# Digital issues:
## Support services for parents and carers

### NSPCC

The NSPCC offers clear and reassuring **online safety guides for parents**, including information about different social media platforms, advice on online gaming, cyberbullying and online abuse. The NSPCC also provides advice on supporting your child's mental health, how to help them build positive relationships and more,

### UK Safer Internet Centre

The UK Safer Internet Centre has **guides and resources for parents and carers**, such as how to support your child to use devices safely and information about safety tools on phones, smart TVs and smart speakers.

### ThinkUKnow (CEOP)

Part of CEOP (Child Exploitation and Online Protection Command, run by the National Crime Agency), ThinkUKnow's **advice page for parents** contains information about topics ranging from the dark web, what to do if you're worried about your child and using parental controls.

### Mosac

Mosac provides support and advice for non-abusing parents whose children have been sexually abused.

### South West Grid for Learning

SWGfL has several **downloadable, accessible guides for parents and carers** around online safety. This includes downloadable booklets to help you understand and navigate the settings in different social media platforms, and guidance for parents and carer around cyberbullying, instant messaging and gaming.

### Young Minds

As well as supporting young people, Young Minds also offers **support to parents and carers**, for both their own mental health and to help them support their child's wellbeing. Their parent pages contain heaps of information, including a parents' A-Z mental health guide with advice on how to help your child manage their feelings and behaviour, advice on setting up a parent support group, and a link to their helpline and webchat.

### The Tech Talk

Advice for parents on **how to have conversations with kids about what they do online**.