

## Introduction

### In this issue:

- Introduction
- Six Top Tips
- LGfL
- Help and Advice
- Report Remove
- Sextortion support and resources

The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

February 11th is marked every year as Safer Internet Day. With the national increase in online sexual abuse and cyberbullying, it is more important than ever before that we keep ourselves educated about keeping our young people safe. Please take some time to look at the resources below from some of the national IT and child safety organisations which are produced for parents.



### SIX TOP TIPS

For Parents To Keep Your Children Safe Online

#### SafeguardED

Most parents & carers think their children and young people spend too much time on devices. **DON'T FEEL BAD!** Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.

#### Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



#### Check the safety settings are turned on



Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live' are their posts public? What about safe search and Youtube? See [parentsafe.lgfl.net](http://parentsafe.lgfl.net) for more.

#### Get your children to show you their apps and games



You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced - they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** reviews.

#### Don't try to hide news about scary things in the news



If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel - there is guidance from **Childline** to help you.

#### Remind them of key online safety principles



There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

#### If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at [reporting.lgfl.net](http://reporting.lgfl.net), including ones to tell your kids about (they might not want to talk to you in the first instance).

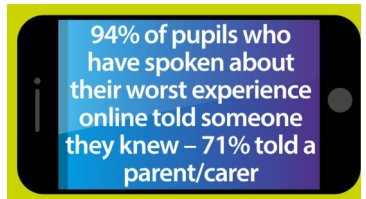


## LGfL

The National Grid for Learning has a large number of resources for parents including videos, information and links to other websites which are especially designed for parents.



Their PARENTSAFE website has lots of useful advice, particularly with respect to safe settings, gaming, controls and monitoring. Their website can be accessed by clicking this link; [parentsafe.lgfl.net](http://parentsafe.lgfl.net)



## Help and Advice

You can always speak to your child's school for advice, but there are many other places to go for help. If you are worried about any child, call the [NSPCC helpline](http://www.nspcc.org.uk). In an emergency, call 999. There are also links for children and young people to get help directly, such as [Childline](http://www.childline.org.uk) or [The Mix](http://www.themix.org.uk) (for 13-25s).

## What is Report Remove?

**Report Remove** is a tool that allows young people to report an image or video shared online, to see if it's possible to get it taken down. Provided by Childline and IWF, it keeps the young person informed at each stage of their report, and provides further support where necessary. To use Report Remove, children just need to follow three steps:

- 1) Follow the instructions to confirm their age. If they're 13 or older, they can choose to prove their age using an age verification service called Yoti, though this is optional. They will need some ID if they want to do this.
- 2) Log in or create a Childline account so they can receive updates on their report.
- 3) Report and remove: share the image or video securely with the IWF, where a specialist analyst will review it and work to have it removed if it breaks the law. They will give it a digital fingerprint to help spot the image or video across the internet and take it down.



Nude image of you online?  
We can help take it down.

Childline will let the young person know the outcome of their report and provide further support where needed. And they're always welcome to speak to a counsellor about how they feel, whether online via 1-2-1 chat and Childline email, or via the free confidential helpline on 0800 1111. More information about how each of the different ways to speak to a Childline counsellor can be found at [www.childline.org.uk/get-support](http://www.childline.org.uk/get-support)

# Sextortion by the numbers

Sextortion is a serious crime where someone threatens to expose sexual photos to gain something from the victim, usually financially or sexually.



The following websites have a large number of resources and lots of advice for parents and young people who are worried about sextortion or who have been victims of sextortion.

The conversation nobody wants everyone needs to have with their kids.

**TALK**



Our [TALK checklist](#) offers parents, carers and guardians advice on how to have useful conversations with your child.



The [UK Safer Internet Centre](#) provides helpful advice to help children and young people stay safe online and specific guides for [parents and carers](#).



Education from the National Crime Agency

[CEOP Education](#) provides a variety of guidance for children, parents/carers and professionals working with young people



[Childnet](#) offers helpful advice and guidance on how to stay safe online as well as info on [exploitation, coercion and threats](#).



[NSPCC](#) offers advice for parents on how to keep their children safe from online and in-person abuse and a [helpline](#) if you're concerned about a child's safety or wellbeing



The [Children's Commissioner](#) has a hub of information on a variety of topics including a guide for parents on [talking to your child about online sexual harassment](#).

**Parents Protect**

Together we can prevent child sexual abuse

[Parents Protect](#) provides advice and support to help parents and carers protect children from sexual abuse and exploitation.

**internet matters.org**

[Internet Matters](#) helps parents keep their children safe online with information and advice including practical steps to set up

**REPORT HARMFUL CONTENT**

[Report Harmful Content](#) can help you to report harmful content online by providing up-to-date information on community standards and links to the reporting facilities across multiple platforms

**VS VICTIM SUPPORT**

[Victim Support](#) is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.



**Marie Collins Foundation**  
Supporting recovery from technology-assisted child sexual abuse

The [Marie Collins Foundation](#) offers free support for victims and survivors of sexual abuse. Specialist staff can offer someone to talk to, support and practical advice.