



# Online Safety

[Safer Internet Day](#) will be taking place on the 6th of February 2024. The day raises awareness of online safety and issues that children and young people can encounter online which may impact their mental health and wellbeing.

This month's newsletter takes a particular look at online safety and shares useful websites, helplines, resources and learning opportunities to help you support children and young people to use digital technology safely and positively.

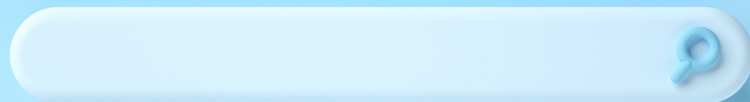
## Useful Websites

[Get Safe Online](#) - The UK's leading online safety advice resource.

[Staying Safe Online](#) - Information from Childline on the risks of being online, tips to stay safe, and what to do when things go wrong.

[UK Safer Internet Centre](#) - Helping children and young people stay safe online. Including guides and resources for a range of audiences from parents, education, social work, healthcare, and more.

[Online Safety for Young People](#) - Helpful information and guidance around online safety from Childnet.



## Helplines

[Online Harms - Helplines, Websites and Reporting](#) - A comprehensive document outlining the helplines, websites, and reporting mechanisms to support those who have experienced a variety of online harms.

[Professionals Online Safety Helpline](#) - A free helpline supporting professionals working with children and young people with any online safety issue they may be having. Monday - Friday during regular working hours.

**Call: 0344 381 4772**

## Resources

Listed below is a range of online safety-related resources:

[Safer Internet Day Educational Resources](#) - Tailored for different age groups, the resources include activities, stories, worksheets, group discussions, assemblies, and supporting slides.

[Relationships, Sexual Health and Parenthood](#) - A national resource for early learning settings, schools, colleges, and community-based learning. Includes information on a range of online safety topics.

[Social Media Privacy Setting Guides](#) - Created by Internet Matters sharing how to keep children and young people safe on all of the popular devices and platforms.

[Online Safety Guidance and Resources - NSPCC](#) - A variety of online safety resources, guidance, and training. Covers the 4Cs of online safety, how to protect children and young people from online harms, amongst other topics.

[Online Safety Resources](#) - Internet Matters - Printable online safety leaflets and resources for children and young people of all ages.

## Further learning

[Online Safety Training - NSPCC](#) - A CPD-certified online safety training to help build confidence to keep children safe online and respond appropriately to concerns (£30 per person, online).

[Online Safety Live - UK Safer Internet Centre](#) - Free online safety events sharing the latest research, legislation, technology, tools, and resources. Events are held across Scotland, including South Lanarkshire, East Lothian, and Midlothian from February - March 2024.



## Aye Mind

Our Aye Mind site is continuously being updated with the latest digital tools, how-to guides around best practice examples of using digital to support children and young people's mental health to help you on your digital journey. Take a look by visiting the link below.

[Visit Aye Mind](#)