Crime Agency

Young people can report concerns about child sexual abuse and exploitation to NCA  
[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

### ChildLine

A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone  
[www.childline.org.uk](http://www.childline.org.uk)

42

42

## Summary



43

43



- What parents and carers do well
- What helps and hinders parents and carers from engaging with their children on the topic
- What children want and need from parents and carers
- Top tips for parents and carers when supporting their child online



**What have we covered?**

44

44

**Have everyday conversations with your child to support them to be safer**




**Any questions?**





45


45





# THANK YOU

Amy Holman - Felicity Thurlow 

AHH@ FLT@ 

ceopeducation@nca.gov.uk 

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) 



Education from  
the National  
Crime Agency

48