Websites to visit for more information:

**Think U Know:** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
The National Crimes Agency Child Exploitation and Online Protection Command (CEOP) have a website which is suitable for children aged 5-16 and a section just for parents/carers with advice and information.

**NSPCC:** [www.net-aware.org.uk](http://www.net-aware.org.uk) and [www.nspcc.org.uk/onlinesafety](http://www.nspcc.org.uk/onlinesafety)
The NSPCC have produced resources for parents, including Net Aware, a tool which reviews some of the most popular apps. The website has helpful advice for parents about issues such as online grooming, ‘sexting’ and cyberbullying. They also provide a helpline for parents: 0808 8005002

**ChildLine:** [www.childline.org.uk](http://www.childline.org.uk)
The ChildLine website has a wide range of info and advice on both online and offline safety. There is info about online gaming, grooming which can be shared with children. They also provide a helpline for children: 0800 1111

**UK Safer Internet Centre:** [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
UK Safer Internet Centre provides a wide variety of advice and guidance to help you discuss online safety with your children. There are useful checklists for privacy settings on social networks and suggestions to consider before buying devices for your children.

**Childnet:** [www.childnet.com](http://www.childnet.com)
Childnet has resources, including videos and storybooks, to help you discuss online safety with your children. It includes advice on setting up parental controls, cyberbullying and setting up a family agreement for safer internet use.

**Internet Matters:** [www.internetmatters.org](http://www.internetmatters.org)
Internet Matters bring you all the information you need to keep your children safe online. It has a tool which guides you through how to set up parental controls on all the different devices in your home to protect your children.

**Parent Info:** [www.parentinfo.org](http://www.parentinfo.org)
Parent Info provides information to parents and carers about a wide range of subject matter, from difficult topics about sex, relationships and the internet or body image and peer pressure to broader parenting topics like ‘how much sleep do teenagers need?’

**BBC “Own It” Website and App:** [www.bbc.com/ownit](http://www.bbc.com/ownit) and [www.bbc.com/ownit/take-control/own-it-app](http://www.bbc.com/ownit/take-control/own-it-app)
The BBC Own It Website aims to help children aged 8-13 “be the boss” of their online lives. The website has a range of videos and activities to explore with children and even has a helpful app which can be installed on children’s devices to help them use technology responsibility.
**If you are worried**

Be alert to any changes in behaviour, language and attitude in your child that may indicate that something is upsetting them online, for example, if your child starts to withdraw from family and friends or becomes secretive about their online behaviour.

If your child discloses an online issue or concern to you, ensure you **listen** to them.

- Avoid being angry or blaming them; reassure them that they have done the right thing by telling you.
- Take their concerns seriously; even if you feel they are overreacting or their worries are unfounded, it is important not to dismiss their feelings as this can prevent them from coming to you for help again in the future.
- Support your child to report and block people online who may have tried to contact them or have sent them nasty or inappropriate messages or content.
- Help your child to report to the site or service where the concern happened.

Depending on the issue, you can report specific concerns online at:

- Inappropriate content: [https://reportharmfulcontent.com/](https://reportharmfulcontent.com/)
- Terrorist content: [https://act.campaign.gov.uk/](https://act.campaign.gov.uk/)
- Child Sexual Abuse Imagery: [https://www.iwf.org.uk/](https://www.iwf.org.uk/)
- Online Child Sexual Abuse: [https://ceop.police.uk/](https://ceop.police.uk/)