



We would like to draw your attention to a range of support for parents and carers from the NSPCC covering different safeguarding issues:



Visit nspcc.org.uk/pants for downloadable guides giving parents a simple way to help them keep their children safe from sexual abuse without using scary words or even mentioning sex. It makes what can be a difficult conversation easier.

- Share Aware is the NSPCC's online safety campaign helping parents to keep their children safe on social media networks, apps and games. Three animations encourage parents to have conversations with their children about online safety and the guide offers information about children's online behaviour. Visit nspcc.org.uk/shareaware
- Net Aware is an online tool that informs parents about the most popular sites, apps and games that children use. Parents can sign up to **Online Safety newsletter** to keep up with digital trends. Download the free **Net Aware app** or visit net-aware.org.uk
- Parents can sign up to the NSPCC and O2 six weekly Ice Breaker emails which are packed with advice and tools to help them talk to their children about staying safe online. Find out more at nspcc.o2.co.uk. The NSPCC has also joined forces with O2 to provide adults with the skills and tools to help keep children safe online. This helpline provides practical, technical advice including parental controls on devices, adjusting privacy settings, understanding social networks and information about online gaming. **Call the O2 NSPCC Online Safety Helpline on 0808 800 5002 or visit an O2 Guru in store.**