**InCtrl.**

InCtrl is a NSPCC preventative child sexual abuse service. Our InCtrl practitioners have been working with children and families to prevent child sexual abuse online by working directly with them to help them gain an understanding of the potential risks, as well as the benefits that exist when being online.

The original InCtrl programme adopts a holistic approach that includes supporting children’s offline relationships and emotional wellbeing. It also involves helping parents gain understanding of the potential risks that exist for children online to help them provide the guidance, support and protection needed.

The original service was developed and feasibility tested as a group-work programme, but due to the circumstances around COVID-19, the programme has been reviewed and adapted to work on a 1:1 basis and tailored to the needs of the individual child and parent.

The aim of the work remains to help build children’s digital resilience while increasing parental knowledge and confidence to support and protect their children.

What we offer:

• Advice and guidance to parents/carers on online safety, managing screen time and routines 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

• 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 InCtrl team works with children to raise awareness of risks both on and offline and help build their digital 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 [subject to individual child’s needs]

Referral process

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

Once the family has given their consent for the referral to be made, the referrer should complete the NSPCC request for service form available from Belfast service centre and send it to their regional NSPCC InCtrl team.

Email contact [jhughes@nspcc.org.uk](mailto:jhughes@nspcc.org.uk)

Belfast Service centre tel no . 028 2044 1650