

# Staying safe online

## Useful websites and phone numbers for parents and carers

If you are worried or concerned about your child staying safe online it can help to find information and support that you can trust. Parents have checked and tested the websites and phone numbers below to make sure they are helpful and easy to use.

As well as the websites and phone numbers below, parents and carers can always get help from Nottingham City Council by calling 0115 8764800. In an emergency always call the police on 999.

- **Child Exploitation and Online Protection (CEOP) agency**  
CEOP help young people or parents/carers to report any concerns they may have about something that has happened when they are on-line. If you are worried about something that has happened to your child, or someone you know, you can use this link [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)
- **Department for Education (DfE)**  
The DfE have launched 'Parent Info' providing a range of advice about caring for children, including advice about on-line safety [www.parentinfo.org](http://www.parentinfo.org)
- **National Society for the Prevention of Cruelty to Children (NSPCC)**  
The NSPCC has also produced advice and information about a number of different issues. For more information visit their website [here](#).
- **Parent Zone**  
Parent Zone is a company devoted to helping families navigate the challenges of the digital age. They provide a useful free magazine called Digital Parenting [www.parentzone.org.uk/](http://www.parentzone.org.uk/)
- **Centre on Media and Child Health**  
The Centre on Media and Child Health has produced a wide range of advice and information for parents/carers in relation to the impact of media on children's health and development [www.cmch.tv/parents](http://www.cmch.tv/parents)
- **How to set Parental Controls**  
For tips and advice on how to use parental controls please click [here](#).



## Specific issues

Below is information about specific topics of online safety for young people.

- **Social Media**

The government have produced a leaflet for parents and carers whose children use social media. Click [here](#) to see the leaflet.

- **Sexting**

Sexting is when a young person sends sexually explicit material to another person. This could include photographs of themselves or others. This can make them vulnerable and could be a crime.

The NSPCC website contains useful information [here](#).

CEOP has produced a useful video [here](#).

- **Child Sexual Exploitation (CSE)**

Research demonstrates that young people can become involved with CSE perpetrators by being contacted through the internet. CSE perpetrators often use images they have copied from other sites to pretend they are young people themselves.

There is a free on-line learning course which has been designed specifically for parents and carers by a national charity called Parents Against Child Sexual Exploitation (PACE) which has a simple registration process. Click [here](#) for more information.

- **Cyber Bullying**

Cyber bullying is something that young people have told us they are particularly worried about. A number of websites have good information about this topic:

- Information on the NSPCC is [here](#).
- Information from Internet Matters is [here](#).
- Information from Childline is [here](#).

