

# KEEPING CHILDREN SAFE

**A Guide for Parents and Carers**



As adults, it is our responsibility to keep children's safe – we want our children and those we look after to be healthy and happy and to develop well both physically and mentally. Above all, it's also instinctive that we want kids to be safe.

Children learn through exploration and natural curiosity, and it is part of our job as parents and carers to encourage that. However, as our children grow up, develop and discover new experiences, we have to take more and different steps to ensure their safety.

Until their understanding and instincts catch up with their curiosity, our children need to be protected from everyday dangers – whether crossing the road, in and around the home, trying new foods or talking to new people they meet.



Hounslow Safeguarding Children Board

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## ONLINE SAFETY

Many children and teenagers spend a lot of time on the computer or their mobile phone, which may have Internet access. The Internet is a fabulous and exciting way of communicating, learning, and entertaining. However, we need to make sure that our children are using it safely.

Some adults who want to abuse children use the Internet to access them. They are clever and know how to approach potential victims, often posing as children themselves.

Pornography can be accessed via the Internet, as well as other offensive, inappropriate or illegal material such as extremist, racist, pro-suicide or eating disorder websites. Emails, Internet chat rooms, web cams,

online gaming and mobile phones can be used to bully (cyberbullying) and exploit children and to send them inappropriate images. Children can be bullied because of their race, sexuality, ability or for other reasons children and young people can be exploited financially through scams and online gaming.

This leaflet offers parents basic information about 'Sexting', Apps, Consent, Respect and Sexual exploitation. It also explains some of the helpful and safe websites parents can access to educate themselves and to help you to educate children about keeping safe online and in the real world.

Talk to children and prevent them coming to harm.

## ONLINE SAFETY - support for parents

Whether you're unsure about what happens online or are up to speed with new technology, it's important that you talk to your child about staying safe. You don't need to be a technical expert and there are loads of sources of support to help you

have regular conversations with your children.

Never underestimate the impact that talking to your child can have in keeping them safe.

## SEXTING... what is it?

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Sexting is when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages.

It may feel awkward, but it's important to explain to children the risks of sexting, how to stay safe and remind them that they can talk to you if something ever makes them feel scared or uncomfortable.

Lots of children have sent intimate pictures of

themselves on their phones. They don't realise that the pictures can then be used against them. Some children are pressured to share intimate pictures. Children may not realise they could be committing a crime by sharing or forwarding indecent images of children even if this is photo of themselves. It is important to know which Apps your children use and to advise them about online safety. Know the risks and how to use privacy settings.

## O<sub>2</sub> 😊 NSPCC Net Aware )))

[www.net-aware.org.uk](http://www.net-aware.org.uk)

Do you feel that your children know more about apps, sites and games than you do? Net Aware is your guide to the most popular social networks young people are using. Reviewed by 500 parents and 1720 young people, Net Aware provides parents with the information they need to understand their child's online world and help them keep their children safe online.

For advice and support on setting up parental controls, adjusting privacy settings, understanding social networks and more visit [nspcc.org.uk/onlinesafety](http://nspcc.org.uk/onlinesafety) or call the FREE online safety advice line on **0808 800 5002**.

## Parents Protect!

Together we can prevent child sexual abuse

[www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)

Parents Protect believe that child sexual abuse is preventable, not inevitable. There is much that parents can do to help protect children from harm by taking some simple steps. Youngsters are immediately safer when parents and carers take time to understand potential risks and take protective measures. Creating a family safety plan

is a great first step in helping to create a protective environment for children and young people.

Visit [www.parentsprotect.co.uk](http://www.parentsprotect.co.uk) to a dedicated helpline, an online parent's course, resources and guides to help you talk to your children about preventing sexual harm to themselves and others.

## Pace

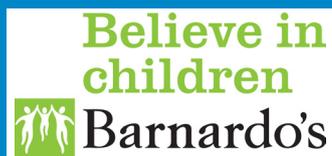
Parents against  
child sexual exploitation

[www.paceuk.info](http://www.paceuk.info)

Sexual exploitation has been in the news a lot but most young people and many parents still don't know what it is, or how young people are 'groomed'. Many people think of older men doing this. In Hounslow we know that children are most likely to be groomed by someone their own age or slightly older rather than by an adult. They might also be groomed by a girl who is controlled by someone else.

Visit [www.paceuk.info](http://www.paceuk.info) for a 15 minute online course for parents to spot the risks of sexual exploitation and protect your children.

**Confidential help and advice:**  
**0113 240 5226**



[www.barnardos.org.uk](http://www.barnardos.org.uk)

## Wud U? APP

Wud U? Is a free educational tool that aims to show young people the behaviours that could put them at risk of being sexually exploited, through illustrated, interactive stories.

Visit [www.barnardos.org.uk](http://www.barnardos.org.uk) so you can download the app now!



**London Borough  
of Hounslow**

[fsd.hounslow.gov.uk](http://fsd.hounslow.gov.uk)

## HOUNSLOW COUNCIL'S FAMILY SERVICE DIRECTORY

Visit [fsd.hounslow.gov.uk](http://fsd.hounslow.gov.uk) to Hounslow's Family Service Directory of local services for children and young people and more information about national websites and phone lines.

harm. Use this information to anticipate some of the possible risks facing all children today and help to prevent your child being bullied online, abused or exploited.

You can do a lot to prevent your child coming to

**Safeguarding is everyone's responsibility.**

# NSPCC

[childline.org.uk](http://childline.org.uk)

[help@nspcc.org.uk](mailto:help@nspcc.org.uk), Text: 88858, call: 0808 800 5000

## WORRIED ABOUT A CHILD?

**Contact the NSPCC Helpline for 24/7 help, advice and support.**

**Know a child that may want to talk about any of the issues raised in this leaflet?** ChildLine is there for them.

the worry, whenever they need help, however they want to get in touch. We're here for them online, on the phone, anytime.

ChildLine is a free, private and confidential service where young people can be themselves. Whatever

**Confidential help and advice: 0800 1111  
or [childline.org.uk](http://childline.org.uk)**

## Further information you may find useful

### DOMESTIC ABUSE – Signs, symptoms and effects

It's often difficult to tell if domestic abuse is happening, because it usually takes place in the family home and abusers can act very differently when other people are around. Children who witness domestic abuse may;

become aggressive, display anti-social behaviour, suffer from depression or anxiety. They also may not do as well at school.

### CONSENT –

#### Young people tell us they don't learn enough about consent

Making safe choices can be difficult for young people. It is easy for young people to be manipulated by those older than themselves and be pressured into becoming sexual when they are not ready. This applies to boys and girls. You can help your pre-teen and teenage children

to think about how to navigate this tricky time of life and help them prepare to stand up for themselves safely if they feel pushed to do things they are not comfortable with.

### Resources for parents and young people

**Follow this link** to a humorous three minute animation that explains what consent means by using a cup of tea! This will allow you to talk to teenage boys and girls about choice and force using a light hearted approach.

[www.youtube.com](http://www.youtube.com)

This was made by the same film makers and is suitable for primary school aged children.

[www.youtube.com/primary](http://www.youtube.com/primary)

Follow the links the to short films 'Listen to your selfie' from ChildLine. The films show young boys and girls in

a risky sexual situation and how they might make safer choices they are comfortable with. Watch the films yourself and then perhaps watch with your child and talk about their right to be safe and to choose instead of being pressured and manipulated.

**Lara's Story**

Follow this link to a Home Office website offering information and support about respect in relationships. It includes quizzes so young people can identify abusive behaviour in their boyfriend/girlfriend relationships.

**Sarah's Story**