

Dear Parents and Carers,

Our focus last week was on domestic violence, but sadly abusive relationships are not only experienced by adults. Last year for example the NSPCC announced a 29% increase in children seeking help from Child Line due to peer on peer sexual abuse.

Peer on peer abuse occurs when a young person is exploited, bullied and/or harmed by someone who is the same or a similar age to them; everyone directly involved in peer on peer abuse is under the age of 18.

Peer on peer abuse can include (but is not limited to):

- Serious bullying (including cyber-bullying)
- Relationship abuse e.g. physical and emotional abuse
- Child sexual exploitation including grooming
- Youth violence and/or gender based violence
- Harmful sexual behaviour including sexting



Top tips for parents on sexting:

- Have open and honest conversations with your children.
- Do not assume that your child will not pass on a nude photo or take one of themselves and share it.
- Be very clear about the law & criminal consequences—taking, sharing, sending or possessing an image of someone who is under 18 who is naked or semi-naked, including selfies and 'sexting' is against the law.
- Discuss the risks of sexting including how they would feel if their photos were shared. Discuss their digital footprint and what that means.
- Ensure they know who they can talk to and where they can get help if needed. They may not want that to be you, so ensure they have a safe person to confide in or direct them to Child Line.

<p>Compromise</p> <p>Own friends</p> <p>Support</p> <p>Consistency</p> <p>Own hobbies</p> <p>Own interests</p> <p>Both are equal</p> <p>Compliments</p> <p>Honesty</p> <p>Respect</p> <p>Encouragement</p> <p>Friendship</p> <p>Reliability</p> <p>Privacy</p> <p>Own Space</p> <p>Love</p> <p>Choices and options</p>	<p>Feeling anxious around the other person</p> <p>Feeling overwhelmed</p> <p>Feeling trapped</p> <p>Mistrust</p> <p>Abuse</p> <p>Checking facebook/phone</p> <p>Over jealousy</p> <p>Wanting to know where you are all the time</p> <p>No choices</p> <p>Erratic Behaviour</p> <p>Obsessive behaviour</p> <p>Lies</p> <p>Control</p> <p>Manipulation</p> <p>Cheating</p> <p>Feeling scared</p> <p>Criticism</p> <p>Isolation</p> <p>Accusing you of cheating</p>	<p>Teaching your child the difference between healthy and unhealthy relationships can help protect them from potential abuse</p>
--	--	---

Cyber bullying: Sadly cyber bullying is rife on the internet and many young people will experience it, or see it at one time or another. Bullying online can include sending offensive, intimidating or threatening messages, posting harmful pictures or information, sharing personal details or information to humiliate or embarrass, hacking someone's account to send or post vicious material to or about others, impersonating someone online to discredit their name, excluding others from groups, apps or gaming sites, spreading gossip and rumours, cyber stalking so that the person feels unsafe, and many other ways.

Cyber bullying can have a serious impact on a young person's emotional wellbeing and mental health. If your child is being bullied online, report it to the online service provider or CEOPS.

Share the following guidance with your child.



<p>1</p> <p>Don't retaliate. (Often that's what they want!)</p>	<p>2</p> <p>Save the evidence. (Screenshot, save messages.)</p>	<p>3</p> <p>Tell someone what's happening.</p>	<p>4</p> <p>Report, block, mute, get rid!</p>	<p>5</p> <p>Remember the problem is with them, not you.</p>
--	--	---	--	--

Useful websites and helplines:

askus@familylives.org.uk
Tel: 0808 800 2222

NSPCC.org.uk

Youngminds.org.uk

Parent's helpline: 0808 802 5544

