

E-safety: Sources of help and support

Who can I talk to about e-safety?

There are a number of people you can talk to about e-safety concerns. You can call the police on **101** or if you need immediate help **999**. If you wish to talk to someone anonymously you can also call **Crimestoppers on 0800 555 111**.

If you are under 19 and need to talk to someone in confidence you can call **ChildLine on 0800 11 11** or you can also visit the ChildLine website www.childline.org.uk to chat to a counsellor online.

If you are worried about a child you can call the NSPCC helpline for help, advice and support. NSPCC Helpline **0808 800 5000** or email help@nspcc.org.uk.

Also, if you have concerns about the behaviour of someone online, you can visit the CEOP website <https://www.ceop.police.uk/Ceop-Report/> to report your concerns.

Other information and sources for parents and carers on e-safety

The following three websites provide information for parents and carers about e-safety to help them protect their children from harm;

- Child Exploitation and Online Protection Centre (CEOP), <http://ceop.police.uk>,
- Childnet, <http://www.childnet.com>
- The UK Safer Internet Centre, <http://www.saferinternet.org.uk>

The websites provide information on;

- Using parental controls
- Social networking
- Downloading
- Apps
- Gaming
- Cyberbullying
- Sexting
- Online grooming

- Premium rate content

The CEOP website <http://ceop.police.uk> also provides additional information specifically for carers. This includes; dealing with contact from birth parents and relatives, risk taking behaviour, bullying, security and safety.

Other information and sources for young people

The following websites offer e-safety advice and information for young people. They also provide details about where young people can go to seek help or report any concerns they may have.

<p>Child Exploitation and Online Protection Centre (CEOP)</p>	<p>http://ceop.police.uk.</p>	<p>Advice and information is available for the following age groups: 5-7 year olds 8-10 year olds 11-13 year olds 14+ year olds</p> <p>Top tips and information are provided for;</p> <ul style="list-style-type: none"> • Chatting online and accessing chat rooms • Playing games and gaming • Using emails • File sharing • Using mobile phones • Downloading music • Using social networks • Sending images <p>Young people are also able to report their concerns on the website https://www.ceop.police.uk/Ceop-Report/</p>
<p>Childnet</p>	<p>http://www.childnet.com</p>	<p>Advice and information is available for both primary school children and secondary school children.</p> <p>For primary school children tips are provided on how to;</p> <ul style="list-style-type: none"> • Stay safe and keep personal details private • Stay safe when chatting online • Stay safe when sharing files <p>A host of apps and videos for 3 – 7 year olds are available.</p> <p>For secondary school children tips are provided on;</p> <ul style="list-style-type: none"> • How to protect your online reputation • How to deal with pressure online • How to respect the law around sharing files and images • Staying safe when using video, chat

		<ul style="list-style-type: none"> • Webcams • Keeping smart on your mobile • Keeping smart online • Gaming <p>Information is also available on:</p> <ul style="list-style-type: none"> • Sexting, including; the law, possible risks and consequences of sexting and advice about what to do if an image has already been shared. • Online grooming, including; how to keep information private, how to save your conversation, how to stay in control, and what to do to get help.
UK Safer Internet Centre	http://www.saferinternet.org.uk	<p>Advice and information is available for 3-11 and 11-19 year olds.</p> <p>For 3-11 year olds, tips and information are available on;</p> <ul style="list-style-type: none"> • How to keep personal information and details safe • Staying safe when meeting people and chatting online • Staying safe when sharing files online • Staying safe when viewing and downloading music <p>For 11-19 year olds, tips and information are available on;</p> <ul style="list-style-type: none"> • Using facebook • Cyberbullying • How to protect your online reputation • How to deal with pressure online • How to respect the law around sharing files and images • Sexting, including; the law, possible risks and consequences of sexting and advice about what to do if an image has already been shared.