Children and young people spend a lot of time online and it is important you remember to be safe and smart online and understand potential risks. This includes being aware of cyberbullying, online grooming and not giving out personal information or sharing photographs with people you don’t know.

Listed below are some websites where you will find lots of useful information.

Websites for young people:
- www.childline.org.uk
- www.net-aware.org.uk
- www.parentzone.org.uk
- www.saferinternet.org.uk
- www.thinkuknow.co.uk
- www.childnet.com/young-people/secondary

For information about bullying, abuse and safety:
- www.childline.org.uk/info-advice/
- www.thinkuknow.co.uk/14_plus/Need-advice/
- www.parentzone.org.uk
- www.net-aware.org.uk
- www.saferinternet.org.uk
- www.childnet.com/young-people/secondary

In an emergency call 999
For non-emergencies call 101
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