

Keeping families safe online...

- Talk together about staying safe online.
- Explore their online world together.
- Agree rules about what is ok and what is not.
- Manage family settings & parent controls.

— Visit Net Aware —

Get expert advice on popular apps, sites and games children are using, support how to set up parental controls and the latest news and more, click onto [Net Aware](#).

We also have some fantastic tips for families to help them think before they post. Learn how to be [Share Aware](#) here.

Free NSPCC & O2
Online Safety Advice Line
[0808 800 5002](tel:08088005002)

Worried about online grooming or sexual behaviour online?
[contact CEOP](#)

If you discover any criminal content when you're online. You can report it to the [Internet Watch Foundation](#)

  **NSPCC**
Let's keep kids safe online



Talking



Access our resources for parents & carers

- Step by step guide of the [Underwear-rule](#)
- Sing-a-long with our [Pantosaurus Song](#)

At the NSPCC, we know being that being a parent or carer can be tricky, and you may not know where to find help or advice.

Why not check out our website that has lots of helpful information and tips on a variety of popular topics from managing toddler tantrums, separation and divorce to mental health parenting.

Click on our [Support for Parents](#) pages to explore these further and help you to keep your families happy and safe too.

If you're worried about a child, and even if you're unsure. Please contact our NSPCC Helpline to chat with professional counsellors for help, advice and support.

Email us at help@nspcc.org.uk.

Or call free [0808 800 5000](tel:08088005000)

Remind your children about speaking out to a trusted adult, however big or small their worry is. And remember Childline is always here to help them.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Our Under 12's site: www.childline.org.uk/kids

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