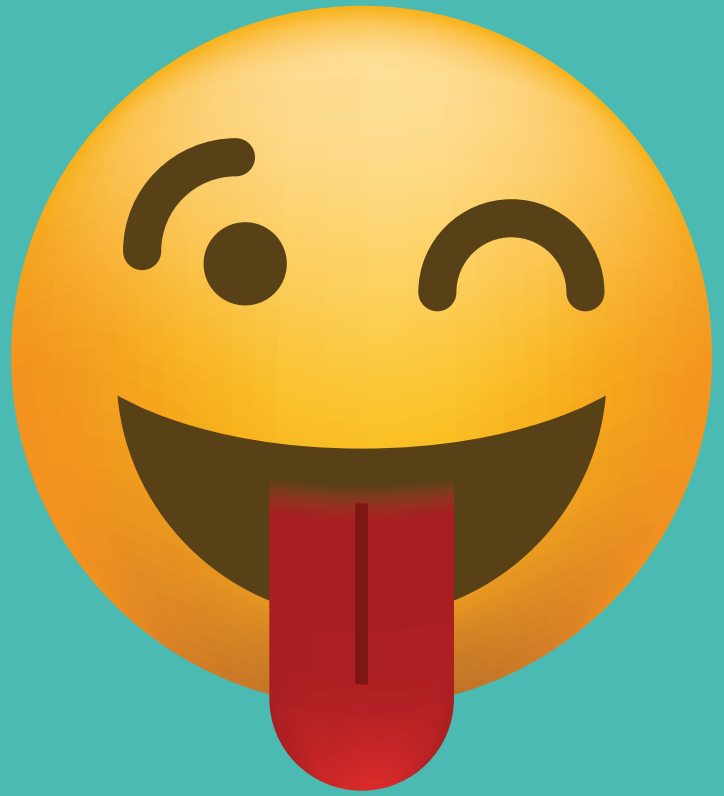


# WHO ARE YOUR KIDS TALKING TO?



## Here are some top tips to help;

- Only allow your child to watch or read online content that is age appropriate. This also goes for phone or tablet apps.
- Don't allow your child to isolate themselves while they're using the internet.
- Young people can take risks and make their accounts public to get more likes.
- Make sure their account is private and encourage them to always think about who they're adding as friends.
- Know who your child is communicating with.
- Teach them the difference between safe secrets and unsafe secrets.
- Be aware of any images they may be sharing online and their behaviour during online video chats.
- Help to keep them in contact with a trusted adult you have met and know well.
- Be aware of any subtle changes in your child's demeanour or behaviour that makes you feel uneasy or suspicious.
- If you feel that someone has inappropriately communicated with your child, don't pressurise your child or young person into giving you more information. Tell the police immediately. They have dedicated officers ready and waiting to help.
- Don't delete any messages, images or other material that you discover on your child's device as it may help a subsequent police investigation. Call the police and let them take it from there.

**If there is an emergency call 999 or call 101 for non-emergency.**

Norfolk Safeguarding Children Partnership (NSCP) is here to help you keep children safe at home. The partnership includes Norfolk Constabulary, Norfolk County Council's Children's Services and Norfolk Children and Young People's Health Service.

**You can also find more support and advice at:**

[norfolkscb.org](http://norfolkscb.org) | [norfolk.police.uk](http://norfolk.police.uk) | [parentsprotect.co.uk](http://parentsprotect.co.uk) | [thinkuknow.co.uk](http://thinkuknow.co.uk) |



Norfolk Safeguarding  
Children Partnership