

Online Safety Resources

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jess
peace of mind online

Online Safety Resources



Contents

Introduction	1
1. TECHNOLOGY	1
Filtering and monitoring:	1
Parental controls and privacy settings:.....	1
2. TOOLS, POLICIES AND PROCESSES	2
Tools.....	2
Policies and information	2
3. HELP, GUIDANCE AND TRAINING	3
Helplines, support and reporting.....	3
For parents and carers	3
Supporting vulnerable and SEND young people online	4
Training and qualifications for staff/volunteers	4
Teaching resources	5
Specialist websites	6
4. TOPIC-SPECIFIC RESOURCES	6
Friendships and relationships	6
<i>Bullying and harassment</i>	6
<i>Pornography and sexting</i>	6
<i>Sexual exploitation</i>	7
Privacy, rights, security and reputation	8
<i>Rights and responsibilities</i>	8
<i>Data protection, fraud and cybersecurity</i>	8
<i>Reputation</i>	9
Physical and mental health	9
Media and information literacy	9
<i>Critical thinking and fake news</i>	9
<i>Violent extremism and radicalisation</i>	10
Risks to professionals and organisations	10

Introduction

This document presents a list of some of the online safety resources available online. It should be noted that the resources listed are not necessarily endorsed.

1. TECHNOLOGY

Filtering and monitoring:

- Search engines for children e.g. Swiggle (<http://www.swiggle.org.uk/>), Kidrex (<http://www.kidrex.org/>).
- Friendly wi-fi: <https://www.friendlywifi.com/>
- Filtering and monitoring guidance for education settings: <https://www.saferinternet.org.uk/advice-centre/teachers-and-professionals/appropriate-filtering-and-monitoring>
- Schools: Online Safety BOOST: Includes online staff training, reputation alerts tool, Whisper tool (pupils can anonymously report issues e.g. bullying), interactive incident response tool, presentations and resources, and phone support to help deal with online safety incidents: <https://boost.swgfl.org.uk/>

Parental controls and privacy settings:

- Internet Matters: <https://www.internetmatters.org/parental-controls/interactive-guide/>
- UK Safer Internet Centre Safety Tools Overview: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/safety-tools-social-networks-and-other-online-services>
- Social media checklists (e.g. to set privacy. These can be viewed online or ordered a paper leaflets): <http://swgfl.org.uk/products-services/online-safety/resources> and also see <https://www.internetmatters.org/hub/guidance/social-networking-how-to-guides-for-parents/>
- Parents' Guide to Technology (UKSIC): <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology>
- Family agreement: <http://www.childnet.com/resources/family-agreement>.

2. TOOLS, POLICIES AND PROCESSES

Tools

- Online Resilience Tool (Headstart Kernow): <https://www.headstartkernow.org.uk/digital-resilience/>
- Groups that work with young people / vulnerable adults e.g. youth work teams, youth clubs, voluntary organisations, residential settings, educational settings (e.g. libraries) etc
 - Online safety self-review tool: <https://360groups.org.uk/>
 - Digital Safeguarding guide for charities: <https://www.thecatalyst.org.uk/blog/digisafe-digital-safeguarding-guide>
 - Online safety agreement (see bottom half of page): <http://www.childnet.com/resources/family-agreement>
 - Working with children and young people online (Childnet): <https://www.childnet.com/resources/working-with-children-and-young-people-online>
- Schools:
 - Free online safety self-assessment: 360 safe Scotland: <https://360safescotland.org.uk/>
 - Free online safety policy template: <https://360safescotland.org.uk/> (click on Overview => Policy Template (free sign up required)).
 - Esafety policies & procedures (England): <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/e-safety-schools/>
 - Data protection self-assessment for schools and small organisations: 360 data: <https://360data.org.uk/>
- Early years:
 - Online safety self-review tool: <https://360earlyyears.org.uk/>
 - Toolkit for Early Years and Social Care: <https://swgflstore.com/collections/toolkits>

Policies and information

- *National Action Plan on Internet Safety for Children and Young People, Scottish Government, April 2017*: Includes links to national policies, list of resources and projects, and legislation: <https://beta.gov.scot/publications/national-action-plan-internet-safety-children-young-people/>
- *Internet Safety Strategy – Green Paper, HM Government: Consultation (Oct 2017); Response (May 2018)*: <https://www.gov.uk/government/consultations/internet-safety-strategy-green-paper>
Not Yours to Share: <http://notyourstoshare.scot> (explains image-based abuse law in Scotland).

3. HELP, GUIDANCE AND TRAINING

Helplines, support and reporting

- Report Harmful Content (for content which is legal but harmful including threats, impersonation, bullying or harassment, self-harm or suicide content, online abuse, violent content, unwanted sexual advances and pornographic content):
<https://reportharmfulcontent.com/>
- How to report illegal online activity: <https://www.internetmatters.org/report-issue/>
- How to report/remove hate speech (USA): <https://www.fosi.org/good-digital-parenting/talking-your-family-about-hate-speech-online/>
- Professionals Online Safety Helpline: <https://www.saferinternet.org.uk/professionals-online-safety-helpline>
- Technical helpline for parents: NSPCC/O2 helpline (0808 800 5002) or book free online safety session with an O2 guru in store: <http://www.o2.co.uk/help/nspcc>
- Parent Line Scotland (08000 282233): <https://www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland/>
- Childline: (0800 1111): <https://www.childline.org.uk/>
- Digi aye: <https://young.scot/digiaye/>
- Childnet live streaming safely: <http://www.childnet.com/young-people/secondary/hot-topics/livestreaming>
- The Mix (for under 25s): (0808 808 4994): <http://www.themix.org.uk/get-support>
- Revenge Porn Helpline (adults): <http://swgfl.org.uk/products-services/online-safety/revenge-porn-helpline>
- Stop It Now! Helpline (0808 1000 900): https://www.stopitnow.org.uk/the_helpline.htm
- Support helpline for teachers: <https://www.educationsupportpartnership.org.uk/helping-you/telephone-support-counselling>

For parents and carers

- Parentinfo: Free newsfeed for school websites: <http://parentinfo.org/>
- The National Parent Forum Scotland: *Clicked – social media and your school community* (guides for parent councils and parents/carers): <https://www.npfs.org.uk/2018/05/clicked/>
- Childnet screentime guidance: <https://www.childnet.com/blog/screen-time-new-resource-and-top-tips>
- Children’s Commissioner for England: Digital 5 a day: <https://www.childrenscommissioner.gov.uk/2017/08/06/digital-5-a-day/>
- Parent reviews of apps, games, films, books etc: <https://www.common sense media.org/> (also NetAware: <https://www.net-aware.org.uk/>).
- Parents online course – how to talk to your child about porn (US resource): <https://parents.culturereframed.org/>
- NSPCC/O2 parents’ online safety workshops (free, arranged through schools): <https://www.nspcc.org.uk/what-we-do/about-us/partners/nspcc-o2-online-safety-partnership/>

- Respect Me Online Safety Workshop (bullying & other online risks) for parents (free): <https://respectme.org.uk/training/programmes-and-calendar/>
- Internet Matters website - Helping parents keep their children safe online: <https://www.internetmatters.org>
- CEOP resources for parents: <https://www.thinkuknow.co.uk/parents/>
- NSPCC Share Aware – conversation starters for families: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>. Also <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-porn/>
- Mencap guide for parents about learning disability, autism and internet safety: <https://www.mencap.org.uk/about-us/our-projects/safesurfing>
- UK Safer Internet Centre (UKSIC) leaflets for foster carers and adoptive parents: <https://www.saferinternet.org.uk/advice-centre/foster-carers-and-adoptive-parents>
- UKSIC online safety guide for residential care settings: <https://www.saferinternet.org.uk/advice-centre/residential-care-settings>

Supporting vulnerable and SEND young people online

- Internet Matters: <https://www.internetmatters.org/?s=VULNERABLE>
- RSHP.scot has ASN resources which may include some online safety topics: <https://RSHP.scot>.
- Childnet STAR SEN toolkit: <https://www.childnet.com/resources/star-sen-toolkit>
- CEOP ThinkUKnow: <https://www.thinkuknow.co.uk/professionals/resources/?subject=0&agegroup=46>
- National Deaf Children’s Society: <https://www.ndcs.org.uk/documents-and-resources/be-safe-and-smart-online-lesson-plans-for-secondary-school-teachers/>
- NSPCC Love Life: <https://learning.nspcc.org.uk/research-resources/schools/love-life/>
- Whiteboard room: <https://equals.co.uk/whiteboard-room-computing-digital-literacy/>

Training and qualifications for staff/volunteers

- NSPCC & CEOP ‘Keeping Children Safe Online’ elearning course: <https://new.thinkuknow.co.uk/professionals/training/kcso/>
- NSPCC ‘Managing sexualised behaviour in schools’ elearning course: <https://learning.nspcc.org.uk/training/schools/managing-sexualised-behaviour-in-schools-online-courses/>
- EPICT (European Pedagogical ICT Licence) esafety certificate: <https://www.epict.co.uk/>
- CEOP courses: <https://www.thinkuknow.co.uk/professionals/training/>
- Prevent duty e-learning course: <https://www.elearning.prevent.homeoffice.gov.uk/>
- Domestic violence: Training on technology facilitated abuse (Australian elearning course): <https://frontlineworkers.esafety.gov.au/>
- Marie Collins Foundation training for professionals working with children who have been abused or exploited online: <https://www.mariecollinsfoundation.org.uk/cpp>.
- Online Safety Live: free briefings for professionals: <https://www.saferinternet.org.uk/online-safety-live>
- Online safety and digital citizenship training: www.jessdigital.co.uk.

Teaching resources

- Digital literacy curriculum: free teaching resources set within EFaCW progression framework spanning full range of online safety issues including privacy, security, media literacy, self image, relationships, copyright, bullying etc : <https://www.projectevolve.co.uk>.
- Education for a Connected World (EFaCW) framework: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/683895/Education_for_a_connected_world_PDF.PDF (available from UKCIS)
- Childnet - Embedding online safety across the curriculum: <https://www.childnet.com/resources/embedding-online-safety>
- Safer Internet Day Education Packs: <https://www.saferinternet.org.uk/safer-internet-day>
- TES lesson plans and resources: <https://www.tes.com/resources/search/?&q=online%20safety> and <https://www.tes.com/teaching-resource/tes-online-safety-special-11751651>
- Childnet: <http://www.childnet.com/resources>
- Childnet Digital Leaders Programme (empower children and young people to become digital champions within school): <https://digital-leaders.childnet.com/>
- CEOP Thinkuknow: <https://www.thinkuknow.co.uk/>
- Internet matters: <https://www.internetmatters.org/schools/>
- Better Internet for Kids (31 Safer Internet Centres across Europe): <https://www.betterinternetforkids.eu/web/portal/resources/videos>
- Student online safety games (USA): <https://www.commonsense.org/education/student-interactives>
- Lesson plans and resources (Australia): <https://esafety.gov.au/education-resources/classroom-resources>
- CEC digital learning team: <https://digitallearningteam.org/digital-safety/>
- Google: https://edutrainingcenter.withgoogle.com/digital_citizenship/preview
- Microsoft online safety resources: <https://education.microsoft.com/onlinesafety>
- Internet Watch Foundation: <https://www.iwf.org.uk/gameon>
- Media smart: Influencer marketing, advertising and body image: <https://mediasmart.uk.com/>
- Teaching online safety to people with autism spectrum disorders: <https://www.childnet.com/resources/star-sen-toolkit/>
- Mencap internet safety training materials to support people with a learning disability: <https://www.mencap.org.uk/about-us/our-projects/safesurfing>
- Learning Disabilities, Autism and Internet Safety: A Guide for Parents: <https://www.mencap.org.uk/sites/default/files/2016-11/Internet-Safety-web-2016.pdf>
- BBC Own It: <https://www.bbc.com/ownit> (website and app for 8 - 12 year olds).
- Young Scot: Be Smart Internet Safety: <http://young.scot/choices-for-life/articles/be-smart-internet-safety-protected/>
- External consultancy/training for professionals, parents and students: www.jessdigital.co.uk and <https://swgfl.org.uk/training-events/training/>

Also see **4. Topic Specific Resources** section for lesson plans & class resources on key topics.

Specialist websites

- Jess digital: www.jessdigital.co.uk
- UK Safer Internet Centre: www.uksic.org.uk
- Childnet: www.childnet.com
- South West Grid for Learning: <https://swgfl.org.uk/products-services/online-safety/>
- UK Council for Internet Safety (UKCIS): <https://www.gov.uk/government/organisations/uk-council-for-internet-safety>
- NSPCC: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- Internet matters: www.internetmatters.org
- Internet Watch Foundation (child sexual abuse imagery): <https://www.iwf.org.uk/>
- Stop It Now! (child sexual abuse imagery): <https://www.stopitnow.org.uk/scotland.htm>.
- CEOP Thinkuknow (child sexual exploitation): www.thinkuknow.co.uk
- Marie Collins Foundation (child sexual exploitation): <https://www.mariecollinsfoundation.org.uk/>
- 5Rights list of organisations providing support, advice and guidance for children and young people: <http://5rightsframework.com/in-action/fulfilling-the-5rights.html>

4. TOPIC-SPECIFIC RESOURCES

Friendships and relationships

Bullying and harassment

- The Royal Foundation's Cyberbullying Taskforce: Stop Speak Report: <https://www.internetmatters.org/issues/cyberbullying/stop-speak-support/>
- Respect Me: Scotland's anti-bullying charity: <https://respectme.org.uk/>.
- Bullying and SEN/disability: <https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/cyberbullying-0/cyberbullying-and-sendisability>
- Enable (anti bullying resource focusing on emotional impact): <http://enable.eun.org/>
- Web We Want and Enable school resource: 'My well-being and yours: Respect...begins with me!' <http://www.webwewant.eu/web/guest/get-the-www>.
- Childnet: Online sexual harassment teaching resource: <https://www.childnet.com/resources/step-up-speak-up>
- Resource for parents: <https://respectme.org.uk/adults/online-bullying/>

Pornography and sexting

- Let's Talk About Porn (SWGfL): <https://swgfl.org.uk/resources/lets-talk-about-porn/>
- Myth vs Reality (Childnet): <https://www.childnet.com/resources/pshe-toolkit/myth-vs-reality>
- 'A guide to teaching about sexually explicit content online: The basics': <http://www.connectsafely.org/a-guide-to-teaching-about-sexually-explicit-content-online-the-basics/>
- *Is It Normal?* DVD for schools: <http://basistraining.org.uk/resources/is-it-normal/>

- *Game on*: educational workshops for young people tackling sexual behaviour in the online world (Internet Watch Foundation): <https://www.iwf.org.uk/gameon>
- ‘Choose What Happens Next’ interactive video: <https://www.youtube.com/watch?v=pGkaw44-QI4>
- Parents online course – how to talk to your child about porn (US resource): <https://parents.culturereframed.org/>
- *Is It OK?* Youthscape sexting resource: <https://youthscape.co.uk/store/product/isitok>
- Sexting resources (UKSIC): <https://www.saferinternet.org.uk/advice-centre/teachers-and-professionals/teaching-resources/sexting-resources>
- ‘Crossing the line’ toolkit (Childnet): <https://www.childnet.com/resources/pshe-toolkit/crossing-the-line>
- ‘So you got naked online?’ leaflet by UK Safer Internet Centre: <http://swgfl.org.uk/products-services/online-safety/resources/So-You-Got-Naked-Online>
- UKSIC Guidance for Schools & Responding to sexting incidents 1pager: <http://swgfl.org.uk/magazine/Managing-Sexting-Incidents>
- UKCCIS Sexting in Schools and Colleges (England): https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/609874/6_2939_SP_NCA_Sexting_In_Schools_FINAL_Update_Jan17.pdf
- UK Police College Briefing note: [http://www.college.police.uk/News/College-news/Documents/Police_action_in_response_to_sexting_-_briefing_\(003\).pdf](http://www.college.police.uk/News/College-news/Documents/Police_action_in_response_to_sexting_-_briefing_(003).pdf)
- Young Scot: Safe sexting: <http://young.scot/young-scot-extra/articles/safe-sexting/>
- NSPCC sexting policy and procedures: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/sexting-advice-professionals/>

Sexual exploitation

- How are children groomed online? <https://www.childrenssociety.org.uk/what-is-child-sexual-exploitation#paragraphs-item-53>
- What do to if you discover a young person has been groomed: <https://www.saferinternet.org.uk/blog/what-do-if-you-discover-young-person-has-been-groomed?>
- CEOP Thinkuknow resources: <https://www.thinkuknow.co.uk/> and livestreaming resources: <https://www.thinkuknow.co.uk/professionals/resources/live-streaming/>
- Childnet live streaming safely: <http://www.childnet.com/young-people/secondary/hot-topics/livestreaming>
- NSPCC Stop Time online (anti-online grooming activity pack): <https://www.nspcc.org.uk/services-and-resources/research-and-resources/2017/anti-online-grooming-activity-pack-stop-time-online/>
- Not Yours to Share: <http://notyourstoshare.scot> (explains image-based abuse law in Scotland).
- DMSS Research: Key messages from research on children and young people who display harmful sexual behaviour: <https://www.csacentre.org.uk/research-publications/key-messages/harmful-sexual-behaviour/>

- Safe4Kids: Children’s books about privacy, sexting and porn: Australian books but can be ordered from Amazon: <https://safe4kids.com.au/product-category/books/>
- Stop It Now! <https://www.stopitnow.org.uk/scotland.htm>.
- Stopitnow! Easy read resources on online grooming and sexual images of children (aimed at adult readers): <https://www.stopitnow.org.uk/easy-read-resources.htm>
- Young Scot: Bad Romance: A Live Snapchat Story (Youtube video): <https://www.youtube.com/watch?v=PVFdtMX8N6U>
- Revenge Porn Helpline: <http://swgfl.org.uk/products-services/online-safety/revenge-porn-helpline>
- Unprotected, overprotected: meeting the needs of young people with learning disabilities who experience, or are at risk of, sexual exploitation: www.barnardos.org.uk/cse_learning_and_disability_report_2015.pdf
- RSHP: Relationships, Sexual Health and Parenthood education materials: <https://rshp.scot/>
- Scottish Government: Healthy Relationships and Consent – Key Messages for Young People: <https://www.gov.scot/publications/key-messages-young-people-healthy-relationships-consent-resource-professionals-working-young-people/>

Privacy, rights, security and reputation

Rights and responsibilities

- 5Rights Framework: <http://5rightsframework.com/>
- Early years: Digiduck stories (Childnet): <https://www.childnet.com/resources/digiduck-stories>

Data protection, fraud and cybersecurity

- Have I been pwned? Check if you have an account that has been compromised in a data breach: <https://haveibeenpwned.com/>
- Password management and security: <https://swgfl.org.uk/products-services/security/manage-passwords/>
- Password guidance: <https://www.ncsc.gov.uk/guidance/password-guidance-summary-how-protect-against-password-guessing-attacks>
- How secure is my password? <https://howsecureismypassword.net/>
- Internet of Things home scanner: <http://iotscanner.bullguard.com/>
- LSE: My data and privacy online – a toolkit for young people: <http://www.lse.ac.uk/my-privacy-uk>
- ICO guidance and lesson plans for education settings: <https://ico.org.uk/for-organisations/education/>
- CIFAS anti-fraud lesson plans for 11-16s: <https://www.cifas.org.uk/insight/public-affairs-policy/anti-fraud-lesson-plans>
- NCSC Cyber First courses for 11-17s: <https://www.ncsc.gov.uk/information/cyberfirst-courses> and Cyber Discovery schools programme: <https://www.joincyberdiscovery.com/>.
- Data protection self-assessment for schools and small organisations: 360 data: <https://360data.org.uk/>

Reputation

- Google: <https://support.google.com/accounts/answer/1228138?hl=en> and https://support.google.com/accounts/answer/6304920?hl=en&ref_topic=3382296
- Childnet online reputation guidance for 11-18s: <http://www.childnet.com/young-people/secondary/hot-topics/online-reputation>
- Reputation lesson plan for 11-16s: <https://www.barclayslifeskills.com/teachers/lessons/online-reputation-11-16/>
- Reputation lesson plan/game for primary: <https://elenikyritsis.com/2017/04/30/5-ps-for-a-positive-digital-footprint-board-game/>

Physical and mental health

- Self-image: School workshop resources: <https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html> and self-esteem activity guide for youth workers: <https://www.berealcampaign.co.uk/education-resources/dove-self-esteem-activity-guide-for-youth-leaders>
- Childnet body image teaching resources: <https://www.childnet.com/resources/pshe-toolkit/myth-vs-reality/online-body-image>
- Media smart body image teaching resources: <http://mediasmart.uk.com/resources/teaching-resources/body-image-1>
- Aye Mind: Toolkit for youth workers when using digital approaches to youth mental health: <http://ayemind.com/toolkit/>
- BBFC teaching PHSE teaching resources: <http://www.bbfc.co.uk/education-resources/education-news/bbfc-launches-its-own-pshe-resources-primary-schools-accredited>

Media and information literacy

Critical thinking and fake news

- Childnet Trust Me teaching resource: <http://www.childnet.com/resources/trust-me>
- Literacy Trust teaching resource & teacher training: <https://literacytrust.org.uk/programmes/news-wise/>
- European media literacy standard for youth work: <https://emels.eu/>
- Ruff Ruffman cartoons and teaching resource (USA): <http://dlrp.berkman.harvard.edu/node/95>
- Children's Commissioner for England terms and conditions teaching resource: <https://www.tes.com/teaching-resources/digital-citizenship>
- Media smart advertising teaching resources: <http://mediasmart.uk.com/>
- The 5 Cs of critical consuming (John Spencer): <https://youtu.be/xf8mjBVRqao>
- Fake News Recommendations (Frank Baker): <http://frankwbaker.com/mlc/fake-news-recommendations/>
- The News Literacy Project (US): <https://newslit.org/>
- CBBC Newsround: Fake News: What is it? And how to spot it: <http://www.bbc.co.uk/newsround/38906931>

- Factchecking websites: <https://fullfact.org/> (UK independent factchecking charity); <http://www.snopes.com/> (USA)
- Museum of hoaxes – manipulated photos: <http://hoaxes.org/>. Fake face generator: <https://thispersondoesnotexist.com/>

Violent extremism and radicalisation

- Prevent duty guidance: <https://education.gov.scot/improvement/learning-resources/Prevent%20duty%20guidance>
- Cross the line (web app for radicalisation prevention): <http://www.ltai.info/cross-the-line/> and <https://www.crosstheline.co.uk/>
- Prevent duty e-learning course: <https://www.elearning.prevent.homeoffice.gov.uk/>
- Educate against hate – Government resources for teachers, parents and school leaders on extremism and radicalisation: <http://educateagainsthate.com/>
- Advice for professionals – Talking to young people about extremism online: <https://www.saferinternet.org.uk/blog/advice-professionals-talking-young-people-about-extremism-online>
- No Hate Ninja Project – A Story About Cats, Unicorns and Hate Speech: <https://www.youtube.com/watch?v=kp7ww3KvccE&feature=youtu.be>

Risks to professionals and organisations

- Search your “own name” in a browser (preferably not logged in). Set up Google alert for yourself: <https://www.google.co.uk/alerts>
- Protect your passwords: <https://identitysafe.norton.com/password-generator/>
- CPNI: My digital footprint booklet: <https://www.cpni.gov.uk/system/files/documents/d3/e8/28-February-2017-Edited-In-house-My-Digital-Footprint-booklet.pdf>
- Data detox: <https://datadetox.myshadow.org/detox>
- Online reputation guidance: <https://www.saferinternet.org.uk/advice-centre/teachers-and-professionals/professional-reputation>
- Online reputation checklist: <http://www.childnet.com/resources/online-reputation-checklist>
- School pack for online safety awareness: <http://www.childnet.com/resources/school-pack-for-online-safety-awareness>
- The National Parent Forum Scotland: *Clicked – social media and your school community* (guides for parent councils and parents/carers): <https://www.npfs.org.uk/2018/05/clicked/>
- Online safety guides by profession:
 - Early years (England & Wales): <https://www.gov.uk/government/publications/safeguarding-children-and-protecting-professionals-in-early-years-settings-online-safety-considerations>
 - Social work, children & families: <https://www.saferinternet.org.uk/advice-centre/social-workers>
 - Healthcare professionals: <https://www.saferinternet.org.uk/advice-centre/healthcare-professionals>

- Residential care settings: <https://www.saferinternet.org.uk/advice-centre/residential-care-settings>
- Teachers: <https://www.saferinternet.org.uk/advice-centre/teachers-and-school-staff>
- School governors/trustees/parent councils: <https://www.saferinternet.org.uk/advice-centre/governors-and-trustees>

