



# Parents and Carers (Primary)

Protect your children from sexual abuse online

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



A National  
Crime Agency  
command

# This presentation will cover:



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



# What is Thinkuknow?



Thinkuknow is the education programme provided by CEOP.

Thinkuknow offers resources for different audiences:

4-7

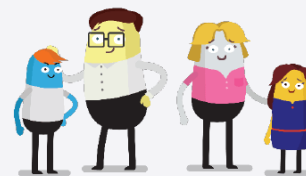
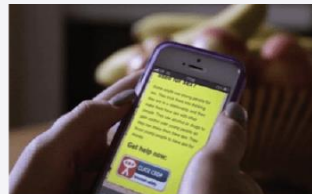
8-10

11-13

14+

Parents  
and  
Carers

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



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



# Children Online

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



Parents and carers

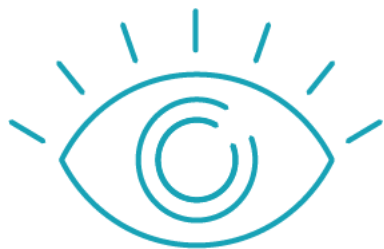
# Understanding apps, sites and games



**Sharing**



**Chatting**

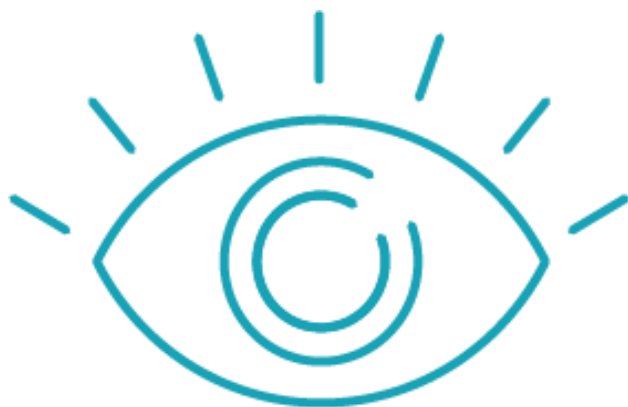


**Viewing**



**Friending**

# Understanding apps, sites and games



## Viewing

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

# Understanding apps, sites and games



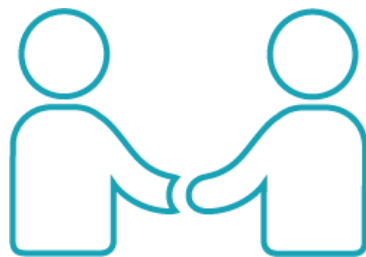
## Sharing

- It's easy to share online
- Younger children – seek permission before they share
- Children should never feel pressurised, uncomfortable or blackmailed
- Look out for others by not sharing inappropriate content

# Understanding apps, sites and games



**Chatting**



**Friending**

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

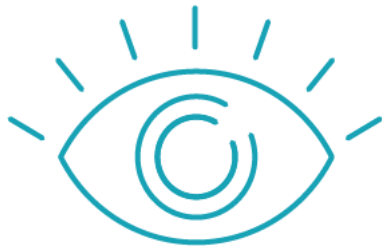
# Understanding apps, sites and games



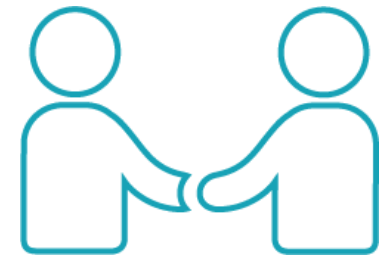
**Sharing**  
What can you share?



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



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



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



# Viewing videos online

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



# In appropriate video content



## The risks

- They may, accidentally, see something not intended for them
- They can be exposed to unsuitable videos through a link they've found or been sent, or an app they've downloaded
- They are curious and they may go looking for content



# Viewing videos online



## What can you do?

- **Talk to your child** - about the videos they like to watch, what makes a video inappropriate and what to do if they see anything they shouldn't.
- **Look up the age ratings** - before your child uses them for a guide as to whether it's appropriate.
- **Set up parental controls and filters** - to help you manage the content your child may see.



[www.thinkuknow.co.uk/parents/articles/parents-guide-to-watching-videos-online](http://www.thinkuknow.co.uk/parents/articles/parents-guide-to-watching-videos-online)



# Gaming online

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



# Gaming online



## The risks

- Chatting with people they don't know
- Inappropriate or unmoderated chat
- Requests to chat in private
- Offering gifts or trades



# Gaming online



## What can you do?

- **Play with them** - to understand how they talk online, who they talk to online and what you're comfortable with.
- **Talk to them** - about the games they play, who they talk to and how.
- **Use family controls** - to manage, limit or turn off in-game chat.
- **Encourage reporting** – of inappropriate chat in game and anything in the game makes them feel worried or uncomfortable.



[www.thinkuknow.co.uk/parents/articles/in-game-chat](http://www.thinkuknow.co.uk/parents/articles/in-game-chat)



# Live streaming

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



# Live streaming



## The risks

- Exposure to age inappropriate content, including sexual or violent content
- Negative or inappropriate comments
- Acting on impulse, and saying or doing something they'd be less likely to do offline
- Inappropriate contact



# Live streaming



## What can you do?

- Talk to them – have an ongoing conversation as part of your family life.
- Use devices in public spaces.
- Go through privacy and safety settings.
- Be wary of requests to chat in private.
- Know where to get support and how to report.



[www.thinkuknow.co.uk/parents/articles/what-is-live-streaming](http://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming)



# Social media

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



# Social media



## The risks

- Inappropriate content
- Inappropriate behaviour
- Over-sharing
- Making friends with people they don't know



# Social media



## What can you do?

- Make sure they are ready.
- Be a great role model.
- Get involved and support them.
- Talking about safe social media use.



[www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media](http://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media)

# #WhoisSAM?





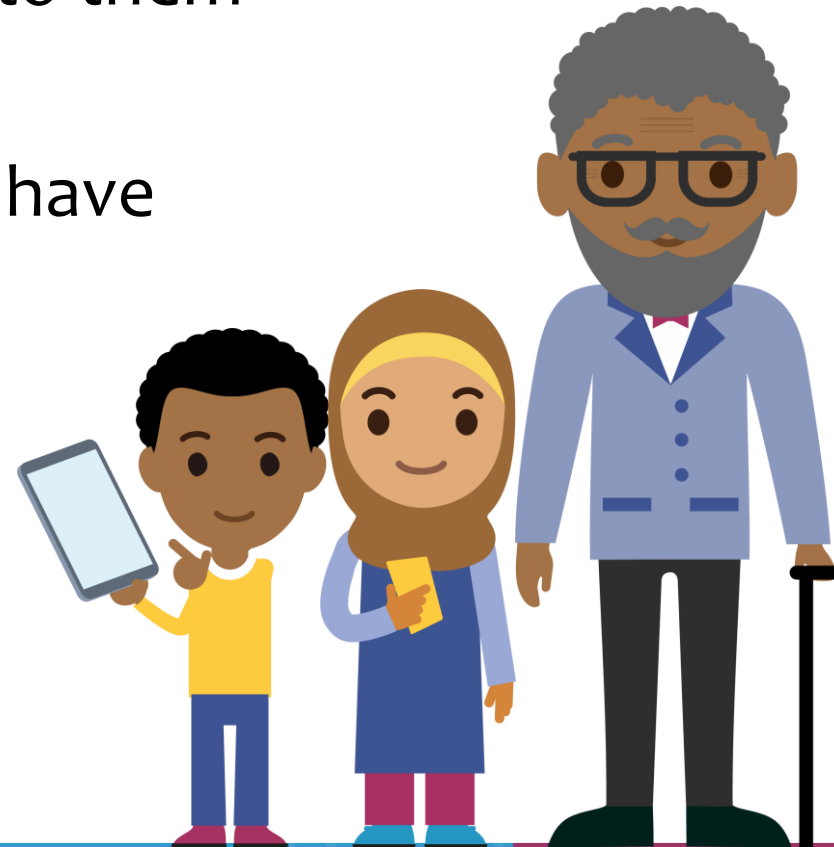
# What can you do?

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



# Chat little and often

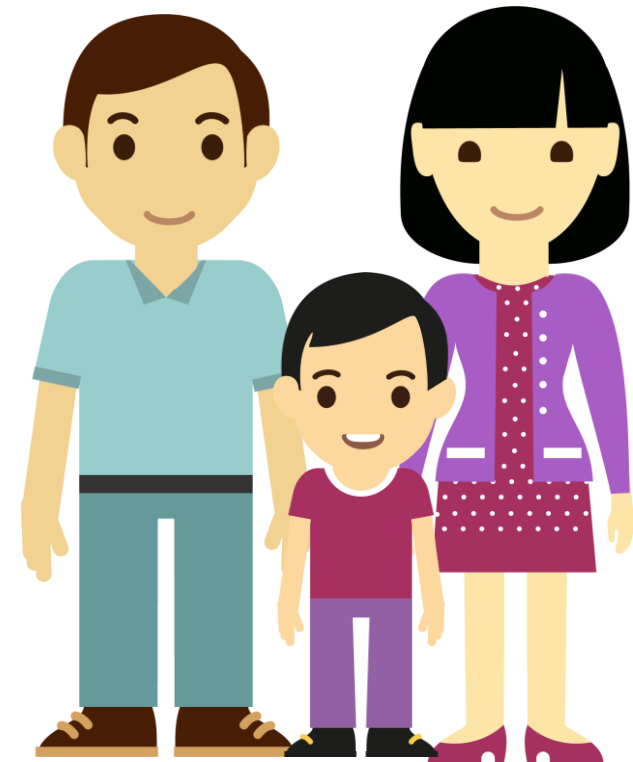
- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



# Report anything that worries them

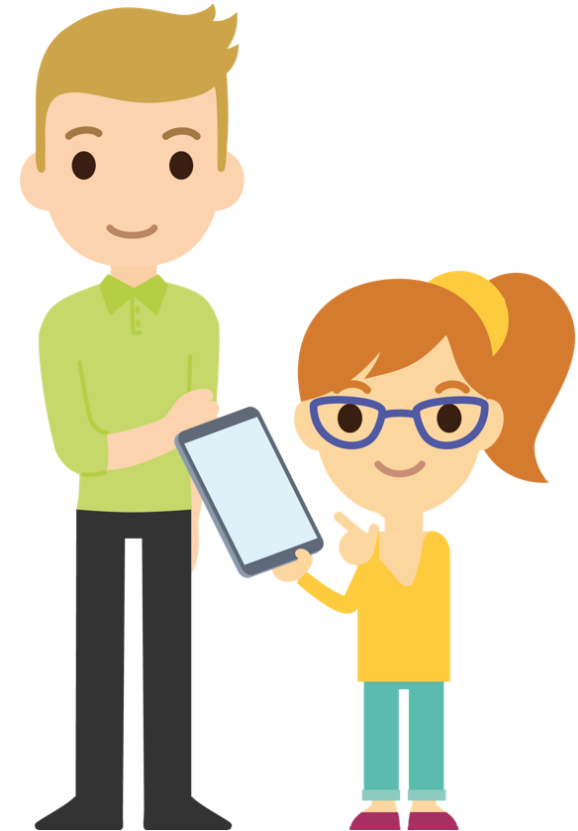


- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them



# Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information





# Thinkuknow resources

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



Parents and carers

# Resources for primary aged children



**4-7s: Jessie & Friends**

**8-11s: Play Like Share  
& Band Runner Game**



# 4-7s: Jessie & Friends



- [Home](#)
- [Get Advice ▾](#)
- [Concerned about your child?](#)
- [How to get help ▾](#)
- [Who are we?](#)
- [Support tools ▾](#)



## Watch Jessie & Friends: online safety education for 4- 7 year olds



This series of three animations aims to give 4-7 year olds knowledge, skills and confidence to help them respond safely to risks they may encounter online.

# 8-10s: Play Like Share



about the game



watch



stay safe



grown ups



need answers



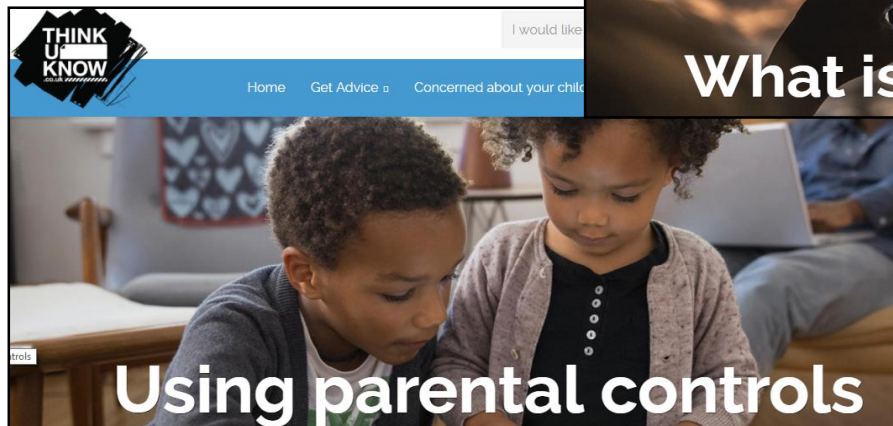
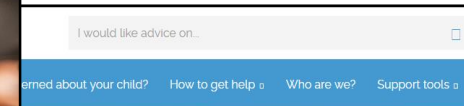
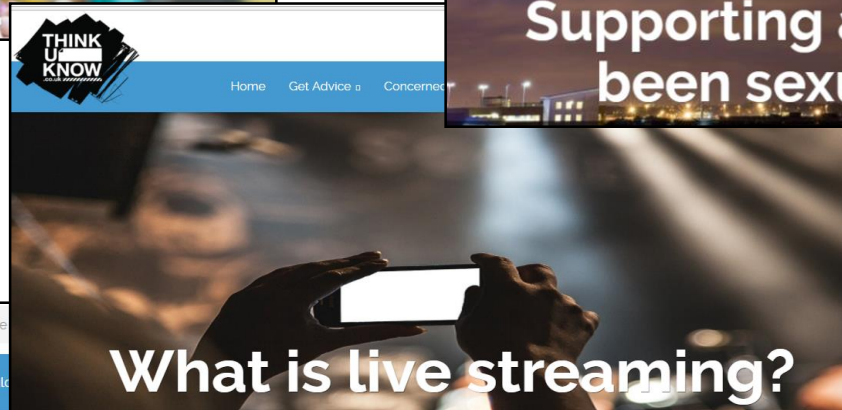
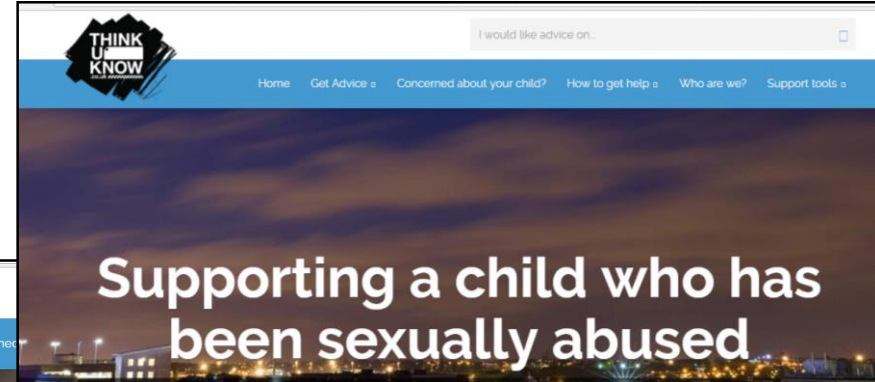
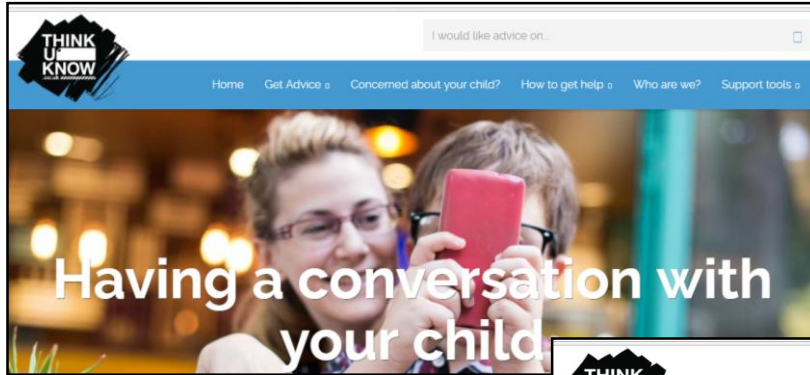
## FILM 1: BLOCK HIM RIGHT GOOD ALFIE!

*Are your kids  
safe online?*

# Band Runner



# Resources for Parents and Carers





# Help and advice for families in a digital world

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

Games, apps  
and tech

Parenting

Safety and  
settings

Relationships  
and sex

Education and  
the future

Health and  
wellbeing

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





Child Exploitation and Online Protection command

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



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

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

### Should I make a report to CEOP? →

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



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

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



### How can CEOP help me? →

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



# Other advice and support services



# Chat little and often

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



# Remind them to report anything worrying

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them

# Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information



# Staying up to date:



@CEOPUK

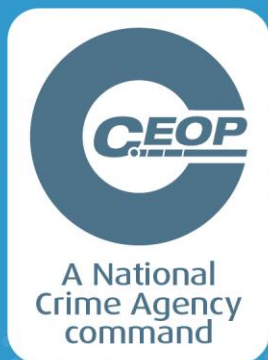


ClickCEOP



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

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



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

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