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## Online Abuse & E-safety

The below organisations can help you deal with online bullying and abuse and also help you to stay safe whilst online and using social media. Follow the links for information or to contact somebody.

### West Yorkshire Police

Advice for parents: A five minute chat with your child could help keep them safe: [www.westyorkshire.police.uk/yourchild](http://www.westyorkshire.police.uk/yourchild)

Advice for young people: If you're worried about anything that you have seen or anyone that has contacted you online, the Police have specially trained officers who you can speak to: [www.westyorkshire.police.uk/who-r-u-talking-2](http://www.westyorkshire.police.uk/who-r-u-talking-2)

### Thinkuknow

ThinkuKnow have created videos to support parents during Covid-19 and the closure of schools to many children. You can find the videos here: [Short videos for parents and carers: delivering online safety at home](#)

Further resources:

**Age 4–7 years:** [Jessie and Friends](#)

Advice For Parents: [Keeping your under 5 safe online](#)

**Age 8-10 years:** [Play, Like, - Share](#)

Advice For Parents: [Keeping 8-10 year olds safe online](#)

**Age 11-13 years:** [Information and support](#)

Advice for parents: [Information and support](#)

**Age 14+:** [Information and support](#)

Advice for parents: [Information and support](#)

For children and young people with mild/moderate learning difficulties: [Know Your Friends with Josh & Sue](#)



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For children and young people with moderate/severe learning difficulties: [Know Your Friends with Josh & Sue](#)

[Advice for teens receiving unwanted nudes photographs](#)

Learning about online safety at home for parents and children: [Home activity packs](#)

### **NSPCC - National Society for the Prevention of Cruelty to Children**

It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe: [Online safety](#)

### **CEOP - Child Exploitation and Online Protection command**

Are you worried about online sexual abuse or the way someone has been communicating with you online? [Make a report to one of CEOP's Child Protection Advisors](#)

### **Stop Online Abuse - for adults experiencing online abuse**

It is important that we work together to stop discrimination, challenge abusive behaviour online, and provide support to those affected. [Find out more about online abuse and harassment, what it is, and what you can do to stop it.](#)