Where can I get help?

- **Make sure they know where to go for support**: let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.

- If you or your child are **worried about anything you have seen online**, report it immediately to the site or platform where you saw it. Once you have done this, you can report to Report Harmful Content.

- You can make a report directly to CEOP if something has happened online which has made you feel unsafe, scared or worried.

- If your child comes to you for help, **Reassure them that they've done the right thing by telling you**: make sure they know they are not to blame for what has happened and they have done the right thing to ask for your help.

- **Keep the evidence** of offending emails, text messages or online conversations. Remember never view, copy, print or share an indecent image of a child.

Financially motivated sexual extortion

What is it?

Financially motivated sexual extortion is a type of online blackmail often known in the media as 'sextortion'. Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Sharing nudes or semi-nudes

It is an **offence to make, distribute, possess or show nude or semi-nude images** involving anyone aged under 18, even if the content was created with the consent of that young person.
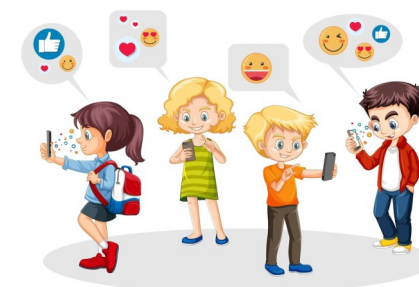
Make sure your child knows where to report: remind your child how you can help them to report an incident. You can use Report Remove or Take It Down to report images that have been shared. They will help your child to get the image removed.

West Norfolk Academies Trust

Internet & Mobile Phone Use

A Guide for Parents & Carers

The internet & mobile phones

Children use technology in amazing ways to do amazing things. Technology opens up new possibilities that many of us never had when we were growing up. With the power of the Internet, children can create their own websites, music, videos, photographs and upload and share these online with friends, family or the whole world. Thanks to mobile phones, laptops and handheld devices such as portable music players and games consoles they can access the Internet from any location at any time.

However, we need to understand what they are doing and what potential risks they may face. Some people abuse the anonymity that the internet provides and potential risks include:

- Grooming—adults using the internet to meet young people

- People lying to others online

- Cyberbullying using the internet and social media

- Seeing inappropriate images

- Viruses and pop ups

- Self generated risks such as giving away personal information.

Safety starts with you

As a parent, there's plenty you can do to keep your child safe online.

It's important to have frequent, open and non-judgemental conversations with your child about relationships and being online to build trust and support them if something goes wrong. Here are some tips about how to approach this:

- Chat regularly about their life online: have ongoing conversations with them about their life and time online. Continue to take an interest as they grow.

- Review privacy settings: talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them.

- Together with your children, draw up a set of responsible rules about using the Internet that the whole family agrees to. Think about what is reasonable for the age of your children, and make sure your children are balancing the amount of time they spend online with the amount of time they spend on other activities.

- Make sure your children understand the importance of keeping personal information safe.

- Keep the family computer in an area where you can keep an eye out for inappropriate content. Remember that children can also access the Internet from other devices such as mobile phones, portable music players and games consoles. Consider installing suitable safety software that will alert you if they do something that might put them in danger.

App Age Restrictions

Explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.

13+
- Facebook
- Snapchat
- Instagram
- Twitter
- TikTok
- Kik
- YouNow
- Yubo
- House Party
- Monkey

16+
- WhatsApp

17+
- Sarahah
- YOLO

18+
- MeetMe
- LiveMe