

# **Digital Safeguarding Toolkit**

[**Resources for children and young people**](#ChildrenandYoungPeople)

[**How to use the toolkit**](#Howtousethetoolkit)



**[Resources for parents / carers](#ParentsandCarers)**

[**Resources for professionals**](#Professionals)

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Description automatically generated**How to use the toolkit**

Redcar and Cleveland SAFE Team, in collaboration with partner agencies, have developed a digital safeguarding toolkit. This is broken down into information for children, parents / carers, and professionals.

It is structured by topic and informs practitioners of the contents of each topic by providing a brief overview. We have also included a proposed age range and “red flags” which highlight where material may contain sensitive information.

The toolkit now provides guidance on the PREPARED Framework and includes worksheets which should be completed with children and parents/carers following each session to gauge their learning and identify any gaps.

***Version 1 – May 2024***

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**Resources for children and young people**

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| **Professional documents for sessions:** |
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| **Topic** | **Resource/s** | **Attachment** | **Who is this for** | **Further information** | **Red Flags** |
| **Getting to know a child’s online activity** | **Form: “Digital safeguarding – How safe do I feel online?”** |  | Children  Age: All ages | For a professional to complete with a child. This covers what activities a child is doing online, and how safe they feel. |  |
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| **Grooming** | **Website:** “Online grooming”- ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sexual-abuse/online-grooming/) | Children Age: 11 years + | Information about what online grooming is, the warning signs, and what to do if worried about someone online. |  |
| **Website:** “Grooming” – Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/) | Age:  11 years + | General guide to online grooming for children |  |
| **Website:** “Grooming” - Childnet | [LINK](https://www.childnet.com/help-and-advice/grooming-11-18-year-olds/) | Age:  Secondary school ages (11 – 18 years) | Childnet provides easy to understand information on several online topics. This focuses on online grooming. |  |
| **Website:** “What is online grooming?” – The Mix | [LINK](https://www.themix.org.uk/crime-and-safety/personal-safety/what-do-i-need-to-know-about-online-grooming-22048.html) | Age:  14 years + | A basic explanation of grooming, with a focus on how it can happen online, what the signs can be and who a child can ask for help. |  |
| **Website:** “How to stay safe in online relationships” – The Mix | [LINK](https://www.themix.org.uk/sex-and-relationships/relationships/how-to-stay-safe-in-online-relationships-45754.html) | Age:  14 years + | A basic explanation of how to keep safe when talking with people online, including managing the risks, potential red flags, and how a child could meet someone offline safely. |  |
| **VIDEOS** | | | | |
| **Toolkit:** “T for Trust” - Childnet | [LINK](https://www.childnet.com/resources/star-send-toolkit/star-films/trust/) | Age:  11- 16 years | A 2 min 30 sec film showing a scenario where someone online asks to meet with a child they have been playing games with online. The video and resource asks a child to consider how trustworthy people are online. |  |
| **Video:** “Kayleigh’s Love Story” - Leicestershire Police | [LINK](https://www.youtube.com/watch?v=WsbYHI-rZOE)  YouTube video:  5 minutes 30 seconds | Age:  15 years + | Kayleigh’s Love Story is a film about aspects of the last days of the life of 15-year-old Kayleigh Haywood. The Leicestershire schoolgirl was groomed online by a man she had never met, before being raped and murdered. | **See the source imageSensitive Content:** grooming, coercive behaviour, violence, murder, distressing scenes |
| **Video:** “Online Grooming ft. TycerX”- Voice Box, Childline | [LINK](https://www.youtube.com/watch?v=47ficaYb2wk)  YouTube video:  5 minutes 26 seconds | Age:  11 years + | Video discussing what children can do if they think they have been groomed whilst gaming online | **See the source imageSensitive Content:** grooming |
| **Video:** “How Do I Know if I'm Being Groomed?” - Voice Box, Childline | [LINK](https://www.youtube.com/watch?v=pN3bFc-GBTI)  YouTube video:  6 minutes 27 seconds | Age:  11 years + | Video discussing what children can do if they think they have been groomed – this is not specific to online grooming. | **See the source imageSensitive Content:** grooming, references to sex |
| **Video:** “Becky’s Story” – Not in our community | [LINK](https://www.youtube.com/watch?v=lEQv4QQQa6A)  YouTube video:  5 minutes 42 seconds | Age:  12 years + | Becky’s Story is a 5-minute video divided into six parts showing how perpetrators may use social media to groom and exploit young people. | **See the source imageSensitive Content:** grooming, coercive behaviour, references to sex and indecent images |
| **Video:** “Parenting Online – Danielle’s Story: I was groomed online” – NSPCC | [LINK](https://www.youtube.com/watch?v=5P4alQgtHNA)  YouTube video:  3 minutes 16 seconds | Age:  12 years + | A young person talking about their experience of being groomed online, and some advice about what children can do in that situation. This resource is also aimed at parents/carers. | **Sensitive Content:** **See the source image**grooming, coercive behaviour, reference to sexual assault |
| **Video:** “Online Grooming” –B4UClick | [LINK](https://www.youtube.com/watch?v=IUjwHPah72o)  YouTube video:  3 minutes 22 seconds | Age:  11 years + | Dramatized video showing a young person being groomed online. The perpetrator is posing as a young teen over social media. | **Sensitive Content:** **See the source image**grooming, coercive behaviour, threat reference (sexual assault) |
| **Video:** *“Groomed to his death*” – BBC Three | [LINK](https://youtu.be/FQwkOSLApjQ)   YouTube video:  4 minutes 46 seconds | Age:  15 years + | The true story of teenage boy Breck Bednar, who was targeted and groomed by an older peer online. He isolated Breck from his friends, and eventually coerced Breck to go to his house, where Breck was then murdered. Video contains the real 999 call with details of the murder and injuries sustained. | **See the source imageSensitive Content:** grooming, coercive behaviour, violence, murder, upsetting scenes |
| **Video:** *“Breck’s Last Game”* – Leicestershire Police | [LINK](https://www.youtube.com/watch?v=hZIYSCE-ZjY)  YouTube video:  4 minutes 27 seconds | Age:  14 years + | A dramatized introduction to the case of Breck Bednar, who was a 14-year-old groomed and murdered by an eighteen-year-old male he and other friends met whilst gaming online. This does not go into any detail about the murder, making it suitable for younger audiences. | **See the source imageSensitive Content:** grooming, mention of murder |
| **Documentary:** *“Murder Games: The life and death of Breck Bednar”* – BBC iPlayer | [LINK](https://www.bbc.co.uk/iplayer/episode/p03cgtx5/murder-games-the-life-and-death-of-breck-bednar)  Video documentary:  1 hour  [LINK](https://www.bbc.co.uk/programmes/articles/45gYLBM5qwZdRmH0g4Z5TVV/murder-games-student-and-teacher-notes)  Resources | Age:  11 years + | The full documentary is 1 hour long. This is accompanied by a series of handouts for teachers / students, as the resource was intended for use in schools. Website states that with professional discretion may be viewed from 11 years +. | **See the source imageSensitive Content:** grooming, coercive behaviour, strong language and upsetting scenes |
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| **Image sharing, sexting, and online sexual harassment** | **Website:** “Sexual content on social media” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sex-and-sexual-content/sexual-content/) | Age:  11 years+ | Advice and support for young people on a wide range of topics. A short introduction to what sexual content looks like online. |  |
| **Website:** “Receiving unwanted sexual content” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/nudes/unwanted-sexual-content/) | Age:  11 years+ | An introduction to receiving unwanted sexual content online or through a mobile, including “cyberflashing”. |  |
| **Website:** “Sexual pressure online” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sexual-abuse/sexual-pressure-online/) | Age:  11 years+ | Information about what online sexual pressure is and how to manage it. O |  |
| **Website:** “Online sexual harassment” -ThinkUKnow - CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sexual-abuse/online-sexual-harassment/) | Age:  11 + years | Sexual content on social mediaReporting nude imagesReporting nude imagesWhen nudes get shared aroundOnline grooming Introduction to sexual harassment taking place through social media / online, and what to do about it. |  |
| **Website:** “Is sexting illegal?” – The Mix | [LINK](https://www.themix.org.uk/sex-and-relationships/sexting-sex-and-relationships/is-sexting-illegal-28371.html) | Age:  14 years + | A basic explanation of what sexting is, the possible risks, and a discussion about whether it is illegal and what to do if a child is worried about images they have sent. |  |
| **Website:** “Sexting and sending nudes” - Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/) | Age:  12 years + | Defines sexting and the law around sending nude images. Gives guidance on how to protect yourself and how to share concerns. Provides information around individual online platforms and how to block or report individuals / content. |  |
| **Website:** “Nudes” - Childnet | [LINK](https://www.childnet.com/help-and-advice/nudes-11-18-year-olds/) | Age:  Secondary school ages (11 – 18 years) | Childnet provides easy to understand information on several online topics. Information about sexting / sending explicit images and videos, including the law and advice on what to do if a video of the child is shared. |  |
| **Website:** “Reporting nude images” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/online-safety/reporting-nude-images/) | Age:  11 years+ | A step by step guide to reporting nude images and what happens after making a report. |  |
| **Website:** “Report remove” - Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/) | All ages | Defines a nude image and then describes the steps involved in removing the image from an online space. Also explains the process of reporting the incident to Childline. | **Sensitive Content:**  Themes of child sexual exploitation, online grooming, peer pressure |
| **Videos** | | | | |
| **Website / Video:** “When nudes get shared around” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/nudes/when-nudes-get-shared-around/) | Age:  11 years + | Information about the non-consensual sharing of ‘nudes’, with a short video (1 min 11 sec) about how to get it removed. |  |
| **Website / Video:** “Online sexual harassment” - Childnet | [LINK](https://www.childnet.com/help-and-advice/online-sexual-harassment-11-18-year-old/) | Age:  11 years + | Information about unwanted sexual behaviour that occurs online and how to get help. Includes a video about how to report and get help (1 minute). |  |
| **Website:** Online Toolkit: Crossing the Line – Sexting Section – Childnet | [LINK](https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/sexting)  [LINK](https://www.youtube.com/watch?v=C7z6lMbL3mw) - YouTube video: 6 min 57 sec | Children  Age: 12 years + | A set of practical online safety PSHE toolkits to explore online issues. Link to the Sexting Section, with videos and resources. Video explains illegal photo sharing leading to potential prosecutions and a criminal record. |  |
| **Video:** “Awareness video about the dangers of sexting” – Warwickshire Police | [LINK](https://www.youtube.com/watch?v=MoRtLk1xihY)  YouTube video:  5 minutes 52 seconds | Children  Age: 13 years + | Video exploring illegal photo sharing, leading to potential prosecutions and a criminal record. | **Sensitive Content:**  Reference to sexual images, sexual language, coercive behaviour, peer pressure |
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| **Online financial exploitation and “sextortion”** | **Website:** “Online blackmail” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sexual-abuse/online-blackmail/) | Age:  11 years + | ual content on social media [Online blackmail](https://www.thinkuknow.co.uk/11_18/lets-talk-about/sexual-abuse/online-blackmail/) – guide to online blackmail, including what it is, spotting the signs, and how to get help. |  |
| **Video:** “The Rise of Money Launderers on Snapchat and Instagram” – VICE | [LINK](https://youtu.be/UfgbZ5wJszs) | **Age:**  11 years + | A video covering money laundering and the use of “money mules”, a new form of financial exploitation on social media. It includes interviews with recruiters, victims and professionals about the exploitation and potential consequences. | **Warning:** Only to be looked at with a child who has been approached or involved. |
| **PDF:** “Deling with sextortion – what to do if someone targets you” – Internet Matters |  | **Age:**  11 years + | A one page guide on what a child can do if someone tries to target them for sextortion. |  |
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| **Pornography** | **Website:** “Online Porn” - Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-porn/) | Age:  12 years + | This link shares information about porn, sharing porn, creating porn, staying safe if you watch porn, and revenge porn. To be used as a resource where further education about pornography is required. | **See the source imageSensitive Content:** reference to sex |
| **Toolkit:** “Teaching about online pornography (SEND)” - Childnet | [LINK](https://www.childnet.com/resources/teaching-about-online-pornography-send/) | Age:  11 years + | Resources for SEND young people about online pornography. The three topics are: what is online pornography; reasons and motivations; and potential negative impacts. Each section has a 2-3 minute video about accessing pornography, accompanied with a handout and a presentation that can be worked through with the child. |  |
| **Website:** “Revenge porn laws in the UK” – The Mix | [LINK](https://www.themix.org.uk/sex-and-relationships/having-sex/revenge-porn-3335.html) | Age:  14 years + | A basic introduction for a young person on “revenge porn”, or when someone has shared intimate images or videos of them online. It explains revenge porn laws in the UK and how to get help. |  |
| **Website:** Crossing the Line – Myth VS Reality - Childnet | [LINK](https://www.childnet.com/resources/pshe-toolkit/myth-vs-reality) | Age:  12 years + | A set of practical online safety PSHE toolkits to explore online issues. Link to Myth Vs Reality which covers online pornography, healthy relationships, and body Image. |  |
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| **Apps and online platforms** | **Website: “**AppFact Sheets” - The Carly Ryan Foundation | [LINK](http://carlyryanfoundation.com/resources/fact-sheets) | Age:  Please be aware of the age rating provided at the top of each fact sheet. | **WARNING:** This resource should not be used to introduce a child to new apps. Parents and/or professionals should only provide the sheet for the app the child is using and only pick out the pertinent facts to share. |  |
| **Website:** “Catfishing” -ThinkUKnow - CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/relationships/catfishing/) | Age:  11 + years | Sexual content on social media Information about ‘catfishing’, what it means, and how to spot a fake online profile. |  |
| **Website:** “Video calling” - Childnet | [LINK](https://www.childnet.com/help-and-advice/video-calls-11-18-year-olds/) | Age:  11 years + | Childnet provides easy to understand information about online topics, with each page covering questions a young person may have and some top tips. Video calling provides information about how to keep safe whilst using video calls. |  |
| **Website:** “Livestreaming” - Childnet | [LINK](https://www.childnet.com/help-and-advice/livestreaming-11-18-year-olds/)  [LINK](https://www.childnet.com/wp-content/uploads/2021/11/Livestreaming-Scenarios.pdf) - Workbook | Age:  11 years + | Livestreaming is about the ways people to broadcast themselves online, to both family, friends and the general public. Also available is the [Childnet – “To stream or not to stream” workbook](https://www.childnet.com/wp-content/uploads/2021/11/Livestreaming-Scenarios.pdf) to cover with young people. |  |
| **Website:** “Expiring content” - Childnet | [LINK](https://www.childnet.com/help-and-advice/expiring-content-11-18-year-olds/) | Age:  11 years + | Information on expiring content, which disappears after it has been viewed or that is only available for a certain amount of time, including the risks of using and what to do if a child sees upsetting content. |  |
| **Website:** “Location services” - Childnet | [LINK](https://www.childnet.com/help-and-advice/location-services-11-18-year-olds/) | Age:  11 years + | Information about technology tracking which allows the user to also be tracked. It includes risks about sharing locations, social media, and public tagging. |  |
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| **Building safety online** | **Website / Video:** “PANTS - Let’s Talk Pants (the underwear rule)” - NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/) - Video  [LINK](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/pants-how-to-answer-questions/) – Further advice | Age:  4 years + | Video and other resources for parents with young children explaining the “underwear rule”. This includes the PANTOSAURUS video (2 min), which is aimed at 4 years and over. This is not based on online safety, but is a simple way to raise awareness in young children that others should not be asking to see or touch them in certain ways, and to tell someone they trust if this happens. There is a further link for parents which details the answers to some questions children may have after learning the PANTS rules. |  |
| **Interactive online game:** “ReelLife” - Childnet | [LINK](https://www.childnet.com/resources/reellife/) | Age:  9 years + | An interactive resource to help young people aged 9-14 identify the potential risks of social media. It encourages young people to think about the posts they may share, the messages they may receive, as well as the content which they may see on social media. There is also a PDF download available with the answers and other conversation topics to work through with a child. |  |
| **Website:** “Get SMART - Help, advice and resources for 4–11 year olds” - Childnet | [LINK](https://www.childnet.com/resources/video-lessons/) | Primary school ages  (6 – 9 years) | **NOTES:** Childnet uses the “SMART” rules to increase a child’s knowledge about how to use the internet safely. This is a general introduction to online safety using six videos children can listen and work through on each topic. The videos are between 10 – 13 minutes.  SAFE – keeping personal information safe  MEET – meeting someone you only know online  ACCEPTING – risks from clicking on something online  RELIABLE – not trusting everything you see online  TELL – talking to a trusted adult. | **Sensitive Content:** None |
| [LINK](https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/chapter1/) | Primary school ages  (7 – 11 years) | **NOTES:** Childnet uses the “SMART” rules to increase a child’s knowledge about how to use the internet safely. These five cartoons each show different examples of dangers online and explain the risks. The videos are between 3 -4 minutes. |  |
| **Website:** ThinkUKnow - CEOP | [LINK](https://www.thinkuknow.co.uk/4_7/) | Age:  4-7 years | Information for children/parents around safe use of the internet, sharing content and personal information |  |
| **Website:** “Band Runner” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/8_10/) | Age:  8-10 years | Explores themes of unsafe use of internet through an interactive game for a child to play, followed by three videos to watch. This picks up on themes of friendship, peer pressure and photo sharing. |  |
| **Website:** “Staying safe online” – Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/) | Age:  10 years + | Information on how to keep safe online, stay secure online and how to spot fake accounts / information. It also has advice about what to do if things go wrong online. |  |
| **Website:** “Taking care of your privacy and digital footprint” – Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/taking-care-your-digital-footprint/) | Age:  10 years + | Information on how to keep safe online, explaining what a digital footprint is and how to keep your information safe online. It also has advice about deleting posts put online, and what to do if others share images or videos of you. |  |
| **Website:** “Feeling good on social media” - Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/feeling-good-on-social-media/) | Age:  10 years + | Advice on how to manage your mental health whilst online on social media. Includes advice on how to block certain content, and knowing what is appropriate to post online. |  |
| **PDF:** “Digital Resilience” - Childnet |  | Age:  11 years + | Resource to explain to children what digital resilience is, the positive and negative experiences young people have online, and how a child can build digital resilience. |  |
| **Website:** “Privacy settings” - Childnet | [LINK](https://www.childnet.com/help-and-advice/privacy-settings-11-18-year-olds/) | Age:  11 years + | Easy to follow advice about what privacy settings are and how to set them up (not website or app specific). |  |
| **Website:** “UKCIS Digital Passport” | [LINK](https://www.internetmatters.org/ukcis-vulnerable-working-group/ukcis-digital-passport/) | All ages | This is a tool that can be completed with a child by a professional, parent/carer or any trusted adult. These documents provide support for talking about the child’s digital life and how they will keep themselves safe. This can be completed digitally or downloaded and printed. |  |
| **PDF:** “My Life Online” – Childnet | [LINK](https://www.childnet.com/wp-content/uploads/2022/05/My-Life-Online.pdf) | All ages | This resource includes guidance to support any adult (parent, carer or professional) to establish an open, respectful conversation about using the internet and technology safely and positively, as well as a template for recording what has been discussed. This is also appropriate for use with SEND children. |  |
| **Website:** “Help and advice: What should I do if an online friend wants to meet up?” - Childnet | [LINK](https://www.childnet.com/help-and-advice/what-should-i-do-if-an-online-friend-wants-to-meet-up/) | All ages | Provides advice to a child about the risks of meeting people from online. |  |
| **Website:** “Help and advice: What do I need to know about sharing things online?” - Childnet | [LINK](https://www.childnet.com/help-and-advice/what-do-i-need-to-know-about-sharing-things-online/) | All ages | Explains the risks of putting things online, including personal information, photos and videos. |  |
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| **How to report and get help** | **Website: “**CEOP Safety Centre” - CEOP | [LINK](https://www.ceop.police.uk/Safety-Centre/) | All ages | How to make a report to one of CEOP’s child protection advisors. |  |
| **Website:** “Asking an adult for help” - Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/getting-help/asking-adult-help/#Writesomeonealetter) | Children:  Age: 10 years + | Information on who a child can go to for help and information for SEN children who might need help. |  |
| **Website:** “Report remove” - Childline | [LINK](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/) | All ages | Describes the steps involved in removing a nude image from an online space. Also explains the process of reporting the incident to Childline. | **Sensitive Content:**  Themes of child sexual exploitation, online grooming, peer pressure |
| **Website / Video:** “When nudes get shared around” - ThinkUKnow / CEOP | [LINK](https://www.thinkuknow.co.uk/11_18/lets-talk-about/nudes/when-nudes-get-shared-around/) | Age:  11 years + | Information about the non-consensual sharing of ‘nudes’, with a short video (1 min 11 sec) about how to get it removed. |  |
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**[Resources for parents / carers](file:///C:\\Users\\emmae\\Desktop\\Web%20Development\\Websites\\Criminal%20Exploitation%20Website\\parent_page.html)**

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| **Professional documents for sessions:** |
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| **Topic** | **Resource/s** | **Attachment** | **Further information** | **Red Flags** |
| **Getting to know your child’s online safety** | **Form: “Digital safeguarding – How safe is my child online?”** |  | This is for a professional to complete with parents / carers to learn what they are worried about for the child, and how much they already know about online safety to help plan sessions. |  |
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| **Introduction to the risks online** | **Website / Video:** “TALK Home page” – Internet Watch Foundation | [LINK](https://talk.iwf.org.uk/) | Short and hard-hitting introductory video (2 min) for parents about online child abuse. |  |
| **Video:** *“Follow Me – a social experiment”* – Barnardo’s | [LINK](https://www.barnardos.org.uk/blog/are-our-children-safer-online) | Video – 1 min 20 sec. A video drawing attention to the dangers online. The Barnardo’s accompanying page also discusses how safe children are online. |  |
| **Video:** *“Child exploitation – would you know the signs?”* - PACE | View on PACE website: [LINK](https://paceuk.info/for-parents/film-knowing-the-signs/)  View on YouTube:  [LINK](https://youtu.be/BNvQMA3q24Y)  Video: 3 min 56 sec | A video that introduces child exploitation and covers some of the signs, with parents sharing some of the changes they saw in their children when they were being exploited. |  |
| **Website / Presentation:** *“Staff Led Parent Online Safety Presentation”* **–** Childnet | [LINK](https://www.childnet.com/resources/staff-led-parent-online-safety-presentation/) | This online safety presentation for parents is designed to be delivered by a professional. It covers the risks for children online, advice and reporting. |  |
| **Website:** *“Exploitation Online”* – The Children’s Society | [LINK](https://www.childrenssociety.org.uk/sites/default/files/2021-01/online-exploitation-guidance.pdf) | This short booklet shows some of the ways in which children and young people can be exploited online, including a section on criminal exploitation, and how parents can keep young people safe from this kind of abuse. |  |
| **Website:** *“Keeping children safe online: how to start the conversation as a parent or carer”* – Barnardo’s | [LINK](https://www.barnardos.org.uk/online-safety/start-the-conversation) | This page provides tips about starting a conversation with a child about online safety. It includes three short animated videos:   * **Video 1: (3min 23 sec)** – Why children want to go online and what they get from it. Includes group chats, gaming and sharing content. * **Video 2: (3 min)** - Contains three examples of when things might go wrong online and the child’s perspective on how their parent responded. * **Video 3: (3 min 24 sec)** - Contains three examples of when things might go wrong online and the parent’s perspective explaining how they responded. |  |
| **Website:** *“Is my child safe online? Parents' questions answered”* – Barnardo’s | [LINK](https://www.barnardos.org.uk/blog/online-safety-parents-questions) | Professionals share tips about how to keep a child safe online, looking at what types of harm there are online, when to talk to your child about the internet, and different apps and privacy settings. It also includes a short video from a parent’s perspective about the possible risks – 3 min 21 sec. |  |
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| **Online Child Sexual Abuse** | **Website:** “Online Child Sexual Abuse” – TALK Internet Watch Foundation | [LINK](https://talk.iwf.org.uk/what-you-need-to-know/) | Guide for parents about what online sexual abuse is, how children are targeted, the myth VS the reality, and how it effects children. |  |
| **PDF:** “Making sure your home doesn’t have an open door to child  sexual abusers - a guide for parents and carers” - Internet Watch Foundation | [LINK](https://talk.iwf.org.uk/wp-content/uploads/2023/08/Parent_Resource_UpdatedJuly2023.pdf) | A PDF guide for parents about what online sexual abuse is, and talking to a child about apps and the internet. |  |
| **Website:** “*Online sexual abuse”*- ThinkUKnow | [LINK](https://www.thinkuknow.co.uk/parents/articles/Online-sexual-abuse/) | **Summary:** The website supports parents / carers to help a child build a healthy relationship with the internet and encourages parents having active involvement. This section explains sexual abuse which has taken place mostly or only online. |  |
| **Document:** “Be Safe – Helping to Protect Your Child” – Barnardo’s |  | Document provides an overview of child sexual exploitation, spotting the signs, useful tips for parents to keep their children safe online, and information about different online services. It also includes an example called “Sally’s story”, about a child who was sexually exploited. |  |
| **Website/PDF:** *“Sexual Abuse Online – How can I help my child?”* – NWG / Marie Collins Foundation | [LINK](https://www.mariecollinsfoundation.org.uk/Portals/0/adam/Document%20Manager/78AdWdZ_rE2fDNcFD6EVzw/Doc_Link/NWG-MCF-Parents-Leaflet%20(2).pdf) | A short booklet describing what online harm is and the ways parents can effectively support their children. It includes sections regarding dos and don’ts, brain development, concerning behaviours in children, and why children don’t always tell their parents about what is happening online. |  |
| **Website:** *“Online Sexual Harassment”* – Childnet | [LINK](https://www.childnet.com/help-and-advice/online-sexual-harassment/) | Introduction to online sexual harassment (OSH), focusing on that which takes place between children and young people who know each other, or know of each other online. Includes common questions parents may have, spotting the signs a child is being harassed, and what parents can do to help (split for children under 13 years, and over 13 years). |  |
| **Website:** *“Finding out your child has been sexually abused*”- ThinkUKnow | [LINK](https://www.thinkuknow.co.uk/parents/articles/Finding-out-your-child-has-been-sexually-abused-or-exploited/) | Provides key advice to parents about how to respond to finding out sexual abuse has taken place for their child. | **Sensitive content:**  Possibly some distressing content for parents / carers. |
| **Website:** *“Supporting a child who has been sexually abused*”- ThinkUKnow | [LINK](https://www.thinkuknow.co.uk/parents/articles/Ongoing-support-if-you-find-out-your-child-has-been-sexually-abused-or-exploited/) | Provides key advice to parents about continuing to offer support to their child who has been sexually abused, and some tips accessing their own support. |  |
| **Website:** *“Living and coping with child exploitation” -* PACE | [LINK](https://paceuk.info/infoadvice/living-and-coping-with-child-sexual-exploitation/) | Provides helpful information for parents/carers when a child has been a victim of exploitation. Offers advice on how to reach out to the child and talk about the exploitation, reasons why the child may not have disclosed the abuse to the parent/carer, feelings and coping with the exploitation within the family. Also covers the physical symptoms, long term effects and how to respond to long term child exploitation. | **Sensitive content:**  Lists the long-term effects of child exploitation, refers to abortion. |
| **Website / PDF:** *“Finding out your*  *child has been harmed through*  *Technology-Assisted Child Sexual Abuse”* – Marie Collins Foundation | [LINK](https://www.mariecollinsfoundation.org.uk/Portals/0/adam/Document%20Manager/bkQLHBC2OEOBNiFWfpukug/Doc_Link/MCF%20and%20NYPFCC%20Parent%20Resource_sp.pdf) | A guide for parents about how to manage their responses and emotions after their child has disclosed to being harmed online. |  |
| **Website:** *“Talking openly – my approach to my younger child about my daughter’s online abuse”* – PACE | [LINK](https://paceuk.info/for-parents/parents-voices/talking-openly-my-approach-to-my-younger-child-about-my-daughters-online-abuse/) | Story from a parent whose child had been sexually abused and groomed online. This details how it impacted the family. |  |
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| **Grooming** | **Video:** *“Kayleigh’s Love Story”* - Leicestershire Police | [LINK](https://www.youtube.com/watch?v=WsbYHI-rZOE) | YouTube video: 5 min 30 seconds. Kayleigh’s Love Story is a film about aspects of the last days of the life of 15-year-old Kayleigh Haywood. The Leicestershire schoolgirl was groomed online by a man she had never met, before being raped and murdered. |  |
| **Website:** *“Online Grooming Advice Hub”* – Internet Matters | [LINK](https://www.internetmatters.org/issues/online-grooming/) | This “hub” contains several webpages of information on online grooming, and several videos.   * **LINK:** [**“Learn about online grooming”**](https://www.internetmatters.org/issues/online-grooming/learn-about-it/) – this shares information to parents/carers about what online grooming is, facts and statistics, how online grooming happens, the law, and how to identify the signs. * [**LINK: “Protect your child”**](https://www.internetmatters.org/issues/online-grooming/protect-your-child/) – information about how to protect a child online from grooming, and how to talk to a child about the topic. * [**LINK: “Online Grooming – what parents need to know”**](https://youtu.be/WusIPf1viis) - 2 min 54 secs. The video provides a simple overview of what online grooming is and some key tips on how parents can protect their child. |  |
| **Website:** *“Grooming”* - NSPCC | [LINK](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/) | This website provides information for parents regarding: what grooming is, what are the signs and effects, how to prevent grooming, and what to do if a child reveals they have been abused, including how to report. |  |
| **Website:** “*What is sexual grooming?”*- ThinkUKnow | [LINK](https://www.thinkuknow.co.uk/parents/articles/What-is-sexual-grooming/) | This webpage provides on overview of what grooming is, both online and offline. There is advice around how parents can spot signs of grooming and what to do if they have concerns. |  |
| **Website:** *“Online grooming”* – Childnet | [LINK](https://www.childnet.com/help-and-advice/online-grooming/) | Introduction to online grooming, focusing on that which takes place between an adult and a child. Includes advice on how it happens, and top tips and conversation starters for parents. |  |
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| **Sexting and image sharing** | **Website:** “Photography and sharing images guidance” – *NSPCC Learning* | [LINK](https://learning.nspcc.org.uk/research-resources/briefings/photography-sharing-images-guidance) | This provides an overview of the risks of putting images and videos of children online. It contains additional advice on storing images securely, and getting permission to share images. An older article which may also be useful to show to parents is: “[Is It Illegal to Take a Picture of a Child or Young Person Under 18? - Digital Safeguarding - Ann Craft Trust](https://www.anncrafttrust.org/is-it-illegal-to-take-a-picture-of-a-child-or-young-person-under-18/)”. |  |
| **Website:** *“Sending nudes and semi-nudes”* – NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/) | This webpage outlines the reasons young people send, share, or receive nude images via social media and the risks associated with this. It provides advice on how parent/carers can speak to their child about their concerns. |  |
| **Website:** “Sexting”- Childnet | [LINK](https://www.childnet.com/help-and-advice/sexting/) | Information about sexting for parents. Includes some ‘top tips’ for parents around discussing the topic with their child. |  |
| **Website / PDF:** *“Nudes – supporting your child with SEND to thrive online”* – Childnet | [LINK](https://www.childnet.com/wp-content/uploads/2022/05/Nudes-Thrive-online.pdf) | A resource for parents/cares to build their knowledge about sharing images, including indecent images, online. It suggests ways for the parent/carer to support the young person, including advice and things to say, and the law and reporting. This is specifical aimed at SEND children. |  |
| **Website:** “*Cyberflashing*” - UK Safer Internet Centre | [LINK](https://saferinternet.org.uk/online-issue/cyberflashing) | Introduction for parents about what cyberflashing is, how to manage phone settings to prevent this, and how to talk to a child about it. |  |
| **Website:** “Sexting Advice Hub” - Internet Matters | [LINK](https://www.internetmatters.org/issues/sexting/) | This “hub” contains several webpages of information and several videos.   * [**Video (3 min 53 secs):** **Advice on sexting**](https://youtu.be/jgmDeT16JwM) – This contains information on how sexting is illegal and the potential consequences, how to support a child who has sent an image, and who to contact for help to remove. * [**LINK: Learn about sexting**](https://www.internetmatters.org/issues/sexting/learn-about-sexting/) – Provides information about sexting, why a child might share an image, the potential consequences, and how a child’s school can help. * [**LINK: Protect children from sexting**](https://www.internetmatters.org/issues/sexting/protect-children-from-sexting/) – This page provides information on the impact of sexting, some tips on conversations to have with a child about it, how to support a child, and reporting incidents. |  |
| **Website / Videos:** “Nude selfies – what parents need to know” - CEOP | [LINK](https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/) | This is series of four videos about a child who has sent a nude image. This is based on the parent’s point of view about finding out a child has sent a nude, how to talk about it with a child, what parents should be worried about and how to get help.   * Video 1: Understanding why (2 min 14 secs) * Video 2: Talking to your child (2 min 43 secs) * Video 3: When should I be worried (2 min 51 secs) * Video 4: Where to get help (1 min 56 secs) |  |
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| **Financial exploitation and “sextortion”** | **Video:** “The Rise of Money Launderers on Snapchat and Instagram” – VICE | [LINK](https://youtu.be/UfgbZ5wJszs) | A video covering money laundering and the use of “money mules”, a new form of financial exploitation on social media. It includes interviews with recruiters, victims and professionals about the exploitation and potential consequences, which include prison sentences if caught, or debt bondage to dangerous criminals if the money is seized. |  |
| **PDF:** “Child Financial Exploitation and Sextortion” – Redcar SAFE Team |  | A short overview of what child financial exploitation and sexually coerced exploitation is, some common signs, and what parent can do if they have concerns. |  |
| **PDF:** “What is sextortion – a guide” – Internet Matters |  | A PDF document for parents/carers that explains what “sextortion” is, the warning signs this might be happening, how to manage the risks and how to get help. |  |
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| **Pornography** | **Website:** *“Online porn”* - NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-porn/) | Advice for parents/carers on the reasons why young people access online porn, the risks involved in this behaviour and how to protect a child from accessing pornographic content online. | **Sensitive content:**  Reference to online sexual material |
| **Website:** *“Online Pornography”* – Childnet | [LINK](https://www.childnet.com/help-and-advice/online-pornography-parents/) | Introduction to online pornography, including the risks, understanding the law, and addiction. It also links to advice sections for children / preteens, and teens, which covers tops tips, how to talk to your child, limiting exposure and the key messages to get across. |  |
| **Website / PDF:** *“Online pornography and age-verification – What parents need to know”* – Barnado’s | [LINK](https://cms.barnardos.org.uk/sites/default/files/2022-03/BBFC%20Online%20pornography%20and%20age%20verification%20what%20parents%20need%20to%20know.pdf) | A guide for parents that outlines what they need to know about online pornography and how to broach those conversations with a child. |  |
| **Website:** “Online Pornography Advice Hub” – Internet Matters | [LINK](https://www.internetmatters.org/issues/online-pornography/) | This “hub” contains several webpages of information and videos.   * [**LINK: Learn about online pornography**](https://www.internetmatters.org/issues/online-pornography/learn-about-it/) - This section contains information about how children access online pornography, why a child might search for this, how pornography can harm a child, some facts and statistics, and some signs a child has been accessing pornography. * [**LINK: Prevent harm to children**](https://www.internetmatters.org/issues/online-pornography/protect-your-child/)– This section is about how to talk to children about pornography, and contains sections based on different age groups. * [**LINK: How to deal with online pornography**](https://www.internetmatters.org/issues/online-pornography/deal-with-it/)– This section contains a video (1 min 23 secs) about how parents can block pornographic content and protect a child online. The page covers tips around reporting worrying content and support if a child has already seen pornography. * [**LINK / PDF: Protecting children from online pornography**](https://www.internetmatters.org/wp-content/uploads/2023/01/Internet-Matters-Online-Pornography-guide-Jan23.pdf) – A short PDF document covering how to start conversations and what to cover with children in different age groups, how to use filters and block content, and what to do if a child has already seen pornography. |  |
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| **Apps and online platforms** | **Website:** “Online Safeguarding: What is the dark web?” – The Children’s Society | [LINK](https://www.childrenssociety.org.uk/information/professionals/resources/what-is-the-dark-web) | A website and document explaining what the dark web is, how young people might use it and what to do if parents have safety concerns.  **WARNING:** This resource should only be used with parents / carers where a concern regarding the dark web has already been raised. |  |
| **Website:** *“What is the dark web? – Advice for parents”* – Internet Matters | [LINK](https://www.internetmatters.org/hub/guidance/what-is-the-dark-web-advice-for-parents/) | A website which explains the risks of the dark web, how it is policed, and what the risks are to children using the dark web.  **WARNING:** This resource should only be used with parents / carers where a concern regarding the dark web has already been raised. |  |
| **Website:** *“Apps”*- Childnet | [LINK](https://www.childnet.com/help-and-advice/apps-parents/) | Introduction to apps, with advice for parents about checking whether an app is age appropriate and safe, and how to report any concerns. |  |
| **Website:** *“Video Chat and Webcams”* – Childnet | [LINK](https://www.childnet.com/help-and-advice/video-chat-and-webcams-parents/) | Introduction to webcams and how they are used to livestream and video chat with others online. Includes some of the risks parents should be aware of, such as hacking webcams, indecent image sharing, and talking to strangers online. |  |
| **Website:** *“Livestreaming”* – Childnet | [LINK](https://www.childnet.com/help-and-advice/livestreaming-parents/) | Introduction to livestreaming over the internet, and how parents can manage their child’s use. |  |
| **Website:** *“Expiring Content”* – Childnet | [LINK](https://www.childnet.com/help-and-advice/expiring-content-parents/) | Introduction to expiring content, which disappears after it has been viewed or that is only available for a certain amount of time. Includes the risks of using and what to do if a child sees upsetting content. |  |
| **Website:** *“Livestreaming and online video apps”* - NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/) | This webpage highlights the risks of children and young people accessing online video apps and live streaming platforms. A list of the most commonly used apps are named with top tips for safe usage of these platforms which is dependent on if a child is watching or hosting a live stream. |  |
| **Website:** *“Online games”* - NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/) | This webpage helps parents/carers to understand the risks associated with children and young people accessing online games. This includes trolling, messaging functions, in game purchases and age ratings. This page also provides advice on how to tell if a game is appropriate for a child and provides information on how a child’s behavior can be affected as a result of participating in online gaming. |  |
| **DOC:** *“Social media and location sharing*” – Redcar VEMT Team |  | Information about commonly used apps, and how children are able to turn on and off location sharing. |  |
| **Website:** *“Parent guides”* – Parentzone | [LINK](https://parentzone.org.uk/advice/parent-guides) | The website homepage provides a list of popular sites/games and platforms that children can access, with individual pages to provide more detailed information about how parents can improve privacy and prevent unwanted contact. |  |
| **Website:** *Fact sheets for commonly used apps by children and young people* – The Carly Ryan Foundation | [LINK](http://carlyryanfoundation.com/resources/fact-sheets) | Provides one page resource sheets for parents which gives clear advice and guidance on apps commonly used by children and young people, including how to ensure further privacy and reporting within the app. Each sheet also holds an age expectation for the app.  **WARNING:** This resource should not be used to introduce a child to new apps. Parents and/or professionals should only provide the sheet for the app the child is using and only pick out the pertinent facts to share. |  |
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| **Building safety** | **How to improve a child’s safety online** | | | |
| **Website:** *“Keeping under-fives safe online*” – Childnet | [LINK](https://www.childnet.com/help-and-advice/keeping-young-children-safe-online/)  PDF: [LINK](https://www.childnet.com/wp-content/uploads/2020/07/Keeping-Under-Fives-Safe-Online2.pdf) | Advice for parents about children under five accessing the internet. Includes top tips and conversation starters for parents, focusing on age-appropriate apps, boundaries, and parental controls. |  |
| **Website:** *“#Ask the Awkward”* - ThinkUKnow | [LINK](https://www.thinkuknow.co.uk/parents/ask-the-awkward/)  Video 1: 7 min 13 seconds  Video 2: 5 min 41 seconds  Video 3: 6 min 44 seconds | Provides advice for parents/carers of secondary aged pupils about how to make discussions about online relationships a part of everyday life. This resource includes help sheets on various topics including exploring sexuality, starting new relationships, digital romance, sharing nudes, negativity online, unwanted sexual contact and supporting LGBTQ+ young people online. Also includes three videos:   * Video 1 - Making connections * Video 2 - Building trust * Video 3 - Facing challenges |  |
| **Website:** *“Talking to your child about online safety”* – NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/) | A guide for parents about how to start a conversation with their child about online safety. Includes a link for parents to book onto an online webinar about the risks, and helpful tools and resources. |  |
| **Website / PDF:** “Conversations  with your child about online / technology assisted harm” – Marie Collins Foundation | [LINK](https://www.mariecollinsfoundation.org.uk/Portals/0/adam/Cards/HONFO7xU60e2fAueL0kKSA/Link/Conversations%20with%20your%20child%20about%20technology%20assisted%20harm%20(003).pdf) | A guide for parents about how to talk to their child about what they are doing online, and if there are worries their child might have been harmed. |  |
| **Website / PDF:** *“Parents’ and Carers’ Guide: Let’s talk about life online”* - Childnet | [LINK](https://www.childnet.com/wp-content/uploads/2021/11/Lets-talk-about-life-online.pdf) | A booklet for parents / carers that gives advice on how to begin discussions, how to work together as a family to support a child online, and how to handle difficult conversations or situations. Each section has examples of questions to use to start conversations around safe and positive internet use, and key messages to share with a child. |  |
| **Website / PDF:** “Helping my autistic child” – Marie Collins Foundation | [LINK](https://www.mariecollinsfoundation.org.uk/Portals/0/adam/Document%20Manager/wC6ZDZawBki40HoffH6Pfg/Doc_Link/Digital%20SAO%20Helping%20my%20autistic%20child.pdf) | A guide for parents about the online safety risks for a child, focusing on children with autism. It includes help on how to respond to an autistic child who might have been sexually harmed online. |  |
| **Website/PDF:** “Supporting Young People Online - Leaflets for foster carers and adoptive parents” – Childnet | [LINK - Foster carers](https://www.childnet.com/wp-content/uploads/2021/02/Foster_Carers_A4_Online_Final.pdf)  [LINK - Adoptive parents](https://www.childnet.com/wp-content/uploads/2021/02/Adoptive_Parents_A4_Online_Final.pdf) | Leaflets which offer practical advice to help foster carers and adoptive parents discuss the online world with their children and support them in using it safely and positively.  Also available is a Childnet webinar [(LINK)](https://www.childnet.com/resources/foster-carers-and-adoptive-parents/) which looks at both general and specific online risks which adopted children and young people might be exposed to and offers practical advice and guidance for parents to ensure their child can use the internet in a safe and enjoyable way. |  |
| **PDF:** *“Supporting LGBT children online”* – Childnet | [LINK](https://www.childnet.com/wp-content/uploads/2021/08/A4-Toolkit_Staying-Safe-Online_2021-update.pdf) | Guidance for parents / carers about the experiences of LGBT young people online, responding if things go wrong and further resources and places for support. |  |
| **Website:** Teaching your child about internet and online safety - NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/) | This webpage discusses the various ways that parent/carers can start an age-appropriate conversation with their child around internet usage and their online presence. The page gives tips for tackling difficult conversations around the themes of online porn, sexting, sharing or receiving explicit content or online bullying. There is also advice and support about the next steps to be taken after a conversation has taken place based on the type of information a child has disclosed. |  |
| **Website:** *“Digital Resilience Toolkit: Practical tips for parents of 6 – 10 year olds”* – Internet Matters | [LINK](https://www.internetmatters.org/resources/digital-resilience-toolkit/digital-resilience-toolkit-6-10-year-olds/) | 6–10-year-olds:  A short video for parents (2min 44sec) giving 5 top tips on how to parents on how their children can have a safer online experience and build up their digital resilience. It also contains a parent toolkit with useful facts and interesting advice. |  |
| **Website:** *“Digital Resilience Toolkit: Practical tips for parents of 11-13 year olds”* – Internet Matters | [LINK](https://www.internetmatters.org/resources/digital-resilience-toolkit/digital-resilience-toolkit-11-13-year-olds/) | 11 – 13 year olds:  A short video for parents (4 min 26 sec) giving advice on parent controls and a explaining a checklist for parents.  Interesting page also contains facts and statistics to enable parents to support their pre-teens to stay safe online. |  |
| **Website:** *“Digital Resilience Toolkit: Practical tips for parents of 14+ year olds”* – Internet Matters | [LINK](https://www.internetmatters.org/resources/digital-resilience-toolkit/digital-resilience-toolkit-14year-olds/) | 14+ Year olds:  A short video for parents (3min 5 sec) informing parents on how to help build critical thinking in their teenagers, advice on parental control settings, age appropriate internet safety checklist and up to date related articles and resources including resources to support teenagers with SEN. |  |
| **How to protect a child’s devices** | | | |
| **Website / PDF: *“****New device checklist”* – The Carly Ryan Foundation |  | One page document that parent can use as a check list when setting up a new device. However only states this in very simple terms and does not provide further instructions. |  |
| **Website:** Qustodio - Parental Control app | [LINK](https://apps.apple.com/gb/app/qustodio-parental-control-app/id1501720596) – Apple store  [LINK](https://www.qustodio.com/en/) – Company website | Free app for parents who are concerned about their children’s online safety. This app is designed to help parents: block inappropriate content, balance/limit screen time across all the devices, control games and block apps they don’t want their child to access. Can monitor calls and texts and has a family locater so parents know where their child is at all times. |  |
| **Document:** *“A guide to parental control apps”* – Ineqe Safeguarding Group |  | A guide for parents about the uses of parental control apps on their child’s devices. It also details some potential issues from their use. |  |
| **Website:** *“Parental Controls”* – Internet Matters | [LINK](https://www.internetmatters.org/parental-controls/) | A website with PDF document guides on numerous games, devices and apps. The guides contain information on the restrictions that can be put in place, and images to show how to apply them. |  |
| **Website:** “Parental Control Settings” – NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/) | This webpage provides parents and carers guidance on parental controls and features that allow upsetting or inappropriate content to be blocked or filtered. This includes Wi-Fi, apps, games consoles and devices. The page also outlines the limitations of parental controls and ways to make them as effective as possible. |  |
| **Website:** “Internet Connected Devices” – NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/internet-connected-devices/) | This webpage gives advice to parents/carers on how to monitor a child’s devices that have access to the internet. The website outlines the risks associated with internet connected devices and top tips on keeping the whole family safe**.** |  |
| **Making a safety plan with a child** | | | |
| **Website / PDF:** *“Family Safety Online safety contract”* – The Carly Ryan Foundation | [LINK](http://www.carlyryanfoundation.com/resources/online-safety-contract) | One sheet contract that parents that can use to make young people aware of both the child and the parents responsibly to ensure that they will stay safe online. A useful document for young children. |  |
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| **Where to go for help and reporting** | **Website: *“****Are you worried about online sexual abuse or the way someone has been communicating with you online?”* - CEOP | [LINK](https://www.ceop.police.uk/Safety-Centre/) | How to make a report to one of Child Exploitation and Online Protection’s (CEOP) Child Protection Advisors. There are also links to Childline and ThinkUknow. It includes a “Quick Exit” button for privacy of viewing. This allows children to report but also their parents. |  |
| **Website:** *“Have a concern?”* – ThinkUKnow | [LINK](https://www.thinkuknow.co.uk/parents/) | **NOTES:** Supports parents/carers to help a child build a healthy relationship with the internet and encourages parents having active involvement. It provides support if a parent/carer is concerned about their child, how to report an incident to CEOP, and advice on keeping a child safe online. |  |
| **Website:** *“Reporting online safety concerns”* – NSPCC | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting) | **NOTES:** Provides advice on how to respond to a safety concern around a child accessing inappropriate content online. It has clear links to various support agencies that are broken down by the specific situation. |  |
| **Website***: “How to make a report”* – Childnet | [LINK](https://www.childnet.com/help-and-advice/how-to-make-a-report/) | Provides advice about reporting inappropriate content online. Most services have rules about what kind of content is allowed on the site; the page provides link to reporting pages for different platforms, including Facebook, Discord, Instagram, Twitter, Xbox, Roblox and Playstation. |  |
| **Website:** *“Children’s social care services”* – PACE | [LINK](https://paceuk.info/infoadvice/getting-the-best-service-from-statutory-agencies/) | Provides helpful information for parents/carers regarding the role of Children’s Social Care and partner agencies after a referral has been made. Includes the relevant legislation, details of the process and an overview of the possible different stages and outcomes following the referral for child exploitation. |  |
| **Website:** “Using the law to protect your child (CSE)” – PACE | [LINK](https://paceuk.info/infoadvice/using-the-law-to-protect-your-child/) | Provides a simple and easy to read overview of existing legislation on sexual offences and relevant offences for tackling child sexual exploitation (CSE). Includes information relating to the following offences; preparatory, grooming, pornography, child prostitution, trafficking, rape and sexual assault. Also provides information regarding indecent images, understanding consent, suspicious amounts of cash, the National referral Mechanism and the use of British Transport Police. | **Sensitive content:**  Refers to rape and penetration of vagina or anus |
| **Website:** “Getting help from the police” – PACE | [LINK](https://paceuk.info/infoadvice/getting-help-from-the-police/) | Provides easy to understand information on the role of the police in respect of child exploitation and what parents can expect. Shares information relating to the use of Sarah’s Law to formally request for the police to check if a person has a record of sexual offences and list an overview of existing legislation which can be utilised to bring charges of child exploitation. | **Sensitive content:**  Refences rape of a child under 13 and assault by penetration |
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| **Resources for** **professionals** | | | |
| **Topic** | **Resource/s** | **Attachment** | **Further information** |
| **Digital media and online exploitation** | **PDF: *“Digital Resilience – A guide for educators”*** – Childnet  A brief guide to help professionals understand what digital resilience is and why it is important for young people. | [LINK](https://www.childnet.com/wp-content/uploads/2020/07/Educator-guidance.pdf) |  |
|  | **Website: “Social Media”** – NSPCC  A brief guide introducing social media and some of the risks children can face online. | [LINK](https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/) |  |
|  | **Website / PDF: “Online Sexual Harm Reduction Guide” –** Marie Collins Foundation and NWG  This guide has been developed to address the challenges professionals face when working with issues of online harm and young people. It contains information about what online harm is, the specific issues facing young people, and ways professionals can effectively engage with young people and their families. | [LINK](https://www.mariecollinsfoundation.org.uk/Portals/0/adam/Document%20Manager/746F9qvjNEG_jRzGU9bHNA/Doc_Link/NWG-MCF-Professionals-Leaflet.pdf) |  |
|  | **Website: “Protecting children from online abuse”** – NSPCC  A brief web-based guide for professionals on the types of online abuse that can affect a child. Professionals can navigate to further information on how to recognise and respond to concerns. | [LINK](https://learning.nspcc.org.uk/child-abuse-and-neglect/online-abuse) |  |
|  | **Online PDF: “Education for a Connected World 2020”** - UK Council for Internet Safety  Government documentation that describes the digital knowledge and skills that children and young people should have the opportunity to develop at different ages and stages of their lives. It highlights what a child should know in terms of current online technology, its influence on behaviour and development, and what skills they need to be able to navigate it. | [LINK](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/896323/UKCIS_Education_for_a_Connected_World_.pdf) |  |
|  | **PDF: “Harm, Grooming and Exploitation in an Online Context” - *The Children’s Society***  Provides an overview of how online use and exploitation can overlap for children, and some online terminology. | [LINK](https://file.notion.so/f/f/b86c2718-1eb3-47d8-8fc5-5ac562b0d415/a4b3a86c-5bfe-4519-8c6b-a5e72948ae3b/Look_Closer_2022_Harms_grooming_exploitation_in_online_contexts.pdf?id=04e788fe-1229-4723-8c45-ce81df693848&table=block&spaceId=b86c2718-1eb3-47d8-8fc5-5ac562b0d415&expirationTimestamp=1709294400000&signature=kn6lG_YrSLkAqvuX3l0P4klJxY979vBMdnnLJJLKJOY&downloadName=Explainer%3A+Harms%2C+grooming+and+exploitation+in+online+contexts.pdf) |  |
|  | **Video: “Supporting Young People Online Webinar” – Childnet**  Practitioners may find useful for their own learning the Childnet webinar, which looks at both general and specific online risks which adopted children and young people might be exposed to and offers practical advice and guidance for parents/carers to ensure a child can use the internet in a safe and enjoyable way. | [LINK](https://www.childnet.com/resources/foster-carers-and-adoptive-parents/) |  |
|  | **PDF: “Supporting children who display harmful sexual behaviour online” – Childnet**  Guidance around supporting a young person you work with who has displayed harmful sexual behaviour towards their peers online. It includes information around why and how some young people display harmful sexual behaviour online, the different forms it may take, and things to consider when supporting them to change their behaviour.  Also available is the [Childnet “Moving on Plan”](https://www.childnet.com/wp-content/uploads/2019/03/Moving_forward_plan.pdf) for young people who have displayed harmful sexual behaviour online. The plan can be completed with the young person and their parents or carers as a way of agreeing on boundaries and expectations, and giving the young person a clear strategy on how to use the internet safely, responsibly and respectfully. | [LINK](https://www.childnet.com/wp-content/uploads/2019/03/Supporting_Young_People_with_Harmful_Sexual_Behaviour_Online1.pdf) |  |
|  | **PDF: “Supporting LGBT children online” – Childnet**  This guidance is for professionals regarding the experiences of LGBT young people online, responding if things go wrong and further resources and places for support. | [LINK](https://www.childnet.com/wp-content/uploads/2021/08/A4-Toolkit_Staying-Safe-Online_2021-update.pdf) |  |
|  | **PDF: “Cyberbullying – Understand, Prevent and Respond” – Childnet**  Cyberbullying is a form of bullying that occurs online. This guidance is designed to support professionals in preventing and responding to cyberbullying. | [LINK](https://www.childnet.com/wp-content/uploads/2020/07/Cyberbullying-guidance2.pdf) |  |
|  | **PDF:** ***“Professionals Explainer – Financial Exploitation”* – The Children’s Society**  Provides an overview of financial exploitation and sexually coerced extortion, including the impact on a child and what professionals can do to support and report. | [LINK](https://file.notion.so/f/f/b86c2718-1eb3-47d8-8fc5-5ac562b0d415/3370899b-84a4-4be2-baa0-7c48f26e7866/Professionals_Explainer_Financial_Exploitation_(English).pdf?id=7e469dec-8a85-423c-b198-2db31283740d&table=block&spaceId=b86c2718-1eb3-47d8-8fc5-5ac562b0d415&expirationTimestamp=1709294400000&signature=_ekZBfAvq18umZWa7xdB1Jt9igXTQKrA25LvvDvlLWA&downloadName=Professionals+Explainer+Financial+Exploitation+%28English%29.pdf) |  |
|  | **PDF: “*Online Sexually Coerced Exploitation” – The Children’s Society***  Provides an overview of sexually coerced exploitation as it occurs online. This includes how it happens, the impact on young people and how to support and report. | [LINK](https://file.notion.so/f/f/b86c2718-1eb3-47d8-8fc5-5ac562b0d415/cd5460bb-0db9-4a5c-b7a6-8f2a40b98797/Online_Sexually_Coerced_Extortion_(English).pdf?id=a180ffe6-6c0b-417d-8181-e51752aae619&table=block&spaceId=b86c2718-1eb3-47d8-8fc5-5ac562b0d415&expirationTimestamp=1709294400000&signature=3cCP7T-MBmxMOXv9Hft9OvodtU5c4TSfM60NztVLjns&downloadName=Online+Sexually+Coerced+Extortion+%28English%29.pdf) |  |
|  | **Video: *“The Rise of Money Launderers on Snapchat and Instagram” - VICE***  A video covering money laundering and the use of “money mules”, a new form of financial exploitation on social media. It includes interviews with recruiters, victims and professionals about the exploitation and potential consequences, which include prison sentences if caught, or debt bondage to dangerous criminals if the money is seized. | [LINK](https://www.youtube.com/watch?v=UfgbZ5wJszs) |  |
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| **Brain development and the impact of trauma** | **Video: *“The mysterious workings of the adolescent brain”*** – **Sarah Blakemore, TED Talk** (YouTube) – 14 min 27 secs  A Ted Talks presentation by cognitive neuroscientist Sarah-Jayne Blakemore that takes a scientific view exploring why teenagers seem so much more impulsive and less self-aware than adults, and how typical "teenage" behavior is caused by the growing and developing brain.  **See also:** Video - “[The Neuroscience of the Teenage Brain](https://www.youtube.com/watch?v=yQXhFa8dRCI)” - with Sarah-Jayne Blakemore, Royal Institution (YouTube) – 56 mins. This includes a more in-depth discussion on risk-taking behaviour and social influences on a child. | [LINK](https://www.youtube.com/watch?v=6zVS8HIPUng) |  |
|  | **Video: *“Trauma and the brain”*** – **Dovetail QLD** (YouTube) – 4 mins 28 seconds  An educational video for workers that outlines “normal” or healthy development of the key areas of the brain and how the brain may be impacted if someone experiences trauma. | [LINK](https://www.youtube.com/watch?v=ZLF_SEy6sdc) | **NOTE:** This resource may also be useful for parents / carers to view. |
|  | **Video: *“Childhood Trauma and the Brain”* - UK Trauma Council** (YouTube) – 5 mins 10 sec  An educational video that acts as a general introduction to what happens in the brain after children face traumatic experiences in childhood, like abuse and neglect. | [LINK](https://www.youtube.com/watch?v=xYBUY1kZpf8) |  |
|  | **Video: *“Adverse Childhood Experiences (ACEs): Impact on brain, body and behaviour”*** – **McMaster University** (YouTube) – 6 mins  An educational video for workers that outlines how genes, connections and the environment can affect brain development. It details childhood stress and how toxic stressors such as abuse, neglect, exposure to intimate partner violence, parental depression or addiction and poverty can affect a child. | [LINK](https://www.youtube.com/watch?v=W-8jTTIsJ7Q) | **NOTE:** This resource may also be useful for parents / carers to view. |
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| **Guidance around appropriate language and victim blaming** | **Video: *“Victim Blaming Language”* – Waltham Council** (YouTube video) – 1 min 46 secs  A video directed at professionals to help them understand the harm of using victim blaming language, and to be mindful about how they describe the concerns for young people. | [LINK](https://www.youtube.com/watch?v=0-R3FVCEN8I) |  |
|  | **PDF: *“Appropriate language: child sexual and/or criminal exploitation - guidance for professionals****”* **– The Children’s Society**  Supports professionals to use appropriate terminology when discussing children and young people who have been exploited or are at risk of exploitation and the need for language to reflect the presence of coercion and the lack of control young people have in exploitative situations. |  |  |
|  | **Online PDF: *“Challenging victim blaming language and behaviours when dealing with the online experiences of children and young people”*** **- UK Council for Internet Safety**  This guidance is aimed at professionals working with children and young people. It aims to help them better understand, recognise and respond to victim blaming language and behaviour when discussing or responding to the online experiences of children and young people. This guidance describes the language, attitudes and behaviours that can be considered victim blaming when talking about the online experiences of children and young people. | [LINK](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1104000/Victim_blaming_and_the_online_experiences_of_children_and_young_people_v3.pdf) |  |
|  | **Online PDF: “Discovery vs Disclosure”** – Marie Collins Foundation  This guidance is aimed at professionals working with children and young people. It details how professionals should approach a child where sexual abuse images have been found online. | [LINK](https://www.mariecollinsfoundation.org.uk/Portals/0/adam/Cards/XQnzFDBLPE6oYNC3OuHluA/Link/Discovery%20Vs%20Disclosure_A4_Digital.pdf) |  |
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| **Guidance around apps and websites** | **PDF: “The Emoji Dictionary”** – The Children’s Society  A simple guide to how children may be using emojis and how this can link to areas of risk. |  |  |
|  | **DOC:** **“Social media and location sharing”** – Redcar SAFE Team  Information about commonly used apps, and how children are able to turn on and off location sharing. |  |  |
|  | **Website: Carly Ryan Foundation - App Fact Sheets**  Provides one page resource sheets which give clear advice and guidance on apps commonly used by children and young people, including how to ensure further privacy and reporting within the app. Each sheet also holds an age expectation for the app. | [LINK](http://carlyryanfoundation.com/resources/fact-sheets) | **NOTE:** If a child is using a particular website, the corresponding sheet can be viewed and provided to parents. |
|  | **PDF: “Online Safeguarding: The Dark Web”** – The Children’s Society  A website and document explaining what the dark web is, how young people might use it and what to do if parents have safety concerns. | [LINK](https://www.childrenssociety.org.uk/information/professionals/resources/what-is-the-dark-web) |  |
|  | **Website: “Virtual reality and child safety”** – The Children’s Society  A brief introduction to how virtual reality and the “metaverse” could be dangerous to children, due to their open-to-all online worlds. For more information see:   * [“Apparently, it's the next big thing. What is the metaverse?”](https://www.bbc.co.uk/news/technology-58749529) – BBC News * “[Metaverse app allows kids into virtual strip clubs](https://www.bbc.co.uk/news/technology-60415317)” – BBC News | [LINK](https://www.childrenssociety.org.uk/what-we-do/blogs/virtual-reality-and-child-safety) |  |
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| **Local documentation** | **WORD: “Financial Exploitation and Sextortion Preassessment Checklist” – SAFE Team**  If you are concerned that a child may be being exploited, the lead practitioner can complete this checklist to match the current concerns for the child against the potential indicators. After reviewing the concerns, if you feel they are at risk of being exploited, please complete a Teeswide Child Exploitation VEMT Screening Tool. |  |  |
|  | **WORD: “Child Exploitation and Missing Preassessment Checklist” – SAFE Team** If you are concerned that a child may be being exploited, the lead practitioner can complete this checklist to match the current concerns for the child against the potential indicators. After reviewing the concerns, if you feel they are at risk of being exploited, please complete a Teeswide Child Exploitation VEMT Screening Tool. |  |  |
|  | **DOC: “Tees Exploitation Screening Tool (VEMT)”**  This form should be used by a lead practitioner, together with other key professionals involved in the case, for the purposes of establishing whether the case should be referred to the respective VEMT practitioner Group (VPG). |  |  |
|  | **DOC: “Cleveland Police Intelligence Sharing Form”**  This form should be used by partner agencies to share information with the police. It can be used to share information regarding potential criminal offences, conduct or behaviour, including, but not limited to: exploitation, serious and organised crime and community tensions and issues. The information will be recorded on the Police Intelligence System and used to support activity by the police and, where appropriate, partner agencies. |  |  |
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| **Reporting concerns and responding to disclosures** | **PDF: “Capturing and Reporting Intelligence”** – Children’s Society  This document explains what intelligence is and how it can be reported to assist the police to prevent, investigate and disrupt crime. It lists the types of intelligence that professionals (and families) should look for. |  | **NOTE:** This resource may also be useful for parents / carers to view. |
|  | **Video: “Helping adults respond to children disclosing abuse” -** NSPCC  Advice on responding to a child’s disclosure of abuse to ensure the child feels listened to. This includes a short animation video and an accompanying PDF. | [LINK](https://learning.nspcc.org.uk/research-resources/2019/let-children-know-you-re-listening) – Video  Time: 2 min 14 sec  [LINK](https://learning.nspcc.org.uk/media/1664/let-children-know-listening-briefing-english.pdf) - PDF |  |
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