

# Online grooming: how to keep your child safe

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](http://www.nspcc.org.uk/grooming)

or contact the NSPCC **helpline** on **0808 800 5000** to discuss any concerns

