



Useful websites & videos - Young People and Parents & Carers

Useful websites



www.bullying.co.uk – General bullying advice



www.childline.org.uk/Explore/Bullying.aspx - Confidential reporting helpline & advice



www.saferinternet.org.uk - E-safety advice & resources



www.thinkuknow.co.uk - Reporting tool & advice centre for all young age groups
www.thinkuknow.co.uk/parents - Advice & support tools for parents



www.internetmatters.org/issues/online-grooming - Online grooming issues & advice



www.fearless.org – Online & crime safety advice & reporting tool for young people



www.getsafeonline.org – Free expert online safety advice for all & businesses



www.cyberstreetwise.com – Free advice, resources & online safety tools



www.childnet.com – E-safety resources for parents/carers, teachers & professionals



www.iwf.org.uk – Report online child sexual abuse



www.getconnected.org.uk/about (The Mix – formerly Get Connected) – Under 25's



Useful Videos available on

Cyberbullying: there is a way out! (2½ mins)

<https://www.youtube.com/watch?v=dkG00Czb4ho>

Amazing mind reader video (2½ mins)

<https://www.youtube.com/watch?v=F7pYHN9iC9I>

Protect Yourself in the Digital Age - NCA Europol Online Safety Film 2015

https://www.youtube.com/watch?v=6GP_fW4_9D8



The first steps: Take control...

1 First off, are you OK? Do you need support?

2 had tbr best p'cez ta mpport Fou right noxx... friends, Mibf, achooli'?

3 Telling your parents may be your worst nightmare, but how are they going to help you if they don't know?

4 Be beaas* about what haa happeed. Paoplo ar oldy ablelo help you whon they have all

5 Boa't wait. Tho quckor y z deal with it the rtxaro control you halo.

6 If someone is pushing or forcing you to to the bo liee. hlot only ia it ill I but you may afao bo posting thom frets doing it to

1 If you poeted rt onto a eocioI rradia eito, then r*motra M aa. cooo aa. you

2 If you colt it to none olco, you nod got in touch wah thorn ac eoon es ibb ant aolt tbeat to dalats £t boforo it gooc any further.

3 If you think it haa bar ehared widor, yous bs 1p. Yer elozo friwdsce will ofton bo ablo to Flip you marmge The ertua8on

4 If Osemge ie pocted by none elce on a social mecca cito thon raport TL.

• You need to use the sde'a aqaor'ing tools

• It's not rough i t to say "I dm 1lk a

of you, tell them it breaks their terms and conditions.



5 Chaek other plecoaymzri rrtago might boky Yaazebiog £oz ymzz oaa'z oz ueomama.

Use different search sites

Put ycxJrname in czvartad commas ("Jam 3mith"} It's more accurate!

Pyou I u'o a popular nazi'z+, uaa an adcBténol feJp wold {"Jara 9mkh" + Croydon)

6 Bury the bad stuff:

• Increase your positive online presence

• Mafua podtizo corranentz on otdk+e nevra artickrs and websites

Tako conool of what p+opla can sae. TO more positive stuff you add, the further down the saarch lets Sa Lawranted content wzl bo.

7 Our partmre at the I w' and Cbi3dfioe ara wo+tax+g togetf'z+ te'fa+ip you ^9' * They won't }udgo yotx they'I just help yolk Got in touch at www.iwf.org.uk

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• I^vo been rodly etupid

