




**REPORT  
HARMFUL  
CONTENT**

## Advice for dealing with harmful online content Guidance for children, young people and carers



**REPORT  
HARMFUL  
CONTENT**

- If children, young people or adults are aware of harmful online content they can report it: <https://reportharmfulcontent.com/>
- The police should be contacted by ringing 101 (999 in an emergency) if there is concern a crime has been committed or could be committed.
- Children and young people who are distressed by online content should be encouraged to share their concerns with their parent or carer and a member of staff at school.
- If a child or young person is distressed by harmful online content they should consider taking a break from being online for a few hours.
- Children and young people should be advised that not everything they read online is true and some are deliberate hoaxes that are created with the aim of causing distress.
- Children, young people and adults should be aware that posting harmful online messages, including hoaxes, is likely to be a criminal offence under the Malicious Communications Act 2003.
- It is important that children, young people and adults don't forward harmful content to others as this can create further unnecessary alarm and distress.
- Children should be aware of helplines that can support them, including NSPCC Childline 0800 1111
- Professionals, parents and carers can seek support from the NSPCC when they are worried about a child by ringing 0808 800 5000 Parents and carers can also ring the NSPCC Advice Line on 0808 800 5002 for advice on apps, sites and games and online safety.
- The NSPCC and O2 also offer a service for parents to help them ensure parental controls are in place. In addition, the NSPCC Net-aware offers further advice to parents and carers about online activities.
- Parents and carers should talk regularly to their children about respectful and responsible online behaviours to encourage and ensure they are acting appropriately. Parents and carers should establish children and young people are not being exposed to online materials that could impact negatively on their mental health.
- The London Grid for Learning provides excellent advice to parents and carers about 'scary challenges'. Follow this QR Code....
- Children and young people should be advised how to ignore Block, Report and Ignore any inappropriate messages they are sent. Each online platform often has advice as to how to do this.
- Children and young people should consider installing the BBC Own It APP <https://www.bbc.com/ownit/take-control/own-it-app> as that helps them consider their own online behaviours.

