

Resources and carers advice



www.thinkuknow.co.uk/parents

Governments leading resource library rang by the National Crime Agency's CEOP Education Team. Offers a range of resources and guides for parents covering relationship education and being safe online.

www.nationalonlinesafety.com

National Online Safety are a multi-award winning provider of online safety e-learning and resources for the schools community. Although a private provider, they have some excellent free of charge parental guides which are great for conversation starters and to upskill professionals and carers.



www.parentzone.org.uk

Experts in digital family life. Parentzone help families navigate the internet safely and confidently, so kids have the resilience they need to take advantage of the amazing opportunities the internet offers. Work globally with parents, schools, governments and partners to study, understand and address the impact of emerging technologies on young people. Have a huge range of resources available – click the “for parents” link from their main page.

**internet
matters.org**

www.internetmatters.org

IM's online portal gives information and guidance about online safety issues children might be exposed to when browsing the internet, they offer advice for safeguarding and tips for setting up appropriate controls and filters in the portal. The portal contains information for parents on the online issues of cyberbullying, inappropriate content, online pornography, online reputation, online grooming, sexting, self-harm and radicalisation.



www.taminggaming.com

The family gaming database is an independent online library that provides extensive information and guidance about all types of gaming. It is subscription free and has been designed with parents and carers in mind for them to gain deeper understanding of age ratings, content and benefits of various games. Offers details search to link games to address issues including emotional well-being and critical thinking.

Resources and support services for children and young people

CEOP

www.ceop.police.uk

Report online child sexual exploitation, abuse and inappropriate communications.

Childline

A free and private confidential services where young people can talk to a trained counsellor about anything

0800 1111

www.childline.org.uk

Samaritans

Listening and support to people and communities in times of need

Tel: 116 123

Email: jo@samaritans.org

www.samaritans.org/how-we-can-help

Coram Voice

Support and information for children and young people on the edge of care and care leavers.

Tel: 0808 800 5792

www.coramvoice.org.uk

Shout 85258

A free, confidential 24/7 text messaging support service for anyone who is struggling to cope with emotional well being.

Tel: Text SHOUT to 85258

www.giveusashout.org

Kooth

Online emotional well-being and support community

www.kooth.com

The Mix

Free and confidential support for under 25's

Tel: 0808 808 4994

Text: The Mix to 85258

www.themix.org.uk