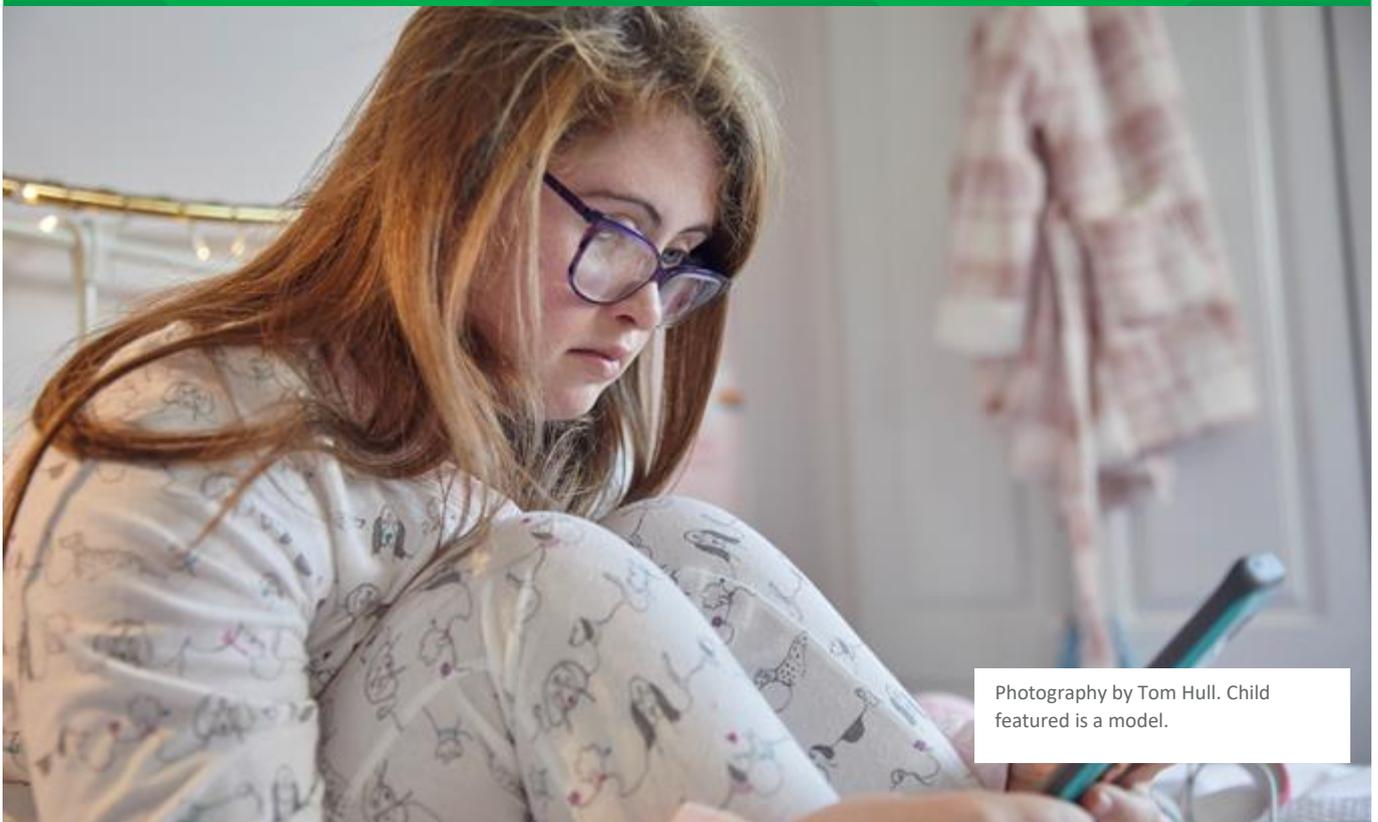


NSPCC Learning¹

In Ctrl

Virtual offer



Photography by Tom Hull. Child featured is a model.

What is In Ctrl?

In Ctrl is a group work programme that aims to prevent online child sexual abuse.

We have adapted the service to support families during the COVID-19 pandemic. Support can now be accessed on a one-to-one basis.

➤ [Find out more overleaf](#)

Context

This is for children for where there are some concerns about their emotional wellbeing. These worries may be due to the child's adverse experiences and/or their current experiences, including their online activity.

We recognise that the current situation with COVID-19 is likely to increase children's online activity, which can increase concerns for parents and carers about keeping their child safe online.

Our service offers a range of support including advice and guidance, as well as targeted and tailored support for the child and their parent.



In Ctrl service: what we offer

- **Advice and guidance** to parents/carers on online safety, managing screen time and routines during COVID-19, as well as supporting children emotionally
- **Introductory and report building telephone calls** to parent/carer and young person
- 1 x **assessment session** with young person
- 1 x **assessment session** with parent/carer
- 1 x **joint safety planning session** with parent/carer
- **Up to 3 x sessions** tailored to the young person's needs with the aim of supporting them to enjoy life online in a safe and health way, and how to seek support if needed
- **Parents' and carers' involvement in the work is encouraged and will be discussed with the family.**

Referral criteria

The In Ctrl team works with children to raise awareness of risks both on and offline and help build their resilience.

The children eligible for this service are:

- Children for whom there may be some concerns about their emotional wellbeing
- Children for whom there are concerns about their online activity or experiences
- Children aged between 9-13 years

Referral process

All referrals should be discussed with the parent and child before sending to the NSPCC.

Once the family have given their consent for the referral to be made, the referrer should complete the NSPCC request for service form and send it to the NSPCC In Ctrl team. Details below.

If you have any questions about this service or are interested in referring, please get in touch:



Call us on: 0115 960 5481



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