Online safety
Resources for parents and carers

NSPCC resources

- For guidance on a wide range of topics, visit the NSPCC's online safety pages:
nspcc.org.uk/keeping-children-safe/online-safety

- For practical tips and real-life case studies, watch the NSPCC's parenting online series:
youtube.com/user/nspcc

- Use Talk PANTS resources to help you speak to younger children about sexual abuse online, in an age-appropriate way:
nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule

Reporting sites

- Contact CEOP if you're concerned about someone making inappropriate or sexual contact with a child online:
ceop.police.uk/safety-centre

- Report sexual images and videos of children shared online to the Internet Watch Foundation

- Report anything online which causes someone distress or harm to Report Harmful Content:
reportharmfulcontent.com

Resources for children and young people

- They can visit the Childline website for advice and information:
childline.org.uk

- Call Childline on 0800 1111 to speak to one of our counsellors about anything worrying them

- Share experiences and get peer support on the Childline message boards:
childline.org.uk/get-support/message-boards

- Contact Young Minds crisis messenger (Text YM to 85258) or visit the Young Minds website for advice about mental health:
youngminds.org.uk

- Visit Childline's online and mobile safety page to learn how to stay safe online:
childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety

- Use the Zipit app to navigate unwanted intimate chats:
childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/zipit-app

- Watch films on lots of different topics on Childline's YouTube Channel (aimed at young people aged 13-18):
youtube.com/user/childline

For more advice or information, contact our trained helpline counsellors on:

0808 800 5000 or help@nspcc.org.uk

If a child is in immediate risk of harm then call 999

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR