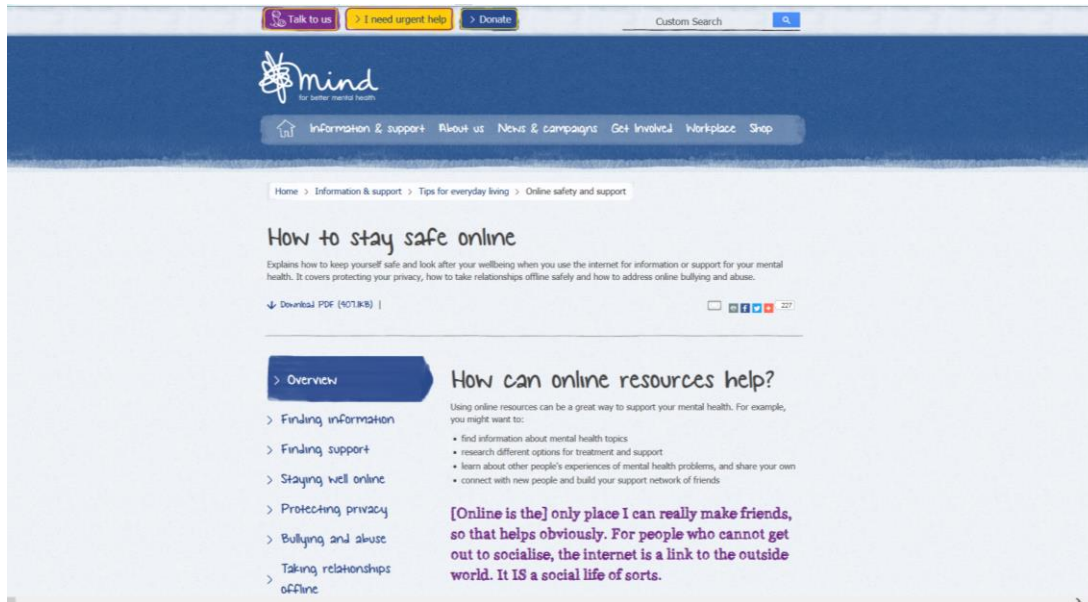


Online Safety

Mind: How to stay safe online

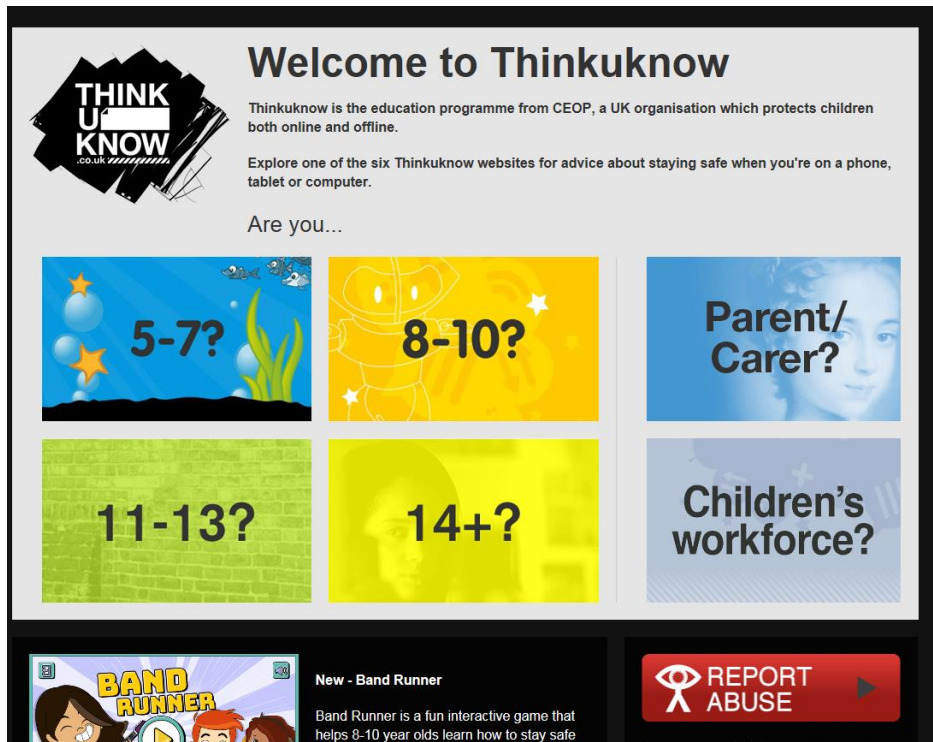
<https://www.mind.org.uk/information-support/tips-for-everyday-living/online-safety-and-support/#.W312JsuGOUk>



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 navigation menu on the left includes 'Overview', 'Finding information', 'Finding support', 'Staying well online', 'Protecting privacy', 'Bullying and abuse', and 'Taking relationships offline'. The main text under 'Overview' is titled 'How can online resources help?' and lists three bullet points: 'find information about mental health topics', 'research different options for treatment and support', and 'learn about other people's experiences of mental health problems, and share your own'. A quote follows: '[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 homepage. It features a large 'THINK U KNOW' logo on the left. The main heading is 'Welcome to Thinkuknow', followed by the text: 'Thinkuknow is the education programme from CEOP, a UK organisation which protects children both online and offline.' Below this, it says: 'Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.' A section titled 'Are you...' contains six interactive tiles: '5-7?' (underwater theme), '8-10?' (yellow background with stars), 'Parent/Carer?' (blue background with a woman's face), '11-13?' (green brick wall theme), '14+?' (yellow background with a person's face), and 'Children's workforce?' (blue background with a person's face). At the bottom, there is a 'New - Band Runner' section with a 'REPORT ABUSE' button.