

Online resources for children

[Childline](#)

Childline helps anyone under 19 in the UK with any issue they're going through. Children can talk with Childline about anything, whether big or small; their trained counsellors can help. See their website or call free on 0800 1111.

[BBC Own It](#)

Updated in relation to COVID-19, this website provides support for young people to take control of their online life. Topics include help and advice, skills and inspiration on matters such as friendships and bullying, safety and self-esteem.

[BBC Bitesize](#)

A free online study support resource designed to help with learning, revision and homework. Bitesize provides support for learners aged 5 to 16+ across a wide range of school subjects. It also supports children and young people's wellbeing and career choices; since 20 April daily lessons have been published to help pupils across the UK with home schooling.

Online resources for parents and carers

[Essex Safeguarding Children Board \(ESCB\)](#)

The ESCB is a statutory multi agency organisation which brings together agencies who work to safeguard and promote the welfare of children and young people in Essex. It has

produced [guidance](#) for parents and carers to help them understand online safety and exploitation generally.

[Internet Matters – helping parents and carers keep their children safe online](#)

A not-for-profit organisation that has a simple purpose – to empower parents and carers to keep children safe in the digital world. See their website for further information.

[The Children's Society](#)

A charity fighting child poverty and neglect, and helping all children have a better chance in life. They have produced [information](#) about online safety.

[The NSPCC \(National Society for the Prevention of Cruelty to Children\)](#)

The NSPCC has produced several [online safety guides](#), from setting up parental controls to advice on sexting, online games and video apps.

[Parent Info](#)

A website offering expert safety advice in relation to a range of online harms, endorsed by the National Crime Agency's CEOP command.

[Common Sense Media](#)

Independent reviews, age ratings, & other information about all types of media for children and their parents.

[Parent Zone](#) for families

A website with a range of digital age resources for families, including guides on digital platforms and trends.

[Children's Commissioner](#)

The Children's Commissioner has published a [digital safety and wellbeing kit for parents, and a safety guide for children](#). The kit and guide have been designed to help ensure children are safe and their wellbeing is looked after while at home during the coronavirus outbreak – when their screen time maybe higher than usual.

[The UK Council for Internet Safety \(UKCIS\)](#)

The UK Council for Internet Safety (UKCIS) is a collaborative forum through which government, the tech community and the third sector work together to ensure the UK is the safest place in the world to be online.

[Disrespect Nobody](#)

Home Office advice on healthy relationships, including sexting and pornography.

