

How to support a child groomed online

If you suspect your child has been groomed online, they may not tell anyone because they feel ashamed or guilty or simply not realise that they are being abused.

Steps that you can take to help them:

Reassure your child

Talk to your child – Let them know that they are in no way to blame for what has happened and that you are there to help protect them.

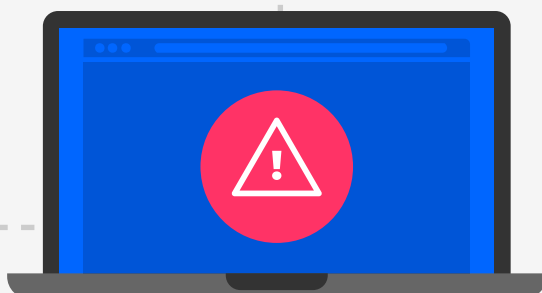


Report it

Report it to the authorities – If you think your child – or another child – could be in immediate danger tell your local police at once.

You can report any concerns about online grooming to the National Crime Agency's CEOP Command.

Report any child abuse images you find hosted by websites to the Internet Watch Foundation.



Get help

Childline

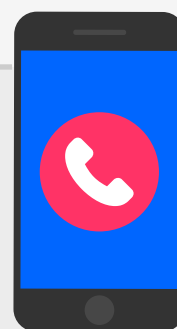
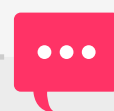
If your child wants to talk to someone in confidence they can call Childline on **0800 1111** or **Get Connected** on **0808 808 4994 (text 80849)**.

NSPCC

You can call the NSPCC's free 24/7 adult helpline on **0808 800 5000**, email **help@nspcc.org.uk** or text **88858**.

Stop it Now!

You can also contact the Stop it Now! helpline (**0808 1000 900**) where you can seek advice anonymously.



**internet
matters.org**