

Resources for parents/carers

NSPCC resources

- For guidance on a wide range of topics, parents can visit the NSPCC's [online safety pages](#)
- For practical tips and real-life case studies, watch the NSPCC's parenting online series: [NSPCC - YouTube](#)
- Use [Talk PANTS](#) resources help you speak to younger children about sexual abuse online, in an age appropriate way

Reporting sites:

- Contact [CEOP](#) if you're concerned about someone making inappropriate or sexual contact with a child online
- 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](#)

Resources for children and young people:

- They can visit the [Childline website](#) for advice and information about a variety of topics
- 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: [Message boards | Childline](#)
- Contact Young Minds crisis messenger ('Text YM to 85258') or visit the [Young Minds website](#) for advice about mental health
- Visit Childline's online and mobile safety page to learn how to stay safe online: [Online and mobile safety | Childline](#)
- Children can report nude images or videos of themselves to be taken down from the internet using the [IWF and Childline's Report Remove tool](#)
- Watch films on lots of different topics on Childline's YouTube Channel (aimed at young people aged 13-18): [Childline - YouTube](#)

NSPCC helpline

0808 800 5000 or help@nspcc.org.uk

Childline

Call 0800 1111 or [1-1 chat](#)

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