

Family support:

Local Support Services for Children and Families - youthwellbeing.co.uk

Website for Bucks Families on activities, schools, support and local resources - bucksfamilyinfo.org

Online support:

Online Tutors Keeping Children Safe - <https://static.lgfl.net/LgflNet/downloads/online-safety/posters/LGfL-DigiSafe-Online-Tutors-Safeguarding-Guidance.pdf>

Parents/Carers: Supporting Young People Online (Leaflets) - <https://www.childnet.com/resources/supporting-young-people-online/>
(Leaflets are in other languages on their website)

Advice for young people:

Free, safe and anonymous online support for young people - <https://kooth.com/>
Reducing Risks - <https://www.reducingtherisk.org.uk/cms/content/information-and-advice-buckinghamshire>

Childline - <https://www.childline.org.uk/kids/>

Relationships and sexuality:

Advice and guidance for children, young people and families on healthy, safe, relationships - www.barnardosrealloverocks.org.uk

Advice and guidance on healthy relationships - www.disrespectnobody.co.uk

Support and Advice regarding Lesbian, Gay, Bi-sexual and Transgender - lgbtbucks.org

General safeguarding links:

Protecting Children From Abuse - advice and guidance - www.NSPCC.org.uk

UK organisation which protects children both online and offline - www.thinkuknow.co.uk

Buckinghamshire Safeguarding Childrens Partnership - information for children, parents/carers and professionals - www.bucksscp.org.uk

Child Exploitation and Online Protection (CEOP) - www.ceop.police.uk/safety-centre/

Mental health:

NHS apps to support mental health - please be aware you may be charged for using some of these apps - <https://www.nhs.uk/apps-library/category/mental-health/>

Mental Health Support for Young People - <https://www.annafreud.org/on-my-mind/>

Mental Health Support for Parents/Carers of Young People
- <https://www.annafreud.org/parents-and-carers/>

The Samaritans - <https://www.samaritans.org/> or call 116 123 or email
jo@samaritans.org

SHOUT: Mental Health text number – 85258

Sexting and Child Sexual Exploitation Advice and Guidance:

A Parents/Carers Guide to Dealing with Sexting,

<https://www.swr.school/site/data/files/safeguarding/949E143346A86891D4B76E4D49242021.pdf> (save as a link in our one drive, rename and embed)

Buckinghamshire Child Protection Agencies launch Child Sexual Exploitation,

<https://www.swr.school/site/data/files/safeguarding/3CC41C2AA6D5DBBB4C084FD1DE7A0346.pdf> (save as a link in our one drive, rename and embed)

Child Sexual Exploitation Leaflet for Parents/Carers,

<https://www.swr.school/site/data/files/safeguarding/1CED11BAE96DFC7142B3A4FFC45F718A.pdf> (save as a link in our one drive, rename and embed)