

## **Parents, don't panic. You can help your child stay safe online**

### **Three ways to open a conversation:**

1. I know some young people talk about sex and even share sexual images online – what do you think about this?
2. Has anything ever happened to a friend online that's worried you?
3. What are the things that you do to keep yourself safe online?

### **Three things to say in the conversation:**

1. Never share an image or do anything on a webcam you wouldn't be happy for family or friends to see.
2. If someone threatens you online tell someone you trust. You can talk to me about it and I'll understand.
3. If you do get into problems online, it's never too late to get help. We will understand. You won't be blamed.

### **Three things to do if your child tells you they've been blackmailed:**

1. Believe your child and tell them you believe them. Their experience needs to be acknowledged and understood.
2. Don't blame them, and tell them you don't blame them. Even if they've engaged in risky behaviour – risk-taking is a normal part of adolescent development
3. Don't immediately ban them from the internet. Although you may need to take short-term safety steps, the best way for children to stay safe is by learning how to negotiate the online world.

Remember if your child has been hurt online, you'll also be affected. Find someone outside the situation to talk about how you're feeling.

- If your child does disclose they're being abused online or you're worried they might be, you can report it to Ceop at [ceop.police.uk](https://www.ceop.police.uk)

Extracted from theguardian.com, Jonathan Baggaley