What if there's a difficult moment online?

What is I make a mistake – do something I shouldn't have?
What if I'm worried for a friends or for myself? You are never to blame for harm you experience.

Tell a trusted adult as soon as possible. Always talk to friends, family, trusted adult in school, or a support service about any online concerns or if you need information :

ChildLine – online + mobile

ChildLine – sexting and nudes

ChildLine – grooming

ChildLine –fake news and misinformation.

ChildLine – taking control of your online safety.

Take It Down

REPORT REMOVE

THE CYBERSMILE FOUNDATION
Help Center

CEOP
A National Crime Agency command
Child Exploitation and Online Protection command

https://www.ceop.police.uk/Safety-Centre/

Further information that is useful to parents:

Consider using this template - Digital Family Agreement - to agree ground rules for use of devices both inside and outside of the home.

For help and advice:

NSPCC

UK Safer Internet Centre

If you are worried about online abuse (even in the past) or the way someone has been communicating online, let CEOPS know:

CEOP Child Exploitation and Online Protection