![Ministry of Defence]

Keeping Children Safe
Advice and ideas

Keeping children safe online

It's a tough time for everyone now, but especially parents and children. With schools and offices closed there's a lot of pressure on families as they spend more time together and with fewer avenues of support available if they need a hand.

Changes to school and working life mean that children have turned to digital resources for learning, exercising and socialising during self-isolation and there are plenty of ways you can help them stay safe.

Keeping children safe at home

ThinkUKnow

CEOP ThinkUKnow has launched a campaign to help keep children safe online during the coronavirus pandemic.

The #OnlineSafetyAtHome campaign contains home activity packs with 15-minute activities for parents and carers to do with their children using CEOP's ThinkUKnow educational resources. New activities will be launched fortnightly.

Be aware of the risks

The National Crime Agency (NCA) has warned of a spike in online child sex offending during the coronavirus crisis, with latest figures indicating that there are at least 300,000 people in the UK posing a sexual threat to children.

For more information and to download the home activity packs, click here.

Who else can help

Other organisations who can advise

The UK Safer Internet Centre

UKSIC have a range of information for parents and carers highlighting the issues on the internet, including:
• how to have a conversation with your child about staying safe online,
• safety tools on social networks,
• parental controls offered by internet providers,
• guides to technology and resources.

Net Aware

NSPCC in partnership with O2 provides useful information for parents about the most popular and current sites, apps and games used by children. The free tool is updated regularly.

In addition, each site, app or game has free advice from O2 on how the privacy settings work for that particular platform.

Who else can help

Other organisations who can advise

Childnet international

Childnet has a range of information to support parents & carers in helping to keep their child safe online. This includes advice on parental controls, hot topics, toolkits, family agreements, guides on how to have a conversation about online safety, how to report harmful content.

Thinkuknow

Thinkuknow has helpful advice and tools that parents and carers can use to help keep their child safe online. They have downloadable guides for parents/ carers on various social media sites like.

They also have some useful films for parents to watch about the risks online and four specific films about sexting / 'self nudies' and how to talk to their children about this issue and what to do if this happens.

Supporting children and families during coronavirus

There is a great deal of information available in relation to the Coronavirus (COVID-19) outbreak already, the following is a roundup of useful resources to help Children & Families during the Coronavirus Outbreak

World Health Organisation (WHO)

The WHO has produced a poster giving advice on how to help children cope with stress during the outbreak: https://www.who.int/teams/risk-communication/all-resources

Core Assets

Core Assets who deliver our British Forces Social Work Services overseas have a dedicated section on their website: https://www.takeabreathhub.co.uk/coronavirus

Other resources

Young Minds

Young Minds Have a range of tips and advice for parents on where to get support for managing children's mental health during the outbreak: https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/

Covibook

Covibook is an interactive resource designed to reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the outbreak: https://www.mindheart.co/descargables

Other resources

The Children's Commissioner

The Children's Commissioner have also produced a Children's guide to help with worries and a selection of activities to do whilst at home:
https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/

The Mental Health Foundation

The Mental Health Foundation have produced guidance on how to look after your mental health during the Coronavirus outbreak:
https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Other resources

Nosy Crow Publications

Nosy Crow publications have made a book with a host of medical and children services professionals to explain Coronavirus to children.
https://www.safeguardingchildren.co.uk/wp-content/uploads/2020/04/Coronavirus-ABookForChildren.pdf

Liverpool CAMHS

Liverpool CAMHS have put together hints, tips and resources on how to support child and adolescent mental health:
https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f

What to do if you are concerned about a child

Safeguarding children is everyone's responsibility, if you have Safeguarding concerns about a child in the UK, contact your local authority children's services.

Overseas:
- Cyprus, The Falklands, Brunei, Nepal, Gibraltar: contact Soldiers, Sailors, Airmen and Families Association (SSAFA): SPOC Number 03000 111 723 or psswsRAF@ssafa.org.uk (monitored Mon - Fri, 8:30am – 5pm).
- Germany, Europe, Canada, Kenya, Belize, USA, Saudi Arabia: contact Core Assets +44 808 168 3111, Email: crt.bfsws@coreassets.com, British Forces Social Work Service (BFSWS)
- For any location not covered above please contact the Global Safeguarding Team at DCYP-safeguarding@mod.gov.uk.
- The Global Safeguarding Team provides support, advice and direction across Defence in respect of all matters relating to safeguarding children and young people.