



# POST-PRESENTATION PACK

TEACHERS AND STAFF





# Thank you for hosting Breck Foundation in your school

Keeping children safe, preventing future tragedies and stopping online harm is what Breck Foundation is all about. In this pack, you'll find more information about ways you can get involved to support our work, helpful advice on how to stay safe, and post-session lesson plans.

Our organisation was founded in 2014 by Lorin LaFave Gordon in response to the tragic loss of her son Breck Bednar, a 14-year-old boy who was groomed and murdered by an online predator.

Our work aims to prevent this from ever happening again. Our work saves lives.

We are a UK wide charity with international relevance and impact. Since 2014, we've reached over 335,000 people in person and online, including more than 276,000 children and young people, bringing Breck's story into schools and other community settings every year. Our talks and educational materials fill a gap in the current UK curriculum that otherwise leaves children vulnerable to online grooming and exploitation. We take a whole community approach, working also with teachers, school support staff, parents, private sector employees and the wider UK public to create a network of digital champions – adults we empower to take effective action to protect the wellbeing and lives of young people.

We have crafted the lived experience of the online grooming and murder of Breck Bednar into a powerful session that is gripping, moving and effective in ways other online safety talks aren't. We deliver our unique lifesaving talk to conferences, corporate organisations and community groups across the UK – why not recommend us to an organisation you know?

We do more than educate; we bring a unique perspective when we work with policymakers across all levels of government and technology companies to create more robust digital policies and practices that put young people's safety first.

Young people are growing up having to navigate new and evolving digital dangers as fast as the internet itself changes. We are committed to making the internet a place where children can live, play and thrive in safety.

We are helping young people reclaim the internet.

**Erica Thornton**

Chief Executive, Breck Foundation



# Signs of grooming you may spot in a child

It is worth noting that some of these signs have other causes, but a selection of them seen together indicates grooming and that intervention is needed.

## Behaviour change

Anxious, depressed, withdrawn, angry or defiant

## Gifts or freebies

The child may not be able to explain why they have them

## Isolation

Groomers isolate a child, but a child may also pull away from friends, family, hobbies etc.

## Control and manipulation

Child not acting with free will

## Sexualised behaviour

Sudden inappropriate language/actions

## Risk-taking

Unable to see or acknowledge risks, such as meeting up/giving personal info

## Secrecy

A child may be told to keep a relationship secret, but may also hide devices or content, or lock themselves away in a room to avoid questions



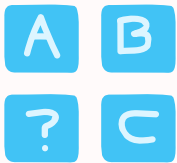


# What to do if a child reveals abuse/exploitation

**If a child is in immediate danger please make sure to call the police on 999 as soon as you can**



**Listen:** Let the child talk without expressing your own views and feelings, make sure not to seem shocked or as if you don't believe them as this might make them stop talking



**Give them the words to use:** If they are struggling to explain what is happening prompt them by asking questions that show the signs of grooming such as 'do they want to keep your friendship secret?' / 'are they asking to meet you in person alone?'



**Reassure them and remind them it's not their fault:** Let the child know they have done the right thing by telling you, and that what is happening to them is not their fault



**Make sure they know you are taking them seriously:** Children and young people keep abuse secret because they do not think they will be trusted and believed



**Do not take matters into your own hands and confront the perpetrator:** This might inadvertently make it worse for the child



**Explain to the child what you are going to do next:** Let them know that you have to report it to someone who can provide help



**Report what the child has told you as soon as possible:** Make sure to be as accurate as possible - visit [www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/](http://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/) | or call the NSPCC on 0808 800 5000



# Questions your students may ask

We try to give as much time to questions as we can. We know that sometimes these questions come to children after they have had some time to think about it.

**To support you in answering these questions, here are some of our FAQ's.**

## **How did Breck die? How did Lewis kill Breck?**

This is one that we never answer for primary or secondary, though this is up to your discretion. Usually, we say that we don't talk about the detail because it can be upsetting for some people to hear what happened/ out of respect from Breck's family.

## **Why did Lewis kill Breck?**

Another regular one and a tough one. We say that honestly, we don't know. We are not psychologists so we can't see into Lewis's head. What we can say is that he clearly did not value life in the way that you and I do, and that he made some very bad choices that took him down a very bad path. You can add that in doing so, he has thrown away his own life as well as Breck's, because he is now in prison, and could have had a successful career instead.

## **Why do people groom other people?**

Some people are unkind and make bad choices. For someone to deliberately try to control or hurt someone is bad and unkind and I don't know why they do it. What's important though, is that we now know how to spot those people and keep ourselves safe. Again, this answer depends on age. If this is a secondary age question, then we can talk about bad intentions.

## **How did Lewis know where Breck lived?**

For this, you can talk about the fact that Breck and Lewis talked together for a year, so Breck had dropped his guard, even though he didn't know Lewis properly. Talking about how our guards drop when we're gaming because we are distracted, or mentioning how groomers are clever at finding out info may also be appropriate. Breck obviously gave his personal information to Lewis which often causes wide eyes and horror at primary level because it has been drummed into them not to do that. Breck thought Lewis was his friend, so he thought it was OK.

## **Did Lewis have any relatives or parents? Did they know what he was doing?**

Emphasise that Lewis was an adult (at 18) and lived alone. His background was chaotic but that does not excuse what happened or what he did. His parents were not involved and did not know what he was doing.





# Where to find help

The Breck Foundation is an online grooming education and preventative charity, these are some of the organisations, agencies and charities they recommend. In an emergency, you should always call the Police on 999.

Websites to go to for urgent help



## [www.childline.org.uk](http://www.childline.org.uk)

Childline is a counselling service for anyone under 19 in the UK. It can help with any issue, any time of day or night. Call 0800 1111 or visit the webpage.



## [www.ceop.police.uk/Safety-Centre/](http://www.ceop.police.uk/Safety-Centre/)

Breck Foundation's partners at CEOP (the Child Exploitation and Online Protection Command) are the online police and are part of the UK's National Crime Agency.



## [www.iwf.org.uk/our-technology/report-remove/](http://www.iwf.org.uk/our-technology/report-remove/)

A brilliant service from NSPCC and IWF, Report Remove helps young people whose nude selfies have been shared online, and will work quickly to help get them taken down.



## [www.iwf.org.uk](http://www.iwf.org.uk)

If you see any criminal sexual content online, you can report it anonymously to the Internet Watch Foundation.



## [www.revengepornhelpline.org.uk](http://www.revengepornhelpline.org.uk)

Revenge Porn Helpline - 0345 6000 459 | Revenge Porn Helpline  
A UK service that supports adults (aged 18+) who are experiencing intimate image abuse. They offer advice, information, and offer support through various reporting options. This also includes anonymous reports.



## [www.thecyberhelpline.com](http://www.thecyberhelpline.com)

A confidential helpline and self-help service for victims of online crime, including cybercrime, digital fraud and online harm.



learn about it / talk about it / deal with it

**[www.internetmatters.org](http://www.internetmatters.org)**

Internet Matters is a well-resourced organisation helping parents keep their children safe online. Find information on everything from setting controls on consoles to issues around cyberbullying.



**[www.ceopeducation.co.uk](http://www.ceopeducation.co.uk)**

This is the educational branch of CEOP and has dedicated portions of its website for young people of different ages.



**[www.crimestoppers-uk.org/fearless](http://www.crimestoppers-uk.org/fearless)**

Fearless is a site where you can access advice about crime and criminality, they provide a safe place to give information to us about crime - 100% anonymously.

**[www.nspcc.org.uk](http://www.nspcc.org.uk)**

NSPCC is a large charity fighting to stop child abuse on and offline. They have a helpline available for adults on 0808 800 5000.



**[www.saferinternet.org.uk](http://www.saferinternet.org.uk)**

UK Safer Internet Centre promotes the safe and responsible use of technology for young people.



**[www.taminggaming.com/en-gb/home](http://www.taminggaming.com/en-gb/home)**

This fantastic resource reviews and explains video games for parents and also suggests alternatives from its vast database.



**[www.common sense media.org](http://www.common sense media.org)**

A site reviewing video games and films – with input from parents and young people.



**[www.parentzone.org.uk](http://www.parentzone.org.uk)**

Parent Zone offers free services and resources to parents, families and professionals about how to engage children in internet safety.



# Post session resources

We have downloadable resources for teachers to use with their classes after our in- school presentations.

These include activities and ideas for lessons which reinforce the online safety messages we talk about in our sessions. Please click on the age-appropriate link below to download a resource pack, or you can click here <https://www.breckfoundation.org/breck-resources> (look for 'teacher resources').

If you have any questions about the content of the pack please do get in touch.



**YEARS 1 & 2**



**KS2 No Breck**



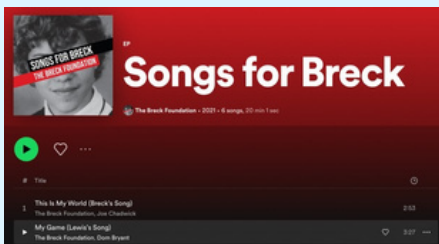
**KS2  
(Breck's Story)**



**SECONDARY**

## Other resources

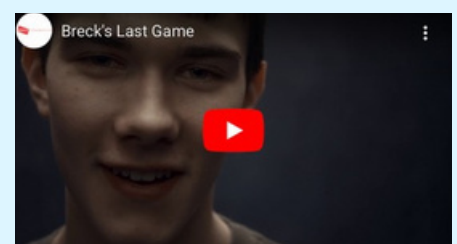
All these resources can be found at [www.breckfoundation.org/breck-resources](https://www.breckfoundation.org/breck-resources)



**MUSIC  
RESOURCES**



**S.E.N.D  
RESOURCES**



**VIDEO  
RESOURCES**



# SEND resources we recommend

## Support for young people

- [Resources | Childnet](#)
- [Symbols based SMART rules | Childnet](#)
- [Be Safe and Smart Online | Childnet](#) - Created in partnership with The National Deaf Children's Society
- [staying-safe-online.pdf](#) (theriseschool.com)
- [Index of Online Harms | Internet Matters](#)
- [Online safety for children with SEND | NSPCC](#)



## Support for parents and carers

- [Supporting children and young with SEND online | Internet Matters](#)
- [Learning Disabilities, Autism and Internet Safety - Cerebra](#)
- <https://www.internetmatters.org/wp-content/uploads/2020/10/Internet-Matters-Guide-supporting-children-with-send-connecting-and-sharing-online-2.pdf>
- <https://saferinternet.org.uk/send>

## Support for teachers

- [Know IT All for Teachers - SEN | Childnet](#) - Online safety advice and tools for teachers and professionals working with SEN pupils.
- [STAR SEND Toolkit | Childnet](#) An online safety teaching toolkit for educators to deliver with young people aged 11-16 with special educational needs and disabilities.
- [Watch Maya's Story](#) with a child in your care to see how abusers can try to manipulate young people online. It will help them understand that they should tell a trusted adult, who will help them block and report the perpetrator. For accessibility, watch the [British Sign Language version](#). A [voiceover-only](#) version of the film is also available to view online. [IWF-Lesson-Plan.pdf](#) - lesson plan to use alongside the video,
- <https://saferinternet.org.uk/send>

SEND  
RESOURCES



# Satellite presentations

We have a variety of additional session topics that we deliver which come under our 'Satellite Presentations'. These are available for schools to book however we do ask that students receive our core session on Breck's Story prior to schools booking any of these topics.

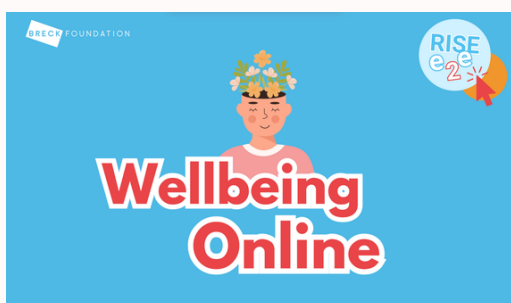
More information on these sessions has been detailed below:



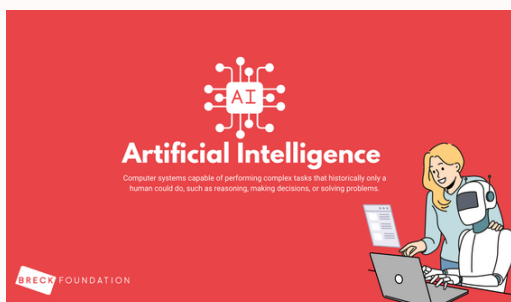
**Fake News:** This presentation is aimed at supporting young people to develop skills in recognising misleading or deliberately false news whilst online. It also provides students with an understanding around the impact of sharing fake news, conspiracies, deepfakes and fake imagery, both on society and on individuals.



**Digital Citizenship:** Our 'Digital Citizenship' satellite presentation looks at our behaviour online and explores the key factors of being a 'good digital citizen'. We focus on sub-topics such as trolling, consent, sexting, hate speech, and cyberbullying. We encourage pupils to reflect on their own behaviour online by being accountable for their choices.



**Wellbeing Online:** With our 'Wellbeing Online' topic, we look at the impact that social media and technology has on our mental health and wellbeing. It explores some of the most essential topics for your students' online life, including filters, editing, the 'reality' of online content, algorithms and harmful content.



**Understanding AI:** The world of AI is growing quickly and is becoming a staple in many young people's lives. We look at the different kinds of AI currently available, how it is used in our everyday lives as well as within different sectors such as gaming, education and mental health. Here, we also focus on the 'dark side of AI' and the risks around deepfakes, harmful content and bullying.



## RISE e2e

### Resilience Internet Safety Education: End to End

It's a powerful programme to bring even **better, more sustained and impactful** online safety education to your pupils.

The programme starts with a speaker session about Breck's story, then continues over the course of the academic year with a **range of satellite presentations and workshops**. Each presentation has **tailored content** suitable for each school's unique circumstances, and a range of **peer-led projects** around safeguarding and safety.



#### HOW DOES IT WORK?

The speaker will visit a school **up to three times throughout the year** to deliver the workshops and presentations, as well as offer ongoing support where needed via email and phone.

Our specially designed **monitoring and evaluation surveys** will document how pupils' learning has advanced over the course of the year, and will be **shared with the school at the end of the programme**.





## Our powerful play, 'Game Over'

The award-winning playwright Mark Wheeler wrote the **powerful verbatim play 'Game Over'** based on Breck's story for **secondary school students to perform** through their drama curriculum.

These student-led performances and workshops are designed to **reach whole communities** such as school peers, community groups, parents, teachers and all school staff. Working on the play **allows for students to become immersed in the story** while learning how to stay safe online.

# 100%

of the audience surveyed at a 'Game Over' production said that the **play would inspire them to talk to their children about grooming and internet safety.**

### WATCH THE PLAY

Download and stream our brand new **LIVE production of 'Game Over' performed by Brighton Little Theatre Youth Group**. A powerful and moving performance to show your students.





# Fundraise with Breck Foundation

**Help bring vital online safety education to your school, one bake sale, walk or 'wear-red day' at a time.**

School budgets are often tight, and we don't want that to stand in the way of vital online safety education. If your school would like to bring a Breck Foundation speaker in but funding is the barrier, **your community can fundraise to make it happen.**

From bake sales and talent shows to a 'No Tech for Breck' day or a sponsored walk to school, there are **simple ways to get pupils, staff and parents involved**, and every pound raised goes straight towards keeping children safer online.

## How your fundraising helps

### £330

Funds one face-to-face session at your school

### £550

Funds three face-to-face sessions

### £700

Funds four sessions plus an online parent session

## Simple ways to get involved



Go 24 hours without phones or screens, sponsored by the hour



Swap uniforms for red, donate £1 to take part



Pupils, staff and parents bake and sell for the cause

**Want the full toolkit?**

[CLICK HERE!](#)

Request the full fundraising toolkit pack for step-by-step ideas, sponsorship forms, event templates, and everything you need to get started | [admin@breckfoundation.org](mailto:admin@breckfoundation.org)





# Become our BFF and support our work

Our amazing regular sponsors, known as our Breck Foundation Friends, or our BFFs, make our work possible. Join our incredible group of BFFs and be a part of the journey to reclaim the internet.

Help us reach more schools and be a part of keeping children safe.

To sign up to be our BFF please scan this QR code or visit [www.breckfoundation.org/bff](http://www.breckfoundation.org/bff)



SCAN ME

PLEASE CONSIDER GIVING MONTHLY

£3

goes towards the development of new resources that let children learn how to be safe online

£5

protect a whole class of primary school children every year with online safety lessons

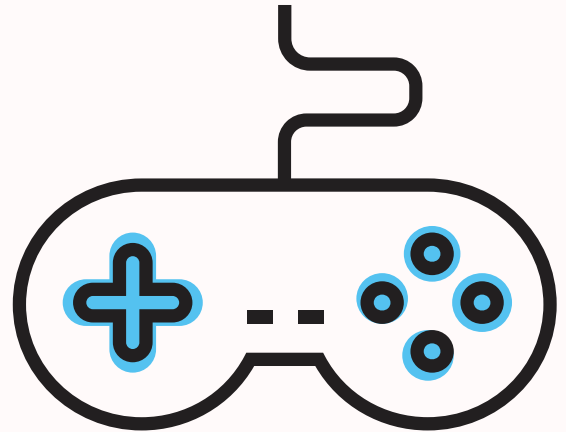
£10

\*a month

can fund the 'online safety' education of 40 trainee teachers to spot the signs of grooming in their pupils

*"I learnt that on the internet, you have to be cautious because behind the microphone you might not be seeing the real person." Alice, age 10\**

\*this quote has been anonymised



## Please provide feedback

We'd love to hear what you thought about the presentation.  
via our online form here: [Staff feedback form](#)

## Stay in touch!



**[admin@breckfoundation.org](mailto:admin@breckfoundation.org)**

**Registered virtual address:**

60 Tottenham Court Road,  
Suite 3672a,  
Fitzrovia,  
London, W1T 2EW