

My child has seen porn, what do I do?

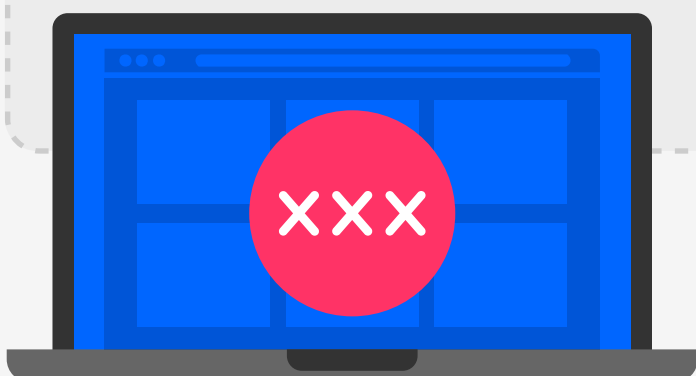
If your child has accidentally come across pornography or actively sought it out by searching for it, it will prompt questions about what they have seen.

Here are some things you can do to, to help them make sense of what they have seen and keep them safe in the future:

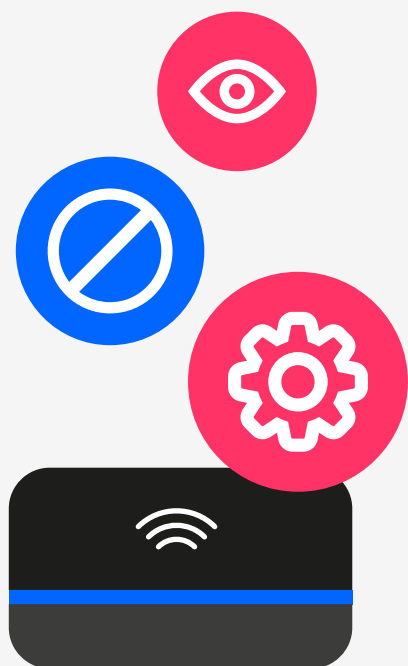
Steps you can take

Talk about it

- **Have an age appropriate conversation** and explain that there are some things online that are for adults only and if they see something that upsets them online, they should always come and tell you.
- It may be a good time to **help your child think critically** about the images they see online and offline.
- **Try and give them coping strategies** to help them deal with any online content that they are uncomfortable with like closing the laptop lid or turning off the screen.
- Reassure them that **they can always come to you** if they feel they have seen something online that has worried them.
- **Be prepared** that they may have questions about sex and relationships.
- **Discuss the problem** with other parents to encourage a shared strategy.



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Block inappropriate content

- Limit the chances of exposure to inappropriate content by **setting up filters and parental controls on devices** – i.e. filters on your home internet, and YouTube Restricted Mode and Google Safe Search.
- **Make sure the devices are used in a shared room**, like living room or kitchen to limit.
- **Report any child abuse images** you find hosted by websites to the Internet Watch Foundation

Get help

Childline

If your child wants to talk to someone in confidence they can call Childline on **0800 1111** or **Get Connected** on **0808 808 4994 (text 80849)**.

NSPCC

You can call the NSPCC's free 24/7 adult helpline on **0808 800 5000**, email **help@nspcc.org.uk** or text **88858**.

