

Safer Internet Use

Tips for encouraging open discussion about digital life

Make your interest clear

Ask to see your child's favourite games and apps which will help you spot issues

Be open, honest, and appropriate to their age

When answering questions about puberty, relationships, etc.

Remind your child they can always talk to you

Even when they view harmful content, talking about it openly will help

Discuss that not everything we see online is real

Use examples from your own online world, like posts that show perfect houses

Try to remain calm

Your initial reaction could stop a child from speaking openly about what they've seen

Create a family agreement

About device use including when to use devices, parental controls and why it's good to talk

Keep talking

Online Safety Newsletter

October 2026

Child Sexual Abuse Imagery

High on the list of a parent/carer's worst nightmares is the idea that their child is featured in child sexual abuse material (CSAM). These are images (still or moving images) where a child is depicted nude or semi-nude or where there is an attempt to portray a child in a sexual way. In the world of AI it can sometimes be the parent/carer that is increasing the risk of this happening to their child without realizing it...



If you have ever shared images of your child online, such as innocent photos of them celebrating birthdays or holiday snaps on your social media, you need to be aware of the following new risks associated with posting images of your child online.

'Nudification' Apps

There are apps out there, most now banned but still available in the dark corners of the internet, that can take a clothed photo of someone and digitally remove the clothes making it appear as if the person depicted is naked.

'Deepfakes'

With a couple of pictures of your child's face from different angles and a short (few second) audio clip of them speaking - modern AI can make videos that look like your child and sound like your child. This includes creating CSAM.

I want to know more about the risks:

Please see the video at this link to find out more: [AI Child Sexual Abuse Imagery: Parent Safety Guide](#)

But I only share images on a private social media account?

In today's world if it is online you have to assume that others can gain access to it. All it takes is one of the people you have added on social media to have their account compromised or leave their device logged in where others can access it and you have lost control of those images forever.

Staying safe online
Advice to share with your child

Tell a trusted adult if something upsets you

Take breaks from being online

Don't chat with strangers

Ask permission before downloading anything

Avoid sharing private photos

Don't give away personal information

Double check your news sources

Take notice of age restrictions

Stick to trusted apps

Be suspicious of new information

Show respect to others

Be honest with parents and carers

How can I keep my child safe?

The Internet Watch Foundation (IWF) has some fantastic advice for keeping your child safe.



Review privacy settings

It is not a perfect solution but ensuring that any sites/apps that you share photos on are private and not publicly searchable limits who has access to the photos you post. Regularly review who is in your 'friends' list – are these people who you want to have access to your child's private moments? Consider a second account for family and your closest friends where you post images of your children so that these images can be kept private from casual acquaintances on your main account. If you wouldn't print the photo out to give to the person should they have access to it?

Check what is already online

Go back through your social media and see what you have already posted. Are you still comfortable with this being available or is it time to delete or restrict access to some of the images? Images showing your child's whole body are at higher risk of being affected by 'nudification' apps. Remember it is not just you who is posting images of your child – what pictures of your child has e.g., nan posted on her account and are you happy with this too? The privacy settings of your family may not be the same as yours and could be a source of risk.

Starting a conversation about life online

Be positive and open-minded about the internet

Talk early and often

Make conversations about the internet part of your daily routine

Create a safe space for conversations

Talking face to face can sometimes be difficult, so talking while walking alongside or while in a car might be easier. Make sure there are no distractions

Keep it relevant

The way your child uses the internet will change as they grow older. So, ask open-ended questions to let your child lead the conversations you have to get a feel of the challenges and experiences they face online

Be proactive

Create an agreement together on how the internet will be used, including time spend online, who your child can communicate with, appropriate apps and games and safety tools to report and block harmful content

Review image consent

You have probably given permission to all sorts of organisations from schools to sports clubs to youth groups to take and use photos of your child e.g. on website or in promotional materials. In light of the rise of these new risks you may wish to contact those organisations to withdraw consent (NB: under new GDPR guidance children aged 12 or over provide their own consent for this so you would need to speak to them about whether they wish to withdraw the consent and they would have to make this request in these instances).

How do I talk to my child about this?

Your child may be affected by this. They may use a nudification app that they found online thinking it to be a 'bit of fun' and find themselves with a criminal record; or may fall victim to their images being turned into CSAM which is very traumatic for anybody to go through. Increasing their understanding of risks and ensuring that they feel safe sharing their worries with you makes it more likely that they will keep themselves safe and speak to you if they are ever affected by these risks.

Top Tips:

-Ask open-ended questions like: "What have you heard about deepfakes?" or "Images and videos altered by AI can sometimes be illegal – why might this be?" this helps you to understand your child's current knowledge level around these issues.

-Learn with them – ask about what apps they use and if they understand privacy settings. Review photos together on your profile so that they can ask you to remove ones they are not comfortable with. Keeping your child safe online is increasingly about partnership as they reach their teenage years.

-Avoid judgmental language: if they feel 'lectured' or 'told off' at the end of your conversation it will make them less likely to be honest with you if something goes wrong.

Interested and want to learn more?

- We would highly recommend checking out the video and advice provided by the IWF here: [AI Child Sexual Abuse Imagery: Parent Safety Guide](#)