

Your team will meet this. Will they know what to do?

A child tells someone at your organisation what they watched online. What happens in the next sixty seconds decides whether that child gets a trauma-informed intervention, and whether your organisation can show it acted to mitigate further harm. I make safeguarding teams Cybertrauma-Ready.

THE GAP

Safeguarding training was built for harms we could already name. This one seems to have slipped under the net.

WHERE MOST ORGANISATIONS ARE TODAY

Staff freeze at the moment of disclosure

Staff members hear a nine-year-old describe watching violent/self-harm/suicide content. An unnamed platform, no other evidence, and viewing it isn't listed as a safeguarding harm, so it never gets logged. No protocol, no script, no escalation route.

The gap shows up at inspection

An inspector asks what training staff have had on children's exposure to violent and gory online content. The honest answer is a generic e-learning module about e-safety, screen time and stranger danger. "We didn't know" is today's answer about violent and gory content.

No language for what you're seeing

More children present with behaviour issues, nightmares, aggression, dissociation and "something they saw online". It doesn't fit your categories and isn't one of the online harms you've been told about so far, so it sits under emotional wellbeing or behaviour interventions.

WHERE THIS WORK TAKES YOU NOW AND NEXT

A response your staff can actually follow

They know what to say, what to record, who to escalate to and why — documenting content type, the child's affect and the immediate response, then following a clear clinical pathway. *Without inventing new bureaucracy.*

Evidence ready before anyone asks

Training logs, policies that name violence and gore exposure as a trauma category and why, and case examples showing staff competence. *Without waiting for it to be mandated.*

A name, a category and a threshold

Logged as cybertrauma, triaged on evidence-based criteria and escalated properly. Patterns that were invisible six months ago now get reported alongside sexual, psychological and physical abuse and neglect.

THE METHOD

The CYBERTRAUMA™ Recognition System.

01 Same Impact, Different Screen We already track trauma exposure in first responders. Children watching the same violence online deserve the same clinical lens; the mind doesn't distinguish scene from screen.	02 Know What to Say, Know What to Do Trauma-informed language, documentation standards and escalation pathways, so the response is immediate and grounded rather than frozen.	03 Make It Fit Your System CYBERTRAUMA integrated into the safeguarding categories and workflows you already run, using evidence-based triage criteria.	04 Close the Gap Before They Ask Training, policy and audit-ready evidence in place before an inspection or serious case review exposes the gap.	05 Research Meets Real Life Grounded in doctoral research and two decades of clinical practice, so you can defend the approach to leadership and inspectors.
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HOW TO WORK WITH ME

Whole-staff training: INSET and twilight sessions (for schools), plus short, half-day and full-day training in recognising and responding to cybertrauma — from on-site arrival to departure.

DSL-level training. Disclosure handling, recording patterns for pattern recognition, and the parent-conversation problem.

Safeguarding policy review. Is your policy ready for this category of harm? A written gap analysis you can take to your board.

The Drop In Clinic. Monthly clinical supervision for the staff carrying this work, so it doesn't cost them.

Keynotes and board briefings. For conferences, leadership teams and trust & safety functions.

Or start smaller, today

Individual practitioners can begin with the online courses — same research, same frameworks, self-paced.

From £39

CYBERTRAUMA™ Interventions: The Essentials, the FLEXI Course and the Live Certificate Course at childrenandtech.co.uk

PhD in children aged 7–10 and exposure to online violence/gore · Consultant Child & Adult Trauma Psychotherapist · Online Harms Consultant, 30+ years in technology · Author of seven books · TEDx speaker · Journal editor, Frontiers — Cybersecurity in Digital Mental Health

WHICH NEXT STEP IS YOURS?

If you don't yet know what you need

Take the free assessment

20 questions, under five minutes. You'll get a score against all five pillars and see exactly where your gap is — in language you can take to a board.

digital-safeguarding-readiness-assessment.scoreapp.com

If you're training a team or a whole organisation

Book a call

Fifteen minutes. I'll tell you what closing the gap actually involves, and you decide. If it isn't a fit, I'll say so.

catherineknibbs.co.uk/contact.html

If it's just you, and you want to start today

Begin with a course — from £39

CYBERTRAUMA™ Interventions: The Essentials, the FLEXI Course and the Live Certificate Course. Self-paced or live.

childrenandtech.co.uk

The next disclosure could happen tomorrow. The question isn't whether your team will meet this, it's whether they'll recognise it.

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