



## Signs of online abuse

A child or young person experiencing abuse online might:

- spend a lot more or a lot less time than usual online, texting, gaming or using social media
- seem distant, upset or angry after using the internet or texting
- be secretive about who they're talking to and what they're doing online or on their mobile phone
- have lots of new phone numbers, texts or email addresses on their mobile phone, laptop or tablet.

• The cause of this can be due to:

*Cyber abuse*

*Emotional abuse*

*Sexual exploitation*

*Sexual abuse*

*Sexting*

*Grooming*

## If a child reveals online abuse

It can be difficult to know what to say and do if a child tells you they're being abused online. They might not realise what's happening is wrong. And they might even blame themselves. If a child talks to you about online abuse it's important to:

- listen carefully to what they're saying
- let them know they've done the right thing by telling you
- tell them it's not their fault
- say you'll take them seriously
- don't confront the alleged abuser
- explain what you'll do next
- report what the child has told you as soon as possible.
- Speak to the school for advice and support

**Any child who uses the internet can be at risk of online abuse. It's important parents are aware of the risks and talk to their child about these.**

For more advice on any of these issues please visit:

[www.NSPCC.org.uk](http://www.NSPCC.org.uk)