

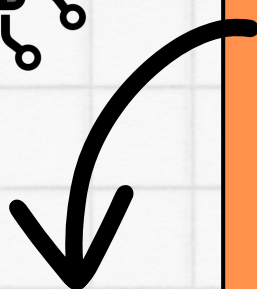
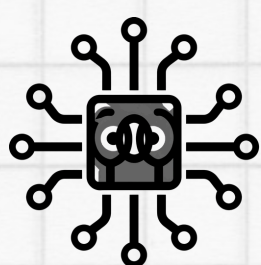
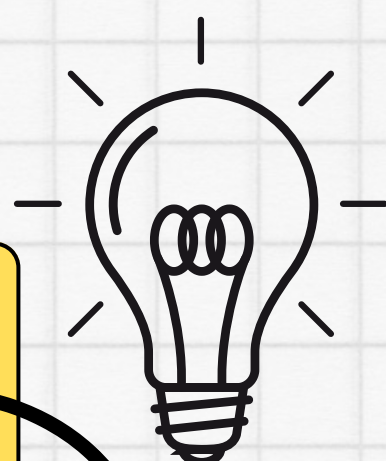
CYBER SUPPORT

How we can help prepare your children and school against cyber threats

01

CYBER INPUTS

You can receive engaging bespoke inputs from our specialist cyber teams. Search 'NERCCU' to find out more.



02

GLOSSARY

We provide an A-Z list of cyber related terminology to help you and your child/students understand more about the digital world. Check it out [here](#).

03

CYBER CLUB

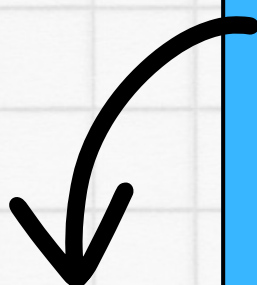
Resources for young people of all ages and lets you explore different topics relating to computing. Take a look [here](#).



04

LESSON PLANS

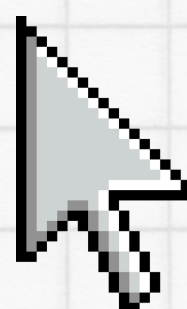
We provide a comprehensive lesson plan guide to understanding cyber crime. Available to download [here](#).



05

THE LAW

Find out about cyber and digital laws to keep your children protected when online. Find out more [here](#).



SENTINEL

CYBER CRIME

TOP TIPS

Talk openly about online safety

- Create a safe space where children feel comfortable discussing what they do online
- Ask about their favourite apps, games, websites
- Encourage them to report anything that feels wrong or uncomfortable
- Avoid overreacting so they don't hide issues



Set clear boundaries

- Establish guidelines for internet use early on
- Define screen time limits
- Agree on which apps or sites are allowed
- Keep devices in shared spaces (especially for younger children)

Teach privacy & personal info

- Help children understand what should never be shared online
- Full name, address, school, phone number
- Passwords (even with friends)
- Location sharing and photos with identifiable details



Parental controls & safety tools

- Take advantage of built-in and third-party protections
- Enable safe search filters
- Use parental control apps
- Regularly review privacy settings on social media, apps and devices

Be a positive digital role model

- Children learn by watching adults
- Practice respectful online behaviour
- Limit your own screen time when around them
- Show how to verify information and avoid scams



COUNTY LINES

Signs to spot



1

How are they?

Are they acting anxious, frightened and/or angrier than usual?

2

Influx of cash or new things?

Do they have more than one phone or new clothes, items or carrying cash?



3

Travelling alone?

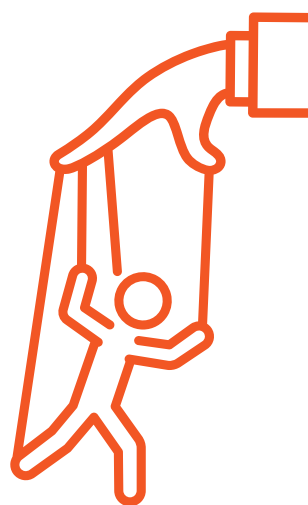
Are they travelling alone, looking lost or unfamiliar with their surroundings?



4

Hanging with older individuals?

Are they spending more time with older adults or teenagers? Perhaps being influenced or controlled?



5

Under the influence?

Are they under the influence of drugs or alcohol?



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Contact local police
with any concerns.

WHAT HAPPENS TO A

MONEY MULE



1

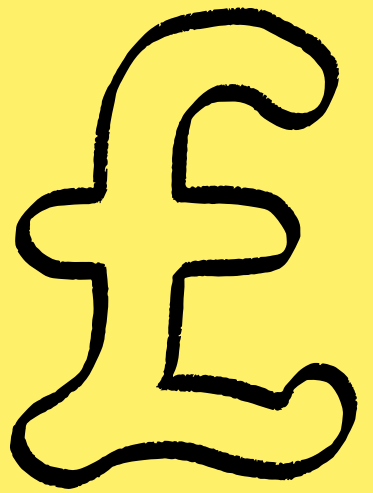
Jail time

You could face up to 14 years in prison for money muling.

2

Accounts closed

Your bank accounts are closed and you can have issues opening others with any bank.



3

No loans or contracts

You will have difficulties getting loans, mortgages or phone contracts.



4

Helping organised crime

Money mules help aren't a victimless crime. By doing so you help fund things like child sexually exploitation, county lines and modern slavery.



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The Risks of Vaping

Physical Health

Vaping can lead to significant lung damage, including inflammation, chronic respiratory issues and popcorn lung conditions.

1



2 Grooming

Vapes are increasingly being used to groom teenagers and children for exploitation – including county lines, organised gangs and sexual exploitation.

Laced Vapes

3

There is a rise in vapes being laced with other substances such as THC, Spice, Temazepan, Crack/Crack Cocaine, Heroin, anti-freeze and engine oil.



4 The Law

You must be 18 or over to purchase vapes in the UK, even nicotine free ones. It is also illegal for others to buy vapes for anyone under 18.

What's next?

5

Vapes are now thought to be a gateway for other substances such as smoking, alcohol and even drugs.



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CHILD EXPLOITATION

WHAT YOU NEED TO KNOW

Child exploitation occurs when a child is manipulated, coerced, or forced into criminal, sexual, or labour for the benefit of others.



WARNING SIGNS

- Secrecy or withdrawal from someone
- Unexplained new possessions or money
- Excessive time on devices or social media
- Changes in behavior or mood
- Reluctance to talk about online friends

PREVENTION TIPS

- Foster open communication
- Monitor online activity
- Avoid random postings
- Teach digital literacy
- Know their friends and contacts



RESOURCES

- National helplines like NSPCC, Barnardo's and Children's Society
- Contact local police with concerns
- Online safety tools
- School counselors