HEDINGHAM SCHOOL
AND SIXTH FORM

A Parent's Guide

Child Sexual Exploitation

SAFE

It's natural for teenagers to have moods and become more secretive as they move through adolescence towards independence. But if your teenager is displaying other unusual behaviour, this could be a sign that they aren't just at an awkward age - there could be something seriously wrong

We have highlighted signs of risky behaviour and where to get help if you are worried about your teenager. If your teenager shows one of these signs in isolation, there may not be cause to worry. But the more signs that you identify, the greater the risk that something is seriously wrong.

You should share any concerns you have with the school and the police

Being groomed or sexually exploited is sometimes called,
Child Sexual Exploitation or CSE

Online-Grooming
It is easier for sexual predators to groom teenagers online as it is faster, they remain anonymous and teenagers are more likely to trust an online 'friend' more quickly than one they meet face-to-face. The following may be signs that your teenager is being groomed online.

- **They want to spend more time on the internet.**
- **They are secretive about who they are talking to online and what sites they visit.**
- **They switch screens when you go near a computer.**
- **They use sexual language you wouldn't expect them to know.**
- **When on the phone or texting they use acronyms that you may not understand such a PIR (parent in room).**

Where to get help
- **Your local police – If your child is in immediate danger call 999 or if not, call the non-emergency number in a phone directory or online.**
- **Your local children's Social Services 0345 6037627.**
- **NSPCC Helpline 0808 1000 900 (9am -9pm Monday – Thursday or 9am – 5pm Friday).**
- **Childline 0800 11 11.**
- **Child Exploitation and Online Protection (CEOP) Centre, 0870 000 3344.**
- **Parents Against Child Sexual Exploitation (PACE), 0113 240 5226.**

If you completely ban the internet, this can only last for so long. Therefore, at some stage, you will need to manage their use of the internet again. Advice on this can be found on our E-Safety – Advice to Parents and Carers leaflet which follows the TEAM approach – Talk, Explore, Agree & Manage.

Dialogue
Talk to your child. Share the experience with them and ask them to show you how they use technology.

Be open and encourage them to talk to you.

If your child reports a problem, make sure you support them, report it or seek advice.

Ground Rules

Establish how the internet will be used in your house.

Discuss what should be kept private and the dangers of speaking to strangers on-line.

Know what your child is doing online just as you would offline.

Location

Ideally locate the computer/laptop in a family room and don't allow webcams to be used unless with your consent and always in a family room under supervision.

Consider other devices in your home that allow internet access such as mobile phones and games consoles.

Online Safety

Install anti-virus software, filtering, firewalls and secure your internet connections.

Remember that tools are not always 100% effective and sometimes things can get past them!

Use parental control functions for computers, mobile phones and games consoles if you're not sure how then contact the manufacturer or service provider.

Reporting Concerns

The **Child Exploitation and Online Protection Command**, or **CEOP Command**, is a command of the UK's National Crime Agency (NCA), and is tasked to work both nationally and internationally to bring online child sex offenders to the UK courts. If you are suspicious about someone's behaviour towards a child report to **CEOP**.

www.ceop.police.uk/safety-centre

Unplug and Breath

Sometimes it is important that your child unplugs from social media. It is unhealthy if they are in the on-line world rather than the real world too often. Encourage them to leave their phones out of their bedroom at night and not use them after 8pm.

Dear Smartphone,

I need a vacation from you. Hope the world will be fine without my updates.

Sincerely,
Smart Phone User