

AMPLIFYING CHILD SAFETY ONLINE

SUPPORTING RESOURCES

Between 2024 - 2026, the Scottish Youth Parliament partnered with the NSPCC to amplify young people's voices and experiences, working to improve child safety online in Scotland. During this project we have collected information about a wide range of existing organisations doing meaningful work in this space, as well as specific resources and links which may be useful for anyone exploring the issues raised. This is a non-exhaustive list, and more info can be found online or by connecting with support services in your area.

KEY ORGANISATIONS

NSPCC

The NSPCC is the UK's leading charity specialising in child protection. They prevent abuse by providing direct services to families, running helplines, campaigning for legal changes, and educating children on safety.

<https://www.nspcc.org.uk>

Childline

If you need help or advice, you can speak confidentially to Childline on a wide range of issues by phone, online chat, email or on message boards.

Call 0800 1111 or visit: <https://www.childline.org.uk/>

Internet Matters

Expert support and practical tips to help children and young people exist safely and smartly online.

<https://www.internetmatters.org/>

Respectme: Scotland's Anti-Bullying Service

Anti-bullying support, advice and resources for parents, children, and people who work with children.

<https://www.respectme.org.uk/>

Find out more about the project and download resources to help explore these topics: syp.org.uk



NSPCC

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National Bullying Helpline

Information and advice for anyone dealing with bullying . Call the helpline for confidential support from 9am to 5pm Monday to Friday Call the helpline on 0300 323 0169 or visit: <https://www.nationalbullyinghelpline.co.uk/>

Young Minds

Advice and tools to help young people - and the adults in their lives - look after their mental health. <https://www.youngminds.org.uk/>

SPECIFIC RESOURCES

Mind Yer Time

Scottish Youth Parliament

Designed by children and young people from the Children's Parliament and the Scottish Youth Parliament, Mind Yer Time has positive tips, stories and other engaging activities for children and young people, to help use screen time positively.

ASK: mental health resources

Scottish Youth Parliament

ASK aims to support all adults who interact with children and young people - whether in the workplace, in the community* or as a parent/carer - to check in on their mental wellbeing.

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SPECIFIC RESOURCES

<u>Online safety resources</u>	NSPCC	Guidance for parents and carers on keeping children safe online: includes advice on apps, games, social media, parental controls, cyberbullying, sexual content, etc.
<u>“Speak Out – Stay Safe” online safety service / resource</u>	NSPCC	A programme aimed at ensuring children learn about their rights, understand abuse and neglect, and know how to speak out if they feel unsafe – includes online safety elements.
<u>Phone safety for your family / NSPCC Toolkit</u>	NSPCC (in partnership with Vodafone UK)	A set of family activities and guidance to help parents and children talk about phone use, online safety, digital wellbeing and who to turn to for support.
<u>Professionals Online Safety Helpline (POSH)</u>	South West Grid for Learning (SWGfL), part of the UK Safer Internet Centre	A free helpline and resource bank offering advice and support to professionals working with children/young people on online safety issues.

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<u>Resources page of Jess McBeath</u>	Jess McBeath, online safety expert	Collection of research, think-pieces, training material and guidance on online safety, media literacy, misinformation, and digital safeguarding for professionals, parents and carers.
<u>Digital citizenship / education resources</u>	Common Sense Education	Educational resources and guidance to help children and young people become responsible, safe, and informed digital citizens.
<u>Quit Fighting for Likes campaign</u>	Partnership between the Scottish Violence Reduction Unit, Medics Against Violence and No Knives, Better Lives.	Campaign and toolkit to support young people to navigate social media safely and prevent violence.
<u>Resources Bank about children's rights online</u>	5Rights Foundation	Resources bank of valuable publications, tools and positions on children's rights in the digital environment.

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<u>Education resources – UK Safer Internet Centre</u>	UK Safer Internet Centre	A collection of downloadable lesson plans, activities, quizzes and assemblies for children aged 3-18 to help schools/youth groups teach about safe, responsible and informed internet use.
<u>Tools and strategies for schools to counter the effects of online hate</u>	Partnership between Time for Inclusive Education and Institute for Strategic Dialogue	‘Digital Discourse Initiative’ provides teachers and educators in Scotland with tools to counter the effects of this and teach core critical and digital media literacy skills.
<u>Anonymous crime-reporting via Fearless / Crimestoppers</u>	Crimestoppers (via its “Fearless” service)	Allows people to give information about crime 100% anonymously and access advice about crime and criminality.
<u>Cyberbullying advice</u>	Young Scot	Young Scot has created a webpage with helpful advice and links to support young people who are being cyberbullied.

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