

Information and online resources

4. Online resources for parents and carers



A Parents' Guide to Technology:

The UK Safer Internet Centre has created this guide to answer commonly asked questions and introduce some of the most popular devices used by children, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly.

www.saferinternet.org.uk/parent-tech



Internet Parental Controls:

The four big internet providers - BT, Sky, Talk Talk and Virgin Media - provide their customers with free parental controls that can be activated at any time. Video tutorials on how to download and use these controls are available on the UK Safer Internet Centre website. www.saferinternet.org.uk/parental-controls



Safety Tools on Social Networks and other Online Services:

Information and advice on the safety tools, age requirements and terms and conditions for a variety of online services popular with young people. www.saferinternet.org.uk/safety-tools



Online Gaming:

Childnet's guide contains helpful advice and information on supporting children and young people playing games online. www.childnet.com/online-gaming



Young People & Social Networking Sites:

Aims to help parents understand the positive and creative ways young people are using social networking spaces (e.g. Facebook, Twitter and Instagram). It also points out the potential risks of using these sites and ways to minimise these risks. www.childnet.com/sns



Social Network Checklists:

Free guides produced by the UK Safer Internet Centre that contain detailed instructions and information on privacy and account settings on Facebook, Twitter, Snapchat and Instagram.s

www.saferinternet.org.uk/checklists

5. Where to report / get help



Need help? Information about what to do if a child comes to you for help and advice about how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour.

www.saferinternet.org.uk/need-help



Child Exploitation and Online Protection (CEOP):

A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online www.ceop.police.uk. CEOP's Think U Know website contains information for children and parents, as well as a link for children to report abuse online. www.thinkuknow.co.uk



Internet Watch Foundation:

Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. www.iwf.org.uk



NSPCC:

The NSPCC has partnered with O2 to provide an online safety helpline for parents and carers to answer questions and address concerns about a child's online safety: 0808 800 5000



Childline:

Children can talk to someone for advice and support at any time by contacting Childline on 0800 1111 or chatting to a counsellor online at www.childline.org.uk

ONLINE, ON THE PHONE, ANYTIME



Young Minds:

Young Minds: The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Information and advice for young people and parents/carers can be found at www.youngminds.org.uk and they also offer a free confidential helpline for parents on 0808 802 5544.