

In Ctrl

A service to help you have positive control in your life

The Service

The NSPCC has created the In Ctrl programme to help children and young people enjoy the benefits of being online safely. We do this by working with you and our parent or carer to help build on the things that are working well off and online. We will also help you with things that might be worrying you about being online and help you to know where to get help if you need it.

Who is it for?

We work with children who:

- Are aged between 9 and 13 years;
- Might have some worries about their off or online life;
- Might have some worries/issues because of the current situation with COVID 19.

What types of things does the programme support with?

We will work with you on things like:

- Friendships, relationships, and family life;
- Social media, online spaces and enjoying life online and offline.
- Learning about some of the risks online and who and what can help with these;
- Building on the strengths and happiness;
- Asking for help and information

Supporting parents and carers

Alongside the support for you, we will also be in contact with your parent or carer. This is because we know they are usually the ones who worry about you the most and want to make sure you are as safe and happy as you can be. We think that giving parents and carers information and advice they might be better able to support you and talk to you about any worries you might have - as well as all the fun and exciting bits too.



What happens next

If you would like to be involved in our In Ctrl programme, speak with your parent or carer and ask them to contact your local NSPCC centre.

Confidentiality

Sessions are confidential, however, if the practitioner felt someone was being hurt or was in danger they would firstly speak to you 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 a completed referral form, we will ask you and your parent or carer to give your consent (or permission) to go ahead with the programme. You can change your mind at any time and you do not have to provide a reason for this. We will check in with you and your parent/child in each session 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 so you know how to make a complaint should you be unhappy with anything about working with NSPCC.

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:

Address:

NSPCC

Telephone:

Email: