



POST-PRESENTATION PACK

PARENTS AND CARERS





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



Parental controls - check list

You can find step-by-step guides for setting up parental controls on [Internet Matters](#)

- ☐ Set parental controls on your broadband
- ☐ Some internet providers have filters that create parental controls for mobile networks
- ☐ Disable location services on your computer so your child doesn't unintentionally share their location with others
- ☐ Disable in-app purchasing on mobile phones to prevent unexpected charges
- ☐ Check-in with your children's social media to make sure it is private and they are not sharing personal information
- ☐ Set parental controls on gaming consoles. On some devices you can:
 - Turn off chat functions to stop children from talking to people they do not know
 - Restrict games based on age
 - Turn off in-game purchasing or set a limit

Consider using 'Google Family Link', through this you can set daily screen limits, and see how much time your child spends on certain apps.

For more parental guides on specific apps and games:



- Parenting, Media, and Everything in Between
Common Sense Media



- Online Safety Guides & Resources for Parents
nationalcollege.com



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





Conversation starters

Primary age:

- 'How does this game/app work?
- Can I play?' 'Which apps or games are you into at the moment?' ' '
- Do you have any online friends?
- 'Have you ever seen any bad behaviour online?
- What did you see? What did you do about it?'
- Do you know where to go for help if something upsets you online?' (remind them of their trusted adults, CEOP or Childline),
- 'What kinds of things should we do to keep our personal information safe when we're online?'
- 'What happens to what we say or send when we post it online?'

Secondary age:

- 'What apps/games is everyone using at your school? What's the social media app of the moment?'
- 'Have you ever seen anyone scamming or tricking people online? What did you see/hear about?'
- 'How do you know that what you're reading about is truthful or fake? What steps do you take to make sure you're not reposting fake stories?'
- 'Do you know your limits?' (You can talk about screen addiction, getting enough sleep, the endless scroll of social media)
- 'I heard about a girl getting tricked into sending nude selfies and then someone shared them without permission. I thought it was really sad. Have you ever heard about that sort of thing?'
- 'How do you know the person you're chatting to online is who they say they are?'
- 'Do you think you could tell if someone was scamming/catfishing you? How?'
- 'Should we treat people differently online than in the real world? How?'

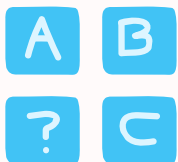


What to do if a child reveals abuse/exploitation

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/ | or call the NSPCC on 0808 800 5000



Questions your child 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.





Can you help us spread the word?

Exceptional educational speaker sessions

Breck's Story:

We deliver 'online-safety' educational sessions that share Breck's Story with children of all ages to **empower them to protect themselves against online grooming**.

Neuroscience backs up what we already know from our sessions – that the telling of the story of Breck is a **uniquely powerful tool**. When we listen to stories, neural activity increases fivefold. Using Breck's real-world story is a unique angle that allows us to **deliver powerful messages** and get the type of response from attendees that **generic sessions rarely get**.

WHAT SCHOOLS SAY

"I have had so many staff wanting to tell me how insightful, relevant and worthwhile the training session was. It is truly one of the best sessions we have offered to our pupils and staff."

Teacher - Claremont High School



IMPACT OF OUR WORK

- Greater understanding among young people of the **risks of online grooming, exploitation & abuse**
- Greater confidence in **identifying the specific signs** of online grooming, exploitation and abuse
- **Improved mental health and overall wellbeing** among children and safeguarding adults
- Increased likelihood of **preventing internet grooming** incidents at an early stage
- Increased feelings of **digital resilience** among children and young people
- Children have **increased confidence** distinguishing between **real life friends and online 'friends'**
- **Increased confidence** for adults in **fulfilling safeguarding duties** to children and young people



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



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



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.





Become a corporate BFF

What we can offer

1

Speaker Sessions: for your staff benefits programme or wellbeing days

We visit organisations and companies (both in person and virtually) to deliver our lifesaving talk centred around Breck's story. Your talk will give all your employees and colleagues the skills to effectively respond to suspected cases of online grooming, exploitation and abuse protecting themselves, and importantly the children in their lives.



2

Responsible Business Partnership: community projects and social value

We can work with you to create projects in your local community that will support you to deliver on your corporate social responsibility agenda.

We can adapt our work to fulfil your ESG goals and work with you on crafting social value propositions into your bids and funding proposals.



3

Team building activities and events: that help us continue our work

Looking for a way to bring your team together and boost morale? We can offer places in marathons to energize your team, cycling events to pedal for a cause, and help you organise corporate events such as thrilling poker nights that promise an unforgettable experience—all while helping build a safer internet for the future.





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



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

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/

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/

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

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



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

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



More information on internet safety issues and how to solve them



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

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

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

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

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



www.taminggaming.com/en-gb/home

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



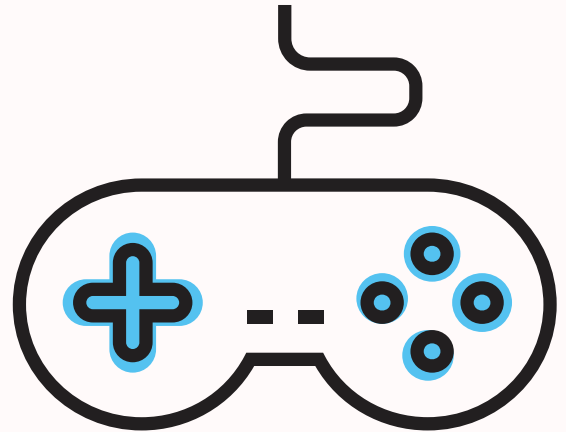
www.common sense media.org

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



www.parentzone.org.uk

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



Please provide feedback

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

Stay in touch!



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