

Helpline early warning meeting 12th March 2026

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| 1. Bela Coku | Albania |
| 2. Niels Van Paemel | Belgium |
| 3. Ana Budimir | Croatia |
| 4. Julia Pachiti | Cyprus |
| 5. Pavilina Vágnerová | Czechia |
| 6. Niels Christian Bilenberg | Denmark |
| 7. Julie Hjort | Denmark |
| 8. Kristiina Kaldma | Estonia |
| 9. Annekathrin Cornelius | Germany |
| 10. Maria Dara | Greece |
| 11. Elizabeth Donlon Fox | Ireland |
| 12. Ilaria Visconti | Italy |
| 13. Diana Baliulė | Lithuania |
| 14. Davinia Marie Muscat | Malta |
| 15. Nelli Kongshaug | Norway |
| 16. Wiktoria Kozłowska | Poland |
| 17. Margarida | Portugal |
| 18. Claudia Oprescu | Romania |
| 19. Alejandra Fuentes | Spain |
| 20. Elina Johnsson | Sweden |
| 21. Jess Yelland | UK |
| 22. Sonja Vaisanen | European Commission |
| 23. Karl Hopwood | Insafe/EUN |

Apologies

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| 1. Neža Jagodic | Slovenia |
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A recording of the meeting can be found here https://youtu.be/X06GbOK_D_Y

The next meeting will take place at **1200** CEST on 22nd April **Please note that the meeting will start at 1200 this time.** [Helplines early warning group meeting](#) | [Meeting-Join](#) | [Microsoft Teams](#)

Links

[European children's use and understanding of generative AI: EU Kids Online 2026](#)

WhatsApp launches parent managed accounts for under 13s.

<https://blog.whatsapp.com/introducing-parent-managed-accounts-on-whatsapp>

Belgium	There continues to be a significant increase in sextortion and grooming cases. Snapchat, TikTok, Instagram, Telegram and WhatsApp are the main platforms where this is taking place. The majority of sextortion cases are financial sextortion (65%) with 20% where the sextortion is to receive more content. In these cases where more content is demanded, 70% of the victims are girls, where the motivation is financial, 92% of victims are male. Victims of financial sextortion tend to be 15–17-year-olds whereas it is younger girls who are asked for content.
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	<p>It is important to recognise the different motivations and victim profiles depending on the different types of sextortion.</p> <p>The helpline used to receive more calls from parents but more children and young people are making contact now and are often finding the helpline via AI tools. It is important to ensure that children and young people are given the right advice via AI. Need to think about other tools too such as Claude.</p> <p>Cases of NCII increased by 30%.</p> <p>Telegram is responding to all cases that are escalated. Their main EU office is in Brussels.</p> <p>More support is needed for boys and more thought needs to be given into how to respond to boys.</p>
Croatia	<p>There have been some serious cases related to individuals being blackmailed over intimate images. Some callers have paid. Most cases start on TikTok or Snapchat and then move to platforms like Telegram. There have been cases of fake profiles being used to harass others.</p>
Cyprus	<p>AI is increasingly being used to talk about problems and seek advice. People are being referred to the helpline by AI tools.</p>
Czechia	<p>A new law has been in place since January 2026 meaning that the creation or sharing of nonconsensual intimate images with AI is a specific crime. This covers revenge pornography which is designed to damage someone's online reputation. This is very important and the creation of this type of content is very challenging for schools.</p>
Denmark SletDet Rådgivningen	<p>There have been some cases where young people are being extorted and coerced into committing acts of self-harm and being told to document this. The police are involved. Victims are being fed negative ideologies and encouraged into acts of terrorism. There are concerns that the helpline could see more similar cases.</p>
Denmark CfDP	<p>There are reports from schools about AI generated content, images and movies where teachers are being depicted in sexual situations and similar reports are received about children doing this to their peers. The quality of the content created is extremely high and it is often not possible to tell that the content is fake. Users do not need any skills in order to be able to create the content.</p> <p>Young people are using AI when they contact the helpline. This is a challenging issue for counsellors who are told to look at language and "read between the lines" to ascertain things like gender and age in order to evaluate the capability of the young person to be able to understand the answers. This is becoming increasingly difficult to do when content has been created by AI.</p>
Estonia	<p>More callers are being signposted from AI tools – especially ChatGPT.</p>
Germany	<p>More cases involving AI. Young people are talking to AI because they don't have anyone that they can speak to. They say that they don't think their cases are important enough for real people. One caller had been checking their eating behaviour with ChatGPT and after doing this for 3 days was told to contact the helpline. Some callers are worried that they are addicted to AI and want to get rid of it but need support. One girl explained that she has several CharacterAI friends and feels lonely and says that life is boring without AI friends but also tells a counsellor that she doesn't feel good about this and so deleted all of the AI friends and now feels that she has lost all of her friends at once. A teenage boy explained that he was in love with an AI character but was also in a relationship with a real girl and felt guilty about this. Young people are seeking human interaction at the helpline because the AI doesn't feel right.</p>
Greece	<p>There have been a lot of calls about depression lately and these callers are referred onto other helplines that are able to focus on this more specifically. A</p>

	<p>social media ban for children and young people under 15 will come into force in April and the helpline is receiving calls from parents who want this to happen. There has been a rise in contacts relating to NCSII, also calls related to excessive use.</p> <p>TikTok users who report to TikTok are signposted directly to the helpline.</p> <p>A lot of calls are being received from teachers.</p>
Ireland	<p>A lot of attention is being paid to the social media ban in Australia. Children and young people are struggling with AI being used to alter images and there have been multiple cases related to this.</p>
Italy	<p>The helpline is receiving increasing numbers of reports by email where ChatGPT has told a user to contact the helpline. In some cases, they are contacting the foundation rather than the helpline.</p> <p>There are more calls from females except in cases of sextortion which are dominated by male callers.</p>
Lithuania	<p>Some children and young people have admitted that they are sending nudes and communicating with strangers because they want to break the rules and are curious about where this will lead and what will happen next. They think that they are in control. Some cases where divorced parents are purposely trying to hurt their former partners by contacting children through social networks and messaging platforms. The child is used as a tool for provoking a reaction.</p>
Malta	<p>The helpline is receiving calls from social workers who are working with children and young people who are addicted to pornography from a young age (10). Regulations have made it more difficult for young people to access pornography but the helpline is getting more calls about this. Although some platforms have age verification in place, children and young people have been able to use printed photographs of their parents in order to gain access.</p>
Norway	<p>Children and young people are seeing content on TikTok which is leading them to try and find out if they have a diagnosis. They are then contacting the helpline asking about this. There has been a peak in website views which is difficult to understand as this is not matching contacts to the helpline. This is possibly as a result of people being signposted to the helpline by AI tools.</p>
Poland	<p>The helpline has a profile on TikTok and comments have been left by people with suicidal thoughts. Counsellors think that this is children who are trying to get attention, they are writing sad and harmful comments and then tagging the helpline. This appears to be a growing trend. The TikTok contact in Poland is not dealing with this and the police are also not interested. There are concerns over how the helpline can manage this.</p>
Portugal	<p>ChatGPT is recommending the helpline to users. The helpline is now nominated as a trusted flagger under the DSA and they are keen to hear about the experiences of other trusted flaggers.</p> <p>There have been cases where minors have met with adults in person and been sexually abused.</p> <p>Some children are being added to huge WhatsApp groups where pornographic memes are being shared.</p>
Romania	<p>Increasing numbers of calls from teens who say that they are depressed and don't know how to make friends. They often have problems with their parents. The helpline is keen to hear from others who have manuals around psychological approaches.</p> <p>The helpline has provided some group counselling on the subject of excessive use for parents who have concerns about their children.</p>
Spain	<p>Many calls relating to sextortion.</p>

	<p>The helpline is also receiving some calls about a new trend called Therian. Callers are individuals who identify on a personal, non-physical level as one or more non-human animals, a deeply ingrained experience known as therianthropy.</p>
Sweden	<p>Lots of contacts related to consensual and non-consensual image sharing which takes place on multiple platforms but particularly on Snapchat. One girl contacted the helpline saying that she was being held hostage by a man that she met on Snap. The police were able to find the girl and the 40-year-old man she was with and he was taken into custody.</p> <p>More young people are using AI to formulate their messages to the helpline. Bris's annual report has just been released. There is a focus on domestic violence and economic vulnerability. The report also presents the ten most common reasons children and young people contact the helpline, and for the first time, online-related issues have entered the top ten.</p> <p>https://www.bris.se/globalassets/pdf/rapporter/barnrapporten-2026/</p>
UK	<p>Lots of users are being sent to the helpline by ChatGPT and this is particularly the case for victims of sextortion. There are significant problems with teachers having to deal with content being created by AI tools that puts them into vulnerable positions.</p>