

Online Safety links for parents:

Thinkuknow home activity pack for online safety (11-13's) -

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s>

Thinkuknow home activity pack for online safety (14+) -

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus>

FIFA 'loot boxes' - [Loot boxes: I blew my parents' savings on Fifa](#)

XBox parental controls app: <https://www.waynedenner.com/blog/new-xbox-parental-control-app/#Safeguarding>

Short videos for parents and carers: delivering online safety at home - <https://www.thinkuknow.co.uk/parents>

Help your child make positive cyber choices: <https://parentinfo.org/article/help-your-child-make-positive-cyber-choices>

Tik Tok, what parents need to know: <https://parentinfo.org/article/tiktok-what-parents-need-to-know>

Parents and carers guide to live streaming: <https://www.youtube.com/watch?v=6S5cFxoTATs>

UK Safer Internet Centre - Call of Duty: Warzone - A guide for parents: [A parents guide to Call of Duty: Warzone](#)

Parent zone - Digital resilience:

<https://parentinfo.org/article/six-fun-online-activities-to-boost-your-child-s-digital-resilience>

What is Zoom - Guide for parents - [What is Zoom? - A guide for parents and carers.](#)

Anti fraud warning from Essex Police: [Take Five – To Stop Fraud | To Stop Fraud Action Fraud](#)

Childnet guide to new Instagram features: <https://www.childnet.com/blog/new-features-on-instagram>

National Online Safety.com: [What Parents Need to Know About Zoom](#)

Parent info: [Parent info](#)

Parent info: [Helping teenagers to cope with lockdown](#)

Parent info: [How to look after your families mental health if you are stuck indoors](#)

Parent info: parentinfo.org/article/child-online-safety-during-lockdown-where-to-report?

Parent info: parentinfo.org/article/facebook-gaming-what-parents-should-know

Thinkuknow: [ThinkYou Know](#)

Thinkuknow: [Home activity packs for parents to support online safety](#)

Thinkuknow: [Home activity packs - 11-13 yrs](#)

Thinkuknow: [Home activity pack - 14+](#)

Thinkuknow: [Gaming - What parents and carers need to know](#)

Thinkuknow: [Online Sexual Abuse: Webcam and images](#)

Thinkuknow: [Your child and online porn](#)

CEOPS: [Reporting online abuse](#)

ESCB: [Online Safety](#)

NSPCC: [Your guide to social networks, apps and games](#)

The Breck Foundation: [The Breck Foundation Charity - Play Virtual Live Real - Non profit](#)

Childnet: [The internet – an inspiring and positive place](#)

O2/NSPCC Helpline: [adviceline](#)

South West Grid for Learning - [SWGfL Cyber Security Advice during Coronavirus Cyber criminals are using the public's fear and interest in](#)

Current issues:

How to talk to your child about racism:

<https://parentinfo.org/article/resources-to-help-you-talk-to-your-child-about-racism>

Safer Essex Roads Partnership: <https://saferessexroads.org/>



Welfare support:

Essex Welfare Support Service: <https://www.essexwelfareservice.org.uk/>

Essex Welfare Service (EWS)

A reminder of the EWS, a service to help vulnerable people in the community in need of support and unable to access it at this time: <https://www.essexwelfareservice.org.uk/> Parents are able to 'self-refer' if they are experiencing difficulties

[EWS Contact details:](#)

Phone: 0300 303 9988

Email: provide.essexwelfareservice@nhs.net

Website: www.essexwelfareservice.org

Opening hours: Monday to Friday, 8am to 7pm Saturday and Sunday, 10am to 2pm

Mental/Physical health links for Parents:

Young Minds: <https://youngminds.org.uk/>

Parent zone - Dove Self Esteem project: <https://parentzone.org.uk/dove-self-esteem-project-videos>

Parent zone - County Lines: <https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

Parent zone - 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

Parent zone sleep advice: <https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line family support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

Zumos:

Activities for everyone

[Kindness with Zumos](#) – Part of our 70 Day Wellbeing Programme. Today we focus of Kindness.

[The Mental Health Foundation](#) - A selection of Mental Health Foundation materials, including some great social media graphics to raise awareness and show support online.

[Random Acts of Kindness](#) - A fun site focussing on positive action and experience. All sorts here from virtual tours of the world's greatest museums, to energetic challenges focussing on this year's Mental Health Awareness Week topic - Kindness.

[Positive Psychology](#) - A whole host of activities for all ages, some fun games and conversation starters all centred around being kind.

[Take Action Get Active](#) - Part of the MHF challenge to get active this May. Focussed on the links between physical activity and mental wellbeing. Would make a great virtual challenge or video project.

[Time to Change](#) - Some great games, posters and graphics to print and play.

[Random Acts of Kindness Lesson Plans](#) - Worth having a look as we are all educators in our home schools, some nice lesson plans and extra ideas to do at home.

[Do Good From Home](#) - Some great inspiration on here, lots of great ideas of activities you can do at home as a family to show some kindness to others in the times of pandemic.

[The Human Givens Institute](#) - Some more resources from Human Givens including webinars, online courses and hard copy materials such as posters.

[The Human Givens Podcast](#) - One for Parents and Staff. A really interesting podcast series from Human Givens, it discusses many varying issues covered by experts in the field.

Uttlesford frontline: [Uttlesford Frontline](#)

Gov.uk: [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

Young Minds: [Supporting Your Child During The Coronavirus Pandemic](#)

Shout: [Shout: Home](#)

Essex County Council: <https://www.essex.gov.uk/staying-well>

YMCA - [Coronavirus Response](#)

Royal College for Paediatrics and Child health - [COVID-19 - resources for parents and carers](#)

Royal College for Paediatrics and Child health - [Stay at home activities for children and young people](#)

Essex Welfare Service - [Essex Welfare Service](#)

Headstogether: <https://www.headstogether.org.uk/>

Working from home support for parents:

Education Endowment Foundation -

<https://educationendowmentfoundation.org.uk/covid-19-resources#nav-covid-19-resources>

Supporting home learning routines:

https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Supporting_home_learning_routines_-_Planning_the_day.pdf

Online Safety links for Students:

Thinkuknow: [home https://www.thinkuknow.co.uk/14_plus/](https://www.thinkuknow.co.uk/14_plus/)

Childline: [Staying safe online](#)

UK Safer Internet Centre: [UK Safer Internet Centre - Online Safety Tips, Advice and Resources | Safer Internet Centre](#)

CEOPS: [Reporting online abuse](#)

NSPCC: <https://www.net-aware.org.uk/?>

Mental Health links for Students:

Young Minds: [Coronavirus and mental health](#)

Shout: [Shout: Home](#)

The Mix: [The Mix - Essential support for under 25s](#)

Kooth: [Kooth | Home](#)

Useful apps for Mental Health and Wellbeing for students:

SAM - Anxiety management



HeadSpace - Meditation & Sleep



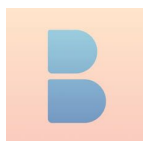
Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.



Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



'Breathe' - Meditation/Anxiety



Online Safety links for Staff/professionals:

Source	For Professionals	Online link/s
Internet Watch Foundation	Details about increased risks of child exploitation due to Covid-19 and advice on safety online.	https://www.saferinternet.org.uk/blog/iwf-warning-during-coronavirus-outbreak
CEOP	Details on reporting online abuse of children and other resources such as the 'online safety at home activity pack' which professionals can share with parents/carers.	https://www.ceop.police.uk/safety-centre/
NSPCC	Advice for professionals on how to remain in contact with children and families during pressures of Covid-19 and spotting signs of abuse.	https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/
The Children's Society	Advice for professionals on conversations with parents/carers to share safety advice to keep their children safe online.	https://www.childrensociety.org.uk/news-and-blogs/our-blog/invite-only-parties-and-staying-safe-online-during-covid-19-lockdown
Childnet	Advice for social workers and foster carers to ensure online safety is part of placement planning for Children In Care.	https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf
UK Safer Internet	Professionals Online Safety Helpline	https://www.saferinternet.org.uk/our-helplines?utm_medium=email&utm_campaign=COVID%20email%203-%20Taking%20a%20closer%20look%20at%20new%20parental%20controls&utm_content=COVID%20email%203-%20Taking%20a%20closer%20look%20at%20new%20parental%20controls+CID_4c02e73a8bb5ee0f90d03dbd3c56948e&utm_source=Campaign%20Monitor&utm_term=Professionals%20Online%20Safety%20Helpline