



SEEN SOMETHING INAPPROPRIATE ONLINE

If your child is online, there is always a risk they may come across inappropriate content. Some content may be





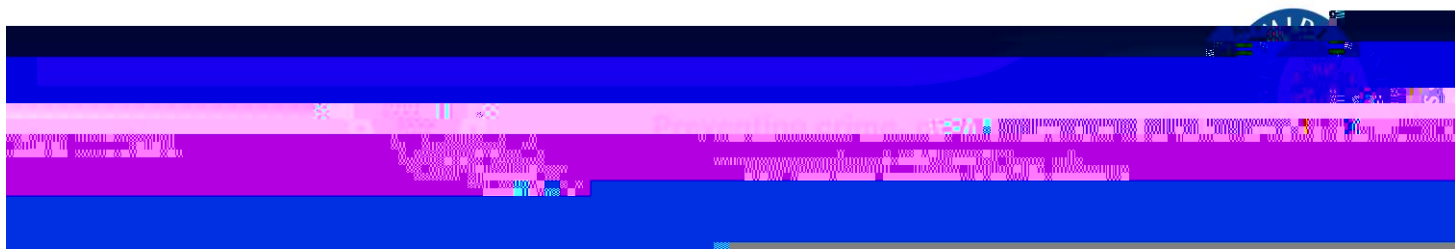
distressed.

Think about how hard it may be for your child to talk to you about what has happened. They may struggle to tell you because they feel overwhelmed or feel they are to blame, especially if they have stumbled across content accidentally. This can result in them feeling embarrassed about what they have seen or what they are going through.

3. Find the right moment to talk and listen to what they say

Many parents are worried they will say the wrong thing to their child and so they say nothing at all. Try to find time to think about what you want to say first, and find the right moment and discuss with your child what they have seen and how it made them feel.

In the first conversation you should: 4(a) 20m () 4(5) 4m) 4(f) (e) (el.) JET (h) (t) 4(Bn yo2) 4(at) 6or







to talk about their positive experiences too – remember most of the time your child enjoys being online.

Review your actions. Talking about whether the actions are working is a great way to help your child think critically about being safe. How are they finding any changes they have made? Do they feel more confident? Are there any things that they need to change?

Seek further support. Your child, or you, may need further help and support. For example, if you are worried about inappropriate sexual behaviour for their age, you could discuss your concerns with your child's teacher or the person in charge of safeguarding at their school.

