

In Ctrl

Preventing child sexual abuse online

Information sheet for parents and carers

The Service

The In Ctrl programme has been developed by NSPCC to help children and young people have happier and safer lives off and online. It is recognised that keeping children safe online can prove challenging for many parents and carers. Since the COVID-19 lockdown, the NSPCC has received an increasing number of requests for support and advice about keeping children safe online.

The original In Ctrl programme adopts a holistic approach that includes supporting children's offline relationships and emotional wellbeing. It also involves helping parents gain understanding of the potential risks that exist for children online to help them provide the guidance, support and protection needed. The aim of the work is to help build children's digital resilience while increasing parental knowledge and confidence to support and protect their children.

The original service was developed and feasibility tested as a group-work programme, but due to the circumstances around COVID-19, the programme has been reviewed and adapted to work with you and your child on a 1:1 basis offering support that is tailored to your and your child's needs.

Who is it for?

This is a preventative service aimed at preventing child sexual abuse online.

Eligibility Criteria:

- Children aged between 9 and 13 years
- Children for whom there might be some worries about their circumstances and/or emotional wellbeing;
- Children who are experiencing adversity (including due to current COVID-19 situation)

What types of things does the programme support with?

The programme will offer support with things like:

- Friendships, relationships, and family life;
- Social media, online spaces and enjoying life online and offline.

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- Learning about some of the risks online and what you can do to help reduce these;
- Building on the strengths in your relationship with your child;
- Where to get additional help and support.

Support for parents and carers

We understand these are worrying times for parents and carers too and we recognise that you are the best person to offer support and protection to your child. Therefore, alongside the support we offer your child, we will also work with you to help you gain confidence in supporting your child with the common issues faced with being online. We believe the support works best when parents and carers are involved. We will discuss this with you during our introductory meetings to agree how this will work best for you and your family.

We also offer advice and guidance to parents and carers about children being online even where your child does not wish to receive a service from us.

What happens next

If you would like your child to have support from our In Ctrl programme, simply contact your local NSPCC centre and ask to speak with a member of our In Ctrl team.

Alternatively, if your child has a link teacher whilst schools are closed, you can ask them to refer your child to the service. They can do this by contacting us directly using the contact details below.

If your child is being supported by children's social care and has a social worker, then you can ask them to refer your child to the service. Again, they can do this by contacting us directly using the contact details below.

It is important that you and/or your supporting professional speaks with your child to gain their agreement to be referred to the service before making the referral.

Once we have heard from you or your link professional, we will ask for a referral form to be completed so we can gather details about you and your family that will help inform the service we offer you.

Confidentiality

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Sessions are confidential, however, if the practitioner felt someone was being hurt or was in danger they would firstly speak to you and your child if possible, and would then speak to their team manager. If necessary they may also need to inform the police or children's social care. They would tell you and your parent or carer if they had done this. To support your family, we may need to talk to current or previous professionals, such as school, health and social care.

Consent

Once we have received the completed referral form, we will ask you and your child for consent to proceed with the programme. You can withdraw your consent at any time and you do not have to provide a reason for this. We will check in with you and your child in each session to ensure that you are happy to continue with the support.

Complaints

Our In Ctrl practitioner will provide you with a copy of the NSPCC complaints form at the beginning of the work to ensure you are fully informed about how to make a complaint should you be unhappy with anything about the service provided to you and your child.

Contact us

Please note, our NSPCC centres are currently closed to the public. If you want to talk to someone at the NSPCC about In Ctrl, please contact us by phone or email. Contact details are:

NSPCC address:

Telephone:

Email:

NSPCC