



Parents and carers

# Thinkuknow parents and carers presentation (secondary)

Protect your children from sexual abuse online

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



# 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

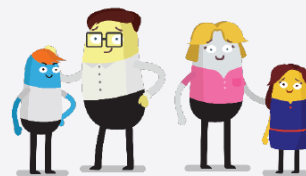
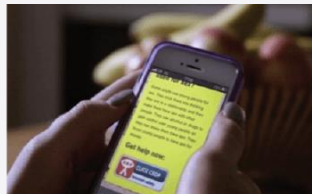
8-10

11-13

14+

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

Parents and Carers



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



Click below to play video:

# Romeo & Juliet

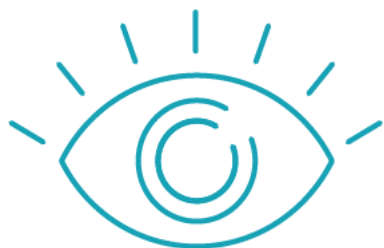
# Understanding apps and games



**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**  
.CO.UK

## You. Your friends. The Internet.

Keeping yourselves safe,  
keeping the internet fun.

HELP! >

Need advice? >

Dr English News JUN

This block features a background image of a young man and woman looking at a smartphone. A large, light green rectangular box is overlaid on the image, containing the text 'You. Your friends. The Internet.' and 'Keeping yourselves safe, keeping the internet fun.' To the right of this box is a smaller, white rectangular area with a light green border, containing two smaller images: one of a hand holding a smartphone with the text 'HELP!' and a right-pointing arrow, and another of a young woman sitting on a bench with the text 'Need advice?' and a right-pointing arrow. Below these are two more images: one of a smartphone screen showing 'Dr English News JUN' and another of a young woman looking at a smartphone. The entire block is framed by a light green border with arrowheads on the left and right sides.

**THINK U KNOW**  
.CO.UK

## Sex. Relationships. The Internet.

Three things that get a little bit  
complicated.

HELP! >

Need advice? >

Got a question? >

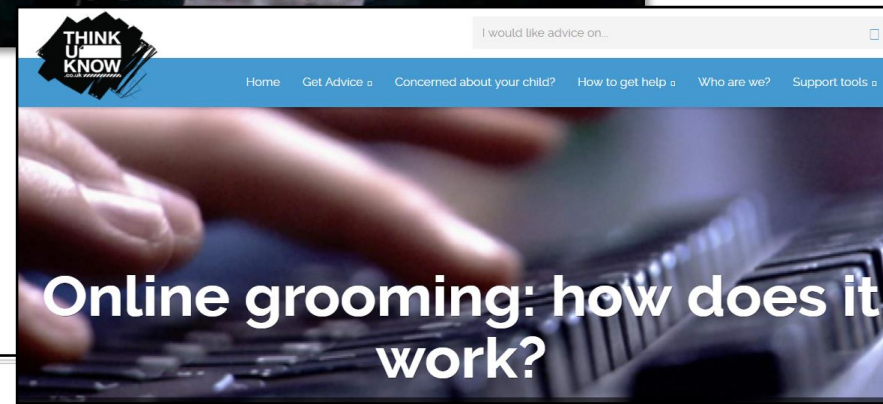
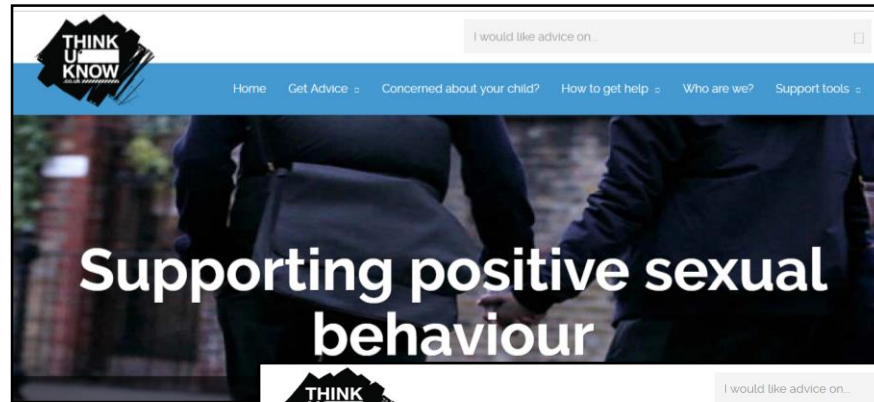
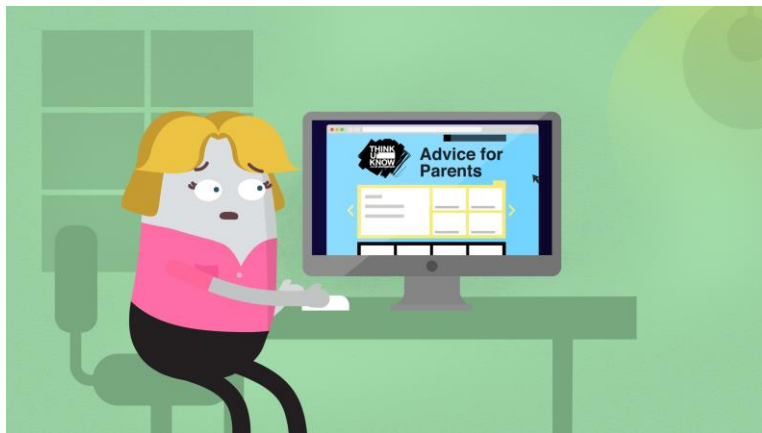
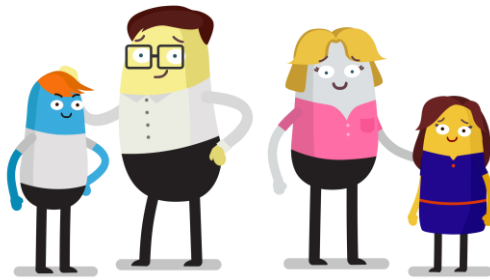
Celebrities apologise for  
offensive tweets... >

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 'Sex. Relationships. The Internet.' and 'Three things that get a little bit complicated.' To the right of this box is a smaller, white rectangular area with a yellow border, containing four smaller images: one of a hand holding a smartphone with the text 'HELP!' and a right-pointing arrow, one of a young woman sitting on a bench with the text 'Need advice?' and a right-pointing arrow, one of a smartphone screen showing 'JAN 2' and the text 'Got a question?' and a right-pointing arrow, and one of a young woman looking at a smartphone with the text 'Celebrities apologise for offensive tweets...' and a right-pointing arrow. The entire block is framed by a yellow border with arrowheads on the left and right sides.



# 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 screenshot shows the main landing page 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'. At the top right, there is a red 'Quick exit' button with a white icon of a person running. The main heading asks, 'Are you worried about online sexual abuse or the way someone has been communicating with you online?'. Below this, it says 'Make a report to one of CEOP's Child Protection Advisors'. There are three main content boxes: 'Should I make a report to CEOP?', 'What happens when I make a report?', and 'How can CEOP help me?'. Each box contains a brief description and a right-pointing arrow. The bottom of the page features a blue decorative wave with icons of a computer monitor, gears, a pencil, and a speech bubble.



This screenshot shows a dropdown menu on a reporting form. The text 'I am a child or a young person' is followed by a blue dropdown arrow. A white 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 back to the dropdown arrow, with the text 'You can change who you would like to see information for here'. Below the dropdown, the text 'What happens when I report?' is visible, with a yellow underline underneath.

# Staying up to date:



@CEOPUK

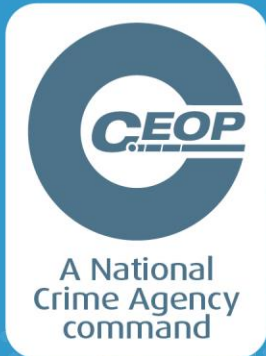


ClickCEOP



[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.x.gsi.gov.uk](mailto:ceopeducation@nca.x.gsi.gov.uk) if you have any queries or feedback on the training you have received.