



Online Safety

Quick tips to get support if things go wrong online:

1. Talk to someone you trust, like a parent or a teacher
2. Report bullying and abuse immediately via the website or app
3. Delete things that you have shared and are worried about
4. Change your privacy setting to make sure what you share is only visible to those you are comfortable with
5. Reach out for further support and advice if needed

The following is a list of services which are available for support and advice around keeping young people safe online:

- NSPCC - Call our O2 NSPCC Advice Line on 0808 800 5002 for advice on apps, sites, games and online safety. If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice. Call us on 0808 800 5000 or contact us online.
- UK Safer Internet Centre – Resources and tips for 11-19 year olds about keeping themselves safe online. Visit www.saferinternet.org.uk
- Childline – Support and advice for young people. Call 08001111 or visit www.childline.org.uk
- Think U Know – Tips, support and advice for young people and their parents and carers. Visit www.thinkuknow.co.uk
- Barnardos – Support and advice for parents and carers about keeping their children safe online. Visit <https://www.barnardos.org.uk/online-safety>
- Child Exploitation and Online Protection - CEOP is a law enforcement agency that helps keep children and young people safe from sexual abuse and grooming online. Contains information for parents, carers and young people. You can also make a report to a Child Protection Advisor via the website if you are worried about something that has happened online. Visit www.ceop.police.uk
- Childnet International – Advice, support and resources for parents, carers, professionals and young people about staying safe online. Visit www.childnet.com

Remember – if you wouldn't do it offline, don't do it online.