



Where to get help when dealing with nudes.



#DontAskMe

Finding out that a child has been sending explicit images can be scary and upsetting, and it's OK to admit that you need some help.

Here, we've put together a list of the best resources you can turn to for help dealing with nudes.

In reality, many explicit 'sexting messages' will go undetected and without terrible consequences. For younger children, the potential risks are greater but in truth, When teenagers are complicit in sharing nudes with partners and peers, they are often knowledgeable about how to maintain anonymity.

That said, once an image has been shared, you have little control of where it can go next. If a child in your care is identifiable in an explicit image or video, it is important to reach out for the necessary help to protect and limit how far it travels.

• Internet Watch Foundation (IWF)

If you're worried that images of your child might be online, the IWF can help you get them deleted. Go to their website (www.iwf.org.uk) and click the button that says 'Report Criminal Content' to make an anonymous report. Their team will assess the images and get the webpage taken down. You can also phone them on 01223 20 30 30.

• Child Exploitation and Online Protection (CEOP)

CEOP is a part of the National Crime Agency. If you think your child has sent explicit pictures to an adult, you must contact them. Go to their website (www.ceop.police.uk), click 'Make A Report', and follow the instructions.

Once you make a report, CEOP will contact you to decide the best step to take for your child's safety. This might mean talking to a professional like a social worker, or the police. But don't worry - the law is designed to target adults who share nudes, not children who send them.

• NSPCC

If you're worried about something a child may have seen online, but you aren't sure what to do next, you can contact the NSPCC for free, confidential advice. Their number is 0800 800 5000.

• Childline

Sometimes it can be difficult for children to open up about their experiences. Childline's counsellors can talk to your child about how they're feeling and give them friendly advice on what to do next. Their phone number is 0800 11 11, or you can go to www.childline.org.uk to use their online chat service.

• Teachers

If you're unsure whether there's a problem at home, you should always speak to your child's teachers. They can give you an insight into your child's behaviour at school, and help you make a decision about what to do next.