

# Post Presentation Pack

## BRECK FOUNDATION

HELPING YOUNG PEOPLE RECLAIM THE INTERNET

We hope you enjoyed our presentation at your school. We know Breck's story is a difficult one to hear, but it's an important one.

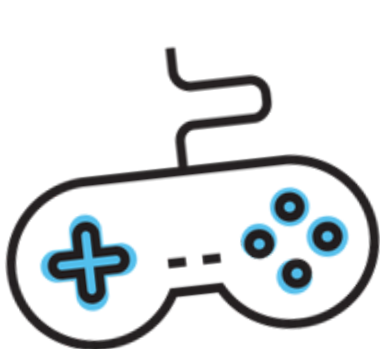
Understanding his story helps us recognise the challenges we might come across online and how to cope with them safely.

It's completely okay to feel moved, upset, or unsure after hearing what happened.

What matters is knowing that you are not alone. There are lots of people you can talk to -your teachers, pastoral team, trusted adults at home, or support services like Childline

If you are ever worried about a friend, or if something online doesn't feel right, reach out.

Sometimes it only takes one brave voice to make a difference or stop something from getting worse. Your instincts matter -trust them.





# What is grooming?

Grooming is when someone builds a relationship, trust and emotional connection with another person so they can manipulate, exploit or abuse them.

## Remember:

- A groomer can be any age, any gender.
- They may be a stranger or someone you feel like you know.
- Grooming can happen online or offline.
- Groomers usually speak to more than one person at a time.

The key danger of exploitation is that it often feels like trust, friendship or love—making it hard to recognise.

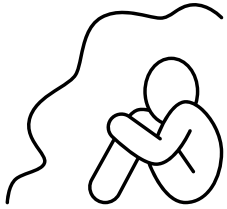




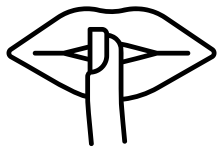
# Signs of grooming



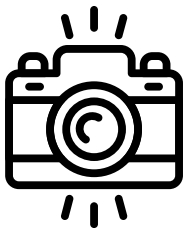
- **Too Nice, Too Soon** – lots of compliments, flattery, attention; pushing the relationship forward quickly.



- **Persistence** – constant messaging, not taking “no” for an answer, putting pressure on you.



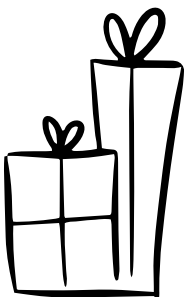
- **Isolation** – trying to pull you away from friends and family; telling you that only they understand you; asking you to move to private platforms.



- **Keeping Secrets** – asking you not to tell anyone about your conversations or relationship.



- **Photos and Videos** – requesting nude images or sexual content.



- **Threats** – blackmail, pressure, or saying something bad will happen if you don't do what they want.

- **Gifts or Freebies** – presents, money, alcohol, takeaways, online items. These may seem kind, but they often come with hidden expectations.



# 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.



## **[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/)**

If someone is making you feel unsafe online—pressuring, blackmailing or trying to groom you—you can report directly to CEOP.



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

Easy guides on staying safe online, managing social media and dealing with cyberbullying.



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

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

## Have your say!

We'd love to hear what you thought about the presentation.

Student feedback form here: [Young Persons Feedback Form](#)

## Stay in touch

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



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