

# Staying Safe and Well during Covid-19 Tips for Young People

## Online Safety

The internet is a great way of communicating, getting information and keeping in touch, but it is important to remind ourselves to be responsible users and to make sure you get the best out of it and keep yourself safe.

The **CEOP Thinkuknow website** provides advice around how you can identify the risks you might face online

CEOP are also able to help and give you advice. You can make a report directly to CEOP if something has happened online that has made you feel unsafe, scared and worried. This might be from someone you know in real life or someone you have only ever met online.

Be careful what you share online. Before you like, comment or share online, use the SHARE checklist to make sure you're not contributing to the spread of harmful content, including information about coronavirus.

## Advice and Support

If you would like more advice and support have a look at some of the following websites:

**Family Information Service:** Information and advice to help support children and families

**Life Central:** a local resource for information and advice about emotional wellbeing

**Kooth:** Online counselling and emotional well-being platform for children and young people

**Not In Our Community:** protection against grooming and child sexual exploitation

**The Mix:** Free information and support for under 25s in the UK

**Young Minds:** Children and young people's mental health charity

**Rise Above:** Advice for young people on a wide range of everyday stresses that matter to you

**NSPCC:** Preventing abuse and helping those affected to recover

**SEND Local Offer** provides information and support for young people with special educational needs and disabilities

## If you are worried...

If you are worried and you feel you need to speak to someone, you should speak to a trusted adult or professional you already know.

You can also call Childline on 0800 1111 or email them by visiting [www.childline.org.uk](http://www.childline.org.uk)

If you are concerned that you or another child is at risk of harm, or is being harmed, you should contact the council's Single Access Point on:

- 01724 296500 (9am to 5pm Monday to Thursday, 9am to 4.30pm Friday)
- 08081 689667 (free phone)
- 01724 296555 (answerphone – out of hours and at weekends)

If you are at immediate risk, you should call Humberside police on 999 in an emergency or on 101 for a non-emergency.

For further information about support for children and families, you can visit **North Lincolnshire Children's MARS webpages** or follow us on Facebook and Twitter: @SafeNorthLincs

**SAFE  
NORTH  
LINCS**