

Useful links for parents from the NSPCC

Working together to help prevent abuse and keep children and young people safe.

The NSPCC offer a wide range of resources to help parents, carers and others members of the community, to ensure that they are able to meet their safeguarding responsibilities:

NSPCC Helpline – Parents , carers and members of the public can contact the NSPCC helpline whenever they're worried about a child by calling **0808 800 5000**, emailing **help@nspcc.org.uk**, texting **88858*** or contacting us online at **nspcc.org.uk/ helpline**. The helpline is free, available 24/7 and calls can be made anonymously. This service can also be used for general advice and guidance

Need-to-Know Guides - Further information on a range of issues can be accessed through a series of guides. These include leaving children home alone, holding babies safely, and spotting signs of abuse and neglect.

www.nspcc.org.uk/leaflets

PANTS – The Underwear Rule: Talking PANTS teaches children important messages, like their body belongs to them and they should tell an adult if they're upset or worried. Using age appropriate language, PANTS allows parents to have difficult conversations around sexual abuse without even mentioning the word 'sex'.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

ShareAware: The internet is a great place for children to be and ShareAware makes it safer. ShareAware provides straightforward, no-nonsense advice to help untangle the web and empowers parents and cares to have conversations with their children about staying safe online and through social media

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

NetAware: Net Aware is an online tool that informs parents about the social networks, apps and games that children might be using. We looked at the frequency of inappropriate content, how robust and easy to find the privacy settings are, and why children like using the sites. We regularly update Net Aware with new apps, and parents can sign up to Net Aware newsletters to keep up with digital trends.

www.net-aware.org.uk

NSPCC/O2 Online Safety Helpline: This helpline provides practical, technical advice including parental controls on electronic devices, adjusting privacy settings, understanding social networks, and information about online gaming. **0808 800 5002**