



Online safety at home:

Parents and Carers Newsletter

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Sexting involves a person sending a sexual image or video to another person. This can lead to extreme embarrassment, distress and anxiety. It is also illegal to incite a person under the age of 18 to take an indecent image of themselves. It is illegal to take an indecent image of a person under the age of 18 and to possess, show or distribute an indecent image of a person under the age of 18. The police do not want to criminalise young people for making a naïve mistake but a good understanding of the risks and the law may help young people make a safer choice, reduce the risks and avoid the distress and potential consequences.

Sharing images and videos

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

The simplest way to have information about your child removed from a website, or app is to contact the site itself. Read [reporting to social media sites](#) for more information.

Sharing images and videos - Sexting

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others. For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parents guide](#).

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Direct your child to age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive, encouraging and safe way. [Thinkuknow](#), [Brook](#), [The Mix](#) and [Childline](#) all provide age appropriate information about relationships and sex that you can signpost your child to.

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.