



# Parents and Carers (Secondary)

Protect your children from sexual abuse online

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



# This presentation will cover:



- Young people online
- Sex and relationships online
- Sexual abuse online
- What can you do?
- Thinkuknow resources for secondary
- Thinkuknow resources for parents and carers
- Reporting to NCA-CEOP



# What is Thinkuknow?



Thinkuknow is the education programme provided by CEOP.

Thinkuknow offers resources for different audiences:

4-7

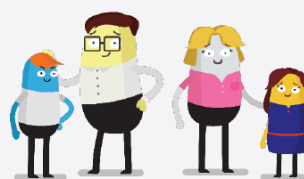
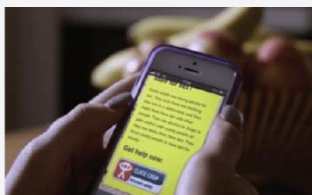
8-10

11-13

14+

Parents  
and  
Carers

Resources for those with special  
educational needs and disabilities (SEND)



Visit [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for information and advice



# Children and young people online

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



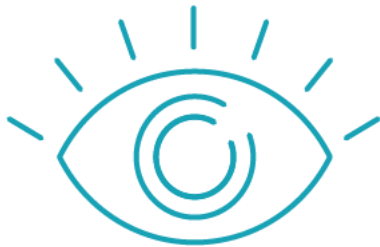
# Understanding apps, sites and games



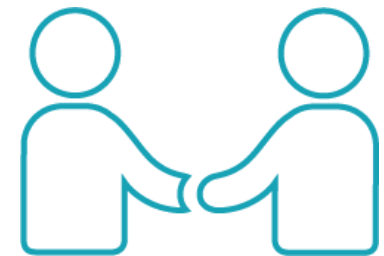
**Sharing**



**Chatting**

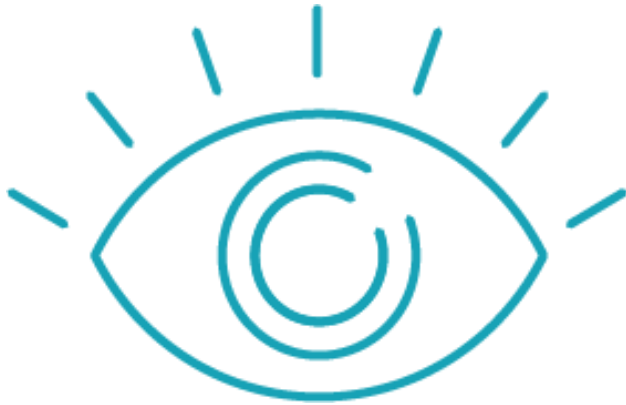


**Viewing**



**Friending**

# Understanding apps, sites and games



## Viewing

- Anyone can post and share content
- There may be inappropriate, sexual or violent content online
- Most apps and games include privacy and security settings
- Parental controls and filters can also help manage what they see

# Understanding apps, sites and games



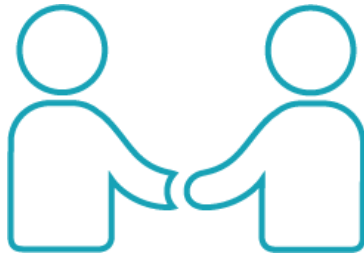
## Sharing

- Sharing pictures and videos can be fun and creative and it helps young people to express themselves.
- It's easy to share online
- Young people should never feel pressurised, uncomfortable or blackmailed
- Look out for others by not sharing inappropriate content

# Understanding apps, sites and games



**Chatting**



**Friending**

- Chatting and meeting new people can be fun and appealing
- Most people just want to chat or be friends, but some seek to harm
- Advise them not to share too much personal information
- Talk to a trusted adult if anything worries them



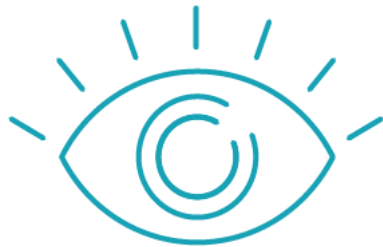
# Understanding apps, sites and games



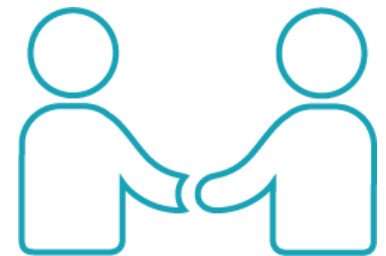
**Sharing**  
What can you share?



**Chatting**  
Who can you talk to? How? Where?



**Viewing**  
What kinds of content do you see?

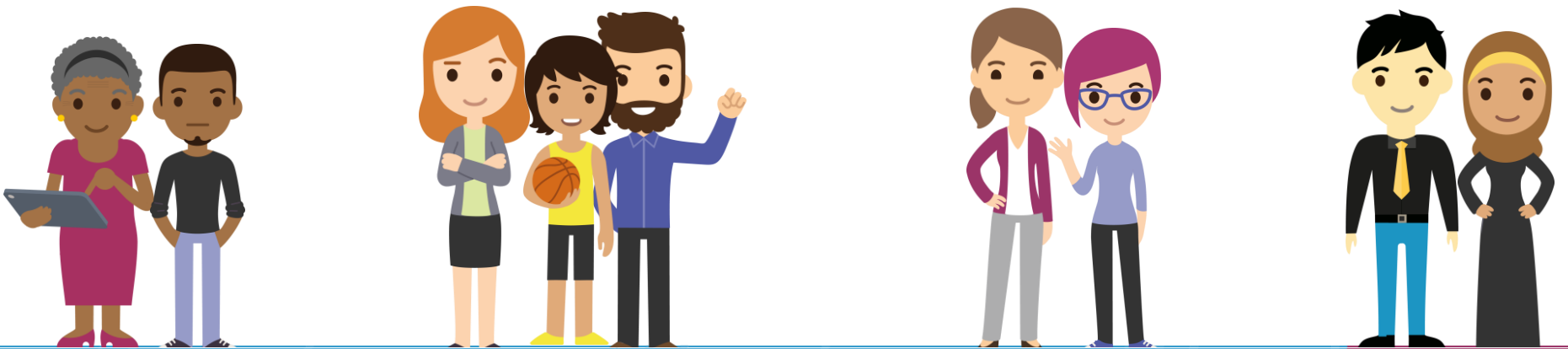


**Friending**  
Who can you be friends with?



# Sex and relationships online

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



# The World Changes. Children Don't.



Please follow this link to view the video:  
<https://www.youtube.com/watch?v=FNSXxf-luKM>

# Sexual exploration online



- Exploring friendships online *can* create opportunities for young people to gain support.
- It's natural for young people to start exploring their sexual feelings online.
- Talking to new people online can feel exciting to young people, but they could be contacted by people who pose a risk to them.
- Risk-taking is a normal part of growing up.



# Sexual exploration online



“I think a lot of difficult conversations can be easier by messaging ‘cos it’s easier to have a bit of time to think... Like, so you’re not really on the spot, you can just have a bit of time to think. And you can stay a bit more calm.”

**Young person, 14**

“Being able to find people online is, like, an easy way to test the waters. To, like, experiment or to, like, reaffirm your own sexuality and stuff like that.”

**Young person, 15**

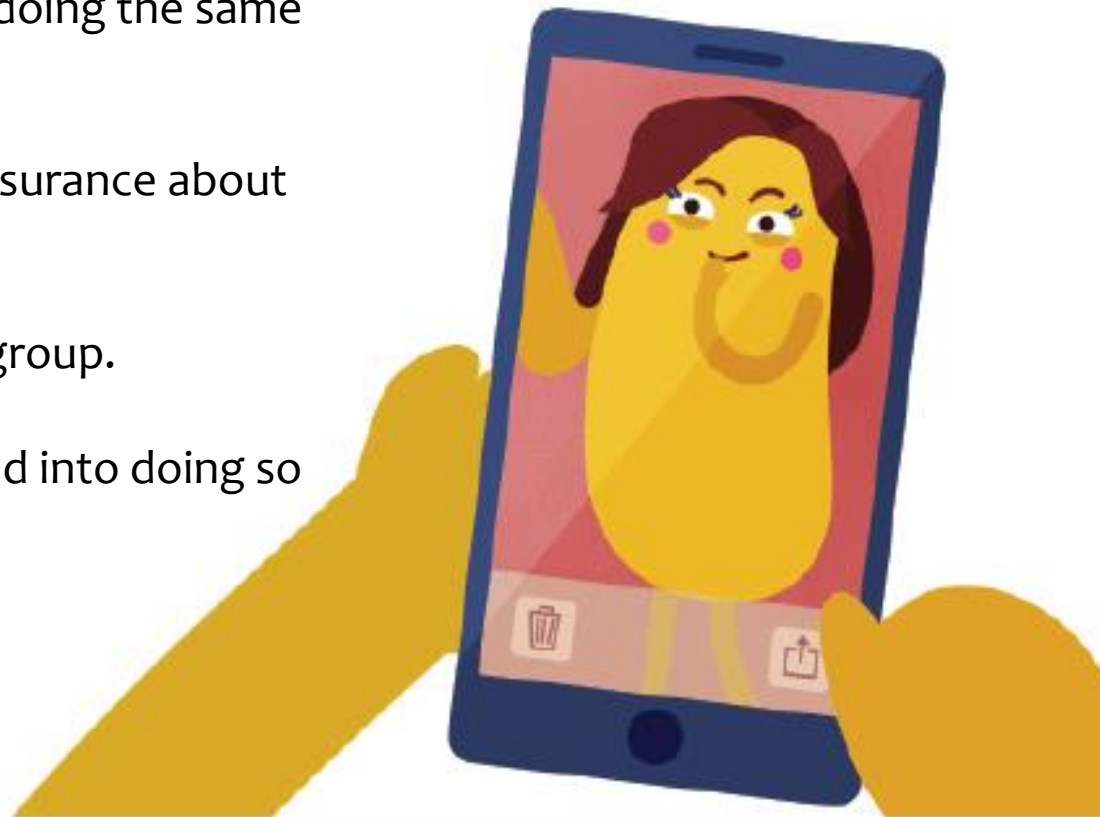


# Sharing images



Young people may share naked or semi-naked images of themselves for a variety of reasons:

- As part of a committed and trusting relationship
- To fit in with friends that may be doing the same thing.
- Because they are looking for reassurance about body image.
- For fun or humour within a peer group.
- Because they have been pressured into doing so by another person.



# Talking to your child about sharing images



Talking to your child about relationships, sex and nude images is the best thing that you can do to help keep them safe.

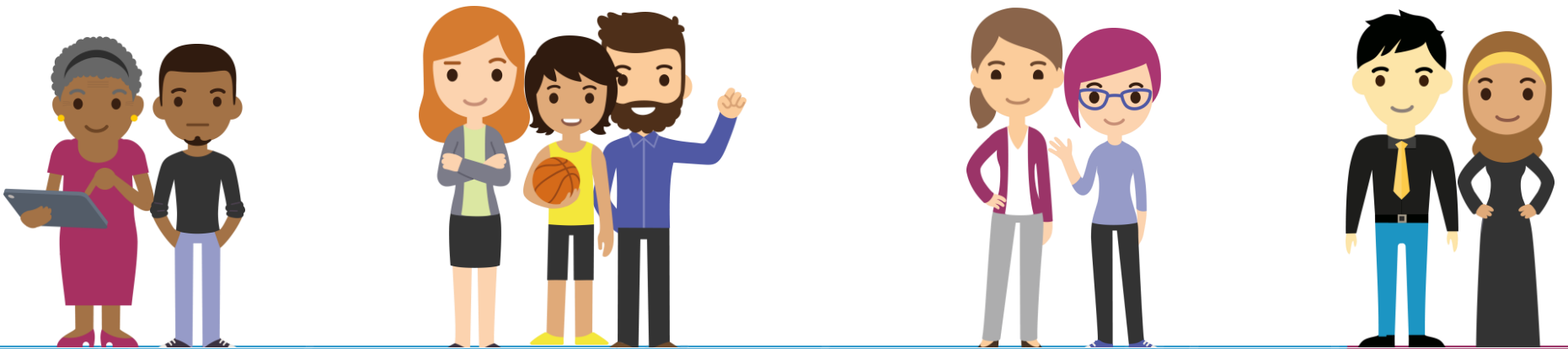
- Avoid appearing judgemental, or saying 'don't do it'
- Even when nude images are shared with trusted friends and partners, there's a chance that more people could end up seeing them
- Discuss what a healthy relationship looks like, including the importance of trust and consent
- Remind them that no one should be pressured into sharing a nude image if they don't want to.





# Sexual abuse online

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





# #WhoisSAM?



Please follow this link to view the video:  
<https://www.youtube.com/watch?v=wxcwn5x-jE4>

# Sexual abuse online



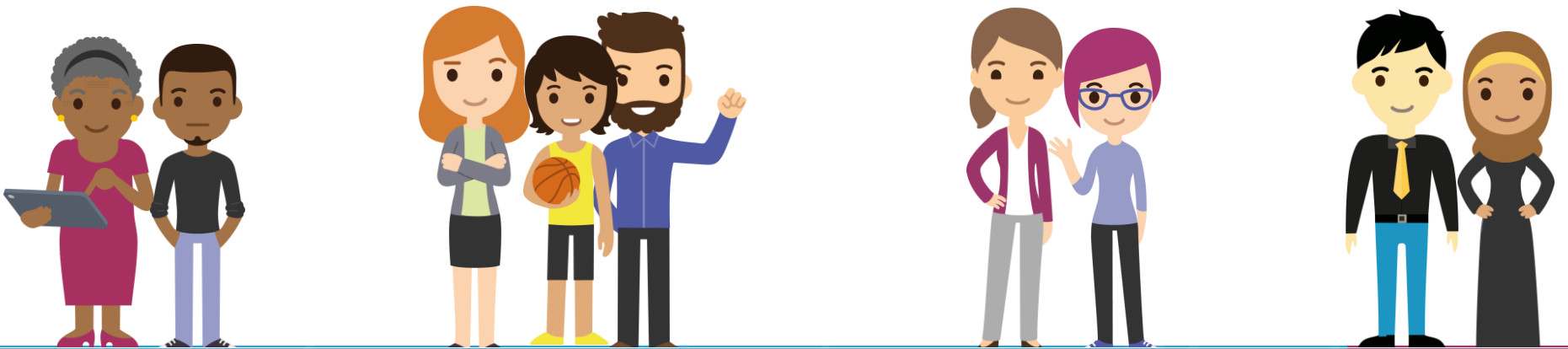
- There are opportunities for adults to contact children and young people online, in order to harm them. They can use any part of the internet including games, social media, live streaming platforms.
- Adults can create multiple online identities and even pretend to be children and young people themselves.
- Adults can exploit young people's natural curiosity by talking about sex and introducing harmful things.
- Adults can pressure, intimidate and coerce children into doing things that they are not ready for. Increasingly children and young people are tricked into sexual activity over live video.





# What can you do?

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



# Chat little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how they stay safe
- Explain any worries you may have



# Report anything that worries them



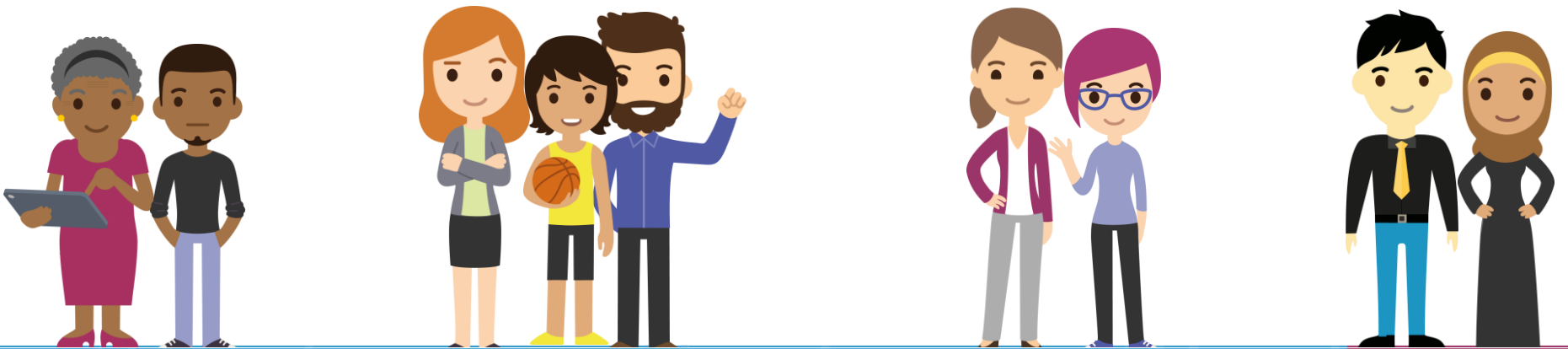
- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them
- Direct your child to age appropriate information



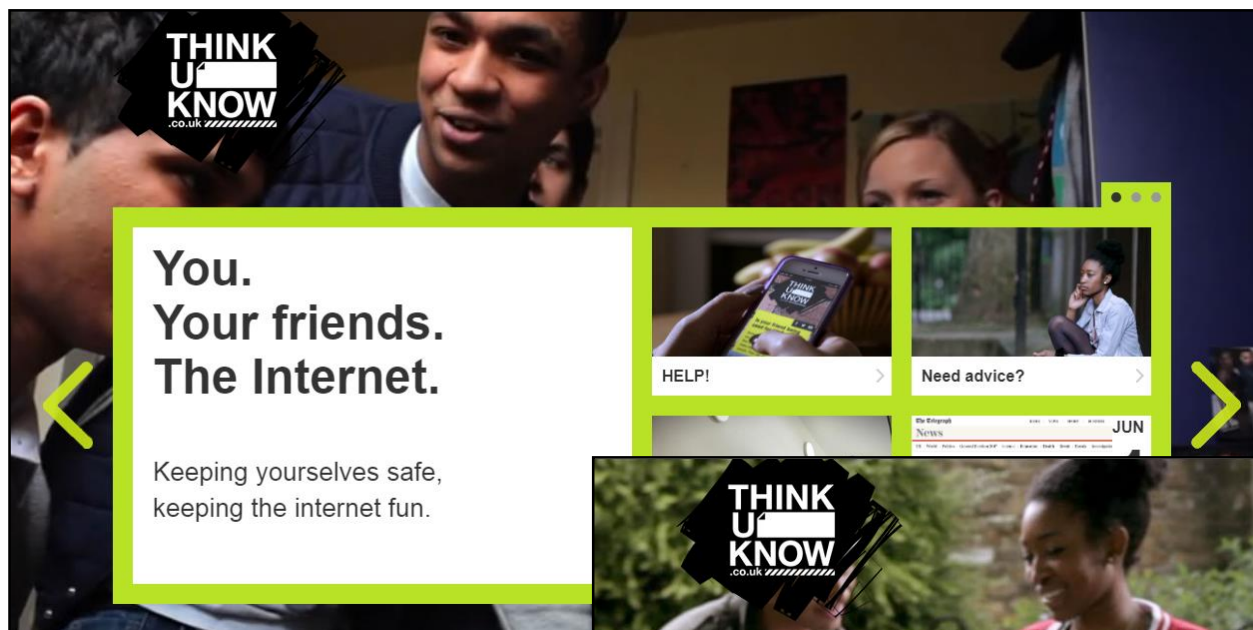


# Thinkuknow resources

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



# Thinkuknow teen websites



**THINK U KNOW**  
.GO.UK

**You.  
Your friends.  
The Internet.**

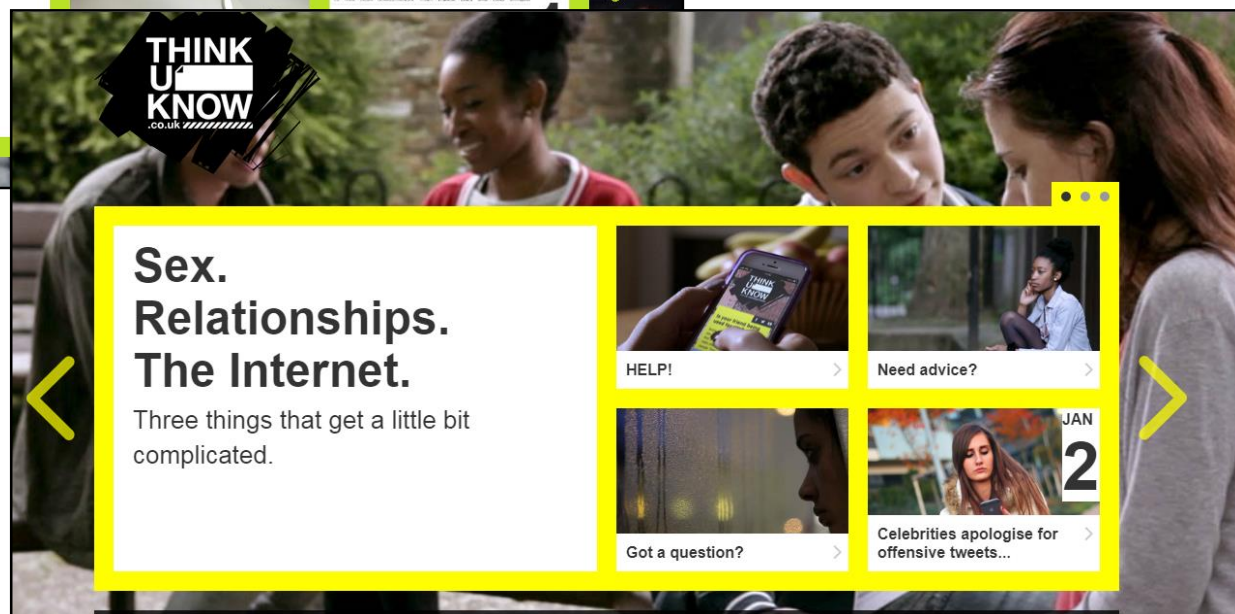
Keeping yourselves safe,  
keeping the internet fun.

HELP! >

Need advice? >

THE EMPRESS NEWS JUN

This interface is set against a background image of a young man and woman looking at a smartphone. A large green arrow points left from the text area, and a large green arrow points right towards the navigation links.



**THINK U KNOW**  
.GO.UK

**Sex.  
Relationships.  
The Internet.**

Three things that get a little bit  
complicated.

HELP! >

Need advice? >

Got a question? >

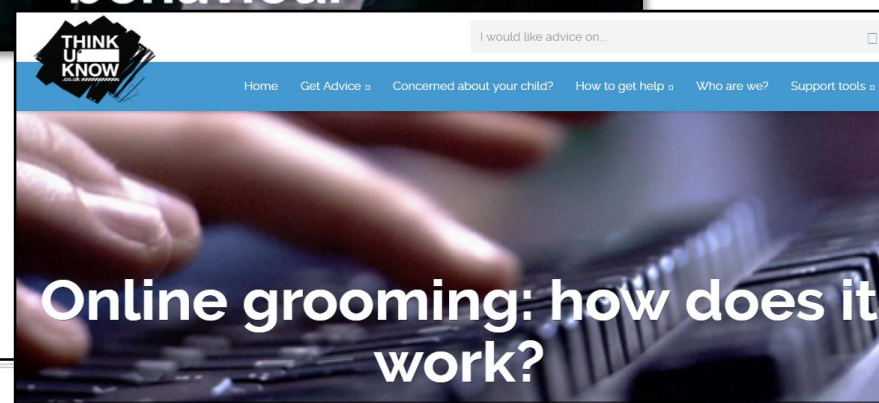
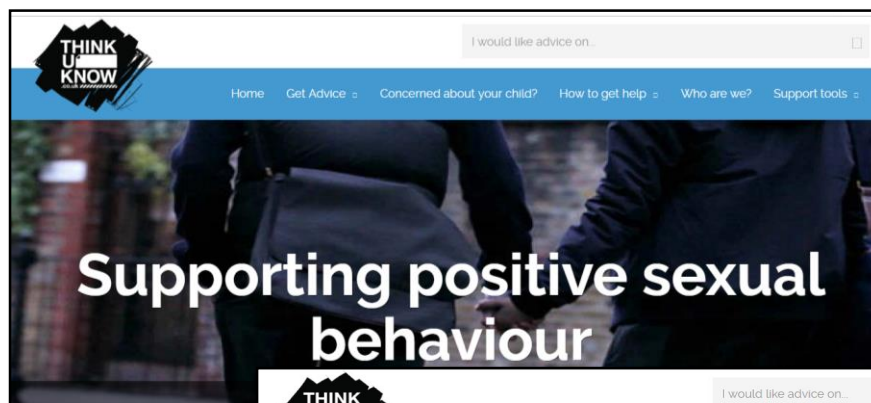
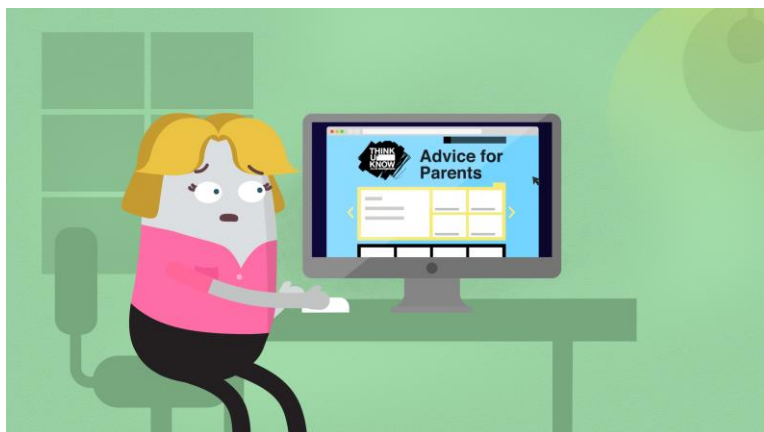
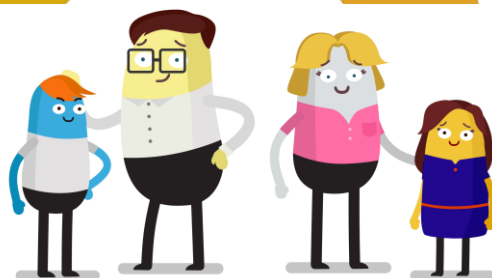
Celebrities apologise for  
offensive tweets... >

JAN 2

This interface is set against a background image of three young people (two girls and one boy) looking at a smartphone. A large yellow arrow points left from the text area, and a large yellow arrow points right towards the navigation links.



# Resources for Parents and Carers







# Help and advice for families in a digital world

Parent Info is a collaboration between [Parent Zone](#) and [NCA-CEOP](#), providing support and guidance for parents from [leading experts and organisations](#).

Games, apps  
and tech

Parenting

Safety and  
settings

Relationships  
and sex

Education and  
the future

Health and  
wellbeing

# Reporting to NCA-CEOP – [www.ceop.police.uk](http://www.ceop.police.uk)





Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here



Quick exit

## Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

### Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.



### What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.



### How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.



# Other organisations who can support



## childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



Nude image of you online?  
We can help take it down.



## Chat little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how they stay safe
- Explain any worries you may have

## Report anything that worries them

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them
- Direct your child to age appropriate information



# Staying up to date:



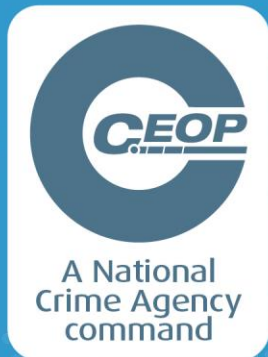
@CEOPUK



ClickCEOP



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



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

Please contact the CEOP Education team directly at [ceopeducation@nca.gov.uk](mailto:ceopeducation@nca.gov.uk)  
If you have any queries or feedback on the training you have received.