**For Children**

**Childline links: Online with 1-2-1 chat or email counselling** at [www.childline.org.uk](http://www.childline.org.uk/)

**For d/Deaf children:** [Deaf Zone](https://www.childline.org.uk/info-advice/bullying-abuse-safety/deaf-zone/?in_type=under12service) and [Sign Video Service](https://www.childline.org.uk/info-advice/bullying-abuse-safety/deaf-zone/)

**Kids area for support, advice and things to make and play** [Childline | Childline](https://www.childline.org.uk/kids) & [Activities for kids at home | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/)

[Buddy Zone](https://www.childline.org.uk/toolbox/buddy-zone/?in_type=under12service) **for more safety advice for children**

**For Parents & Carers**

**It is up to all of us to keep children safe. Take our free, 10 minute digital training and learn what to do if you’re ever worried about a child or their family:** [Listen up, Speak up | NSPCC](https://www.nspcc.org.uk/support-us/listen-up-speak-up/)

**Online safety workshops for parents/carers:** <https>[://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/](https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/)

**Online Safety information packs for parents/carers** [Help keep children safe online with Techosaurus! | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus)

**Support for parents hub:** [Support & advice for parents | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/)

**SEND Support:** [Online safety for children with SEND | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/)

**Right from birth, every time you play with your child, use silly voices, or even sing, you are not just bonding, you are building their brain:** [Look, Say, Sing, Play - Brain-building tips | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/)

[Singing Day | Look Say Sing Play | NSPCC (youtube.com)](https://www.youtube.com/watch?v=KySkBRvJxNw)

**Talk PANTS with your children:** [Let's talk PANTS with Pantosaurus! | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/)