

Help and support for you

Parent Zone

Parent Zone is here to help you with online questions and problems. Get in touch with us by emailing resilientfamilies@parentzone.org.uk or calling **0207 686 7225**

Educate Against Hate

The government has support and advice on extremist content, radicalisation and reporting hate crime. <https://educateagainsthate.com/category/parents/reporting-concern/>

Young Minds Parents Helpline

As well as providing support and advice for young people, Young Minds also runs a Parent's Helpline for any parent who is concerned about their child's mental health.

Call **0808 802 5544** or visit youngminds.org.uk/find-help/for-parents/parents-helpline/

Click CEOP

NCA-CEOP is a command of the National Crime Agency. You can make a report directly to them if something has happened to your child online which has made either you or your child feel unsafe, scared or worried. This might be from someone they know in real life, or someone they have only ever met online. CEOP helps keep children and young people safe from sexual abuse and grooming online. They are unable to respond to reports about bullying, fake accounts or account hacking.

www.ceop.police.uk/ceop-reporting/

Internet Watch Foundation

The Internet Watch Foundation is an organisation whose role is to remove child sexual abuse content online, hosted anywhere in the world. They work with Childline to verify the age of children in images to ensure they can be taken down. www.iwf.org.uk/

Reporting

Parent Zone can help you with specific problems or reporting to many social media and gaming platforms. Contact resilientfamilies@parentzone.org.uk or call **0207 686 7225**.

You can also find specific advice from CEOP here: www.thinkuknow.co.uk/parents/articles/reporting-to-social-media-sites