

Online safety advice for parents and guardians.

All S1 classes at Inveralmond Community High School have received an input on internet safety and sextortion, however parents and guardians should be aware that there are still very real and ongoing risks for young people using any device connected to the internet including mobile phones, tablets, PC, PlayStation, Xbox etc.

Parents and guardians should remain vigilant and have open discussion with children in relation to their online activity.

There are countless group chats on many different platforms and it would appear that local or even country wide group chats exist for individual school year groups. These present a significant risk as online criminals could use these to engage with young people by pretending to be children.

It is advised that young people should **NOT** be joining such chat groups whereby the participants are strangers to them.

What is Sextortion?

Sextortion is a form of online abuse where someone manipulates or pressures a child into sharing intimate images, then threatens to share them to gain more images, money, or control.

⚠ Key Warning Signs & Risks

- **Strangers may pretend to be children**
Offenders often create fake profiles to build trust.
- **Friendship can turn into pressure quickly**
What starts as a normal chat can become requests for photos or videos.
- **“Just one photo” can escalate**
A child may be tricked into sharing one image, which leads to more demands.
- **Blackmail and threats are common**
Offenders may threaten to send images to friends, family, or school.
- **Children may feel ashamed or afraid to tell anyone**
Fear of getting in trouble can stop them from asking for help.
- **It can happen on any app or game**
Social media, gaming platforms, and messaging apps all carry risks.
- **Personal information increases vulnerability**
Details like school, location, or friend lists make threats more powerful.

- **Both boys and girls are targeted**
Sextortion affects all children regardless of gender.
 - **Images can spread rapidly online**
Once shared, it can be very hard to stop further sharing.
 - **Early awareness helps protect children**
Open conversations are one of the best ways to reduce risk.
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How Parents Can Help

- Talk openly about online safety without judgement.
 - Encourage children to never share personal or private images.
 - Remind them **they will not be in trouble** for coming to you.
 - Set privacy settings on apps and devices.
 - Know who your child is talking to online.
 - Encourage them to **block and report** suspicious accounts.
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If Your Child is Targeted

- Stay calm and reassure them it's not their fault.
 - Do **not** respond to the offender.
 - Save evidence (screenshots, usernames).
 - Report to the platform immediately.
 - Contact police or child protection service.
 - In the UK: Report via **CEOP (Child Exploitation and Online Protection)**
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Remember

The most important protection is trust.

Children who feel safe talking to a trusted adult are far more likely to seek help early.

Need Help?

- CEOP Safety Centre: <https://www.ceop.police.uk>

- NSPCC Helpline: 0808 800 5000
- Childline: 0800 1111
- Police: 101 or 999 in an emergency.

SEXTORTION

WHO ARE YOU REALLY TALKING TO?



**DO NOT
accept random/unknown
friend requests**



**DO NOT
engage in sexualised
video chat**



**DO NOT
send money**

Report confidentially to police for support & advice.



For more information scan the QR code with your camera app or visit:
www.scotland.police.uk/advice-and-information/internet-safety/sextonion