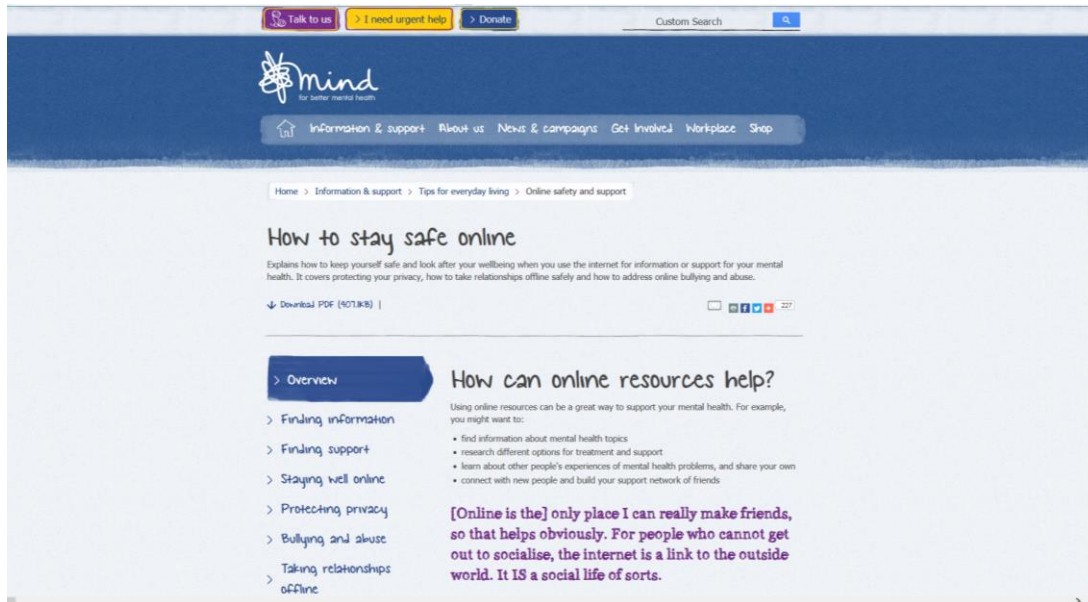


Online Safety

Mind: How to stay safe online

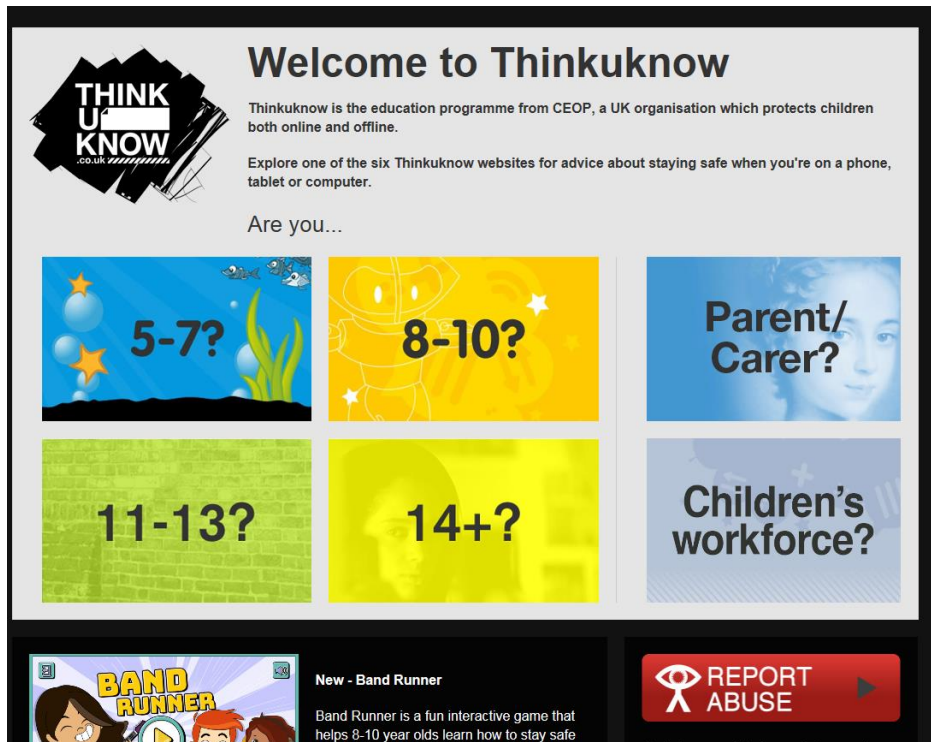
<https://www.mind.org.uk/information-support/tips-for-everyday-living/online-safety-and-support/#.W312JsuGOUk>



The screenshot shows the Mind website's 'How to stay safe online' page. At the top, there are navigation links: 'Talk to us', 'I need urgent help', and 'Donate'. Below this is the Mind logo and a search bar. The main content area features a breadcrumb trail: 'Home > Information & support > Tips for everyday living > Online safety and support'. The title 'How to stay safe online' is followed by a brief explanation: 'Explains how to keep yourself safe and look after your wellbeing when you use the internet for information or support for your mental health. It covers protecting your privacy, how to take relationships offline safely and how to address online bullying and abuse.' There is a download link for a PDF (401.8KB) and social media sharing icons. A sidebar on the left lists navigation options: 'Overview', 'Finding information', 'Finding support', 'Staying well online', 'Protecting privacy', 'Bullying and abuse', and 'Taking relationships offline'. The main content area has a heading 'How can online resources help?' and a list of bullet points: 'find information about mental health topics', 'research different options for treatment and support', 'learn about other people's experiences of mental health problems, and share your own', and 'connect with new people and build your support network of friends'. A quote is displayed: '[Online is the] only place I can really make friends, so that helps obviously. For people who cannot get out to socialise, the internet is a link to the outside world. It IS a social life of sorts.'

Think U Know: Online Advice

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



The screenshot shows the Thinkuknow website home page. It features a large 'THINK U KNOW' logo on the left. The main heading is 'Welcome to Thinkuknow'. Below this, it states: 'Thinkuknow is the education programme from CEOP, a UK organisation which protects children both online and offline.' It then says: 'Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.' Underneath, it asks 'Are you...' and provides six options in colored boxes: '5-7?' (blue with stars), '8-10?' (yellow with stars), 'Parent/Carer?' (light blue with a girl's face), '11-13?' (green with a brick wall), '14+?' (yellow with a person's face), and 'Children's workforce?' (grey with a person's face). At the bottom, there is a 'BAND RUNNER' game advertisement with the text 'New - Band Runner' and 'Band Runner is a fun interactive game that helps 8-10 year olds learn how to stay safe'. To the right of the advertisement is a red 'REPORT ABUSE' button with a play icon.

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

<https://youngminds.org.uk/media/2451/social-media-a-guide-for-parents.pdf>

Talking to your child about the internet and social media: YoungMinds' guide for parents

Have conversations from a young age

The internet offers huge opportunities. From a young age, children have the chance to learn, research, play games, have fun and connect with family who may not live nearby. But it's important to help them to use the online world in a way that's safe and positive for their mental health.

That's why it's good to have regular conversations about the internet and social media from a young age – it should be as ordinary as talking about the weather, the dog, or something you've watched on TV.

Make time for these conversations in your normal routine – so that could be while you're playing football,

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.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

