



Parents and carers

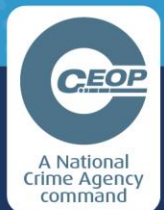
Thinkuknow parents and carers presentation (secondary)

Protect your children from sexual abuse online

www.thinkuknow.co.uk/parents



 **NCA**
National Crime Agency



This presentation will cover:



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



What is Thinkuknow?



Thinkuknow is the education programme provided by NCA-CEOP.

Thinkuknow offers resources for different audiences:

4-7

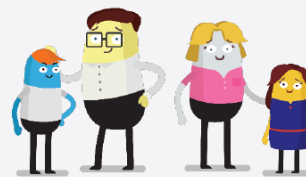
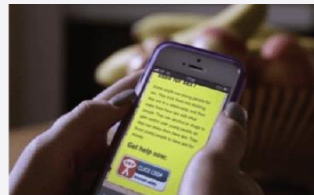
8-10

11-13

14+

Parents
and
Carers

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



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

Talk to your teenager



- 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



The World Changes. Children Don't.



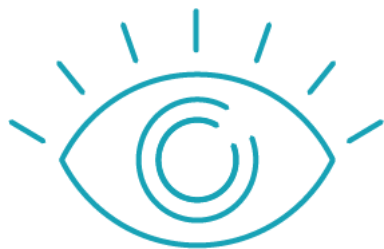
Understanding apps and games



Sharing



Chatting



Viewing



Friending

Sexual exploration online



- Exploring friendships online *can* create opportunities for young people to gain support.
- It's natural for young people to start exploring their sexual feelings online.
- Risk-taking is a normal part of growing up.

“I think a lot of difficult conversations can be easier by Messaging ‘cos it’s easier to have a bit of time to think... Like, so you’re not really on the spot, you can just have a bit of time to think. And you can stay a bit more calm.” **Young person, 14**

“Being able to find people online is, like, an easy way to test the waters. To, like, experiment or to, like, reaffirm your own sexuality and stuff like that.” **Young person, 15**



Sharing images



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

- As part of a committed and trusting relationship
- As a way to flirt with someone
- For affirmation or seeking attention from someone they like
- Because they feel other young people are doing it
- For a joke
- Because they have been pressured, manipulated or coerced into doing so



Sexual abuse online



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



#WhoisSam?



What can you do?



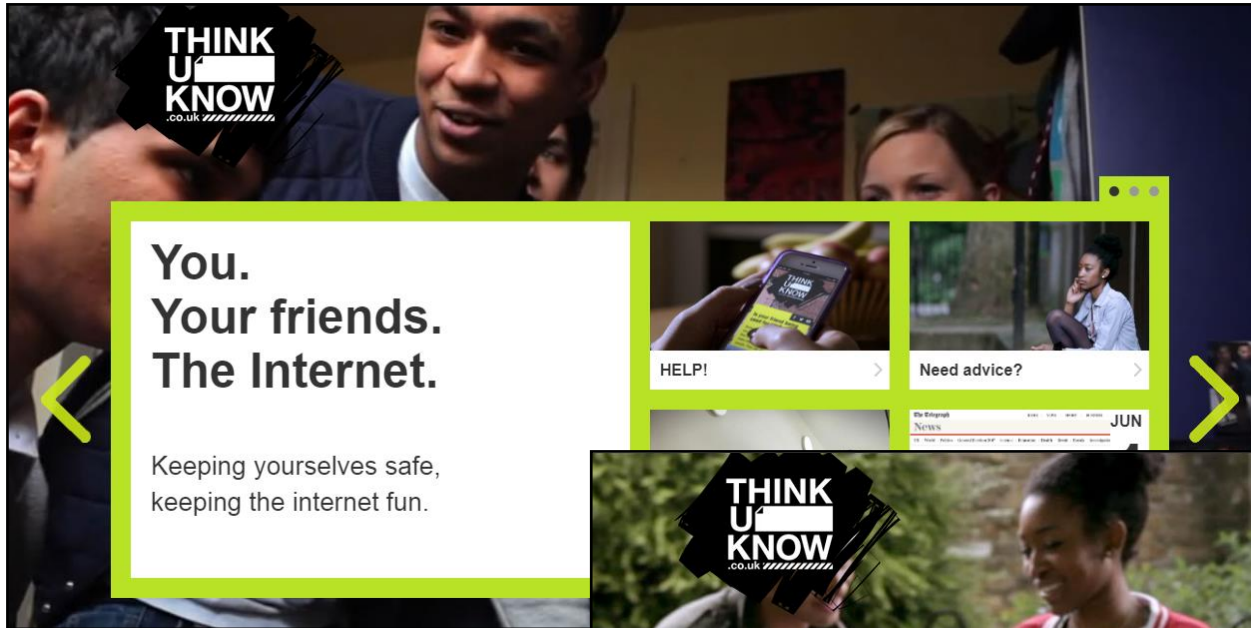
- Talk to your child about their life online.
- Make sure your child knows that they will never be blamed.
- Don't threaten to ban technology.

Practical steps you can take

- Direct your child to age appropriate information about relationships and sex .
- Report any concerns to local police, CEOP or the NSPCC.



Thinkuknow teen websites



THINK U KNOW
.GO.UK

You. Your friends. The Internet.

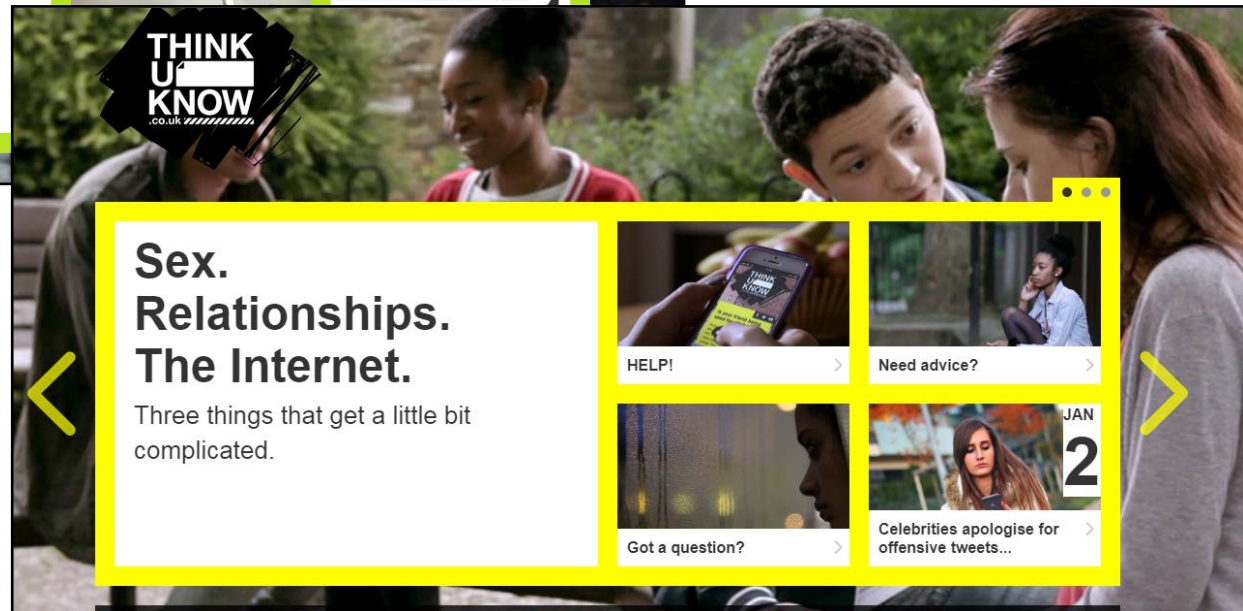
Keeping yourselves safe,
keeping the internet fun.

HELP! >

Need advice? >

News JUN

This block features a background image of a young man in a dark jacket looking at a smartphone. A large, light green rectangular box is overlaid on the image, containing the text and navigation elements. The box has a white background and a green border. The text is in a clean, sans-serif font. The navigation elements are small, white rectangular buttons with black text and a right-pointing arrow.



THINK U KNOW
.GO.UK

Sex. Relationships. The Internet.

Three things that get a little bit
complicated.

HELP! >

Need advice? >

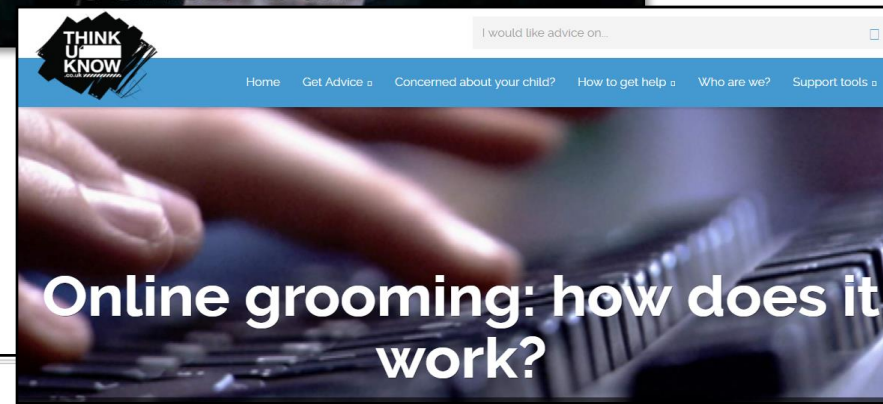
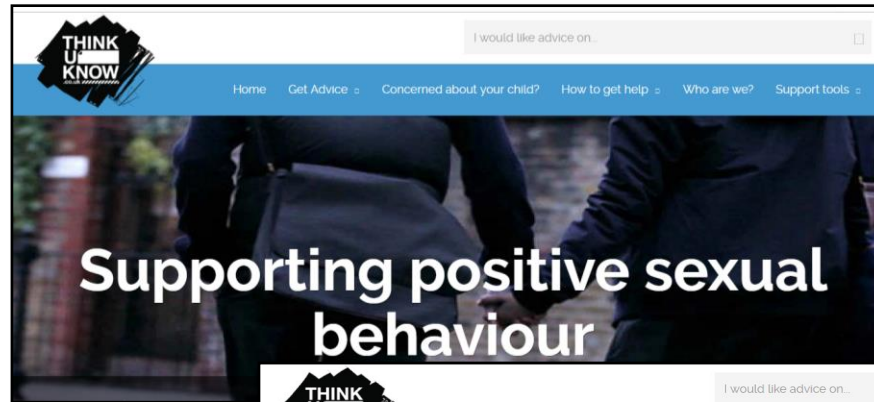
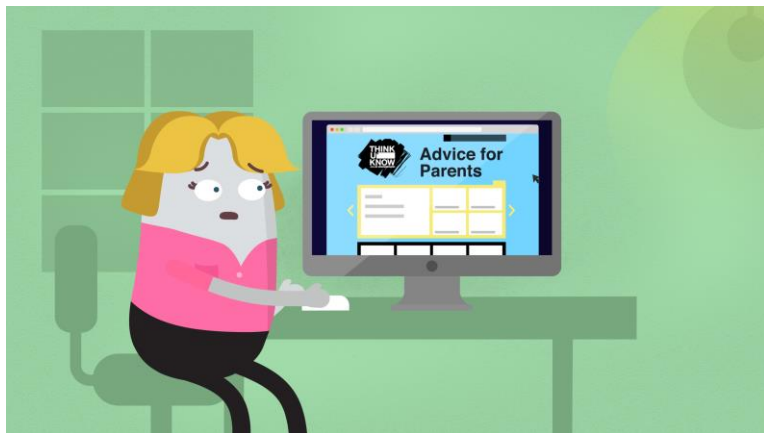
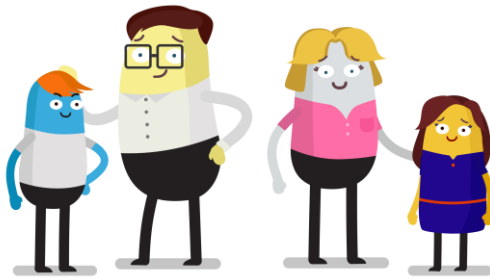
Got a question? >

Celebrities apologise for
offensive tweets... >

JAN 2

This block features a background image of three young people (two girls and one boy) looking at a smartphone. A large, yellow rectangular box is overlaid on the image, containing the text and navigation elements. The box has a white background and a yellow border. The text is in a clean, sans-serif font. The navigation elements are small, white rectangular buttons with black text and a right-pointing arrow.

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



This image shows the top portion of the CEOP website. At the top left is the CEOP logo, which includes the text 'Child Exploitation and Online Protection command' and 'A National Crime Agency command'. To the right of the logo is a red button with a white icon of a person running and the text 'Quick exit'. Below the navigation bar, the main heading reads 'Are you worried about online sexual abuse or the way someone has been communicating with you online?'. Underneath this is a sub-heading: 'Make a report to one of CEOP's Child Protection Advisors'. There are three columns of content, each with a heading and a right-pointing arrow: 'Should I make a report to CEOP?', 'What happens when I make a report?', and 'How can CEOP help me?'. Each column contains a short paragraph of text and a small illustration at the bottom.



This image shows a dropdown menu on the CEOP website. The text 'I am a child or a young person' is underlined, and a blue dropdown arrow is visible to its right. Below this, the text 'What happens when I report?' is also underlined. A dropdown menu is open, showing three options: 'a parent', 'a worried friend', and 'a concerned adult'. To the right of the dropdown, there is a blue curved arrow pointing to the dropdown arrow and the text 'You can change who you would like to see information for here'.

Staying up to date:



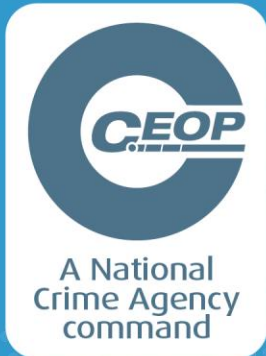
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www.thinkuknow.co.uk
www.thinkuknow.co.uk/parents



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.