

Online Safety

Mind: How to stay safe online

<https://www.mind.org.uk/information-support/tips-for-everyday-living/looking-after-your-mental-health-online/about-your-mental-health-online/#.W312JsuGOUK>

[Home](#) / [Information and support](#) / [Tips for everyday living](#) / [About your mental health online](#)

Looking after your mental health online

Explains the benefits and challenges to your mental health of being online. Also has information on staying safe online, getting the balance right between your online and offline life, and finding reliable mental health information online.

About your mental health online

Finding reliable information online

Online / offline balance

Online relationships

Safety & privacy

Useful contacts

About your mental health online

On this page:

- [How could being online help my mental health?](#)
- [Could being online make my mental health worse?](#)
- [Internet overuse and addiction](#)



For general guidance on web safety and security, specialist websites like [Get Safe Online](#) contain lots more useful information. If you're **under 18**, the [UK Safer Internet Centre](#) and [NSPCC](#) websites may help too.

Think U Know: Online Advice

<https://www.thinkuknow.co.uk/>

Welcome to CEOP Education

CEOP Education from the National Crime Agency

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families.

I am:

- A professional working with children and young people
- A parent or carer
- 4-7 years old
- 8-10 years old
- 11-18 years old

Young Minds: Talking to your child about the internet and social media

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/>

A screenshot of a webpage titled "Social media" under the heading "A guide for parents and carers". The page features a purple background with a yellow sidebar menu. The main content area is white with a yellow header. A yellow box contains a person icon and text: "If you are worried about your child or teenager using the internet, this guide provides tips and advice for talking to your child about their use of social media and the internet." The sidebar menu, titled "Guide Menu", lists six sections: 1. Talking to your child about social media, 2. Setting realistic boundaries, 3. Talking to your child about gaming, 4. Cyberbullying, 5. Spotting and acting on the warning signs, and 6. Where to get further support. A link at the bottom of the menu says "View our guide for young people."

Child Safety Online: A practical guide for parents and carers whose children are using social media

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf

Child Safety Online:

A practical guide for parents and carers whose children are using social media

Social networking is hugely popular. Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles.

But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual

Why children use social media

