



Parents and carers

Thinkuknow parents and carers presentation

Protect your **(primary)** children from sexual abuse
online

www.thinkuknow.co.uk/parents



This presentation will cover:



- Children online
- Live streaming and gaming
- What can you do?
- Thinkuknow resources for primary
- Thinkuknow resources for parents and carers
- Reporting to NCA-CEOP





Thinkuknow is the education programme provided by CEOP.
Thinkuknow offers resources for different audiences:

4-7

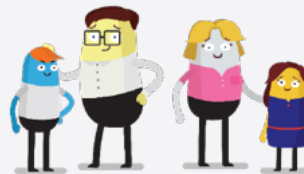
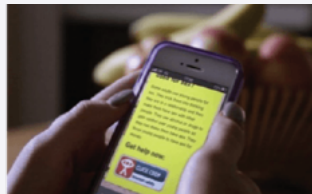
8-10

11-13

14+

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

Parents and Carers



Visit www.thinkuknow.co.uk for information and advice

Talk to your child



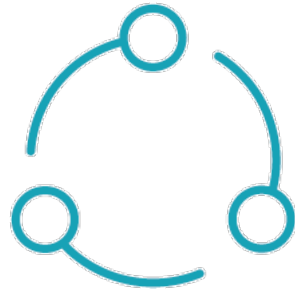
- Find a good time and place
- Think about how you are going to introduce the subject
- Explain any worries you may have

Listen. Don't judge. Learn...

- Where do they go online?
- What do they like?
- What don't they like?
- Make sure they know they can come to you



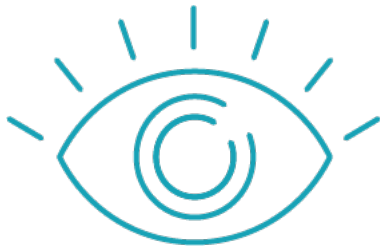
Understanding apps and games



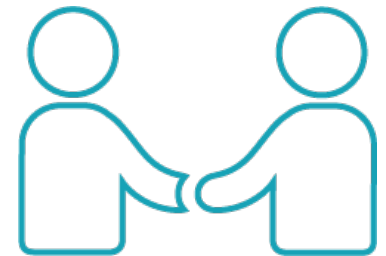
Sharing



Chatting



Viewing



Friending

Live streaming



- Broadcasting live videos over the internet. Unmoderated & unpredictable
- Hugely popular with primary aged children
- Potentially huge audiences



The risks

- Children may not understand the risks of broadcasting to strangers. Younger children are especially vulnerable to pressure and manipulation.
- Offenders can use flattery, threats, dares and tricks, or post multiple comments in order to pressurise a young person to do inappropriate things on camera.

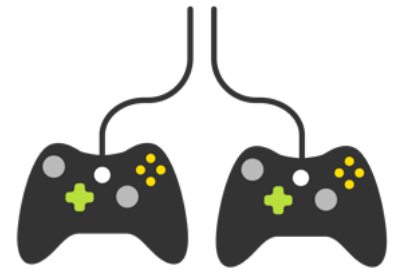


Online gaming



- Multi-player games
- Chat functions - instant messenger, voice over
- Risk from inappropriate content and contact

Risk factors



- Offenders can build relationships over online games
- Offenders use gifts in gaming to encourage children to trust them
- Moving from gaming to private platforms

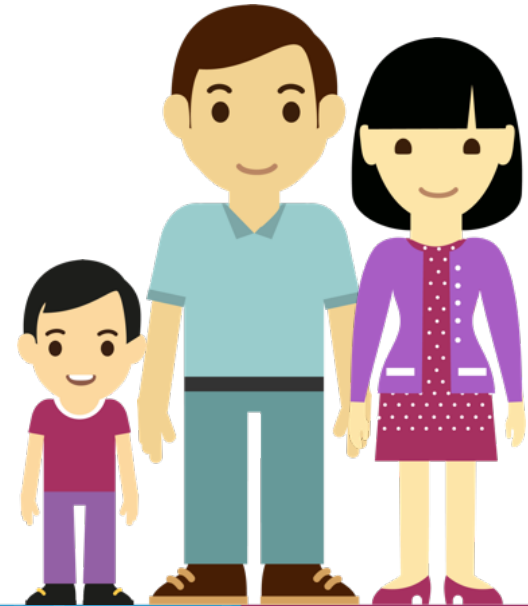
What can you do?



- Talk to your child about their life online
- Make sure your child knows they can always come to you for help and they won't be blamed
- Don't threaten to ban technology

Practical steps you can take

- Create a family agreement and regularly review
- Primary aged children should only be live streaming and gaming in public rooms
- Use parental controls
- Report any concerns to local police, CEOP or the NSPCC

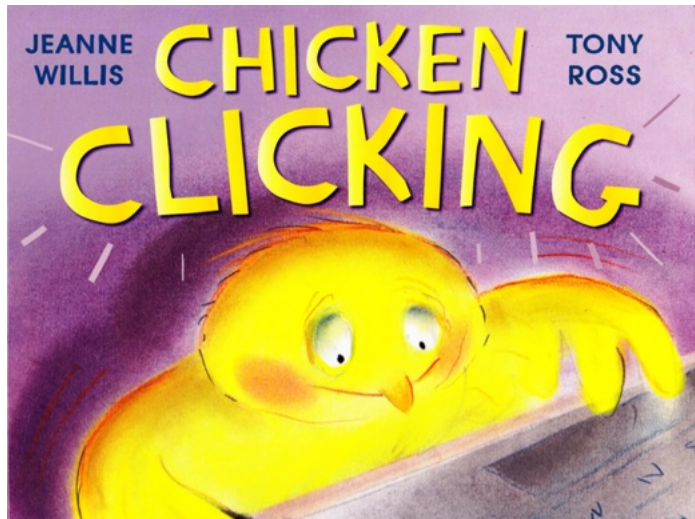


Resources for primary aged children



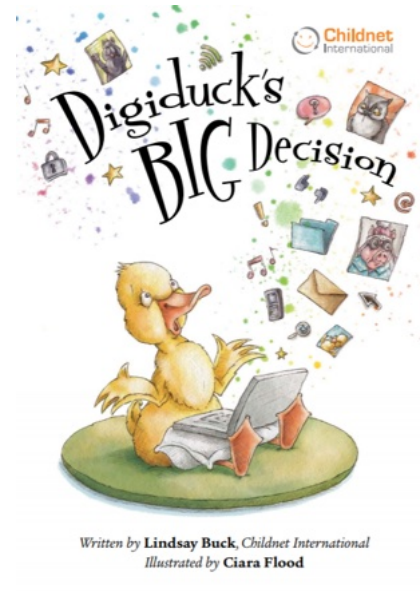
Chicken Clicking

This is being delivered to lower KS1 children by the school.



DigiDuck

This is being delivered to lower KS1 children by the school.



JEANNE
WILLIS

CHICKEN CLICKING

TONY
ROSS

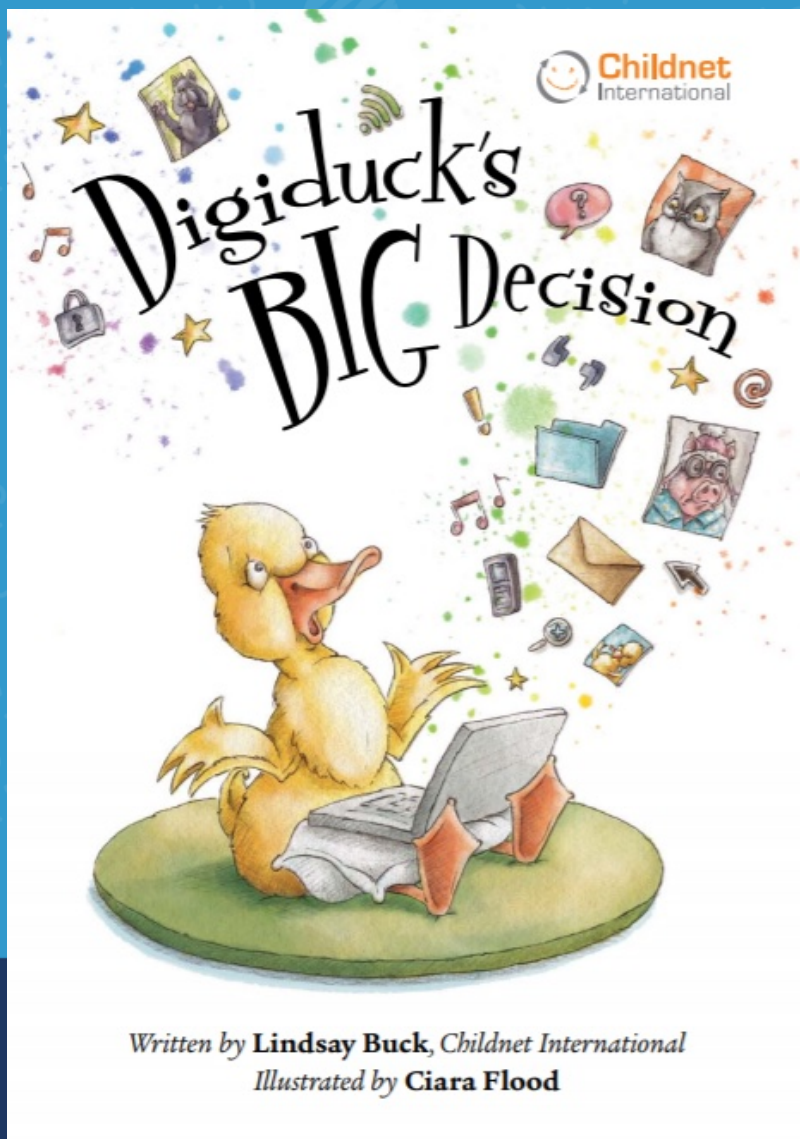


The little chick was all alone,
Cheepy, chirpy - CLICK!
“I’ll find a friend online,” she cheeped
“That will do the trick.”



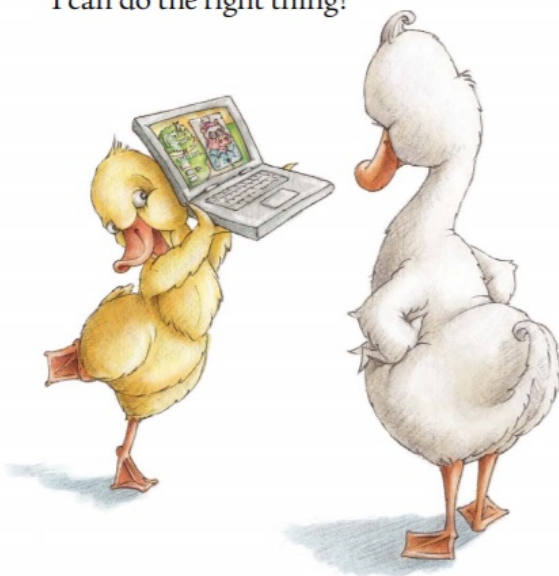


Parents and carers





He rushed across the room and the message was still there, just as it was last night. Digiduck was over the moon! He skipped and sang, 'I can do the right thing!'



'But what should we do? Who should we tell?' asked Mummy Duck. 'We must tell the Family Farmyard website!' replied Digiduck happily.



Mummy Duck removed the picture and they sent it back to Wise_Owl. Digiduck smiled, Wise_Owl would be so pleased with him.

Resources for primary aged children



Lee & Kim's Adventure

This is being delivered to higher KS1 children by the school.



Kira & Crew

This is being delivered to lower KS2 children by the school.



Resources for primary aged children



Jessie & Friends

This is being delivered to Lower KS2 children by school.

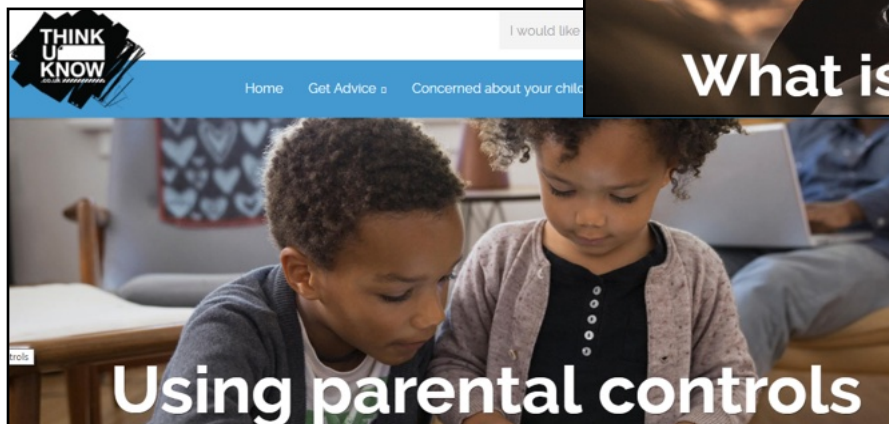
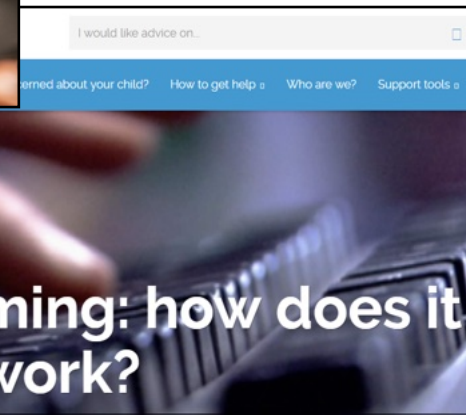
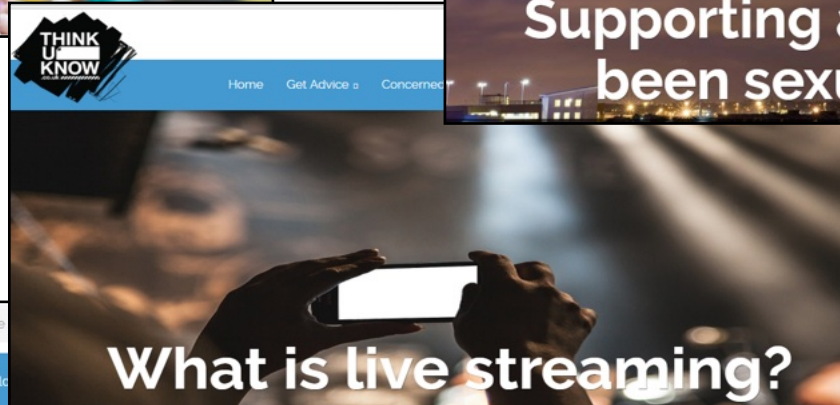
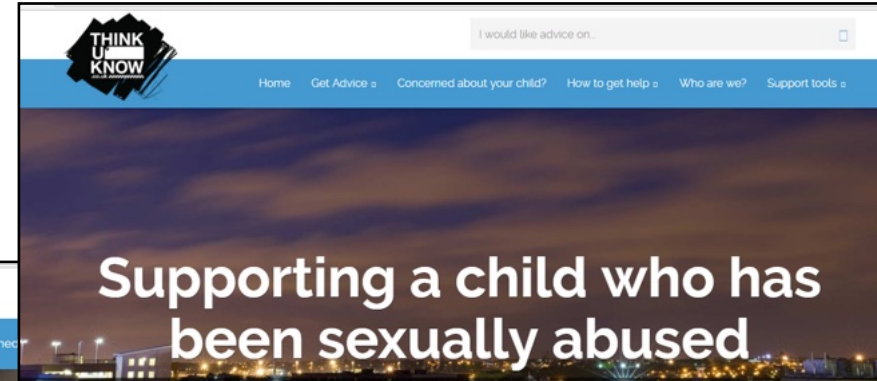
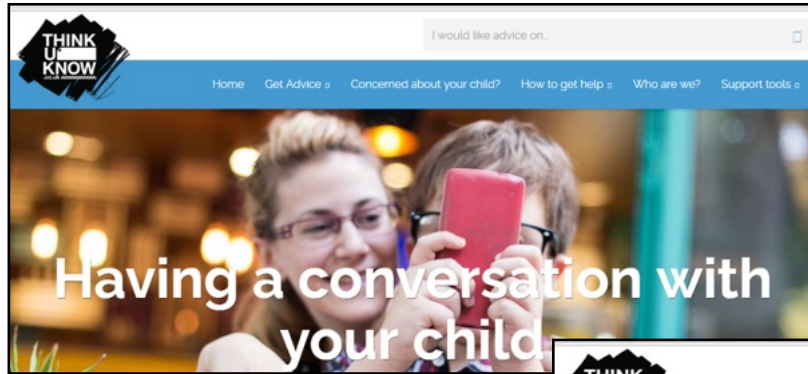


Play Like Share & Band Runner Game

*This is being delivered to Higher
KS2 children by the school.*



Resources for Parents and Carers

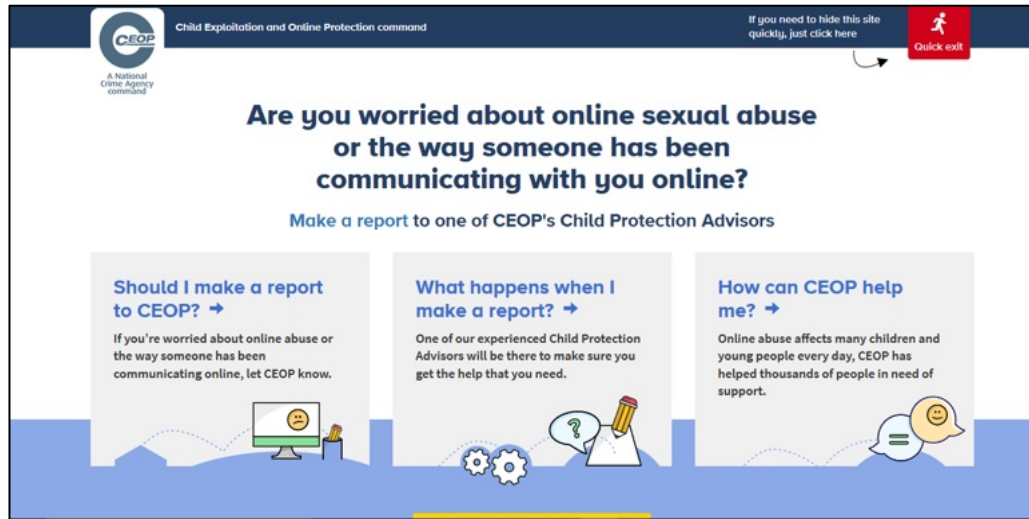




Help and advice for families in a digital world

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

Reporting to NCA-CEOP - www.ceop.police.uk



I am a child or a young person



What happens when I make a report?

- a parent
- a worried friend
- a concerned adult

You can change who you would like to see information for here



**Let's talk
about life
online**

Advice and conversation starters for
supporting your child to stay safe online

Childnet
International

**UK Safer
Internet
Centre**

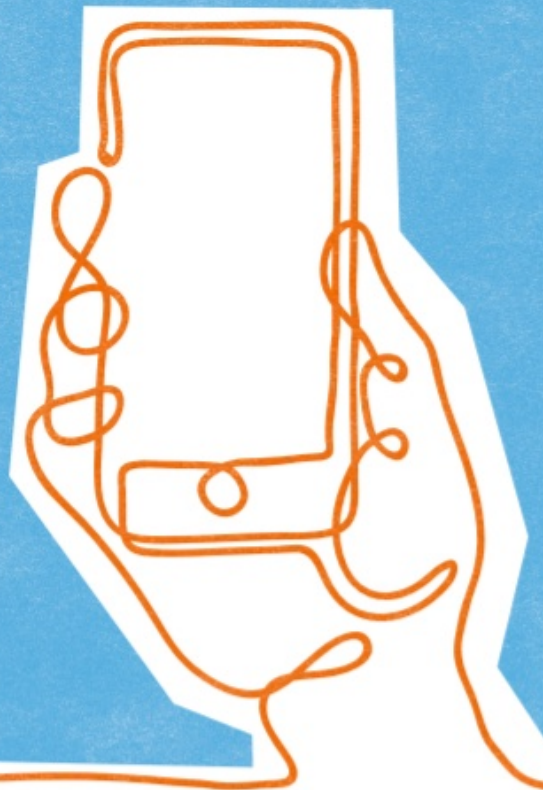
Co-financed by the European Union
Connecting Europe Facility

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www.childnet.com

V.07.19

Childnet
International

The main graphic is a large, stylized orange line drawing of a child's face in profile, facing right. A speech bubble extends from the mouth area, containing the title 'Let's talk about life online' and the subtitle 'Advice and conversation starters for supporting your child to stay safe online'. The background is a solid blue color with a subtle pattern of small white dots.



Supporting your child to be happy and healthy online

As a parent or carer, the best tool to support your child in leading a safe and positive life online is open conversation.

This leaflet includes practical advice and conversation starters to help you discuss the online world with your child.

Whether you are approaching these conversations for the first time, or you have already made a start, this advice can help you to support your child to use technology in a happy and healthy way.

This advice is part of Childnet's Parent & Carer Toolkit, designed to guide you in supporting all aspects of your child's online life. It also includes our Family Agreement and Parents & Carers Resource Sheet.

Find the whole toolkit at childnet.com/parents-toolkit.



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Start with the positives

The internet can be a fantastic place for children, providing them with exciting opportunities. Talking about the positives of going online, keeping the conversations broad and valuing your child's opinion shows that you are interested in all aspects of their online world. Remain open-minded, and remember children use the internet differently to adults. To be dismissive of online apps, games or trends may put off your child from continuing any conversations.

Encouraging your child to discuss what they enjoy about going online can be a helpful bridge to talking about safety messages and more difficult issues in the future.

Working together

Get your family together to discuss how you use technology and what you use it for. Come to a joint agreement on using it safely and responsibly, and work together to set clear expectations and boundaries. Let your child know what they can do if anything happens online that is worrying, upsetting or confusing, and remind them they can always talk to you about anything.

Make discussions with your child about their online experiences a regular part of family life. If your child mentions something you haven't heard of, ask them to show you, or explain in more detail. You could also do your own research, and discuss ways you can support your child to use technology safely together.



Use the Childnet Family Agreement to guide discussions around your family's internet use. Download a copy at childnet.com/family-agreement.



Have a chat...



What makes you happy when you use technology?



How do you find videos/profiles/games you like online?



What is it that you like about this....?
(e.g. app/website/game)

Talk it over...



Are there any updates/new features to your favourite apps/games? Can you show me how they work?



What can we do as a family to help keep each other safe online?



What would you do if...? (e.g. you watched a worrying video, you were sent a mean message)



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Keep it relevant

As they get older, children will use technology and the internet differently. The challenges they may face will change too. To get a sense of how much they know and what support they still need, ask open-ended questions to let your child lead the conversations you have.

Consider the purpose of any discussion you start with your child, and use this to guide the direction it takes. There are appropriate ways to approach all online safety topics with different ages. For example, with a teenager, nude images can be spoken about in wider conversations around consent and healthy relationships. For younger children, you could discuss what types of images are okay to share online, and what areas of our bodies are private.



You can find guidance on how to address different topics with children of all ages at childnet.com/parents-hot-topics.

Tackling difficult conversations

Often, difficult topics of conversation can be planned for, but with online content being so accessible, occasionally they can be needed earlier than anticipated.

Seek support and information so that you feel prepared. This could be from family, friends, school staff, websites or helplines. Choose a time your child is relaxed, with no distractions nearby such as technology or siblings. Plan what you want to say, and consider how your child might react to keep the conversation calm and positive.

You may wish to take a direct approach and explain the concerns that have led you to start this conversation. Alternatively, you might feel an indirect approach is more suitable - discussing young people in general to avoid additional pressure.

Whichever approach you take, give your child time to think, ask questions

and share their thoughts without interruption or blame. Listen carefully to any confusion or concerns. Reassure them you are always there to help and even if you don't know the answers, you can find these out together.



You can find helpful links to advice on difficult topics at childnet.com/have-a-conversation.

Why not try...



How do you spend your time online?



What have you heard about... online?
(e.g. sharing photos, bullying)



What worries you about life online?

Open with...



I'd like to talk about... with you, but first
I'd like to hear your thoughts about it.



What do you think young people your
age think about...?



Are there any questions you want
to ask me about...?



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What if something goes wrong?

If your child comes to you with a concern, try to remain calm and curious, rather than furious. Avoid blame or criticism, as this may close down the conversation if your child feels they have done something wrong or they are in trouble. Instead, remain non-judgmental, acknowledge the challenges they have overcome, and thank them for telling you.

If you find out your child is dealing with a worrying situation online, but is unwilling to speak about it, reassure them you want to help make things better. Avoid pressuring them to speak before they are ready. Gently try some broad questions to open up a dialogue, and give them plenty of time to answer.

It's okay if you are unsure what to do next, the important thing is to let your child know you are there for them. There is a lot of further support out there to help you decide on your next steps.



You can find helpline numbers, further advice and information on reporting at childnet.com/parents-help.



Let's talk...



I can see that something is worrying you, can I help?



Can we talk about?
Remember, I'm always here to help no matter how big the problem might feel.



Can you explain to me how it happened so we can fix the problem together?




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10 Key messages to share with your child

However and wherever you have a conversation with your child, here are 10 top tips you can share to support them in staying safe online.

1. "You can always come to me if you need help." This is the most important thing to let your child know, and a way to give them confidence to speak to you when they need support.
 2. "What would you do if this happened...?" Give your child strategies to deal with upsetting experiences online.
 3. "Remember that not everyone is who they say they are online." Remind your child to always tell an adult if anyone they only know online makes them feel uncomfortable, or asks to meet up or share personal information or images.
 4. "Keep your personal information safe, and other people's too." This includes full names, contact details, and real-time locations.
 5. "Be respectful to others online." Remind them if it's not okay offline...
 6. "Think before you post." Help your child to be aware that their online actions can have consequences for themselves and others.
 7. "Remember to ask if it's okay." Asking for, and receiving permission from others online is important before sharing images, adding people into group chats, etc.
 8. "Remember not everything is true online." Help your child to be a critical thinker to find accurate information.
 9. "The things other people post online might not always show what their life is really like." Reassure your child that nobody's life is as perfect as it may seem online, and judging yourself against other's online lives isn't a fair comparison.
 10. "Recognise how going online makes you feel and take a break when you need to." Your child may need support in doing this, such as timers and reminders.
- 

Staying up to date:



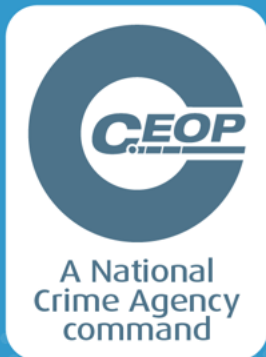
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www.thinkuknow.co.uk
www.thinkuknow.co.uk/parents



www.ceop.police.uk/safety-centre



Please contact the CEOP Education team directly at
ceopeducation@nca.x.gsi.gov.uk
If you have any queries or feedback on the training you have received.



Further information

Parents and carers

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Donate

What is child abuse?

What we do

Keeping children safe

What you can do



Online safety

It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

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Further information

Parents and carers

The screenshot shows the ParentZone website homepage. The header is purple with a 'Home' icon and 'Contact' link. Social media icons for Facebook, Instagram, LinkedIn, and Twitter are present, along with a 'Log in' button and a shopping cart icon. The main navigation bar is purple with links: Trending, Our services, Policy, Membership, Partnerships, For schools, For parents, Shop, and About us. The main content area features a large illustration of a girl sitting on a couch, holding a tablet. A text box on the left reads: 'Gaming or Gambling: Resources to help families learn about gambling-like activities in games'. A 'Download now' button is visible. On the right, there is a sign-up form titled 'Stay informed - safety news straight to your inbox' with fields for 'Email Address *', 'First Name', and 'Last Name'.

Home Contact

parentzone
The experts in digital family life

Trending Our services Policy Membership Partnerships For schools For parents Shop About us

Download now

Gaming or Gambling:
Resources to help
families learn about
gambling-like
activities in games

Stay informed - safety news straight
to your inbox

Email Address *

First Name

Last Name



Amazon Prime

Setting safety and purchase restrictions.



Apex Legends

Everything you need to know about the battle royale game.



Clash of Clans

What parents need to know about the game kids love.



Digital detoxing

Does your child really need a digital detox?



Discord

All you need to know about the popular chat service



Esports

What are esports? What do parents need to know?



Family games

Family-friendly titles for tablets and phones.



Fortnite

Your guide to the online multiplayer gaming craze.



Game age ratings

PEGI game certifications explained for parents.



Influencer Marketing



In-game chat



Instagram

Parents and carers



Further information

Parents and carers

The screenshot shows the Childnet International website. At the top, there is a navigation bar with links: Resources, Shop, Blog, Contact us, My Account. Below this is a secondary navigation bar with links: Young people, Teachers and Professionals, Parents and Carers, Press and Policy, What we do, Our Projects, Vacancies, Support Us. The main content area features a large banner titled 'HOT TOPICS FOR PARENTS' with a sub-header 'GET TO GRIPS WITH THE KEY DIGITAL ISSUES'. The banner includes icons for a laptop with a red 'X', a smartphone, a document with a flame, and a padlock. Below the banner, a welcome message reads: 'Welcome to Childnet International, a non-profit organisation working with others to help make the internet a great and safe place for children.' Below this, there are three main sections: 'Young people' (with an icon of a person and a plus sign), 'Teachers and Professionals' (with a photo of two women), and 'Parents and Carers' (with a photo of a smiling child and a woman). Each section has a brief description of the resources available. At the bottom, there are two more sections: 'Book a Childnet visit' (with an icon of a school building) and 'Childnet Digital Leaders Programme' (with an icon of a group of people). The footer includes a 'Latest blogs' section with a link to 'Test Your Online Safety Knowledge With The Safer Internet Day Quiz!' and a date of '05 FEB'.

Resources Shop Blog Contact us My Account

Childnet International

Young people Teachers and Professionals Parents and Carers Press and Policy What we do Our Projects Vacancies Support Us

HOT TOPICS FOR PARENTS

GET TO GRIPS WITH THE KEY DIGITAL ISSUES

Welcome to Childnet International, a non-profit organisation working with others to help make the internet a great and safe place for children.

Young people

Top tips, games and internet safety information to help young people get the very best out of the internet and stay safe online.

Teachers and Professionals

Internet safety resources for teachers and professionals to help safeguard your workplace and the young people you work with.

Parents and Carers

Advice for parents and carers to help support children and young people in their safe and responsible use of the internet.

Book a Childnet visit

Childnet Digital Leaders Programme

Childnet Digital Leaders

Latest blogs

05 FEB Test Your Online Safety Knowledge With The Safer Internet Day Quiz!
Calling all young people aged 7-13! Now's the time to test your online safety knowledge and take our 2020 Safer Internet Day Quiz.





Further information

Parents and carers

Please pick up Parent
Guidance Leaflets from
Mrs Mills or
Mrs Whike at the
entrance to the school.