

# In Ctrl



In Ctrl is primarily a groupwork programme which aims to prevent online sexual abuse. Due to the Covid-19 pandemic, the programme has been adapted to working virtually and on a 1:1 basis.

## Context

The service is for children who may have vulnerabilities such as low self-esteem, experienced bullying, parental mental health or have been a young carer. In addition, they may have heightened vulnerability due to previously facing adverse experiences in their childhood.

Due to their experiences, there may be a risk of cumulative or heightened impact if they face sexual abuse online. To prevent this, we want to identify and work with them to build resilience and to ensure they get a tailored input sensitive to the home environment and other risk factors. We recognise that in the current circumstances the impact of Covid-19 in itself may be a vulnerability as families and children are being required to live their lives very differently. For some children this will increase





## 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 rapport building** telephone calls to parent/carer and young person.
- 1 x **assessment session** with young person.
- 1 x **assessment session** with parent/carer.
- 3 x **sessions with young person** –with the aim of supporting young person to be able to enjoy life online in a safe and healthy way and how to seek support if needed. These can be adapted according to individual requirements.
- 1 x **joint safety planning session** with young person and parent/carer.
- Up to 6 extra 1:1 sessions with the young person if needed

## Referral

In Ctrl aims to work with children to raise awareness of potential risks in their on and offline world and build resilience. The children who will be eligible for this service will

- Children who have had adverse childhood experiences or existing vulnerabilities.
- Aged between 9-13 years old (there can be some flexibility according to need).
- Engaged in online experiences that are concerning but not considered as sexual abuse.
- Have some positive or protective factors to support their

## Referral

We ask that you involve and include children and their parents/carers in the completion of the referral form. At least we expect that you will discuss, and be prepared to share the referral form, with the family so they are aware of what you have shared. As this is their private and personal information, we will manage it sensitively so that we can support trauma

If you have any questions about this service or are interested in referring please get in touch with the duty worker on **02920 108080** (Cardiff) or **01792 580287** (Swansea).

email [southwalesadmin@nspcc.org.uk](mailto:southwalesadmin@nspcc.org.uk)