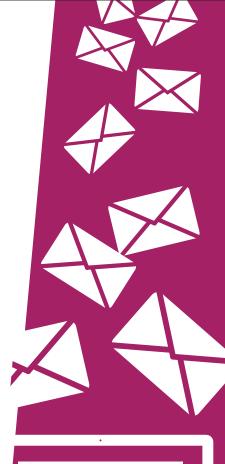
Keeping in touch with friends and talking to people online can be fun, but sometimes people try to form relationships with children or young people for the wrong reasons.

- Discuss boundaries and say you'd like to be friends on social networks.
- Discuss with your child how they choose their friends online.
- Ensure your child knows what to do if someone they don't know contacts them, eg to ask you for advice.
- Ask your child to always tell you if any 'online friends' request to meet them face-to-face.
- Explain to your child that some people pretend to be someone else online, with the aim of **grooming** and abusing children.
- Teach your child that they can come to you or contact ChildLine or CEOP if they are worried about online bullying or inappropriate messages.
- Set relevant parental controls, like how much time they spend online.
- Watch out for potential signs of grooming, like:
 - excessive secrecy
 - signs of panic when the internet is not available
 - owning a new electronic device that they would not have been able to purchase for themselves.

For more help and advice visit

www.nspcc.org.uk/grooming

or contact the NSPCC <u>helpline</u> on **0808 800 5000** to discuss any concerns



YOU ARE PRETTY.
I AM YOUR FRIEND!
LET'S KEEP A SECRET!



