



Parents and carers

Thinkuknow parents and carers presentation (secondary)

Protect your children from sexual abuse online

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 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



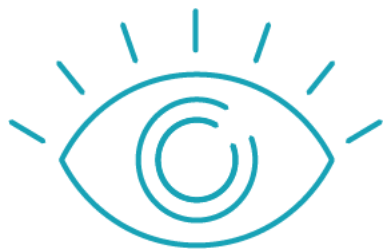
Understanding apps and games



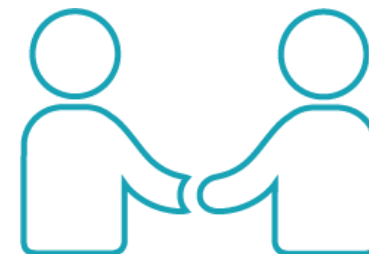
Sharing



Chatting



Viewing



Friending

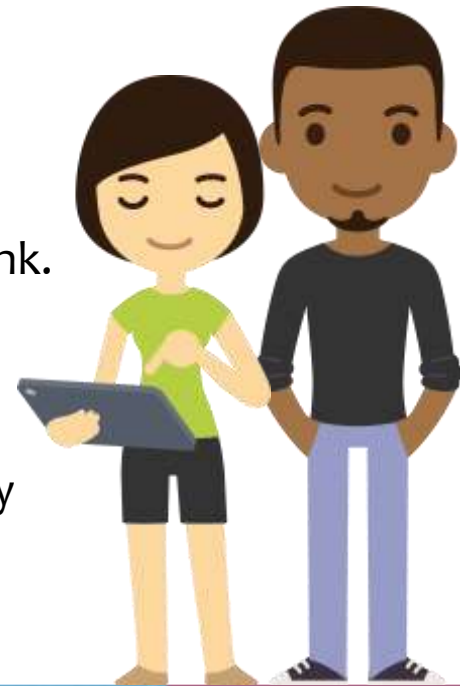
Sexual exploration online



- 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.



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

**You.
Your friends.
The Internet.**

Keeping yourselves safe,
keeping the internet fun.

HELP! >

Need advice? >

JUN

This image shows a screenshot of the Think U Know website interface. It features a green header with the 'THINK U KNOW' logo. Below the header is a main title 'You. Your friends. The Internet.' and a subtitle 'Keeping yourselves safe, keeping the internet fun.' To the right of the text are two interactive buttons: 'HELP!' and 'Need advice?'. Below these buttons are two small thumbnail images: one showing a person holding a smartphone and another showing a person talking on a mobile phone. The interface is framed with a green border and includes left and right navigation arrows.

THINK U KNOW

**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 image shows a screenshot of the Think U Know website interface. It features a black header with the 'THINK U KNOW' logo. Below the header is a main title 'Sex. Relationships. The Internet.' and a subtitle 'Three things that get a little bit complicated.' To the right of the text are four interactive buttons: 'HELP!', 'Need advice?', 'Got a question?', and 'Celebrities apologise for offensive tweets...'. Below these buttons are four small thumbnail images: one showing a person holding a smartphone, one showing a person talking on a mobile phone, one showing a person's profile, and one showing a woman's face. The interface is framed with a yellow border and includes left and right navigation arrows.

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



A screenshot of the CEOP website's landing page. At the top left is the CEOP logo and the text 'Child Exploitation and Online Protection command'. At the top right, there is a red button that says 'Click here' with a small icon of a person running. The main heading in the center reads 'Are you worried about online sexual abuse or the way someone has been communicating with you online?'. Below this is a sub-heading: 'Make a report to one of CEOP's Child Protection Advisors'. There are three columns of text, each with a heading and a sub-heading, followed by a brief description and an icon. The first column is 'Should I make a report to CEOP?', the second is 'What happens when I make a report?', and the third is 'How can CEOP help me?'. The bottom of the page features a blue background with various icons like a computer, gears, a lightbulb, and speech bubbles.



A screenshot of a web form. The text 'I am a child or a young person' is followed by a blue dropdown menu with a white downward arrow. Below this, the text 'What happens when I report?' is displayed. 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 menu and the text 'You can change who you would like to see information for here'.

Staying up to date:



@CEOPUK



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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.