

# West Mercia Rape & Sexual Abuse Support Centre



## WMRSASC Parents/Carers Internet Safety Bulletin No. 4

Dear Parents/Carers,

We have entered a new phase of social distancing where schools have begun to open up to students, whilst large numbers of children and young people remain at home. At present there is uncertainty for parents, carers and children over plans for the next phase of return.

We are also navigating new guidelines about meeting family and friends, using shops and accessing other public spaces. This is a challenging and stressful time for families who are balancing concerns about children's safety, wellbeing and education as well as the needs of vulnerable family members.

The **NSPCC** are sharing the nationwide message that they still here for children, and still here to support you. Whether you want support and advice for adapting to family life during social distancing, or you're worried about a child, the NSPCC are there to help.

Home isn't a safe place for every child. During social distancing, some children are at greater risk of abuse and neglect. If you're worried about a child or young person, or if you notice that something just doesn't seem right, you can contact the NSPCC helpline team who offer free support and guidance on 0808 800 5000 (8am-10pm Mon-Fri / 9am-6pm weekends) or you can email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) 24/7.

Whilst so many remain at home, managing children's safety online is also essential. The organisation **Think U Know** offer a range of age-appropriate resources to help parents, carers and children aged 4+ navigate the internet safely, and provide a portal to report incidents of abuse or to seek advice or help via CEOP (Child Exploitation and Online Protection Command). Please visit [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**THINK U KNOW**

### Welcome to Thinkuknow

Thinkuknow is the education programme from NCA/CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

Are you...

4-7?	8-10?	Parent/Carer?
11-13?	14+?	Children's workforce?

**WMRSASC** and the **Branch Project** continue to provide support and advice for adults and children in Worcestershire, Herefordshire and Shropshire who are at risk of, or impacted by, sexual abuse and exploitation - whether experienced online or in person.

**If you require further information or support from a Children's Independent Sexual Violence Advocate (CHISVA), Branch Project Worker or children's counsellor following an incident of abuse, please visit our website [www.wmrsasc.org.uk](http://www.wmrsasc.org.uk) or call us on 01905 611655.**