

# 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](https://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](https://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](https://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](https://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](https://reportharmfulcontent.com)

### Resources for children and young people

- They can visit the Childline website for advice and information:  
[childline.org.uk](https://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](https://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](https://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](https://childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety)
- Watch films on lots of different topics on Childline's YouTube Channel (aimed at young people aged 13-18):  
[youtube.com/user/childline](https://youtube.com/user/childline)



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

0808 800 5000 or [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

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

# NSPCC

## EVERY CHILDHOOD IS WORTH FIGHTING FOR

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