

Dear all,

With the summer holidays just around the corner, I felt it was important to hi-light some places for parents to turn with concerns about social media and online safety over the holidays.

Free parents helpline- Whether you want to set up parental controls, adjust privacy settings or get advice on social networks, experts from the free O2 & NSPCC helpline are there to help **0808 800 5002**<https://www.youtube.com/watch?v=XTA9oxNRsrc> or <https://www.youtube.com/watch?v=vHfG3hbx7YE>

This link from Think U Know is about **reporting to social media sites**, it also has direct links to the report centres such as snapchat, facebook, Instagram and many more. <https://www.thinkuknow.co.uk/parents/articles/Reporting-to-social-media-sites/>

How to **guides for all the main apps/games/sites** used by children and young people. <https://www.thinkuknow.co.uk/parents/Support-tools/How-to-guides/> The snapchat guide has been updated to include "Snap Maps" Or <https://www.net-aware.org.uk/>

Reporting to CEOP guide- <https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/>

O2 + NSPCC partnership <https://www.nspcc.org.uk/what-we-do/about-us/partners/nspcc-o2-online-safety-partnership/>

The NSPCC website also has lots of useful information on it, including an easy read **guide to parental controls**; <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/> and talking to your child about keeping safe online <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/>

Internet watch foundation; you can anonymously report child sexual abuse content, Criminally obscene adult content and Non-photographic child sexual abuse images, where they will be removed. <https://www.iwf.org.uk/>

I hope you find this useful, please share where you feel necessary.

Wishing you all a happy, healthy, safe summer holidays!

Best Wishes
Charlotte

Charlotte Laskey
Health Improvement Specialist
Essex Child and Family Wellbeing Service
Virgin Care Ltd
t: 01279 215 164

