

**EASY READ**

**THSCP Online Safety  
Guidance**

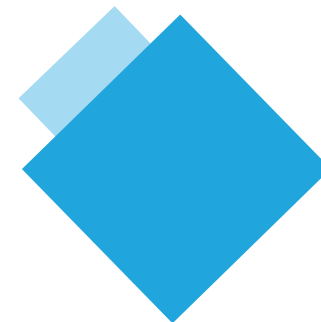
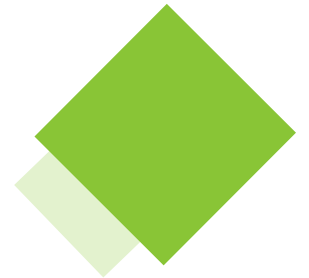
**For Parents and Carers**

**April 2025**

Tower Hamlets  
**Safeguarding  
Children**  
Partnership



Next review date: April 2027



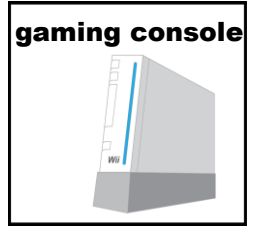
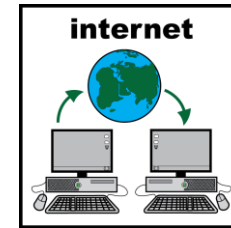
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This document will give you **advice** about some of the **dangers** children might face when using the internet



They might experience these dangers when using their **computer**, **mobile phone** or **gaming console**



In this document you will learn:

- What the **dangers** are
- What **signs** to look out for
- **What to do** if you think your child might be in danger



# Introduction



If you think a child is in immediate danger, contact the police on 999

If you're **worried** about a child, but they **aren't** in immediate **danger** you should:

- Contact local child protection services. In Tower Hamlets you should contact **Tower Hamlets MAST**:
  - Phone: 020 7364 5006, Option 2 or 3
  - Extension: 5606 / 5601 / 5358 / 7796 / 3342 / 7828 / 6469 / 3181
  - Email: **MAST@towerhamlets.gov.uk**
- If you need advice, you can **contact the NSPCC** on **0808 800 5000** or by emailing **help@nspcc.org.uk**.

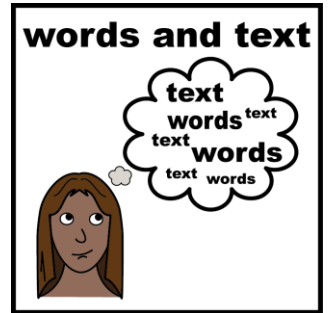


Who do I  
contact in an  
emergency?

There are lots of **words** that are used to speak about the internet that **you might not have heard before**.

Follow this **link** to find out **what some of those words are** and **what the words mean**:

[Glossary for internet safety and terms | Internet Matters](#)

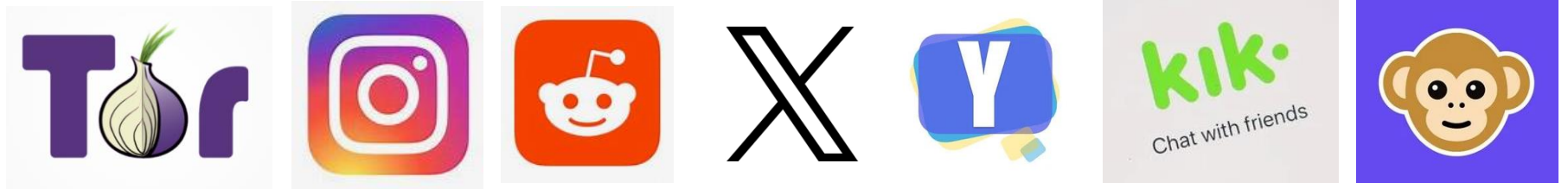
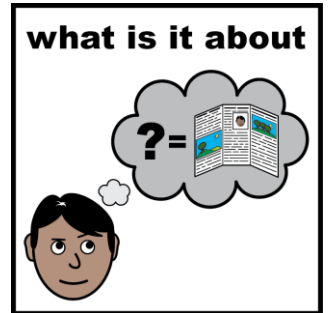


There are also many **apps, social media and gaming platforms** which are **often changing**.

It can be **hard to understand** what your child is doing on these platforms.

You can find out more about them here:

[Apps and Platforms | Internet Matters](#)



What does  
that word  
mean?

# What is the law?

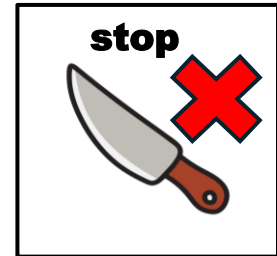
In the UK, we have the **Online Safety Act 2023**, which tells social media companies and other platforms **what to do to keep children safe**

This includes:

Stopping **illegal activities and content**, like the sale of **drugs** or **weapons**

Keeping children safe from harmful content, like **violent** or **sexual** images

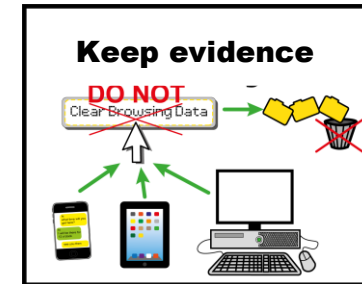
**Punishing** companies who **do not obey the law**, with **fines** or by **taking them to court**



# What can I do if my child is in danger online?

If your child is in **danger online**, you should:

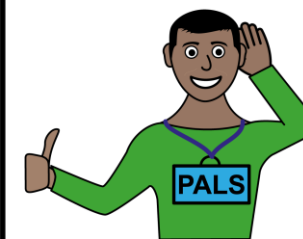
- **Talk to your child** about the dangers of the internet
- Give **emotional support**
- Keep **evidence** and **report** bullies, predators or scammers.
- Know what your child is doing online and **use parental controls** to monitor what they are doing online
- Work with your child's **school and other authorities like the police** to keep your child safe



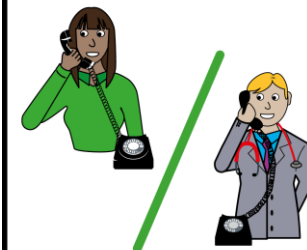
# Where can I go for help?

Name	What does it do?	How to contact
National Society for the Prevention of Cruelty to Children (NSPCC)	A charity working to prevent abuse and help children and their families when abuse has happened.	<a href="#">National Society for the Prevention of Cruelty to Children (NSPCC)</a> Helpline <a href="tel:08088005000">0808 800 5000</a>
Child Exploitation and Online Protection (CEOP)	A law enforcement agency keeping children and young people safe from sexual exploitation and abuse.	<a href="#">Child Exploitation and Online Protection (CEOP)</a>
Childline	A free and confidential service where children can talk to a trained counsellor about anything that's worrying them, any time of day.	<a href="#">Childline</a>
Lucy Faithful Foundation	A charity set up to tackle child sexual abuse.	<a href="#">Lucy Faithfull Foundation</a>
Victim Support	A charity who helps anyone affected by crime – not just victims and witnesses, but friends and family	<a href="#">Victim Support</a>
Get Safe Online	Provides advice on staying safe online.	<a href="#">Get Safe Online</a>

## here to help



## urgent advice



## counselling





## IMPORTANT INFORMATION:

## PARENTAL CONTROLS

**This document will talk about parental controls, and how they can protect your child.**

**For more information on parental controls, click here:**

[Use Parental Controls to Keep Your Child Safe | NSPCC](#)



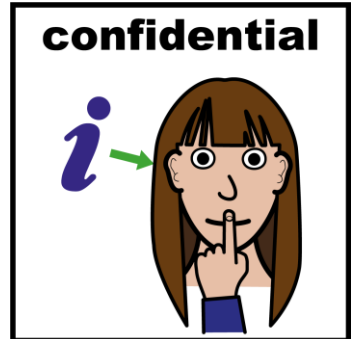
## IMPORTANT INFORMATION:

## THE REPORT REMOVE TOOL

The Report Remove tool helps young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

You can find the tool here:

[Report Remove tool | Childline](#)

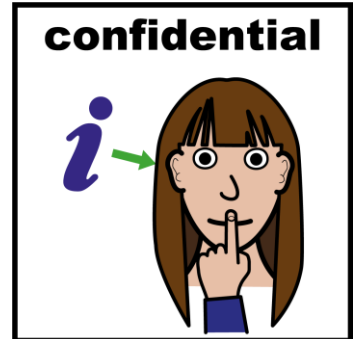


# IMPORTANT INFORMATION: TAKE IT DOWN

**Take It Down helps young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.**

**You can find the tool here:**

[Take It Down](#)

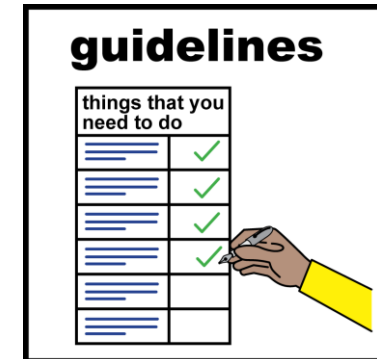


# What are some of the dangers?

The next few pages will tell you more about some of the dangers your child might find on the internet.

If you are worried that your child might be in danger, you should:

- Speak to one of the **emergency contacts** on [Page 4](#)
- **Follow the steps** on [Page 7](#)
- Get **help from professionals** on [Page 8](#)
- Find out **more information** from the links on [Page 22](#)

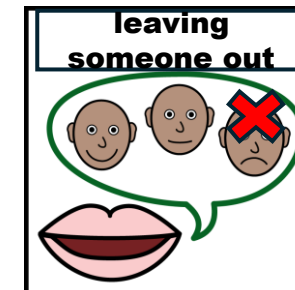
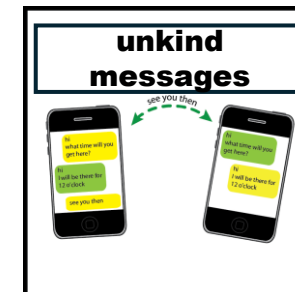
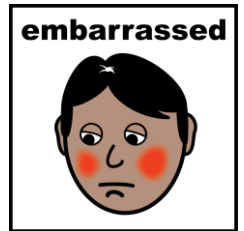
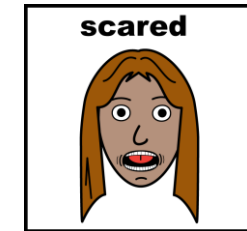


# What is cyberbullying?

Cyberbullying is when someone uses the internet or digital platforms to **upset, scare or embarrass** another person.

Examples of cyberbullying:

- Sending **hurtful** or **threatening** messages.
- Posting **lies** or **rumours** about someone online.
- Posting **embarrassing pictures** or **videos** of someone.
- **Pretending** to be **someone else** online.
- **Leaving someone out** on purpose.



How do I know  
if a child is  
being  
cyberbullied?

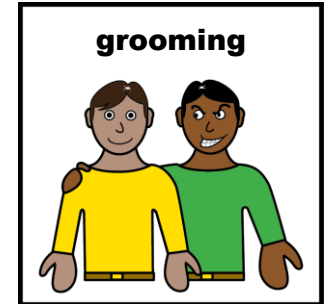
If a child is being cyberbullied, they might:

- **Hide** their phone or computer screen.
- Refuse to **go to school** or see **friends or family**.
- Have **difficulty sleeping**.
- Have feelings like **sadness, anxiety or shame**.
- Find it **difficult to do work** at school or **concentrate**.



# What is online grooming and exploitation

**Grooming** happens when someone tries to make a child **trust them**, so they can **hurt** or **take advantage** of them later.



**Exploitation** is when someone **takes advantage of a child** to get something for themselves, like **money or power**, or to **sexually abuse** them.



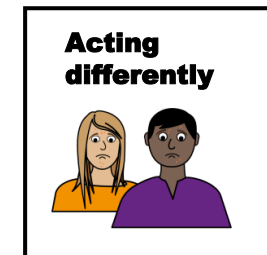
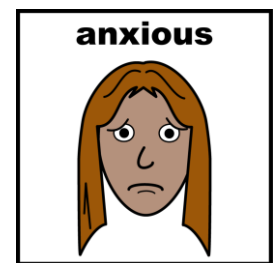
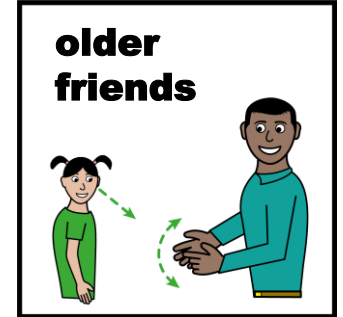
Children who experience this may be **forced or encouraged to commit crimes**, **hurt themselves**, or **put themselves in danger**.



# How do I know if a child is being groomed or exploited?

If your child is being groomed or exploited online, you might notice they are:

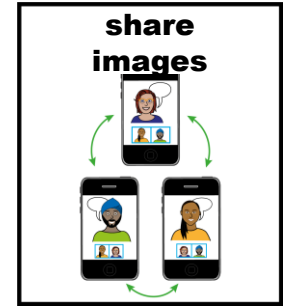
- Spending more time **outside the house**.
- Being **secretive** about their **online use**.
- Having **more money or gifts** than you would expect.
- Having a **friendship or a relationship** with a **much older person**.
- Using **words** you wouldn't expect them to know.
- Seeming **anxious, sad or stressed**.
- Using **alcohol and drugs**.





## What is 'Sexting' and 'sextortion'

'**Sexting**' involves sending or receiving **sexually explicit messages, images or videos**.



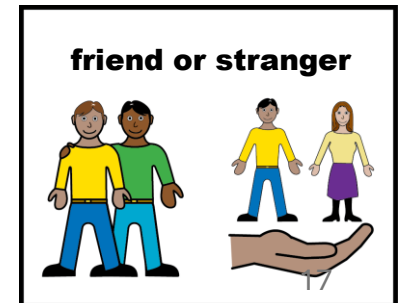
'**Sextortion**' is when someone threatens to **share explicit content** unless the victim **does what they say**. This is also known as **blackmail**.



'**Sexting**' and '**sextortion**' are very **harmful** to children, and can make them **frightened, depressed or ashamed**.

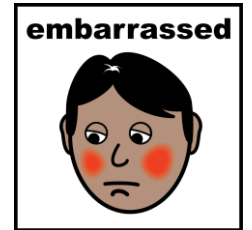
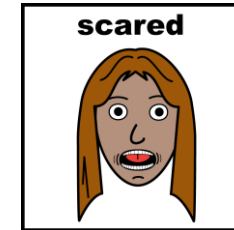
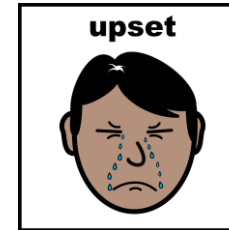


Predators may be **someone a child knows, or a stranger**.



Children who are experiencing this might:

- Feel **worried, depressed, angry or anxious**
- **Hide** their phone or computer screen
- Feel ashamed and **worry about their parents finding out**
- Refuse to go to **school** or see **friends or family**



How do I  
know if a  
child is  
experiencing  
'sexting' or  
'sextortion'?

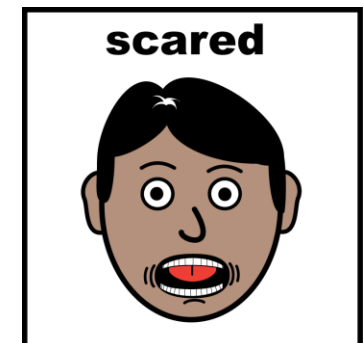
# What is inappropriate content?

Children can easily come across harmful content online.

This can include:

- **Violent** images
- **Sexual** images
- Other **distressing content** not suitable for children

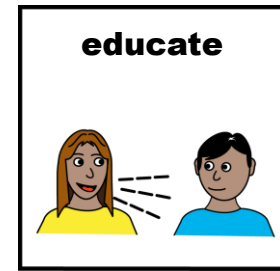
This can make a child feel **upset, worried, scared or even traumatised**.



# How to stop children seeing inappropriate content?

It is very important that you:

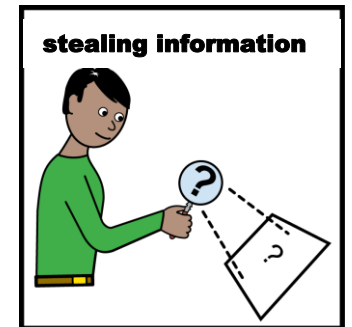
- **Educate** your child about the types of inappropriate content they might see online.
- **Know** what your child is doing online.
- Set **parental controls** to make sure your child can't access adult content or websites.



It is important that children keep their **personal information private** when online.

If they share too much information, they might be at risk of:

- **Predators and stalking**, who can **find and harm** children in **real life**.
- **Identity theft**, when a criminal uses **private information** to **pretend to be someone else**.
- **Scams**, when a child is **tricked** into giving **money or private information**.
- Phone and computer **'viruses'** which **damage the device and steal information**.

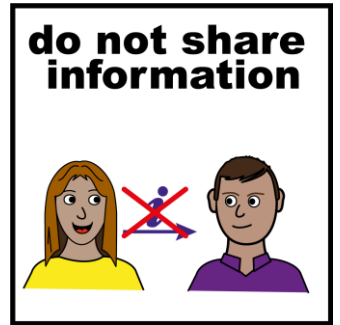


Why does a child need to keep private information safe online?

## How do I keep my child's private information safe online?

To keep your child's private information safe online, you should:

- **Educate** them about the important of keeping their personal information private
- **Set rules** for how they use the internet and **what information they share**
- **Know what they are looking at online** and what **apps they are using**
- Use **parental controls** to **supervise** them on the internet
- Help children to create **strong passwords**



# Information for children and young people

Follow these links for information **aimed at children and young people**:

[Resources for 3-11s - UK Safer Internet Centre](#)

[Resources for 11-19s - UK Safer Internet Centre](#)



# More information

If you need **more information**, you can visit these **websites**:

What is the danger?	More information
Cyberbullying	<a href="#">Helping Children Deal with Bullying &amp; Cyberbullying   NSPCC</a>
Grooming and exploitation	<a href="#">Grooming and online grooming   Childline</a>
‘Sexting’ and ‘sextortion’	<a href="#">Sexting: sharing nudes and semi-nudes   NSPCC Learning</a> <a href="#">Sextortion   Metropolitan Police</a>
Inappropriate content	<a href="#">Inappropriate or explicit content   NSPCC</a>
Keeping private information safe online	<a href="#">Online privacy checklist for parents   UNICEF Parenting</a>