

Safeguarding Useful Sites and Resources

NSPCC







Use the link below to access the topics in the boxes below

<https://www.nspcc.org.uk/keeping-children-safe/>

<h3>Away from home</h3> <p>Children starting school or work, and taking part in activities can be both exciting and worrying. We've got tips to help you keep children safe.</p> <p>Find out more</p>	<h3>Children's mental health</h3> <p>Advice on how to support your child if they're struggling with depression, anxiety, self-harm or suicidal thoughts.</p> <p>Learn more</p>	<h3>In the home</h3> <p>We've got advice to help children build up independence at their pace, keeping them safe both at home and if they're moving out.</p> <p>Learn more</p>
<h3>Online safety</h3> <p>From online games and video apps to sexting and online porn, we've got advice to help you keep your child safe online.</p> <p>Learn more</p>	<h3>Our services</h3> <p>Our services help children who've been abused, protect children at risk, and find the best ways to prevent child abuse from ever happening.</p> <p>Learn more</p>	<h3>Reporting child abuse and neglect</h3> <p>Whether you want to report child abuse and neglect, or are worried about a child and not sure what to do, we have advice for you.</p> <p>Find out more</p>
<h3>Sex and relationships</h3> <p>Advice around healthy relationships, sexuality, gender identity and support to help you keep children safe.</p> <p>Learn more</p>	<h3>Support for parents</h3> <p>Parenting can be rewarding, but it can also be challenging. We've got advice on dealing with babies and tantrums, to divorce and mental health problems.</p> <p>Learn more</p>	<h3>Talking about drugs and alcohol</h3> <p>Lots of parents are concerned about underage drinking and drug taking. Find out how you can keep your child safe and aware of the risks.</p> <p>Learn more</p>

Childline

<https://www.childline.org.uk/info-advice/>

 <p>Bullying, abuse, safety and the law ⓘ Types of bullying Abuse and safety Getting help View more topics</p>	 <p>You and your body My body Drugs, alcohol and smoking Puberty View more topics</p>	 <p>Home and families Family relationships Seasonal events</p>	 <p>Your feelings Feelings and emotions Anxiety, stress and panic Mental health View more topics Feelings can be hard to make sense of. But we're here to support you.</p>
 <p>Friends, relationships and sex Sex and relationships Friends Read our advice to help you if you're having problems with relationships.</p>	 <p>School, college and work School and college Life issues and planning</p>		

Try our tools to help you cope or feel better:



Coping Kit

Find new ways to cope or distract yourself - we've got ideas for however you're feeling.



Build Your Happy Place

Create your ideal room. Fill it with things that help you feel happy, calm and safe.



Mental Health First Aid Kit

Things can be overwhelming sometimes, but making a first aid kit can help you to cope when things are tough.



Try our conversation starter

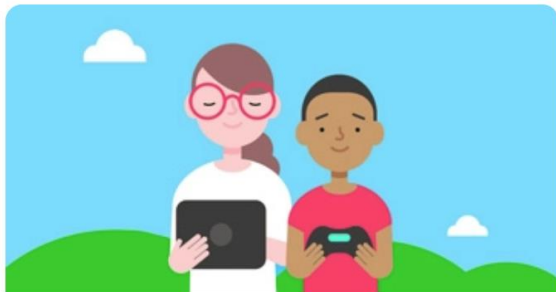
Not sure where to start? Download our template to help you start a conversation with a letter or an email.

Internet Matters

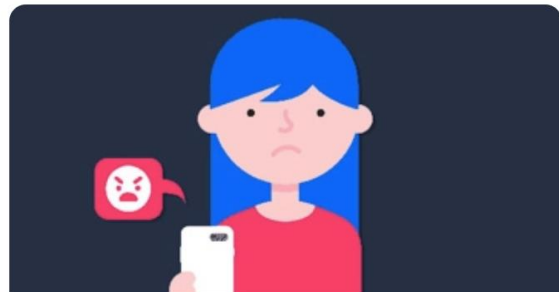
<https://www.internetmatters.org/>

How we support children's online safety

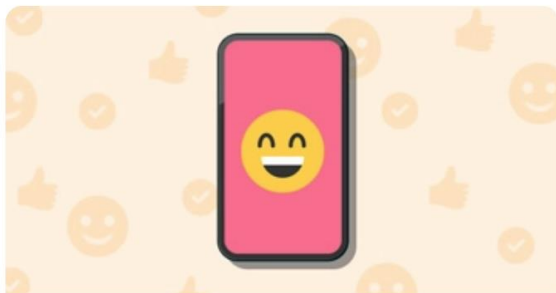
Find information and safety settings for your child's devices and apps, along with guidance to tackle online issues they may face.



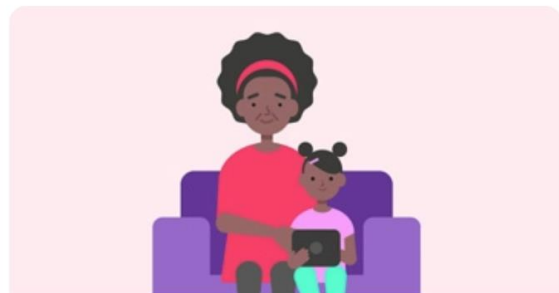
Set up devices safely



Tackle online issues



Choose age appropriate apps



Get tips to talk about online safety

