

# Useful links to support online safety

## For parents and carers

- [Internet Matters](#) – a not-for-profit organisation set up to empower parents and carers to keep children safe in the digital world. Their support for parents includes a range of downloadable guides covering subjects such as transition to secondary school, Vlogging & livestreaming, online gaming and cyberbullying.
- [NSPCC](#) - includes a range of resources to help parents keep children safe when they're using the internet, social networks, apps, games and more.
- [Parent Info](#) - from CEOP and Parent Zone, Parent Info is a website for parents covering all of the issues amplified by the internet. It is a free service which helps schools engage parents with expert safety advice, endorsed by the National Crime Agency's CEOP command. This website provides expert information across a range of online harms.
- [Parent Zone](#) - offers a range of resources for families, to help them meet the challenges of the digital age, including parent guides on the latest digital trends and platforms.

## For pupils

- [BBC Own It](#) – Support for young people to take control of their online life, including help and advice, skills and inspiration on topics such as friendships and bullying, safety and self-esteem.
- [Childline](#) – includes information for pupils on sexting, gaming, grooming, bullying, porn, relationships.