

Parents



Your child ...

spends inordinately long online

seems withdrawn, anxious and upset

is not sleeping, eating or seeing friends as usual

gets lots of phone calls from people you don't know

receives gifts from people you do not know

Is always short of money soon after you have given it

spends ages on a webcam in their room

If you suspect your child is communicating with an online troll or sexual predator you could:

First, talk to your child openly about it. Tell them you're worried and have a conversation about online safety. Outline good steps to stay safe. Explain you are always there to help in any circumstances.

Review what is on your child's computer, either through the history or by other means. Notice if he or she immediately closes down a site when you walk into the room. Look at the bottom bar to see which sites are open. Check photos.

Check the caller ID to make sure your child hasn't been calling any numbers you don't recognize.

Monitor any chat rooms or instant message websites your child has been using. If you find abusive chat: Block sender. Save evidence and report it.

Get help: CEOP report abuse buttons are on many websites and are intended for child exploitation and online protection. Report to the website or service provider, report to local police if appropriate.

www.bullyinginterventiongroup.co.uk/bighelp.php has continually updated advice on how to contact providers, websites and other organisations who can help. We add items all the time helping to give you what you might need to get